

The Margaret Hills Newsletter

Natural & Organic Bodycare

If you can't eat it, don't put it on your skin

At Margaret Hills we approach health problems by looking at all the factors that may affect a person's health and advise them to make changes accordingly. These include life-style and dietary changes, and sometimes even work or job changes.



One health factor that often goes unconsidered is what we put on our skin. A major area of focus in our shop is natural bodycare and cosmetics. We scrutinise ingredients to ensure we only stock the purest, best quality products.

Many bodycare products contain synthetic chemicals which are toxic to the body and can be absorbed through the skin. These harsh chemicals can cause dryness and in many people, skin reactions.

Once in the body, these chemicals then have to be detoxified by the liver. Applying these products to the skin daily adds to the total toxic load that our bodies have to deal with causing extra strain; when trying to achieve good health it all matters.

So, when advising people on how to improve their health, we also encourage them to take a look at what they are putting on their skin. Our top-selling organic bodycare brand is Aubrey Organics – it is suitable for even the most stressed skins and we have had excellent reports from people with eczema, allergies and other skin conditions who say they get on very well with Aubrey products.

Reading labels can be a confusing task but a simple rule of thumb is if you don't recognise the ingredients or there is a long list of numbers then it's probably not a natural product. We can help you by recommending products according to your skin, hair type or health condition; once you have started on natural products and felt the benefits there is no

Inside this issue:

Natural Bodycare p1

Magnesium—The rejuvenation mineral p2

Ask a Nutritionist: we want your questions! p3

Patient Inspiration p 4 & 5

Recipes for the Acid Free Diet p 6 & 7

Cinic News p8

turning back!

The table below shows the role that synthetic chemicals can play in many hair and bodycare products and compares them with the natural alternatives used in the Aubrey Organics range.

Aubrey

Colours

Natural oils, herbs and extracts give Aubrey's products their natural colour, no synthetic colours are added

Emollients

Aubrey pioneered the use of essential fatty acids, aloe vera and herbal oils in a natural absorption base.

Emulsifiers

The uniform combination of oils and water can be naturally maintained. "Shake well before using" is one way. Aubrey's blend of vegetable glycerin and natural grain alcohol is another.

Fragrance

Aubrey uses essential oils such as camomile, eucalyptus, lavender, geranium, etc., many of them organic, both for their restorative properties and their impossible to synthesise fragrance.

Cleansers/Foaming Agents

Only natural, vegetarian cleansing agents made with coconut oil, corn oil or olive oil castile are used. Aubrey combines them with soy protein from organic, non-GMO soybeans to increase their lathering and conditioning abilities.

Hair Conditioners

Natural proteins improve hair texture, strength and manageability. Aubrey adds hair care herbs like horsetail and coltsfoot, emollients like organic shea butter and jojoba oil, and sulfur-containing amino acids.

Styling Aids

Aubrey uses herbal gums as holding agents, and panthenol (vitamin B-5), a natural humectant and hair thickener.

Preservatives

Aubrey's natural blend of citrus seed extract and vitamins A, C and E preserves products for over a year. Products are made daily and shipped directly, so they're always fresh.

Other brands

Colours

Some brands no longer use synthetic colours, but many still do. Watch out for D&C and FD&C colours, which are often carcinogenic and always unnecessary.

Emollients

Refined petroleum and its derivatives are most commonly used. Petrolatum, mineral oil, glyceryl stearate and paraffin are some to avoid.

Emulsifiers

Propylene glycol (PPG), polyethylene glycol (PEG) and triethanolamine (TEA) are synthetic petrochemical emulsifiers used to keep products from separating.

Fragrance

Fragrance components don't have to be listed on bodycare products. If you see "fragrance" on a label, chances are it's a cheap synthetic, not an expensive and high quality essential oil.

Cleansers/Foaming Agents

Detergents made from a variety of petrochemicals top the list. Avoid: SLS, olefin sulfonate, cocamidopropyl betaine, DEA and TEA.

Hair Conditioners

Quaternary ammonium compounds also used as fabric softeners are found in high amounts in most hair conditioners.

Styling Aids

Mass produced hairsprays and gels contain PVP/VA copolymers, plastic films that coat the hair and pollute the environment.

Preservatives

You'll often see as many as five synthetic preservatives on a label. Avoid: methyl, butyl, ethyl and propyl paraben, imidazolidinyl urea (trade name Germall) and MDM Hydantoin (formaldehyde).

Magnesium – The Mineral of Rejuvenation

Christine Horner ECNP, MRNT

The Calcium/Magnesium connection

Problems occur throughout the body when calcium and magnesium levels are out of balance. However, when we consume too much calcium, say by adding calcium supplements to help the bones, such calcium is not utilised correctly and can give rise to painful conditions. Low calcium levels in the body are actually a signal that magnesium is low, because inadequate magnesium decreases the calcium concentration in the blood.

Why do we need magnesium?

Magnesium is one of the most important minerals in the body. It counteracts and regulates the influence of calcium but is also required for the proper metabolism of carbohydrates, fats and amino acids. It has a calming influence as it is required for proper function of the muscles and nerves. Magnesium is vital in the formation of bones and teeth, in fact half of the body's magnesium is found in the bones. Almost all of the remainder is in the cells of body tissues and organs, with only 1% found in the blood. Magnesium is required for over 300 biochemical bodily reactions, and therefore, deficiency can affect virtually every system in the body.

Many people are aware that there is a balance between calcium and magnesium, but magnesium is also a co-factor for absorption and metabolism of other minerals such as potassium, phosphorus, zinc, copper, iron and sodium. It is also vital for hydrochloric acid production in the stomach, vital for digestion, and for many other critical body functions. If you have indigestion or heartburn, you likely have insufficient magnesium. Magnesium keeps the heart rhythm steady, supports a healthy immune system, keeps bones strong, regulates blood sugar levels, and promotes normal blood pressure. It is even necessary for the physical integrity of our DNA.

Enzymes stimulate every chemical reaction in our body and magnesium is required to make the enzymes work. Most importantly, magnesium is a major factor in the creation and storage of energy; with inadequate magnesium there is no energy, no movement, no life. Fatigue is a symptom of magnesium (and potassium) deficiency.

Don't we get enough magnesium in our diets?

Unfortunately, magnesium deficiency is widespread due to various reasons including industrialised farming methods, food preparation methods and dietary habits. Magnesium is generally found in foods such as green leafy vegetables, whole grains, nuts and seeds, nut butters, avocado, soya beans and soya flour. Seeds (sesame, sunflower, linseeds etc) are high in both calcium and magnesium and are useful in maintaining a balance.

Why do we become deficient in magnesium?

Many factors contribute to magnesium depletion: too much stress, alcohol (including wine, beer and spirits), medications such as water tablets, antibiotics and chemotherapy can increase excretion of magnesium. Fluoride interferes with the biological activity of magnesium by decreasing enzyme activity.

Does that mean we need supplements?

Magnesium supplements are not that easily absorbed and, if there are pre-existing gastro-intestinal problems, magne-

How would we know if we are deficient in magnesium?

Deficiency in magnesium may be a primary factor in acute and chronic pain, cardiovascular disease, kidney damage, liver damage, migraine, multiple sclerosis, glaucoma, Alzheimer's disease, cognitive function, recurrent bacterial infections – sinuses, middle ear disorders, lung, throat, fungal infections, behavioural disorders, premenstrual syndrome, osteoporosis, mood swings, tooth cavities, hearing loss, diabetes type II, sweet cravings, cramps, muscle weakness, impotence, aggression, arrhythmia, hypertension, some forms of cancer (breast, colon, leukaemia, for example), iron accumulation, anxiety, panic attacks, depression, suicidal tendency, insomnia, etc.

When magnesium levels are low, more oxygen is required when exercising and demands on the heart are higher. Exercising when magnesium is low causes fatigue in the muscles to set in more quickly. With inadequate magnesium, we accumulate toxins and become increasingly acidic; our faculties degenerate rapidly and we age prematurely.

Magnesium deficiency sets the stage for cancer by leading to a physiological decline in cell function. If we have problems such as arthritis, joint degeneration, degeneration of the cardio-vascular system, calcification of soft tissue, high blood pressure, stroke, increased triglycerides, increased homocysteine levels, gastrointestinal disturbances, mood swings, depressive disorders, and chronic fatigue, we have too much calcium and inadequate magnesium. So, rather than worrying about calcium deficiency for such problems, it is better to focus on increasing magnesium

sium is even harder to absorb via the digestive tract. However, a good way to absorb magnesium is via the skin – either by spraying it on as magnesium chloride, or as we have advised for years, in a bath. Epsom salts, salts of "magnesium sulphate", added to a hot bath is an excellent way of getting magnesium into the body. Taking supplements by mouth takes much longer to restore cellular magnesium levels than transdermal application of magnesium.

How much magnesium should we be taking?

It is sensible to increase magnesium levels as quickly as possible if any of the above mentioned conditions are present. Immersing the body in a full bath of comfortably hot water containing three cupfuls of Epsom salts (about one pound or ½ kg) three times a week would be excellent. To further boost magnesium levels, soak hands and feet in a bowl of comfortably hot water containing one cupful of Epsom salts up to four times a day. It is time-consuming, but time well spent! If baths are impossible, apply magnesium in a magnesium chloride solution all over the skin, like a sunscreen, once or twice daily.

Toxic levels of magnesium are highly uncommon; a consequence of taking too much magnesium orally would be diarrhoea as high doses have a laxative effect. Apart from that, there is little to worry about provided the supplement taken is of good quality. Anyone undergoing kidney dialysis should be cautious nonetheless. A good quality supplement of magnesium is one that would be absorbed effectively such as Magnesium Malate, Magnesium EAP-2, Magnesium Fumarate, Magnesium Ascorbate, or Magnesium Citrate. Other forms of Magnesium are not as efficient. Up to 500 mg elemental magnesium daily should, with adequate digestive capabilities, make a positive health difference.

Ask a Nutritionist

Healing long-term acne

"I am a 29 year old female and I have suffered from acne since the age of 13. I have tried many different treatments including three types of antibiotics and several topical creams. None of these have had any lasting effect and I am desperate to get rid of it as it's really affecting my confidence. Is there a lasting solution?"

Acne is common in people in their twenties and even thirties as well as adolescence. There are many causes, all of which can be helped by nutritional therapy.

Acne is an inflammatory condition of the sebaceous glands of the skin. It consists of red, elevated areas on the skin that may develop into pustules and even further into cysts that can cause scarring. Many factors can be involved such as hormone imbalances, poor diet, digestive bacterial imbalances, food intolerances and many more.

Firstly, it is important to ensure that the elimination pathways of the body are clear, otherwise the toxins and waste products will be re-absorbed and this will show in the condition of your skin. Therefore, if you suffer with constipation, this must be addressed first (by increasing dietary fibre and water) to achieve good results with any acne programme. If this remains a problem, it would be advisable to have a consultation.

There are many nutrients that are useful in this situation and it may be different from one person to the next. For example zinc is very useful, particularly if the acne is due to a hormone issue. You can do a zinc test (which is a simple taste test) to establish whether or not you have a deficiency. If this is the case I would usually recommend our own Margaret Hills Zinc capsule 60mg for a couple of months.

If you have been taking antibiotics long-term for your acne, you will certainly need a probiotic supplement. I recommend *Mightidophilus*, a high potency, broad spectrum, 12 strain probiotic by Solaray.

One product I often recommend as a starting point to cover all bases is Higher Nature's Skin Support

Julia Davies BSc (Hons), Dip CNM

Formula – this contains many nutrients for healthy skin cell renewal, blood-cleansing herbs, and probiotic strains, which means it can tackle most triggers for spots.

Cider vinegar should also benefit acne conditions as it helps to regulate stomach acid and digestive enzymes, therefore having a great impact on nutrient absorption and digestive function. This is a good daily drink for most people as it helps with so many common health problems. Take 1 dessert spoon of cider vinegar in a third of a pint of water, three times daily. If you are totally well and healthy, drink it anyway as a preventative measure!

Topical treatments

Acne will not recover by topical treatments alone. The underlying cause needs to be dealt with. However, they can help things heal and improve the appearance of skin so here are my recommendations :

- Aubrey Organics Aloe Vera Pure
- Tea tree oil
- Cider vinegar, applied using a cotton wool ball
- Vitamin C powder/crystals : mix into a paste using a little water and apply using a cotton bud

Once the spots have disappeared, if scarring remains a problem then you can use rosehip oil by Aubrey Organics as this should help to heal scars. Alternatively Vitamin E oil or a pure organic aloe vera should help.

It is tempting to disguise acne with heavy make-up. However, blocking the skin's pores in this way can in itself interfere with healing. We stock a make-up range by Lily Lolo that is a 100% natural mineral based containing Zinc – it is beneficial for your skin and will not block your pores. It doesn't contain any of the chemicals that are so common in mainstream cosmetic products so is suitable for people with even very sensitive skin.

All products mentioned can be purchased direct from our shop in Kenilworth. For consultations contact the clinic on 01926 854783.

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

If you have any health related questions send them to:

Newsletter, Margaret Hills Clinic

1 Oaks Precinct, Caesar Road

Kenilworth, CV1DP

information@margarethillsclinic.com

Patient Inspiration

This quarter we have four case studies for you from people who have followed the Margaret Hills programme for arthritis and allied diseases. Each of them has fully committed to the treatment and had excellent results!

The results have been worth the sacrifice of chocolate!

When P.P. from Moffat in Dumfriesshire contacted us in November 2008, she was suffering from very painful arthritis which was severely affecting her mobility. After only two months on the treatment she reported that the pain had gone from her hands and ankles and that she could now move her neck.

After 6 months we received a letter from her: "I am so pleased at the difference the Margaret Hills treatment has made to me – and in only six months! The arthritic 'hotspots' that were developing in various joints (especially my neck) became worse after starting the treatment but after a while they all became pain free, and have remained so."

She is delighted at the difference this has made to her quality of life: "Once again, I am able to walk briskly into town to do my own shopping and to meet friends in a café. Once again, I am able to drive my car which I couldn't do on account of a locked neck impairing my range of vision", she said she feels "I have my life back."

Being pain free has not made her less diligent though as she intends to "continue with the delicious cyder vinegar drinks and the strict acid-free diet – and I have to say that the results have been well worth the sacrifice of chocolate! Not even a Malteser has passed my lips. Never thought I would say that."

We think that this is a great testimonial that shows what can be achieved by sticking closely to an acid-free diet and the whole arthritis treatment. P.P. wanted to thank everyone at the Clinic who "gave her hope when all [her] doctor could offer was a sad smile, an apology for having no treatment available and a prescription for Co-codamol."

We would like to thank her for sharing such an inspirational testimonial with us that we can now pass on to you, and we hope that it helps others who may find that they feel sightly worse to start with on the treatment.

PP 22/05/09

A Natural Solution for Water Retention and Painful Joints

Z.S. from Evesham in Worcestershire, found out about the Margaret Hills treatment after looking in her local library for an answer to the water retention and painful joints that she was suffering from. After experiencing strong stomach pain from the use of anti-inflammatory drugs she stopped using them only for the swelling to come back. She felt that there must be a natural solution and was happy to find Margaret Hills' book 'Cider Vinegar' in the medical section of the library.

Z.S. "waved a sad goodbye to chocolate and ice cream" and embarked upon the acid-free diet and cider vinegar and honey regime. After two weeks she writes that her "feet and ankles stopped swelling up. Normally by afternoon my feet would be bulging out of my shoes. I noticed that my knees were reducing in size as well. I hadn't been able to sit cross legged for ages, my legs would throb and feel tight, on standing up my legs would take a minute or two to adjust so I'd have to wait until it was safe to walk."

She followed the treatment programme for one year and now she says "I sit cross legged and getting up and down isn't a problem and there's no waiting to be able to walk, off I go straight away."

Other benefits she reports are that her finger joints have stopped being painful and have gone back to their normal size and her nails are now strong and shiny and grow long without splitting. People often comment on how well she looks and she has much more energy, which, she says, is "just as well because I walk a mile to the farm shop for fruit and vegetables, half the price and twice as fresh as the supermarket, and then walk back again."

ZS 17/07/08

A lovely story, thank you for telling it.

Changing my life back to the way it used to be...

We received an email from A.T. of Desborough, Northamptonshire in March 2010 to say a 'big thank you'. After nursing her terminally ill husband until he died, A.T., decided that she now needed to look after herself, which she did, but she still had aches and pains that didn't seem to go away.

In 2005 she married her high school sweetheart; they began a life together and were very happy. In 2006, however, her aches and pains got so much worse with neck pain, back pain, painful knees and fingers, problems with her hips and painful kidneys. A.T. says that she felt like an 80 year old as she was trying to get out of bed; she was only 42. All tests showed nothing wrong, but finally, on yet another visit to the doctor's in 2009, she was diagnosed with osteoarthritis. 'At last she thought, 'someone is going to help'. At the appointment with the consultant, A.T. was told that she would need new knees and hips but that this would not be done yet as she was too young (then 47). Her medication was altered and she was told to cut down her hours at work.

A.T.'s husband was very worried about her, and so, when one of his work colleagues recommended the book 'Treating Arthritis the Drug-Free Way', they ordered a copy immediately. On 28th December 2009, she started on her treatment regime of cider vinegar drinks, molasses, Epsom salt baths and supplements as directed in the book and by 4th March when she wrote, A.T. reported that "my neck, back, knees feel much better, I can kneel down and get straight back up without someone helping me, I feel better in myself, have cut out all daytime medication from the doctor and started to exercise trying to get myself fit again."

*A.T. still has finger joint pain and her hips are still painful at night, for which she takes pain relief medication. She is optimistic that this will get better too though, "as it is early days still, so a big thank you to your book [...] **it has started to change my life back to the way it used to be**, my husband and I enjoy walking hills and mountains but stopped a few years ago due to me, but my new goal is to do these walks once again in the near future, thanks to you."*

It is wonderful to hear of A.T.'s transformation over such a short space of time and encourage her to carry on to gain full pain relief.

Recovering from Arthritis and Polymyalgia Rheumatica

JF registered with us in she had been diagnosed with arthritis and later, polymyalgia rheumatica.

"I was diagnosed as having arthritis in 1960 and was told that both knees and hips would need replacement, and my joint were stiff and painful, also walking any distance was quite difficult.

Then thirteen years ago I discovered Margaret Hills' books and bought 'Treating Arthritis the Drug-free Way'. I decided to try out the diet and within six months I felt so much better, pain and stiffness decreasing all the time.

Several years ago I began taking the Formula and Protein recommended with the diet, this made a great difference to my health and outlook, and all symptoms and pain had just about gone when in 2004 I was diagnosed with Polymyalgia Rheumatica. When speaking to Christine Horner about this she told me that this illness came under the same umbrella as arthritis and the diet, etc would help which it did, and by 2007 I was given a clean bill of health without taking any medication at all instead of the possibility of having it for life.

I am so thankful that I found Margaret Hills Clinic, for all the help and advice received over the years."

JF 09/11/08

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

information@margarethillsclinic.com

RECIPES FOR THE ACID-FREE DIET

Supporting you with the acid-free diet!

Now that it is summer, we naturally begin to think about all the fresh salad foods that will be available. In her book, 'Treating Arthritis the Drug-Free Way', Margaret Hills wrote that during her recovery she ate a raw salad everyday and we would encourage you to do the same to ensure you get a constant supply of fresh nutrients.

In this issue we thought we would give you some ideas....

Antioxidant Salad (V, D, G)

Ingredients

Rocket, spinach & watercress

1/2 red onion, sliced

1/2 red pepper, sliced

1/2 yellow pepper, sliced

1 small carrot, grated

4 mushrooms, sliced

Serves two

Put the salad leaves on to two plates
Add grated carrot over the leaves and then arrange the other salad items over the top.

Dress the salad and serve

Increase the protein content by adding grilled chicken or fish; if you don't eat these try adding bean sprouts.

Dressing your salads

For nourishing salad dressings use cold pressed oils (olive, walnut, sunflower, etc) for their essential omega fats and cider vinegar for it's alkalising minerals.

Now you have your base, add a clove of fresh garlic, which is antibacterial and immune boosting.

Add to this your favourite, chopped, fresh herbs, such as parsley, basil and coriander. As well as bringing flavour, they contain beneficial, blood cleansing nutrients.

If you like sweet dressings add a little honey.

For extra healthy fats, fibre and texture, grind up and add flax, sunflower, pumpkin, or other seeds.

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**

or email: information@margarethillsclinic.com

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

Salad Niçoise (D, G)

Ingredients

1 tin of salmon, drained
½ Spanish onion, diced
A mixture of green salad leaves, three handfuls
8 black olives, stoned and halved with the brine rinsed off
2 Eggs, boiled and sliced
½ Red pepper, sliced finely
2 tablespoons of organic cider vinegar
Cold pressed olive oil to drizzle

Serves two

Method

Put the salmon and onion into a bowl, add the cider vinegar and mix well

Place the salad leaves onto two plates and put half of the salmon and onion on top of each

Add the peppers, olives and sliced boiled egg

Drizzle with olive oil to finish

You can add any other salad items that you wish, apart from tomatoes of course!

Digestion Tip

If you are taking cider vinegar drinks as part of your nutritional therapy programme from Margaret Hills, the ideal time to take them is twenty minutes before each meal. This will help to support your stomach acid which means that the food you eat will then be digested & absorbed much more effectively.

Melon Mingle (VV, W, G)

Ingredients:

¼ Water Melon
½ Honey Dew Melon
½ Cantaloupe Melon
A handful of mint leaves
A splash of apple juice

Serves four

Method:

De-seed and cube the melon and place in a large bowl

Finely chop the mint and add to the melon

Add a splash of apple juice to help the flavours mingle then toss the melon cubes together and serve.

Nutritional Profile: Melons

Melons are tasty, alkalising fruits, full of beneficial nutrients such as the powerful antioxidants vitamins A and C which travel through the body, neutralising acidity and free radicals.

They also have, B vitamins, which are necessary for energy production and to combat stress. They are a good source of dietary fibre, which ensures that the sugars from the melon are released slowly, delivering balanced blood sugar levels.

Clinic News

A Wedding!

Margaret Hills' granddaughter, *Julia Horner*, was married on 17th April 2010 and she will now be known as *Julia Davies*.

The weather was wonderful for the wedding and everyone had a thoroughly enjoyable day. The honeymoon was unfortunately delayed by two weeks because of volcanic ash affecting flights but, eventually, Julia and her husband, Steve, flew off for a three week trip to Australia.

After a fabulous holiday, Julia is now back and available for appointments.

Annual Leave

With the milder months approaching we will have staff on annual leave.

There will be no appointments available with Christine Horner between 14th June and 9th July.

Members of our administration team will be on holiday during various weeks so we may be short staffed at certain times; your patience is appreciated.

When you place an order with us we endeavour to process it the same day to be sent out the next day. Please make sure that you order in time to receive your supplements before you run out.

We hope you enjoy the summer!

*Best wishes from
the Margaret Hills Team*



Payment by Bank Transfer

We now have the facility to accept payments via bank transfer. We have had a few requests for this facility.

The bank is National Westminster

Sort code: 53 61 31

Account Number: 65026926

Please give a descriptive reference with any payment that you make, e.g.,

John Smith—Order Payment
Joan Smith—Registration Fee

If you have any questions about this please contact the Clinic on 01926 854783.

Shop News

New staff member brings new knowledge

We now have a new member of staff at the shop. Rosie Dyke joined us in March bringing with her a wealth of knowledge.

Rosie is currently studying Holistic Therapies at Warwickshire College and will qualify shortly. Her course involves a number of disciplines including Aromatherapy, Reflexology, Indian Head Massage, Stone Therapy, Body Massage, Holistic Facials and Hopi Ear Candles.

Rosie works on Mondays and Fridays so please visit if you would like to have a chat with her about these therapies. We stock a range of aromatherapy oils at the shop and Rosie would be happy to help you select the best ones for you.

Margaret Hills Health & Lifestyle
7 Millar Court
Station Road
Kenilworth
CV8 1HL

01926 850019