



# Cold & Flu Lappers

## Olive Leaf Extract

Neutralise viruses and bacteria, and stimulate the immune system with Olive Leaf Extract.

Contains *oleuropein*, which has strong antibacterial and antiviral properties to help wipe out the nastiest cold or flu. Has demonstrated itself more effective than antibiotics on stubborn chronic bacterial infections.



- ☆ Strengthens the immune system
- ☆ Fights chronic bacterial and viral infections
- ☆ Helps eliminate herpes, bladder and fungal infections, and stops the overgrowth of candida albicans

Ret. \$28.60 Mem. \$22.00

## VS-C

VS-C (formally HRP-C) is a Chinese herbal combination which helps to strengthen immunity against bacterial and viral infection.

When you feel the onset of seasonal colds and flu or if you're having trouble ridding



yourself of a nagging bug, reach for VS-C.

- ☆ Stimulates the immune system
- ☆ Fights chronic bacterial and viral infections
- ☆ Helps treat inflammation of the lymph glands and tonsillitis
- ☆ Enhances the body's response to stress due to cold and flu
- ☆ Assists in lowering fever
- ☆ Great for the whole family

Ret. \$35.60 Mem. \$26.00  
**Ginger**

Nothing beats a warm cup of ginger tea and honey when you've been bitten by the cold or flu bug.

Ginger has proven antiviral properties and is legendary for its ability to beat the flu.

This is partly because ginger strengthens the respiratory system – right where the flu bug bites.

- ☆ Strengthens the immune system
- ☆ Fights bacterial and viral infections
- ☆ Strengthens the lungs and cardiovascular system
- ☆ Clears congestion from sinuses and lungs (best taken as a warm tea)
- ☆ As a warm tea it brings emotional comfort to those suffering from a cold or the flu
- ☆ To make a tea simply open several capsules in a cup of hot water and let steep for ten minutes, then enjoy

Ret. \$28.00  
Member. \$21.50



## Echinacea Purpurea Echinacea/Golden Seal Extract



The way in which Echinacea combats bacterial and viral infection is truly remarkable.

It contains polysaccharides that resemble bacteria, causing the immune system to regard them as foreign invaders. This causes the immune system to build up its defenses by increasing the body's production of white blood cells, which helps the body become stronger and more capable of fighting real bacteria.

Golden Seal acts as a mild decongestant, relieves excess mucus and reduces fever, and inflammation associated with glandular swelling and sinusitis. Combined with Echinacea, it will really give those cold and flu symptoms the old 'heave ho'.

- ☆ Considered natural antibiotics
- ☆ Combat bacterial and viral infections
- ☆ Helps strengthen the immune system
- ☆ Increases white blood cells
- ☆ Clears congestion from sinuses
- ☆ Reduces fever and inflammation
- ☆ Acts as a mild decongestant

Ret (C) \$41.50  
Mem. \$31.30

Ret (Ext) \$27.70  
Mem. \$21.30

Well, we have had the excitement of Beach Hop and the busyness of Easter so now are looking forward to a 5 day working week for a while, with as yet, few plans for a holiday.

We will be at the New Spirit Festival on 2&3 May at North Harbour ([www.thebigevent.co.nz](http://www.thebigevent.co.nz)), directing traffic instead of having a stall as we did for years.

We have just been upgrading our shop displays and gradually increasing our stock range, which now includes aromatisers (oil burners), especially the crystals and the youngsters love browsing and buying as we have some very nice stuff for as little as .50c and up. Some is on chains or string and others are raw or shaped as wands, dolphins, etc. We are also getting in more organic skin and hair products.

**NEW – NATURE'S GATE BEAUTIFUL ORGANIC SHAMPOO AND CONDITIONER  
FREE SAMPLE AVAILABLE**

## Down at the US Patent Office

ABUNDANT LIVING  
with John Arts

A few weeks ago I wrote an article on cholesterol which will be one of the topics in a heart health series later this year. I mentioned that there is growing concern among doctors and patients about the side effects of cholesterol lowering statin drugs, the most common being muscle pain, fatigue and memory loss.

During my research I came upon what could be the single most important piece of information for those who use these medicines.

If you are taking statin drugs you should visit the US Patent Office website —

[www.uspto.gov](http://www.uspto.gov). Once there click on 'Patents', then 'Search Patents', go to 'Patent Number Search' and in the 'Query' box type 4,933,165. What you will see is a patent for 'Coenzyme Q.sub.10 with HMG-CoA reductase inhibitors', granted to a well known pharmaceutical company and producer of one of top selling statin drugs, earning it billions in sales. If you want a copy please call me.

HMG-CoA reductase is an enzyme used by our liver to make the cholesterol we need. Coenzyme Q10 (Co Q10) is also made in the liver by enzymes and like cholesterol is essential for life. Without Co Q 10 we could not convert energy from

food to the energy we need to live.

This patent is for a drug that combines Co Q10 with a statin medication to counter the muscle damage (myopathy) experienced by increasing numbers of people. The basic story in the patent description is that the patent holder confirms that statins block production of Co Q10 and that this is the most likely cause of the myopathy experienced by some people taking these medications.

It goes on to say that Co Q10 has an additional benefit for people with congestive heart failure, making the combined Co Q10 and statin a beneficial combined medication.

**If you have questions or would like further information on matters raised in Abundant Living you can contact John on 0800 423559. You can join his newsletter at: [www.johnarts.co.nz](http://www.johnarts.co.nz)**

So what can we conclude? An obvious question is why would a major pharmaceutical company seek a patent for such an important medication (combined Co Q10 and statins) and then not bring it to market?

This information, combined with growing anecdotal evidence, suggests all those on statins should seriously consider supplementing with high grade Co Q10.

My view has always been that those on statins should use Co Q10. If there are no obvious side

effects a low dose should be fine, but those with side effects really do need advice as there are many options, including combining Co Q10 with antioxidants and other co factors.

The bottom line is about preventing coronary artery disease, and in addition to a good diet with 7+ servings of fruit and vegetables I have always recommended use of a good combined antioxidant containing compounds like OPC and vitamin E so essential for healthy arteries and blood flow.

This, plus a good anti-inflammatory Omega 3, is all most people need — though if on statins I strongly recommend, as do increasing numbers of doctors, using appropriate levels of Co Q10.

Been having another look through my very old herb book and thought you might like to know other things you can use lettuce for:

**Lettuce:** Domestic lettuce (*Lactuca sativa*) mixed with mother's milk was thought to soothe burns, and was cooked in any kind of milk and used as a cure for arthritis. It can be eaten before bedtime as an aid for sleeping or boiled with oil of rose and used as a compress for headache. Eaten often it will increase the flow of milk in a nursing mother. It acts as an anaphrodisiac and will repress sex dreams if applied to the testicles with a little camphor. The juice and leaves are used as an anodyne, sedative, and expectorant, and if you had the facilities to compress a carload of lettuce, discarding the water, of which it is ninety per cent and ate what was left, you'd have a super hallucinogen. A decoction of the leaf serves as an excellent face wash.

After reading the last part, I will be on the lookout for anyone purchasing a trailer load of lettuce.



**From the Shocking Book of Records  
Castration is the only proven means of  
preventing baldness in men.**

**P.S. It doesn't explain how or why but... OUCH!**

The following list has been included courtesy of Herbal House.

**2008 TOP PRODUCTS AS SOLD BY HERBAL HOUSE**

<b>Perfect Eyes</b>	The late Max Crarer's Legacy - Protection Every Eye Needs
<b>Tri-Circ (HS-II)</b>	A Valuable "Life Assurance" Policy
<b>Omega-3 EPA</b>	Help Your Body to Help Itself
<b>CoQ10 30</b>	Energises, Protects and may strengthen your heart
<b>Grapine Combination</b>	Profound, Most Talked About Antioxidant in the Natural Health Industry
<b>Everflex</b>	One Tablet for Comprehensive Joint Support
<b>Respiratory Plus</b>	It's Time to Breathe Freely
<b>Herbalax (LBSII)</b>	For Healthy Bowel Function
<b>5-W</b>	To assist women during the last 5 weeks of pregnancy
<b>Breath Ez</b>	Bronchial & lung support. Promotes clear bronchials
<b>Ginkgo Biloba Extract</b>	Helps Brain Circulation For Memory Health
<b>Vitamin B Complex</b>	Replenish Your B Vitamin Daily
<b>Super supplemental</b>	Your Best Source for Essential daily Nutrients
<b>Vitamin E/Selenium</b>	Protect yourself from Oxidising Radicals
<b>Lutein</b>	See The Light
<b>Thyroid Support</b>	Don't Let Your Thyroid Lose Out
<b>Epilobium</b>	Important Medicinal Herbs for Men (Prostate)
<b>Cordyceps</b>	China's Energising Secret
<b>Red Yeast Rice</b>	A Natural Approach to Maintaining Normal Cholesterol Levels

There have been many folk remedies for getting rid of warts, but the one that made me chuckle was this one from my old herbal book.



**STOLEN APPLE CURE**

I can't remember where I heard of this cure, but I do remember being a teenager with a handful of warts and wanting desperately to be rid of them. The warts disappeared soon after I buried the apple.

Steal an apple and cut it into as many pieces as you have warts. Rub each piece of the apple on each wart and wrap the pieces in an old cloth. Bury the cloth. When the apple bits have rotted, the warts will be gone.

For those that want conventional methods, in our store we have NaturoPharm "Wart Off" paint to apply and spray to take, Thuja 30c Liquid, Cell Salts – Kali Mur, and NSP "VS-C" which is for viral infections of any kind but especially herpes.

**WINTER HOURS:  
TUESDAY TO SATURDAY**

*We wish you health and happiness!*