

▶ **HAPPY NEW YEAR:**
FROM MOHSIN HEALTH
PRODUCTS TEAM

○ ISSUE :2 | ○ VOLUME: 1 | ○ 2009

▶ **SEASONAL ARTICLE:**
MASTER HERBALIST HAKIM M. SALIM ,
M.D. (M.A.) M.H. D.O. F.G.N.I

▶ **DID YOU KNOW?:**
USEFUL INFO

▶ **SEASONAL RECIPE:**
HONEY BASED COUGH
MIXTURE

▶ **SEASONAL PRODUCT:**
OASIZ –WARM & SPICY!

Healthy You!

Edited by: **Hamza**
Khan

**A SEASONAL NEWSLETTER TO EDUCATE AND INFORM YOU ON
IMPROVING YOUR HEALTH AND WELL BEING.**

This seasonal newsletter is published quarterly by MohsinHealthProducts Ltd.

Happy New Year!

Well the winter blues are well and truly upon us, making most of us as useful as ice cubes in hot water!

With cold days and even colder nights, most of us wish we could dart here and there to dodge the icy wind, or to be at home safe and snug in front of a warm cosy fire!

Wouldn't it be great if we could service ourselves like we do our boilers and just get warm!? Our alternative approach might just be the key!

Because the cold affects all of us at some point, we decided the time was now for MohsinHealthProducts to unravel its plans for winter wellbeing, so instead of hibernating this year, we worked hard on creating a comforting winter-wellbeing set.

Below, you'll find a new range of great tasting, natural, health enhancing products, to help you relieve some of your winter worries.

We also decided to put together this newsletter to help educate and inform you on staying healthy and happy! HealthyYou is exactly that!

Our aim is to produce seasonally this newsletter and bring you great articles from a wide range of authors and practitioners of complimentary and alternative medicine.

You see we love what we do and how we help to improve your life with our 'special' products!

Our **New Years Resolutions** for 2009 are:

- To help our customers maintain their health and wellbeing during this difficult and stressful economical time.

- To help our customers financially when purchasing or trying out our new products by introducing an affordable special trial size, without compromising on our products' quality, and still made by hand and under supervision of qualified herbalists.

- To continue working with the needs of our customers and distributors, and to introduce new & needed health products in 2009.

Best Wishes for your health & well being in 2009!
Hamza Khan



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Seasonal Article: Colds & How To Treat Them Naturally.



Master Herbalist Hakim M. Salim
M.D. M.H. (M.A.) M.H. D.O. F.G.N.I

After a few days the discharge usually becomes thick and may have a yellow colour.

Herbal Treatment.

Herbalists have been treating colds, successfully for thousands of years.

They recommend the following:

- ☞ Rest for at least three days
- ☞ Eat light food
- ☞ Do not use any dairy products for 10 days
- ☞ Do not drink chilled or fizzy drinks

A Herbal Remedy For Colds.

Take:

- 5 grams of Yarrow Herb
- 5 grams of Elder Flowers
- 5 grams of peppermint

Simmer gently in an iron or enamel pot immersed in two pints of water for twenty minutes, keeping the lid on the pot.

A teaspoon of honey can be added after straining. Take a capful of this medicine warm, and go to bed with a hot water bottle to the feet. Repeat in four hours and if necessary, twice a day for three days.

If you have a fever, add 5grams of cinnamon to the above, if you have a cough, add 5 grams of liquorice. Do not eat too much, take plenty of warm drinks and do not go out for a day or three.

If you use this medicine, you will recover very quickly from cold, and will not experience complications such as tonsillitis, asthma etc.

“Herbalists have been treating colds, successfully for thousands of years...”

Seasonal Recipe:

Honey for Coughs & Colds

Taking honey and cinnamon increases the immunity threefold and can reduce and eliminate bacterial and viral infections for coughs and colds.

(source: 2009 World Renowned Herbalist M Salim)

Pour a teaspoon of honey in glass of hot water, add a quarter of teaspoon of cinnamon powder, mix and drink the mixture warm, before meals, 3 times a day.

For further queries regarding this recipe, or if you have a recipe idea, contact us at the address found at the end of this newsletter.

Hakim M. Salim M.D. (M.A.)
F.G.N.I. (England) D.O. (London)
Consultant herbal physician &
Iridologist.

- Has been in practice since 1978, running a private practice at East Park Road, Leicester. Has also run a private practice at Harley St, London.
- Founder/Director of The Mohsin Institute, devoted to practice, research and education in Tibb - Eastern Medicine and Alternative Medicine (since 1990).
- His successful methods of treatment have appeared on the BBC, Television documentary.
- His works have been on display at the Science Museum, London, U.K, since 2005, and the Wellcome Institute, London

The Cold

In spite of all the discoveries and amazing claims of “modern medicine”, a certain cure for common cold is still out of grasp of scientists. Cold affects every one at some stage and they occur more often in cold climates and during cold seasons such as autumn and winter.

What is a cold?

The common cold in medical jargon is called acute rhinitis, and it is a benign viral infection of the upper respiratory tract. According to herbal medicine, a cold is an eliminative effort on the part of the body to throw off accumulated waste products. An occasional cold prevents problems developing into major diseases such as asthma.

However, too many colds, more than three a year, can indicate poor immune system. Most people treat colds by using the wrong suppressive treatments and this lead to problems later on such as bronchitis, asthma, chronic cough or fatigue.

Symptoms of Cold.

Each person develops cold in their particular way; however these are the main symptoms of cold:

- ☞ Sore throat
- ☞ Blocked nose
- ☞ Sneezing with clear discharge from the nose.
- ☞ Mild fever

Are you **tired** and **exhausted** from the **festive** celebrations?

Get your health back on track in **2009**, with MohsinHealthProducts.

Visit Our Special Offers! www.NaturesHealth.co.uk

Did You Know?

Prescription Drugs...

A leading scientist from the world's third biggest drug company, GlaxoSmithKline claims that its drugs "Don't work for most people." Britain's leading drug company admitted that most prescription medicines do not work for most of the people who take them. Dr Allen Roses, MD, worldwide vice president of genetics at GlaxoSmithKline, made the statement at a scientific meeting in London.

(Source: CAM Jan 2004, The Independent, Dec 8th 2003 McGreevy R)

Watch Out For Medical Errors!

A US medical document, published by the Institute of medicine showed that up to 98,000 people die in the U.S. each year due to medical error- more than those that die in motor vehicle accidents.

(Source: WDDTY, April 2002)



Calcium...not just for teeth?!

Osteoporosis is one of the 147 different diseases that result from a Calcium deficiency. 1 in 3 women and 1 in 12 men will develop osteoporosis during their lifetime unless preventative action is taken. Receding gums is also known as osteoporosis of the jawbone, a deficiency of calcium, not a deficiency of flossing!

Doubling your calcium intake can also reduce 85% of the emotional and physical traumas of PMS.

(Source: WDDTY, May02)

Article:

Whole Person Medicine

(continued from last issue)

Tibb in the 21st Century

The following factors all contribute toward creating dissatisfaction and alienation within sections of health service users:

- * The prohibitive cost of technological medical systems.
- * Modern medicine's inability to cure increasing chronic diseases.
- * Rising levels of negative side effects produced by chemical drugs.
- * Dehumanization in the organisation of institutional medicine.

In the non-industrialised parts of the world, provision of adequate healthcare facilities on the European or North American model is impossible.

The world-wide awareness of ecological imbalances together with need and desire for sustainable life styles highlights Tibb as an excellent tradition that can provide effective and sustainable models of healthcare and medicine.

The wholistic and integrative perspective of Tibb can enable synthesis and development of the individual in the context of the family and the community. The emphasis of oneness and unity enable connectedness and not disintegration, which is often the hallmark of drug and surgery-based methods.

The consequence of a wholistic perspective is development and inter-connectedness. In the 21st century the theme of inter-connectedness and interdependence will be of psychological and practical significance.

Tibb, while able to deal successfully with physiological imbalances, is however most useful in psychological disorders. The clarity within Tibb tradition regards the genesis, nature and purpose of a human being and provides a vision that is above time and space. It recognises the transcendental aspect of human beings and acknowledges the spiritual nature of each person, which can enable and galvanise individuals towards transformation and unification, an essential need of the 21st century.

"Contemporary western men and women, in quest of the sacred and the rediscovery of pontifical man, seek techniques of meditation which overcome the excessive cerebral activity which characterises modern mental activity, allowing the agitated mind to simply be. The quest may include yoga, oriental forms of medicine, natural food and medicine and the like. In reality the quest is for the heart which, in the spiritual person, who is aware of his vocation as man, "penetrates" into both the head and the body, integrating them into the centre, bestowing a contemplative perfume to mental activity and intellectual and spiritual presence to the body, which is reflected in its gestures and motion.

This potential towards transformation and unification constitutes the excellence and zenith of Tibb, a balanced, whole person medicine.

Missed The Last Issue?

Log on to:

www.mohsinhealthproducts.co.uk/newsletter.htm

Seasonal Product:



Oasiz™

Natural Superfood Mix

Warm and spicy!

Modern living habits can affect your levels of vital nutrients and essential proteins, minerals and vitamins required to lead an overall healthy and wholesome life.

Oasiz™ is based on a traditional eastern herbal recipe, combining superfoods and herbs that help restore these lost nutrients. This replenishing food may help in the following ways:

- ◆ Restore vital lost nutrients
- ◆ Increase overall energy
- ◆ Ease cravings

Oasiz™ is particularly useful for people who lead a demanding lifestyle; however it is a safe for the whole family to use on a daily basis.

Made from 100% natural ingredients these include 'high energy' foods such as organic raisins, honey and saffron.

- ◆ Suitable for Vegetarians
 - ◆ Halal & Tayyeb
- ◆ Caffeine free ◆ GM free
- ◆ No artificial sweeteners, preservatives or colours
- ◆ Formulated by qualified herbalists ◆ Hand made and sustainably produced in the UK

Product Testimonials:

"Oasis- ' great taste! no need to mix this superfood, it tastes warm and spicy on it's own. I keep it by my computer and take a spoonful when energy is low."

Steve, Nutri centre Bookshop, London.



Have Your Say, Comments & Feedback!

Here at **HealthyYou**, we are always happy to receive mail!

We welcome any comments, suggestions or anything you would like us to hear and we will try to print a selection of them in our next publication.

Have any of the articles made you see things differently?

You can email us your views at:
info@mohsinhealthproducts.co.uk

or write to us at:

HealthyYou

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