

# Treasure Your Health

On an enterprising note – check out *Full Marks* RRP £18.95 and *Oasiz* RRP £16.95. These superfoods for Kids or Adults respectively, contain 100% natural ingredients. *Oasiz* contains Almond, Cardomom, Fennel, Date, Cinnamomum, Gotu kola and Brahmi. Studies are increasingly confirming that certain nutrients have positive effects on the brain, preventing disease as well as removing obstacles to optimal functioning. These recipes are based on a traditional eastern herbal recipe combining superfoods and herbs. Taste delicious on their own or go well with yoghurt. 5% of annual profits help regeneration

programmes in the developing world. **www.Natureshealth.co.uk**

And for all honey fans – the probiotic organic Daflorn honey, RRP £10.99 for 450gms, from Bulgaria could rival the popularity of Manuka as people search out nutrient rich honeys. It has an almost caramel like taste and is very sweet, with 10 million cells of *Lactobacillus Bulgaricus* in every gram.

Available from **www.daflorn.co.uk** and selected health food stores.



## Dogs Need Oil Too

When it comes to animal companions, remember they need some extra supplements at times too. Yumega are an interesting company who have done research on how climate change, central heating and insufficient diet have led to all year round moulting, adding millions to

our bills for vacuuming. Skin health does require fatty acids and giving extra oil can reduce shedding by 30 per cent.

These are seed based oils although the cat one is not vegetarian. Yumaga Dog RRP £ 9.99 is available from Pets at Home and Jollyes stroes nationwide. For more information **Call 01462 790886** or **visit: www.lintbells.com**

