



# Summer Brochure 2006

Thinking of your health





## Summer Skin & Beauty

It's the summer months when we want our skin to be absolutely tip-top. Not only do we expose parts of our bodies that are normally hidden away under layers of clothes, but it's also a time when we perhaps want to ease off the make-up and opt for a natural sun-kissed look. The Revital team have selected some of their favourites to help you achieve that radiant summer glow...

### A New Evolution in Sunscreen

One of the problems with high SPF sunscreen is that it's quite thick and greasy and usually contains titanium dioxide, which leaves unattractive white streaks on the skin. For those of you in the know, you'll also be aware that most sunscreens on the market contain butylated hydroxytoluene (often listed as BHT or E321) and propylene glycol (propan-1,2-diol or PG) both of which can cause skin irritation and allergies in sensitive individuals.

We can now offer a fantastic organic alternative that offers the security of very high sun protection without the risks of allergic reactions. **Soléo Organics Sunscreen SPF 30+** doesn't contain titanium dioxide so won't leave your skin white. With no synthetic preservatives, colours or fragrances, you can safely use **Soléo** on all the family including children and babies. And as an added bonus - it's also fortified with botanical extracts and Vitamin E to moisturise and care for your skin.

**Soléo Organics Sunscreen SPF 30+**  
is priced at £14.95

### Developing that Inner Glow

We're now all well aware of the potentially damaging effect of the sun's rays, but equally we mustn't forget that some sunshine is positively beneficial to health as it boosts our vitamin D reserves. The antioxidant effect of compounds in plants plays a crucial role in protecting against damage during photosynthesis-the process of converting sunlight into chemical energy. We can use this protective power to our own advantage to help defend against skin damage from the sun's powerful ultraviolet rays.

**Arkopharma PhytoBronz** capsules contain the antioxidants grapeseed extract, betacarotene, vitamin A & E to help protect the skin against free radicals that accelerate the ageing process. PhytoBronz also contains 'Intense Heli Active' or IHA, an exclusive complex of natural pigments, which help activate and prolong a safe summer tan.

**Arkopharma PhytoBronz** are priced at £11.85 for 60 capsules





### Soothing After Sun

Most of us feel better when we have a light sun-kissed glow but it is important to protect the skin during and after sun exposure. Aloe vera is one of the most natural and most effective sun soothing agents. **Lily of the Desert Aloe Vera Gelly** contains 99% aloe vera with vitamins A, C & E. It moisturises, soothes and cools. The non-greasy formulation is rapidly absorbed and provides relief against scratches, grazes, chapping, insect bites and skin inflammations as well as sunburn.

An essential for your holiday travel bag, **Lily of the Desert Aloe Vera Gelly** is available in two sizes: 120ml for £4.99 & 360ml for £8.99.



### Heavenly Legs

If you're looking for smooth, firm and healthy legs, the combination of V-nal® cream and capsules is a real winner. Containing natural extracts which includes horse chestnut, butchers broom & jojoba, the refreshing V-nal® cream soothes the skin, reduces irritation and combats the appearance of unsightly veins. V-nal® capsules work internally to help maintain elasticity of the veins whilst enhancing blood flow-ideal if you're worried about deep vein thrombosis.

**Bional V-nal® Cream** is priced at £7.95 for 75ml and **V-nal® Extra capsules** are £9.95 for 40 capsules.



## Give Your Pre-Summer Diet a Helping Hand

You've made up your mind to get in shape for your summer holiday, you're eating sensibly and the pounds are starting to fall... but then, despite your best intentions, you hit a plateau. Motivation plummets and panic rises! Sometimes we need a helping hand in achieving that bikini-ready summer body, but it's not easy to find a healthy solution.

**Liposinol™** is a patented combination of natural fibres, which may assist weight loss by binding to the fats that we eat in our diet. Several studies have shown that **Liposinol™** will bind 28% of dietary fat in an average meal resulting in lower calorie consumption. The fibres in **Liposinol™** are organically certified, well tolerated and hypoallergenic.

Priced at £19.95 for 48 capsules



## The Amazing Amazonian Acai

Our final suggestion to help you feel great this summer is the new and exciting **Life Dynamics Acai** range of supplements. Acai is a small, round dark purple fruit found in the Amazon. Like all highly coloured fruits, Acai is not only high in protective antioxidants, it is in fact one of the most nutrient rich fruits known to man. It contains the most highly concentrated forms of anthocyanins thus far analysed. In fact the anthocyanin content in the Acai is 3.5 times the amount of that present in a glass of red wine!

What benefits can you expect from Acai? Taken daily as a naturally complete multinutrient supplement, **Life Dynamics Acai** capsules provide a synergistically balanced combination of vitamins, minerals, antioxidants, amino acids, fatty acids and fibre. Results vary from person to person, but we've usually seen changes within 1-2 weeks of use. You're likely to be more energised, have greater mental focus and perhaps even feel a little friskier!

Acai's high anthocyanin content offers protection to the heart and cardiovascular system. Other potential benefits include a cholesterol lowering effect and enhanced digestion. As an entirely natural supplement, Acai is easily absorbed and utilised by the body having a cleansing and detoxifying effect.

**Life Dynamics Acai** Capsules are priced at £24.95

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[www.revital.com](http://www.revital.com)



## Revital's Summer Travel Kit Bag:

You've saved for and anticipated these two weeks of heaven for months. So when it finally arrives, you'll want your summer holiday to run without a hitch, but the unexpected can and will happen. This year, be prepared with our recommendations for a summer survival kit bag:

### Don't Let Holiday Food Bug You!

With exotic locations being common for both business and holiday destinations, we are being exposed to foods & water that can easily disturb our digestive systems. **BioCare's TravelGuard** is a novel way to protect against the perils of 'Deli-belly'.

TravelGuard contains plant oils with antibacterial, antifungal & antiparasitic effects along with garlic extract & the powerful LAB4 probiotic complex. A combination that is protective against a wide range of organisms including salmonella, E.coli, campylobacter and listeria. The new duocap technology encapsulates the acidophilus within the plant oils, meaning that this product does not need to be refrigerated.

Blister packed for convenience, **BioCare Travelguard** is £16.45 for 15 days supply.

## Especially for Kids...

Travelling with children presents a whole host of new problems. As any Mum will tell you, the golden rule is to always be prepared! The **Dr. Green Finger's** range is designed with Mum's in mind, a nifty selection of travel friendly wipes, plasters and sprays. Take for example the **Dr Green Finger's Antiseptic Wipes**, awarded 10/10 by a leading health journalist, these wipes clean like normal wipes but are impregnated with calendula to help disinfect wounds and promote rapid healing. Calendula is one of the most appropriate antiseptics for children as it has a very low 'sting' factor. Using the same principles, the **Dr. Green Finger's Patch Up Plasters** are made from breathable cotton gauze impregnated with calendula for enhanced wound protection.

The **Dr Green Finger's** range is priced from £3.95



### Water, water everywhere...

The seasoned travellers amongst you may already be familiar with **Higher Nature's Citricidal** grapefruit seed liquid concentrate. An all time best seller, this versatile liquid can be used as a mouthwash, skin treatment or water purifier. Available in a dinky little bottle, Citricidal should be an essential travelling companion.

**Higher Nature Citricidal** is available at £4.90 for 25ml, £7.60 for 50ml or £12.60 for 100ml.



### Natural Insect Repellent

Are you one of the unfortunate ones who seem to be irresistible to mosquitoes and midges? Insect bites are no fun. The itching, stinging and swelling can last for days. Insects, particularly mosquitoes, can also carry disease.

Neem is a traditional Ayurvedic insect repellent, which naturally deters both mosquitoes and midges. It works in two ways; firstly by masking the smell of your own body, biting insects can't find you easily, and secondly by changing the taste of your skin, you're made less attractive to insect life. Neem is naturally antiseptic, anti-inflammatory & toxic to insects whilst perfectly safe for animals & humans.

**Bioforce Neemcare Insect repellent** - £4.25 for 50ml or £6.40 for 100ml



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# Osteoporosis – What you need to know....

It's all too easy to take our skeletons for granted, perhaps even to presume that bones are not 'living cells' that need looking after. In actual fact our bones are very much alive and constantly changing, old worn out bone cells replaced with new growth on a daily basis. In a child, this process is so rapid that the entire skeleton is replaced within just two years. In an adult the same process is slower with full skeletal replacement occurring in around 7-10 years. **So no matter what your age, you can still influence the health of your bones and ensure a solid framework for life.**

## The Shattering Truth...

Osteoporosis is often referred to as the 'Silent Disease' and with good reason; you cannot see or feel bone demineralisation - unless you have a bone scan you could be walking around oblivious to the progressive weakening of your structure...until suddenly the first fracture occurs.

In the last 60 years the incidence of hip fractures has increased dramatically. A third of women over 50 lose height due to degradation of the spine and half of all women will experience some degree of osteoporosis in their lifetime. Once thought of as a disease of the older woman, osteoporosis is no longer age or gender dependent – athletes, pregnant women, children and men are all now susceptible to 'porous bones'.

## The Hormone Connection...

Hormones play an important role in creating a favourable climate for bone growth. If you reach menopause before the age of 40, you will be at much greater risk of developing osteoporosis. Similarly, if you have had an irregular menstrual cycle or gaps with no periods before the menopause, osteoporosis risk is likely to be higher. The reason for increased risk in both these scenarios, is likely to be connected with low levels of female hormones.

**Oestrogen – stimulates osteoclast cells  
which stop loss of old bone.**

**Progesterone – stimulates osteoblast cells  
which build new bone.**

Lower oestrogen levels lead to acceleration in bone loss. While falling progesterone is associated with a loss of calcium, as it can no longer be efficiently incorporated into the skeleton. Slower bone building and increased bone loss is a sure-fire recipe for osteoporosis.

## Natural Hormone Balancers...

As ever, nature has come to the rescue with plant hormones or 'phytoestrogens' that have the ability to support our body's own hormone output. Found naturally in soya foods, linseeds and herbs such as red clover, phytoestrogens can be included in the diet as well in supplementary form.

In one clinical trial, postmenopausal women were given 54mg of the phytoestrogen genistein for one year. The results showed a reduction in bone breakdown, increased bone formation and increased bone density of the hip and spine.

## The Calcium Controversy...

The body contains around 1kg of calcium – 99% of it in the bones. Of course calcium is an important bone nutrient! However, just loading up the body with lots of calcium rich milk and supplements overlooks one critical point – calcium cannot be built into bone without other crucial nutrients. And perhaps more importantly, the fact that calcium is being lost from bones in the first place is a sure sign that these 'accessory' nutrients are running short in supply.

## To illustrate this point consider the following facts:

-In the UK the recommended daily calcium intake for young girls and boys is 700 –1000mg and for women over 50 it is 700mg. We have already seen that osteoporosis is a growing health concern in the UK.

-The Gambian people in Africa, have an average daily calcium intake of 300mg – well below the recommended intake, and yet osteoporosis is practically in-existent!

-Similarly, Americans drink three times more milk than the Japanese and yet their hip fracture rate is 2.5 times higher!

**Is our obsession with calcium leading us up the wrong path?** Calcium in the diet or in supplements cannot be built into bone unless other minerals and vitamins necessary for bone growth are also present. In fact, ironically, too much calcium can actually reduce magnesium absorption and may have a counter-productive effect on bone health. So by selecting foods and supplements purely on their calcium content, we may be doing more harm than good. From the table below we can see that some foods are high in calcium but are poor sources of magnesium, whereas others offer a more balanced mineral profile. Soya, green vegetables, nuts and seeds are all good sources of calcium, magnesium and other essential nutrients.

Calcium & Magnesium content of foods		
Food	Calcium content per 100g	Magnesium content per 100g
Full fat milk	119mg	13.4mg
Cheddar cheese	721mg	33.3mg
Sardines	382mg	40mg
Tofu	108mg	98mg
Broccoli	47mg	25mg
Almonds	286mg	300mg

**Vitamin D** – vital for calcium uptake from the gut as well as helping move calcium and phosphorus into bone. New research suggests that Vitamin D status is more important than calcium intake for maintaining healthy bones. Worryingly, Vitamin D depletion is quite common in the UK, particularly in winter months.

**Magnesium** – as well as being a structural element in bone, magnesium helps convert vitamin D to its active form so that calcium can be absorbed. When there is insufficient magnesium in the blood, your body pulls it from your bones precipitating osteoporosis.

**Vitamin C** – the key ingredient in collagen, which is an integral part of the bone matrix.

**Boron** – although not a structural component of bone, boron is vital for the activation of enzymes that are involved in bone growth.

**Vitamin K** – is responsible for hardening calcium. It activates at least three proteins made by bone forming cells, one of which is osteocalcin. Scientists have now shown that low levels of osteocalcin can be used as a predictive marker for hip fracture.

**Essential Fats** – studies have shown that fatty acids such as fish oil and evening primrose oil may enhance calcium absorption and new bone formation.

## Diet & Lifestyle Bone Building Tips!

**X Too much protein** – a balancing act is required when it comes to protein. On the one hand too much protein, particularly animal protein such as meat and cheese, can upset the body's acid/alkaline balance. The body uses calcium as an alkaline substance to counteract acidity and research has consistently shown that women with the most acid forming diets have more hip fractures than those on the least acid producing ones. On the other hand, normal bone formation requires adequate dietary protein and low intake has been associated with low bone density. To maximise benefits and minimise negatives, opt for vegetarian proteins, fish and white meat over red meat and dairy sources of protein.

**X Caffeine** - Causes more calcium excretion and decreases calcium absorption in the gut. So make the switch now to Rooisbosch tea and dandelion coffee.

**X Sugar** – high intake has been linked to lower bone density.

**X Salt** – increases the amount of calcium the body excretes in urine. It's quite easy to stop adding salt in cooking or on food, but also be aware of salt content in many processed foods.

**X Fizzy drinks** – usually contain phosphorus. When levels of phosphorus in the blood stream rise, a message is sent to the brain that tells it there is insufficient calcium. The body reacts by pulling calcium out of the stores (bones & teeth) to regain equilibrium

**\*Get Physical!** - Your skeleton grows stronger if you do weight-bearing exercise – i.e. activities where you are supporting the weight of your own body. Good examples are jogging, dancing, tennis and brisk walking. Gradually increasing the amount of physical activity you do will benefit your skeleton at any age, it will also improve your balance and muscle strength.

**\*Enjoy the outdoors** – even in winter months try to spend at least 20 minutes of every day outdoors. The body manufactures Vitamin D from sunlight.

**\*Green leafy vegetables** – are bursting full of bone building nutrients such as calcium, magnesium and vitamin K so make them a regular part of your daily diet.

**\*Experiment with soya foods** – soya milk, tofu, miso and tempeh are good sources of bone building nutrients as well as the phytoestrogens which appear to be beneficial in protecting against osteoporosis.



## And here's Revital's suggested range of supplements to naturally protect bone & joint health:

**Higher Nature Osteofood** – containing an easily absorbable form of calcium along with the essential accessory nutrients – magnesium, vitamin D, vitamin C & boron, **Osteofood** ensures you have the raw materials necessary for healthy bone production.

£8.50 for 90 tablets.



**Novogen Red Clover** – Red clover is one of the richest sources of hormone supportive phytoestrogens. Novogen Red Clover offers a convenient way of enriching the daily diet without the need for major food changes. Each tablet contains 40mg of isoflavones, roughly equivalent to three full servings of legumes.

These one-a-day tablets are priced at £18.99 for 30 or £39.99 for 90.



**New Chapter Cal Mag Bone Health** – a more comprehensive offering containing a broader spectrum of bone building minerals along with herbs, superfoods, phytonutrients, soy isoflavones and probiotics. New Chapter's bone support provides nutrients in a cultured form to ensure optimal absorption and utilisation in the body. A great choice for menopausal women or those with compromised digestion.

Priced at £18.99 for 30 tablets.



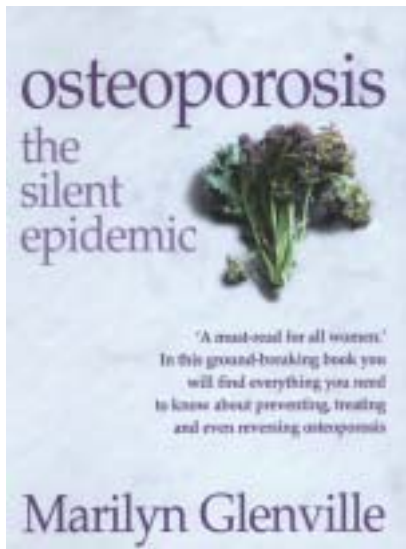
**Solgar Celadrin & Glucosamine Complex** – Glucosamine Sulphate is a well established and well proven supplement for supporting joint health. Solgar have now enhanced its effectiveness with Celadrin®, an all natural fatty acid complex that has been clinically proven to reduce pain, promote joint health and improve flexibility and mobility.

**Solgar Celadrin & Glucosamine Complex** is priced at £28.95 for 60 tablets.



**Lanes Litozin® Joint Health** – this new supplement contains 100% natural rosehip. The active ingredient in rosehips, GOPO®, was discovered 20 years ago by Danish scientists. A unique process has since been patented which allows isolation of significant levels of this bone supportive component. **Litozin®** has been the subject of several scientific studies which have shown beneficial effects in those with aching or painful joints and may be particularly suitable for anyone who has found glucosamine to be ineffective.

Priced at £19.95 for 120 capsules.



**'Osteoporosis – The Silent Epidemic'** – renowned for her work with female health problems, Marilyn Glenville is a respected author, practitioner and researcher. Her books are readable but incredibly informative, offering a balanced assessment of both orthodox and alternative treatments. A must have read for anyone interested in osteoporosis.

Now available in store at £10.99.

**BioHarmony Serrapep** – serrapeptase is an enzyme produced in the intestines of silk worms which helps them to break down their cocoon walls. This enzyme is now being used to provide relief in joint problems such as rheumatoid and osteoarthritis. Serrapeptase has been shown to reduce inflammation but an even more profound benefit is its ability to reduce pain. This effect is thought to result from the enzyme's ability to block the release of pain inducing enzymes from inflamed tissues.

BioHarmony have just launched **Serrapep** which contains 20,000units of serrapeptase and is priced at £15.99



## Seasonal Suffering

Hayfever, or allergic rhinitis, is much more prevalent today than it was 50 years ago. Triggered by an over sensitivity to pollens, it is thought that hayfever may be made worse by pollution, diet & lifestyle. Standard advice is usually to avoid the pollens and take antihistamines – in other words stay indoors on the most glorious of summer days, or suffer the groggy consequences of the medication!

Now there's new hope for the thousands of hayfever sufferers out there; Patrick Holford has just launched a new formulation specifically for allergy sufferers. **Alex** contains a blend of antioxidants, amino acids, vitamins and minerals to help support healthy immune function. Including two of nature's most effective anti-histamine agents – vitamin C and quercetin, in combination with anti-inflammatory MSM and bromelain, **Alex** looks sure to be a winner.

**Alex from Patrick Holford** is now available at £17.99 for 60 capsules.

**Soléo Organics Sunscreen SPF 30+** is priced at £14.95.

**Arkopharma PhytoBronz** are priced at £11.85 for 60 capsules.

**Lily of the Desert Aloe Vera Gelly** is available in two sizes: 120ml for £4.99 & 360ml for £8.99.

**Bional V-nal® Cream** is priced at £7.95 for 75ml and **V-nal® Extra capsules** are £9.95 for 40 capsules.

**Liposinol™** Priced at £19.95 for 48 capsules.

**Life Dynamics Acai Capsules** are priced at £24.95

**BioCare Travelguard** is £16.45 for 15 days supply.

The **Dr Green Finger's** range is priced from £3.95

**Higher Nature Citricidal** is available at £4.90 for 25ml, £7.60 for 50ml or £12.60 for 100ml.

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## Summer Brochure Special Offers

Buy any products featured in this brochure and receive the following discounts:

Buy any 2 products and receive 10% Discount

Buy any 3 products and receive 15% Discount

Buy more than 3 products and receive a 20% Discount

This special offer applies to all products featured in this Summer Brochure. Offer ends 31st August 2006.

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