

# InStore

## Consumer issues and best buys

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# Real buzz about new honey

Life Mel Honey has been specially developed to provide the recognised health benefits of pure honey in combination with specific therapeutic herbs and other natural ingredients. **Joanna Braniff** writes...

**T**HERE has been a real buzz about the health benefits of honey for quite a few years now with it often being described as 'nature's own first aid kit'.

Recent studies have proved honey's amazing restorative health properties when it comes to healing wounds, with New Zealand's famous Manuka Honey now being used in some hospital dressings.

Now there is a new honey that is creating an even bigger buzz as it is believed to help those with a compromised immune system. This includes people who are suffering post-viral fatigue or even people undergoing treatment such as chemotherapy for cancer.

A recent hospital study has shown that LifeMel Honey can, in some patients, have a positive effect in increasing counts for red blood cells, white blood cells and platelets in the blood, and thus may be beneficial for people with reduced immunity. LifeMel Honey is the result of more than 30 years' research and has been specially developed to provide the recognised health benefits of pure honey in combination with specific therapeutic herbs and other natural ingredients.

The honey is specially produced in a controlled environment that guarantees a pollution-free pollination process and it is not artificially treated in any way and

no ingredients are added after extraction of honey from the hive. LifeMel Honey is produced by bees fed on a special food mixture that enables them to make a unique form of honey with all the beneficial properties of the therapeutic herbs and natural ingredients. LifeMel Honey uses nectar derived from therapeutic herbs including Siberian ginseng, echinacea and uncaria tomentosa, combined with a selection of natural ingredients including iron, protein and vitamins.

Siberian ginseng has traditionally been used as a tonic. Echinacea is a traditional herbal

remedy and well regarded for its ability to help support the immune system. Uncaria tomentosa is believed to have antioxidant properties and has also been traditionally used to benefit the immune system.

Terri Barnett, who has first had personal experience of its restorative properties, supplies LifeMel honey in the UK and Ireland. In October 2006 her father Dr Heime Geffen, a former family GP, was diagnosed with acute myelocytic leukaemia.

As the months progressed his doctors were forced to abandon

chemotherapy, as his blood counts were so low. Then his son-in-law heard about LifeMel honey from an oncologist from Israel where the honey is manufactured. A promising medical report

*"I was naturally sceptical at first but knowing the nutritional value of honey, I was conscious that it would not do me any harm"*



■ **HEALING POWER:** LifeMel Honey is reported to help people suffering from the effects of a weakened immune system and fatigue

suggested that it was worth trying and Dr Geffen began taking the recommended two teaspoonfuls daily.

He began to feel stronger and his blood count improved, as did his general health.

His daughter Terri was so pleased with her father's results that she decided that she wanted to make LifeMel honey available to more people and so she began importing it to the UK, with a percentage of the profits on each jar being donated to cancer charities.

So far, controlled medical research into LifeMel's medical benefits has been limited but a large amount of anecdotal evidence and the testimonies published by users on the company's website would indicate that people are deriving health-boosting effects using it. Dr Geffen says he will continue taking the honey that he believes has helped improved his condition.

"I was naturally sceptical at first but knowing the nutritional value of honey, I was conscious that it would not do me any harm. I started taking two teaspoons per day as directed and was amazed that after seven days I began to have more energy and feel stronger physically."

"It is not proven but it is made from natural ingredients and there are no side effects. It is worth a try



if you are at a dead-end as I was. My life has been turned around by it," Dr Geffen says.

Recommended use is two teaspoons of LifeMel Honey a day – one in the morning on an empty stomach and one in the evening.

The honey has a pleasant, sweet distinctive taste and aroma and although the consistency is thick it dissolves on the tongue quite quickly and pleasantly.

■ **LifeMel Honey costs £45 for 113g including post and packaging and it can be bought mail order from [www.lifemel.co.uk](http://www.lifemel.co.uk)**

**If you would like to place an order by phone or have any questions about LifeMel honey, call 0207 247 5497 or e-mail [questions@lifemel.co.uk](mailto:questions@lifemel.co.uk)**

# Vitamin D is essential for everyday general health

**O**VER Christmas Vitamin D hit the headlines heralded as the new anti-ageing hero. Sunlight stimulates the production of Vitamin D in the body so it is little wonder that many of us are deficient in it!

In fact, even those who live in areas of sun exposure have been found to have deficiencies of Vitamin D3!

Recent research points to the deficiencies of this vitamin in the general population. This research also showed its positive benefits against cardiovascular disease, cell mutation, joint and bone health, anti-ageing properties



and skin health. A dietary deficiency of vitamin D inhibits the production of the protein that binds calcium in the intestines, so that calcium cannot be absorbed, even if there is adequate intake.

Deficiencies of vitamin D are often found in the elderly and in women who have low intake of milk and receive inadequate exposure to sunlight.

Vitamin D is a fat-soluble vitamin that has properties of both a vitamin and a hormone and is required for the absorption and utilisation of calcium and phosphorus.

Sunlight triggers the body to make its own vitamin D, so supplementation would be needed in the winter months.

Crucial for strong bones and healthy teeth, vitamin D also keeps the immune system strong. It can help relieve conjunctivitis and helps the body assimilate vitamin A.

Signs of vitamin D deficiency include severe tooth decay, rickets and other bone and dental problems.

■ **Stockist of Vitamin D3 by Life Extension £14.95 (250 capsules) [www.victoriahealth.com](http://www.victoriahealth.com) 0800 3898 195.**

# Netting A Bargain

**Jonathan Campbell** rounds up the best deals on the web and the high street...

■ **ONLINE** shopping is generally much cheaper than hitting the high street but further savings can be made in the form of 'referral' websites.

These work in a similar way to supermarkets' loyalty points or credit cards' reward schemes. Think of them as starting points for your shopping.

A typical referral site has a list of retailers' websites by shopping category. Click on a link and your browser takes you to a special version of the shop's homepage while tracking your purchase. A couple of months later you'll receive money back based on how much you spent.



A popular example is [www.quidco.co.uk](http://www.quidco.co.uk). I like it because its payouts are generous and it is simple to use. From the outset it makes clear that it keeps the first £5 of your earnings each year as an administration fee but that's the only charge as such. Earn nothing and there's no charge.

The range of partner retailers is broad, including Play, John Lewis, Tesco and stacks of others in categories such as fashion, finance, travel and entertainment. Depending on the retailer, cashback is either a fixed amount or a percentage of how much you spend. For example, buy a £10 CD from [www.hmv.co.uk](http://www.hmv.co.uk) and you'll earn 9 per cent back (90p) but take out a home contents or buildings insurance policy from Lloyds TSB and you'll earn £60 regardless of the premium.

Payments are made directly into your bank account after they are tracked and validated. The earnings section of the site makes it easy to see what you've spent, how much cashback to expect and when.

Your computer must be set up with cookies enabled so make sure any security software you're running allows this. Even when everything is set up properly and you have clicked on the links in the right way, sometimes a transaction doesn't show up in your earnings. When this happens you can email the site's administrators to solve the problem. Some partner retailers are quicker at paying out than others but most enter into the spirit of the scheme.

Use of referral sites takes patience and the discipline to remember to use them each time you shop. Think of them as a way to claw back some of the money you were going to spend anyway. It's a nice surprise when a few pounds magically appear in your bank account every month or two. To maximise rewards, pay with a cashback credit card.

Don't forget to read the full terms and conditions on the Quidco site before signing up.

\* **Details accurate at time of going to print. Offers available while stocks last.**

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