

COPING WITH THE CHANGE OF SEASON

Autumn certainly has its own beauty as the colours change from bright green to gold and brown.

After passing the Autumn Equinox on 23rd September a downward shift occurs; the light lessens, days grow shorter, and energy descends back into the earth for the dormant cycle. Leaves fall from the trees, the last fruits ripen, and life energy contracts.

As the body's cells contract they squeeze out excess and unwanted content which leads to a discharge of all those over-indulgences of the summer months.

It is wise to pay attention to the changing needs of the body at this time of year to maintain the immune system correctly and to prepare a proper foundation for the coming Winter season.

This contraction, discharge and descending energy often finds us feeling lethargic and sluggish. It's never more important than now to adjust our diet, lifestyle and exercise patterns in harmony with the seasons. It is especially important to take great care of your diet and to increase the amount of sleep you get each night.

It's time to begin eating warming, slow cooked foods with a predominance of root vegetables, squashes & pumpkins, brussels sprouts and cabbage.

Ensure optimal nutrient intake by having your Seagreens® daily. This ensures that you absorb the maximum nutrients from your food as well as giving you the incredibly broad range of nutrients that only Seagreens® unique blend of shallow water, human food quality seaweed provides.

By using Seagreens® in your daily life, you will soon find they go a long way towards supporting more sustained energy levels through this change of season.

Now is the time to prepare your body, using Seagreens® to give you the nutritional foundation and strength to 'survive' the coming cold Winter months.

Seagreens® adds missing nutrients to your diet, helps you absorb more nutrients from other foods you eat and has a gentle detoxifying action helping you expel toxins, including heavy metals from the body.

Seagreens® Food Capsules can be taken by everybody, including during pregnancy. They are suitable for babies, children and elderly people and do not interfere with any other medicines or supplements taken.

Seagreens® Food Capsules

60 capsules :: 1 months supply	£15.95
180 capsules :: 3 months supply	£44.95



£3 OFF Your Next Order*

Just quote code:

PAUT10

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or in the Gift Voucher box
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*When you spend £20 or more, expires 30th Nov 2010

NEW

Seagreens® Organic Mineral Salt

- Mineral balanced alternative to table salt
- Use wherever salt is used
- Enhance the nutritional value of your food
- Bring out the full flavour of your food
- Contains 50% Cornish Sea Salt and 50% Seagreens®
- Sprinkle onto any raw or cooked food
- Reduce hazardous high salt content in your condiments

By using Seagreens® Organic Mineral Salt you can prevent excessive salt consumption without sacrificing flavour or nutrition.



Achieve a balance of flavour, the sodium our bodies need and the broad range of vitamins, minerals and trace elements that Seagreens Ascophyllum Nodosum seaweed provides.

Enhance the flavour and significantly broaden the nutritional profile of your food.

100g normally £4.95

SPECIAL INTRODUCTORY OFFER
£3.50 - SAVE £1.45

OSTEOPOROSIS AND DRY MOUTH SYNDROME - MY MOTHERS STORY

My mother gradually fell into poor health. Her energy levels became low, she began to get rashes on her skin and she suffered from an extremely dry mouth, unable to chew and digest food properly.

Upon doing some research on her symptoms she found that they exactly matched those symptoms attributable to some medication her doctor had given her to prevent osteoporosis.



My Mum

When she got to 68 years of age her doctor recommended that she take tablets to prevent the onset of osteoporosis on the grounds that she had reached the age where many women began to suffer from it.

My mother had no symptoms at the time to suggest that she had, or might develop osteoporosis. However, being of that generation that implicitly trusts doctors, she took his advice and embarked on a permanent course of the prescribed tablets.

That was seven years ago. She has been taking these tablets daily for all that time. When prescribing the tablets the doctor did not warn her of any of the known side effects of this medication.

About two years ago, my mother had a fall and broke her hip, then last year in another minor fall she broke her wrist. She is a healthy woman having a stress-free life and a fantastic diet of freshly prepared home grown vegetables, daily.

Weren't these tablets supposed to strengthen her bones? Why then did she have a break after both minor falls? Well her research led her to findings that the medication makes the bones harder and more brittle rather than stronger as the drug company claims.

Not only that, but the cumulative effect of taking this medication daily for seven years has led her to have it's other known side effects of low energy, rashes and dry mouth syndrome.

What kind of society do we live in where doctors, in whom we place so much trust, can put a healthy woman on a permanent medication as a preventative measure, at the tax payers expense, when there is no evidence or any sign whatsoever that she is susceptible to the condition other than her age?

Osteoporosis is caused by calcium leaching from the bones, over time, as the body tries to keep itself in a balanced, healthy state. The pH balance of the blood and cells should be pH 7.3 which is slightly on the alkaline side of neutral which is pH 7.0.

Because the average diet is so acidic due to a disproportionate amount of animal products, sugar, alcohol and intake of other acidic foods inappropriate for our climate such as tomatoes, our bodies seek balance so try to alkalise the blood by various means including leaching calcium from the bones, which is highly alkaline, into the blood.

Over time, this can lead to conditions such as osteoporosis. However, because of our drug based health care culture, encouraged by pharmaceutical corporations in search of larger profits, doctors look for drug based solutions, even to problems that don't exist, such as my mothers.

What her doctor should have advised, after a proper consultation to ascertain her lifestyle, was to avoid acid forming foods and ensure proper nutritional intake. She could have avoided several broken bones as well as the other side effects she suffered like the rashes, low energy and dry mouth.

My mother is now taking freshly squeezed vegetable juices each morning with half a teaspoon of [Seagreens® Food Granules](#), and no medication prescribed by her doctor! All the symptoms she was suffering have now disappeared and she is enjoying life to the full once more.

[Seagreens®](#) seaweed is an alkaline food which as well as providing a broad spectrum of vitamins, minerals and trace elements, helps the body to maintain it's proper acid/alkaline balance, helping to prevent the need for the body to take it's own remedial action such as leaching calcium from the bones.



Robert Monteath-Wilson

BRUISER & KYLE

The day we took a call from one of our customers asking us to donate some Seagreens® Pet Granules to a dog rescue centre, we got more than we bargained for!

Tania spends a lot of time and energy raising funds and helping a dog rescue centre in Spain. Alarmingly some Spanish people and many British ex-pats, when returning to Britain, throw their dogs onto the street and these dogs need to be re-homed.

We donated the requested Pet Granules but at the same time enquired as to how the process of re-homing the dogs to Britain worked. Tania responded with the question "Why, do you want to re-home one yourself?"

Well, that wasn't what was behind the question, but we duly looked on the rescue centre's web site and well, once you start to look at the wonderful dogs needing a home, its difficult to say no!

We particularly liked two of the dogs and asked Tania to advise on which would be most suitable since she had met them. She replied "Well, they're both lovely", so to cut a long story short we ended up giving a home to both Bruiser & Kyle.

In return, they've given us untold fun and endless pleasure and happiness. They have enhanced our lives immensely, we thoroughly enjoy getting outside and walking with them and they have such distinct and strong personalities.

Bruiser (left) is full of energy, character and love while Kyle is the softest, most gentle dog you could hope to meet. He tolerates being pushed and poked by visiting children as well as all of Bruiser's wind-ups.

People often remark on how happy and healthy they look and we attribute this, their fine condition and balanced temperaments partly to their good diets (no cheap supermarket tinned foods or a diet

based solely on dried biscuits) and also to their daily dose of Seagreens® Pet Granules.

We put a sprinkle (about half a teaspoon) onto their morning food to supplement it with all the amazing nutritional elements that seaweed provides.

One 200g jar lasts ages and they seem to love it.



Bruiser & Kyle

Tania now focuses on raising money to find good homes for the dogs and meeting the high cost of bringing them to Britain.

For more information on Tania's work see www.sos-animals.org.uk

Seagreens® Pet Granules

Strengthens and Protects
Cats, Dogs and Horses

Add a small amount of Pet Granules to your pets feed, daily.

These pure, easily digested granules improve vitality, immunity, temperament and performance.

Regulate the metabolism; cleanse the blood and liver; repair the hoof; improve the bloom and overall condition.



Strengthen resistance and recovery; and enhance the absorption and value of other feed nutrients.

Nutrient imbalance, micronutrient and mineral deficiencies are often rooted in inadequate natural foraging, feed processing and fashion trends in pet feed formulations.

Seagreens Pet Granules are 100% wild Hebridean Wrack, which has the broadest and most balanced spectrum of nutrients of any natural food.

Seagreens® Pet Granules

200g £9.95
1Kg £42.95



HAVE YOU SEEN OUR NEW WEB SITE?

If you'd like any further information on Seagreens® seaweed please don't forget our web site. It contains comprehensive information on the benefits of Seagreens® products, the source of Seagreens® seaweed, details of all its certifications and much more.



You can also place orders on the web site, very easily and securely.

Easy to use

The purchasing process has as few steps as possible and is designed to be easy to use, even for those of us with little computer experience or confidence.

Privacy

We do not pass any of your personal information to any third parties.

Security

Your payment details are transmitted direct to your card issuer for authorisation using PCI standard 256-bit SSL encryption. Oceans of Goodness never see nor store your card details.

www.oceansofgoodness.co.uk

FREQUENTLY ASKED QUESTIONS

What is the difference between Iodine+ Capsules and Food Capsules?

Seagreens® Iodine+ Capsules are a single seaweed (*Ascophyllum nodosum*), whereas Seagreens® Food Capsules are a blend of three seaweeds (*Ascophyllum nodosum*, *Pelvetia canaliculata*, and *Fucus spiralis*).

Seagreens® Food Capsules are blended specifically to have an exceptionally broad nutritional profile without excessive iodine content. This means that more can be taken where needed to tackle specific health conditions, or undergo a detoxification programme.

Seagreens® Iodine+ Capsules are intended for people who's primary reason for taking them is to ensure an adequate iodine intake, perhaps because of a sluggish thyroid or because they have a vegan diet.

Seagreens® Food Capsules would normally be the first choice for most people, due to their blend giving a wider nutrient profile, whereas Seagreens® Iodine+ Capsules are an inexpensive way to boost iodine levels. Seagreens® Iodine+ Capsules do still have an excellent nutritional profile though.

Can I take Seagreens® with other vitamin/mineral supplements? ... and do I need to?

Because Seagreens® seaweed contains such a full spectrum of nutrients it is not necessary to take other supplements. However, if you have been advised by a consultant or therapist to do so then taking Seagreens® at the same time as will aid the absorption of your supplements.

Are Seagreens® good for children?

Yes. Seagreens® are safe and beneficial for children of all ages.

Seagreens® has a high omega oil content which is valuable for the concentration and brain power of children, as well as adults. It is also effective with the management and treatment of Hyperactivity (ADHD). Also Dulse seaweed has 14 times more calcium than cow's milk. Some remarkable results have been achieved with autistic children.



Seagreens® Iodine+ Capsules

60 capsules :: 2 months supply **£12.95**