

Why I'll Never Be Without Elagen...

In September, 1992, following a painful divorce, I developed Pleurisy which would not go away. Following X-Rays and blood tests it proved to be viral, not bacterial and therefore did not respond to antibiotics. I went on to have bouts of laryngitis, glandular fever and in June 1993, Shingles – I was very unwell...

After the shingles was gone I became permanently tired, had aching limbs and loss of short-term memory. I stumbled often, dropped things and felt light headed. Fortunately, my GP diagnosed post-viral fatigue (ME). I was advised to rest and referred to a consultant who confirmed the diagnosis.

I took multi-vitamins and ginkgo and was prescribed a low dose of Seroxat. The consultant considered this to be a good drug to help with the memory loss and other neurological symptoms. However approximately three months later, a locum GP prescribed Elagen. She had used it for her own patients with ME and found it to be very good. Initially I was able to have it on prescription, however, after a while the local NHS Trust refused to continue with it.

"I live a stressful life, caring for and supporting my daughter and granddaughter, I run a small business, lost my husband to Cancer earlier this year and I am now 60 years old - I will not contemplate stopping taking Elagen!" Vivian Twort

By this time, I had noticed a considerable improvement and was reluctant to stop taking it. Sure enough after three months without it my symptoms had worsened again – I decided to buy Elagen myself.

Providing I take two tablets a day I feel well. If I do develop a cold or virus I increase the dose to three tablets a day. Over the past ten years there have been two occasions when I have stopped taking Elagen and each time after several weeks the symptoms of ME returned.



I recommended Elagen to a friend who suffered from ME before my diagnosis and who through all her visits to various doctors, homeopaths and complementary therapists had never found anything to help. Initially she was cynical but was willing to give it a go – that was eight years ago, she has never stopped taking it since and is well.

In 1998, my elder daughter contacted Encephalitis caused by the Herpes Virus (shingles). She developed Grand Mal Epilepsy and was critically ill. She has impaired memory problems, left-side weakness and hearing problems. Her epilepsy is controlled now but she takes a very high dose of anti-convulsing drugs. Approximately six months after her diagnosis her consultant neurologist suggested there would be no harm in trying Elagen – she has been on it ever since bar a couple of occasions when she has run out. I am always aware that she becomes much more lethargic when she is not taking it.

My younger daughter lives a very hectic lifestyle and has several health problems – she also takes Elagen regularly. She contracted Meningitis at 19 years old and has a depleted immune system – she feels the benefit from taking Elagen and suffers fewer colds and viruses.

Tell us what you think...

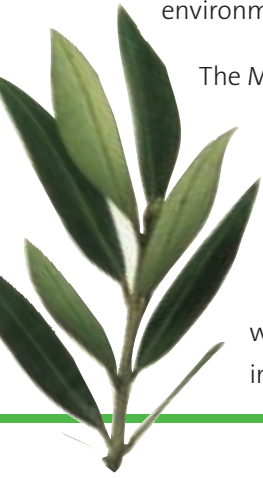
Your views are important to us and we want to hear from you – send us your comments about our products and any quotes published will earn a £10 credit off your next order.



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Olive Leaf – treasure of the Med

Plants in the Mediterranean basin, such as vine and Olive trees, have developed an array of anti-oxidant defenses to protect themselves from environmental stress.



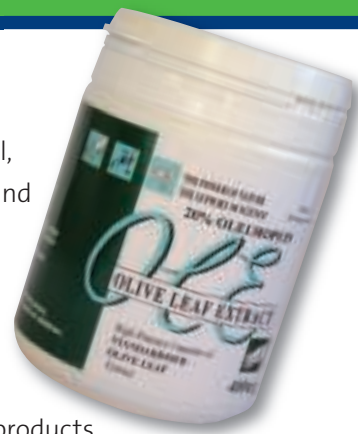
The Mediterranean diet is rich in fruit, vegetables, grain and plenty of olive oil. It is suggested that this goes some way to explain why the incidence of coronary

heart disease and certain cancers is lower in the Mediterranean area where olive oil is the dietary fat of choice.

Extra virgin olive oil is obtained by physical pressure from the whole fruit – it is rich in phenolic components, namely hydroxytyrosol and oleuropein. Elenolic acid - the active ingredient in Oleuropein has been found to be a potent scavenger of free radicals, having an amazing ability to fight and destroy invading pathogens. Areas of use include immune function, energy

levels, antiviral, antibacterial and hypertension.

Eladon Olive Leaf Extract is one a few standardized products, providing quality assurance of a known and consistent level of active ingredients. Available in 400mg capsules with 20% Oleuropein.



**£13.50 for 60 capsules
Buy 2 save £3**

BEAT THE BLUES

St John's Wort has remained one of the most relied upon botanicals by herbalists throughout history and it is sure to remain a staple of herbal medicines for years to come – it's so highly thought of in Germany it out sells conventional antidepressants, so what makes this pretty yellow flowered herb so popular?

Studies have confirmed its effectiveness for the treatment of mild to moderate

depression and that it has fewer side effects and costs less than conventional antidepressants. The herb contains numerous compounds with documented biological activity – its effects are considered to

be due to a variety of constituents, the most interesting of which are 'naphodianthrone hypericin and pseudohypericin'.

Anti viral

Current research studies have shown significant anti-viral activity within these primary components, inhibiting a variety of encapsulated viruses, including Herpes Simplex types I and II.

Burn Ointment

Historically St John's Wort was most relied upon for the treatment of wounds, partly due to its anti-microbial activity attributed to the essential oil, 'Phloroglucinols' and flavonoids. A 1970's study revealed that a burn ointment prepared with fresh flowers and olive oil was used for the treatment of first, second and third degree burns and the burns reportedly healed at least three times as rapidly as those



treated by conventional methods. St John's Wort may have its origins in Europe's wilderness but the good news is that doesn't mean you can't grow it in your own back garden – before your seedlings take root however you can stock up with Eladon's own high potency standardised extract, available in 60 capsule tubs priced £9.99

Note: Always consult your doctor before taking any supplements.

BUY TWO TUBS OF ST JOHN'S WORT AND RECEIVE A FREE YEAR'S SUPPLY OF MULTI-VITAMINS

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GETTING THE RIGHT KIND OF FAT

– *Flax seed oil may have the answer...*

The right kind of fat is vital for optimal health – polyunsaturated fats are the best, providing us with essential fatty acids (EFAs), the two main groups of which are members of the linoleic family Omega-6 fatty acids and the alpha-linoleic family, Omega-3 fatty acids.

Flax seed oil is one of the richest sources of essential fatty acids, specifically Omega-3, Omega-6 and Omega-9 EFAs, providing approximately 50% more Omega-3 oils than the amount available from fish oil and without the fishy aftertaste. Furthermore, it is a valuable source of B vitamins, Fibre, Protein, Potassium, Lecithin, Magnesium and Zinc.



Flax promotes strong bones, nails, teeth, healthy skin and is also used for colon problems, female disorders and as an anti-inflammatory. Low in saturated fats and calories, Flax seed oil contains no cholesterol and may help to keep the arteries clean and free of plaque and cholesterol.

Eladon's new and improved ORGANIC Flaxseed now comes in powder form to keep the capsules smaller and easier to take – each concentrated high dose 750mg capsule is 100% GMO-free, certified organic flaxseed approved by the soil association.

Eladon Organic Flaxseed comes in 60 capsule tubs priced at £9.99.each.



For a limited period buy two get one free!

Offer ends 31 March 2006

Get more out of your friendships

For each person you recommend (up to a maximum of 4 names), we'll credit your account with £2.50 providing they are not already on our database. In addition we'll credit your account with a further £5 for each of your named friends who go on to place an order.



Note: Offer applies to first order only.

Please fill in your FRIENDS details in the space provided. To help us credit your account quickly please make sure you have included your friends postcodes.

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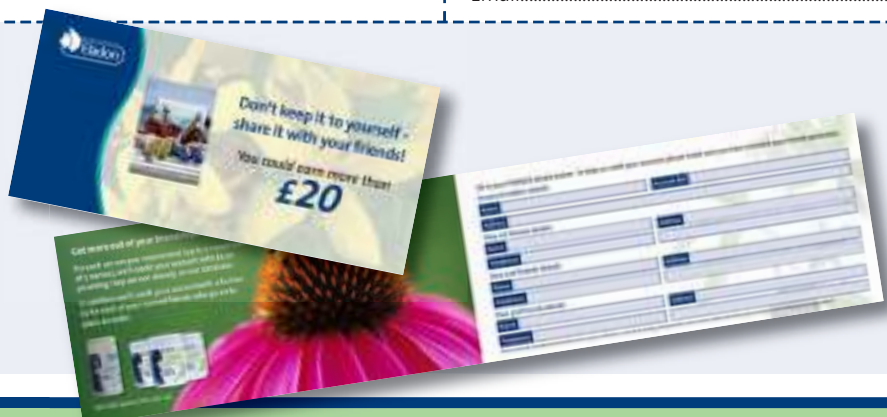
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NEW YEAR, NEW SPORT IMAGE...

We believe in our products and we're keen to reflect that in our image – that's why we've given Elagen Sport a makeover.

Thousands of you tell us every year how Elagen Sport helps you to improve your recovery and performance. Our unique combination of high potency standardized *Eleutherococcus Senticosus* and *Coenzyme Q10* is a staple for some of the world's top sportsmen and women – we hope you are pleased with the changes,

rest assured what's inside the tub is exactly the same product, scientifically designed to protect and support the body's immune system, aiding protection and improving performance.

As valued customers we want to hear from you – let us know if there are products you would like us to stock in the future. We're currently

looking at energy drink formulas and would like **YOU** to tell us what products work best for you.



Drop us a line at the address below or call 0845 345 1636 and we'll give you FREE postage and packing on your next order.

Note: offer does not apply to next day or special delivery.



Take flight with Elagen Sport...

After a 12 hour flight to L.A, four hour airport wait then a six hour flight to Hawaii, Ironman Mark White was expecting to feel more than slightly jetlagged during the 2005 World Championships. According to Mark however, thanks to packing in five or six Elagen Sport per flight, jet lag took a back seat and he was second Brit home. Mark now ranks as 14th in the world for the 35-39's.

"I picked up no bugs or infection during the flight and jet lag just didn't kick in during pre-race training.

Elagen and Flax (Omega 3 and 6) are a very important part of the process within my training regime – I have no doubt that Elagen quashed any jet lag and helped with the recovery from my hectic training..."

Buy two - get one free - Offer ends March 31st

FROM SUCCESS TO SURGERY

– Triathlete Leanda Cave keeps us up to date with her progress...

Leanda finished last year on a high with a triumphant first place at the European Triathlon Cup held in Eilat, Israel. The event was a double celebration given that Leanda was competing in support of London based charity, Kisharon who help Hebrew children with special needs due to disability.

2006 however has seen Leanda's spirit dampened by injury.

"I've had keyhole surgery to remove some connective tissue in my left knee, (Plica) that was catching between my knee cap and bone - recovery was quick but I now need the right knee done too.

Good news is I'm still racing the Commonwealth Games this year – I won't be super fit but I'll manage a block of five weeks intensive training to do my best. One thing is for sure – I won't be without my Elagen Sport!"



Photo by: Nigeal Farrow

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