

## ***A True Story from My Files***

Jane, 34, lives with her partner in Herefordshire and blames her mother for all her allergies, as she has them too. After years of putting up with eczema she's found a new lease of life thanks to a range of natural products she discovered on the internet.

"I had awful eczema as a small child and gradually developed hypersensitive reactions to all sorts of detergents, polish, cleaning liquids, cosmetics, face creams, soaps and shampoos. It was always very bad on my arms and legs but it wasn't till I got to my 20s that I realised what went into all these commercial products. Thankfully, I never had any problems with latex allergies, which meant I couldn't get out of the washing up. I studied environmental sciences at university and that helped me a lot and certainly made me think much more about these things.

"I've got boxes and boxes of stuff that I've bought and tried over the years but none of them were any good. In 1998 I went for allergy tests at the hospital where they said 'Don't worry - no-one's allergic to everything', but I was, but I never let it rule my life. I have to wear a mask grooming my horse but I'm okay once I'm riding. I've had all sort of medicines for my asthma, hay fever and endless steroids for the eczema.

"I was at home bored and itching one evening when I started looking at the internet for natural products that could replace steroids. And that's when I came across Green People and their wonderful pure, natural and genuinely hypo-allergenic organic products. I in the countryside so I'm constantly exposed to pollens and plants but thanks to the Green People Hair and Body bath, moisturisers and night cream, my skin is so much better. The sunscreen is great too as I can even put makeup on top of it. Having a wide choice of these organic products has made a big difference to me and my life."

### ***Michael Says***

Don't you just love these good news stories? Jane hardly ever needs the steroid creams now so avoids their damaging side effects. She could help herself even more by using the 100% natural hay fever remedy Nasaleze spray and by taking a high quality fish oil supplement as an anti-inflammatory. Jane's tried excluding all sorts of foods from her diet and it didn't help at all but she does stick to a healthy regime. At 5'6" and 9st 9lb she's a perfect weight with a BMI of 22.

Breakfast is organic wholegrain cereal, fresh orange juice and a kiwi fruit. During the morning one of the all-natural fruit bar snacks, for lunch wholemeal cheese, ham or banana sandwich.

Evening meal is fish, chicken, pasta, jacket potato or salad and fruit, especially bananas.

Although Jane drinks hardly any alcohol, swims every day, walks her dogs and has a very active job, her diet needs a bit of attention. She must add some more dairy products like yoghurt and more cheese to push up her calcium intake and she also needs to eat oily fish at least three times a week.

More info at [www.nazaleze.com](http://www.nazaleze.com)

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