



Is anaemia sucking the oomph out of your life?

Simone Baroke continues her series on nutrition
Been feeling a bit tired and breathless lately? There's a chance you could be anaemic. Anaemia means that there is a reduced amount of haemoglobin in the blood. Haemoglobin is the red pigment, which carries oxygen to all the cells in your body.

Symptoms of anaemia include fatigue, headaches, fainting, breathlessness, palpitations, angina, pallor and frequent infections. Older people are at high risk, because the amount of digestive juices produced decreases as we age. This can lead to impaired absorption of iron and vitamin B12, a common cause of anaemia.

There are different types of anaemia, some of which result from underlying medical conditions other than malnutrition. It is advisable to go to your doctor for a blood test and be sure to mention all your symptoms.

If it turns out that you have nutritional-deficiency anaemia, it's not just your iron intake you need to increase, but also folic acid and vitamin B12. These

nutrients are essential for making haemoglobin. Good sources include:

- **Iron:** sardines, liver, beef, prawns, eggs, beans, lentils, nuts & seeds, raisins
- **Folic acid:** green leafy vegetables (e.g. spinach), beetroot, most other vegetables, mushrooms, beans, lentils
- **Vitamin B12:** all animal products, e.g. fish, meat, dairy, eggs.

Vitamin C significantly increases the absorption of iron from food, so eat fresh fruit and vegetables with your meals, and/or take a vitamin C supplement (100-500mg) with every meal.

Simone Baroke is a nutritional therapist and practises in East Finchley. She can be contacted on 020 8883 0915.

Homeopath hits back

By Daphne Chamberlain

A recent scientific study claimed that homeopathic remedies are no more successful than placebos. How can a substance that has been diluted so many times that it is not traceable be of any use?

Marj Morrison, who practises in East Finchley, put the homeopaths' case to *THE ARCHER*.

"It is true", she said, "that homeopathic remedies are natural substances diluted in water, but the more the substance is diluted, the more powerful it becomes. At each dilution, the mixture is shaken thoroughly. This releases the healing power, or energy, of the substance, which leaves its imprint in the water."

Marj says that doctors are increasingly recognising homeopathy. Some tell patients that medical treatment may alter the effect of a remedy, and Marj makes adjustments accordingly. She believes strongly that homeopathy and orthodox medicine should work together.



*Marj Morrison.
Photo by John Dearing*

She would not recommend that anyone forgoes orthodox treatment for serious illnesses.

Marj Morrison works from Cootes Pharmacies in East Finchley and Finchley Central. She works by appointment, but has walk-in clinics between 11am and 1pm, Tuesdays and Thursdays at East Finchley, and Saturdays at Finchley Central. She can be contacted on 020 8341 0986.

A new body

By Diana Cormack

The National Blood Authority and UK Transplant have just merged into one organisation, to be known as NHS Blood and Transplant (NHSBT). The aims are to increase the supply of donated blood, organs and tissue and to raise the quality, effectiveness and efficiency of blood and transplant services.

Scores of people regularly join the queue to give blood when the donation van visits East Finchley tube station but everyone could help further by signing up to the NHS Organ Donor Register.

Although many people carry donor cards that their immediate family may know about, they have

not actually registered, which is the best way they can make sure their wishes are known. By joining the register around 20% of the population have confirmed that they want to help others to live after their death.

The question of organ donation is obviously an emotive

Dip and Salsa

By Viviana Lotti

Help is here for those who need to improve their dancing. East Finchley resident John Lintern and Betty Chi, who together have formed J&B Dance, are running classes and dances in Finchley and New Barnet. Both are experienced, qualified teachers.



Best foot forward... Photograph by kind permission of J&B Dance.

J&B Dance events comprise weekly lessons on Wednesdays, fortnightly tea dances, and monthly Saturday evening dances. Age is no barrier to joining in. The Sunday tea dance on 28 August attracted a mixed, mainly over-50s crowd, mostly long-established 'regulars'. As John & Betty presided over a combination of ballroom, Latin and sequence dances, many of the over-60s took to the floor with effortless grace and energy belying their age. As one gentleman, Leslie Barrett, said, "We may be over 65, but we're not invisible".

Nearly everyone joined in the sequence dances, performing impressive synchronised displays to old favourites such as 'Jealousy'. Leslie explained that around 40 sequence dances were created annually by amateurs and judged by dance teachers. The winners taught in dance schools countrywide.

Talent spotting

All those interviewed emphasised the social and physical benefits of ballroom dancing. Chris and John Webster, from Borehamwood, have been regulars for three years. Their friends, Fiona and Dennis Chandler from Potters Bar, were hardly off the dance floor due to Dennis's enthusiasm.

Don Kell, (a former dance host on cruise ships), thought music was a wonderful aphrodisiac while Margaret Taylor, from Islington, suggested, "To get more men involved, tell them it's good for their health and they can check out the talent!"

Pensioner Charlie Beer, from Borehamwood, is proof of the rejuvenating powers of dance. In addition to holding a second Dan

black belt in judo, he recently participated in a 10,000m veterans' run in Brighton and the Borehamwood half-marathon.

Dance has no age limit. Ladies can be as glamorous as they like; gentlemen get to be in charge.

Full details of classes and dances from: www.jandbdance.co.uk or 020 8444 0280.

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