

RECIPE OF THE MONTH



A healthy Christmas recipe for December

Nutrition Information per Serving

188.6 calories 6.9g fat
2.6g protein 29.4g carb
0.8g fibre 0.2g alcohol

CHRISTMAS CAKE

Enjoy this nutritious but healthy recipe

Ingredients

- 5 ml sunflower oil, average
- 120g black treacle
- 120g margarine, average
- 3 x 168g medium free range eggs, average
- 150g plain flour, average
- 5g five-spice powder, e.g. Sharwood's
- 120g sultanas, average
- 120g seedless raisins, average
- 120g currants, average
- 120g glacé cherries, average
- 2 tsp/30ml medium sherry
- 1 fresh orange, average
- 1 tsp/6g orange peel, raw

METHOD

1. Grease an 18cm (7in) cake tin with the sunflower oil, line with baking parchment.
2. Preheat the oven to Gas mark 2/150°C.
3. In a large bowl beat together the treacle and margarine. Gradually add the eggs, a pinch of salt and mixed spice. Sift the flour and add.
4. Add the dried fruits, cherries, sherry and zest and juice of one orange. Fold in gently.
5. Turn the mixture into the prepared tin and level the surface, making a slight dip in the centre.
6. Bake in the oven for approx 2/2.5 hours. Place a piece of greaseproof paper over the top if it becomes too brown.
7. Allow to cool for 15 minutes. When cool wrap in foil or greaseproof paper and store in an airtight container.

artspa

Christmas & New Year
Opening Hours

Artspa opens daily at 08.00.
Closing times vary and are detailed below:

| | |
|------------------------|--------|
| Friday 14th December | 18:00 |
| Saturday 15th December | 20:00 |
| Sunday 16th December | 18:00 |
| Monday 17th December | 20:00 |
| Tuesday 18th December | 20:00 |
| Wednesday 19th Dec | 20:00 |
| Thursday 20th Dec | 20:00 |
| Friday 21st Dec | 20:00 |
| Saturday 22nd Dec | 20:00 |
| Sunday 23rd Dec | 18:00 |
| Monday 24th Dec | 16:00 |
| Tuesday 25th Dec | CLOSED |
| Wednesday 26th Dec | CLOSED |
| Thursday 27th Dec | 20:00 |
| Friday 28th Dec | 20:00 |
| Saturday 29th Dec | 20:00 |
| Sunday 30th Dec | 18:00 |
| Monday 31st Dec | 16:00 |
| Tuesday 1st Jan | CLOSED |
| Wednesday 2nd Jan | 20:00 |
| Thursday 3rd Jan | 20:00 |
| Friday 4th Jan | 20:00 |
| Saturday 5th Jan | 20:00 |
| Sunday 6th Jan | CLOSED |

WHAT'S ON IN THE COTSWOLDS THIS DECEMBER

1st & 2nd DECEMBER Stow on the Wold Christmas Fair. Town Centre. www.stowonthewold.info/stow_events.php

4th DECEMBER Christmas Craft Fair – Tythe Barn, Bishops Cleeve, Cheltenham 07774 191793

5th DECEMBER – 14TH JANUARY Jack and the Beanstalk – Everyman Theatre, Cheltenham. 01242 572573

9th DECEMBER Evening Christmas Market Fairford – 6.30 Market Place

9th DECEMBER Four Seasons Classical Music. Cheltenham Town Hall 7.30 01242 227979

10TH DECEMBER Cirencester Craft Fair. The Corn Hall Cirencester 10:00am

14TH DECEMBER Cirencester Craft Market. Work of the area's best craftsmen 10:00am

15th & 16th DECEMBER Meet Santa at Sudely Castle 11:00 to 4:00pm 01242 602308

17th DECEMBER European Cup Rugby. Gloucester v Toulon at Kingsholm 3.00pm k.o.



MERRY CHRISTMAS FROM LOWER MILL ESTATE!



SECONDNATURE Artspa

NEWSLETTER DECEMBER 2007

LOWER MILL ESTATE, SOMERFORD KEYNES, GLOUCESTERSHIRE, GL7 6BG

WHAT'S GOING ON @ ARTSPA...

SWIMMING INSTRUCTION

Artspa now have a fully qualified swimming instructor available for residents at evenings and weekends.

For more information and bookings call Vicky Gray on: 07713 161863



PILATES

Introducing one of the UK's leading Pilates Instructors **Ann Crowther**. She is now offering Pilates to residents at artspa. For further details and bookings call Ann on: 07710 635915

PERSONAL TRAINING

Whether you're working out now or have yet to find the best way to get into shape, you already know the importance of being healthy and feeling good about yourself. The Elite team have over 15 years' experience and are at the leading edge of personal training.

If you would like more information contact artspa on: 01285 862846 or email: spa@lowermillestate.com

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TENNIS COACHING

AVAILABLE NOW @ ARTSPA

If you would like more information contact artspa on: 01285 862846 or email: spa@lowermillestate.com

GOLF

Deep in the beautiful Wiltshire countryside and just outside the historic town of Highworth is the exceptional golf course at Wrag Barn. With outstanding views of the Downs and the Vale of White Horse, Wrag Barn boasts one of the region's outstanding venues for golf and casual dining.

Lower Mill Estate is pleased to announce that it has acquired four Membership Cards for the exclusive use of leaseholders on the Estate.

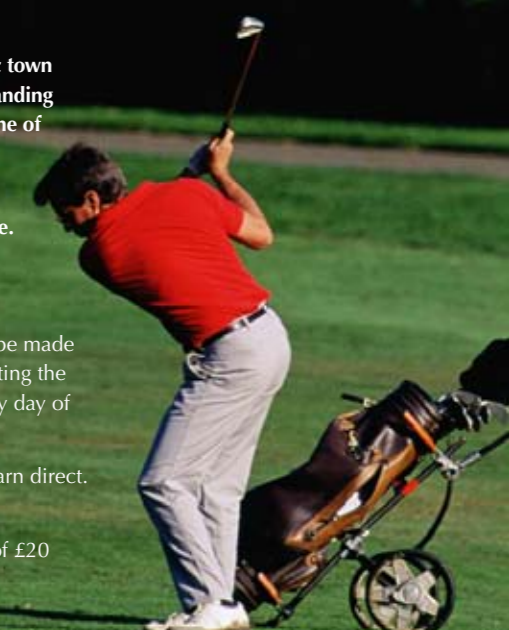
Cards are only available to leaseholders of a property in Mill Village, Clearwater Village or Howells Mere Village.

Each Card costs £10 per day. Cash/credit/debit card payments are to be made at the artspa. A secure deposit must be left by the owner when collecting the Cards. e.g. A driving licence. Each Card entitles the holder to play any day of the week (after mid-day at weekends) free of charge.

You can book a 'Tee' time up to 7 days in advance by calling Wrag Barn direct. Tel. 01793 861327.

Card holders may also invite and pay for an extra guest for a charge of £20 at weekends and £16 weekdays. (Payable to Wrag Barn on arrival).

Cards can be booked up to one month in advance. Owners may only use the cards once per month. Cards remain the property of Lower Mill Estate at all times. Failure to return cards to artspa will result in loss of golf club membership.



Being even slightly overweight can increase the risk of a range of common cancers including breast, bowel and pancreatic cancer, a landmark study has found.

The largest review of links between diet and cancer, incorporating more than 7,000 studies, concludes that there is convincing evidence that excess body fat can cause at least six different types of the disease. The researchers give warning that everyone should be at the lower end of the healthy weight range.

Their recommendations include avoiding processed meats such as ham, bacon, salami or any other meat preserved by smoking, curing or salting; only consuming small amounts of red meat; moderate consumption of alcohol; avoiding junk food and sweet drinks.

A report by the World Cancer Research Fund published ten years ago linked only one cancer to being overweight. Professor Marmot said the evidence now showed that at least six types – cancers of the oesophagus, pancreas, bowel, breast post menopause, kidney and endometrium (womb lining) – were linked and that the risks were increased by even quite modest weight gains.

The WCRF report emphasises the benefits of exercise for its direct effects on some cancers, and because it helps to prevent becoming overweight or obese. It made ten recommendations which, save in one case, do not conflict with advice given for the avoidance of other common causes of death, such as heart disease.

The exception is alcohol, which Professor Marmot said had been shown to cut the risk of heart disease. For cancer prevention the optimum level is zero, but for heart disease it is two units a day for men and one for women, he said. The panel agreed that the levels set for minimum heart risk should be accepted.

The report is based on an analysis of cancer studies from around the world dating back to the 1960s. The initial trawl produced half

a million studies, which was pared down to the best 7,000. The results were analysed by nine teams and then presented to a panel of twenty-one leading scientists for their recommendations. They looked at cancers at 17 different sites in the body and at a wide range of factors, mostly dietary, that can affect the risk of developing the disease.



Dairy foods, cheese, butter, coffee and fish get a clean bill of health. But sugary drinks – including fruit juices – can increase weight and are therefore not recommended. Nor are fast foods because they are energy-dense and lead to excess weight or obesity, which in turn increase cancer risks.

Dietary supplements for cancer prevention were not recommended, since there was evidence that at high doses they could have adverse effects. But selenium, in the diet or as a supplement, did appear to have benefits against lung, colon and prostate cancer.

THE TEN WCRF RECOMMENDATIONS:

- Be as lean as possible within the normal range of body weight
- Be physically active as part of everyday life
- Limit consumption of energy-dense foods, and avoid sugary drinks
- Eat mostly foods of plant origin
- Limit intake of red meat and avoid processed meat
- Limit alcoholic drinks
- Limit consumption of salt, and avoid mouldy cereals or pulses
- Aim to meet nutritional needs through diet alone
- If a new mother, breastfeed your baby
- Cancer survivors should follow the recommendations for cancer prevention

THE ARTSPA 5 MINUTE HEALTH AUDIT

Name: Tony Spooner
Age: 53, thank you for asking!
Occupation: Greetings card publisher
Address: 15 Somerford Villa

My Favourite food is – Curry!

My favourite exercise is – Running on the treadmill. I love the control and competitiveness of all the numbers (“Can I do the next 2kms 30 secs faster?”) – I think it’s a bloke thing.

Decadent food pleasure – Cheesecake

Favourite health food – Greek yoghurt

I exercise – About three times a week.

My next exercise session will be – A big one – 10kms on the machine and 10 lengths of the pool as a warm down.

My favourite ‘not today’ exercise excuse is – “I’ve got an Artspa questionnaire to fill in!”

I was at my healthiest and fittest? – In my late twenties when I did the London Marathon. I completed it in 4 hours and 8 seconds! (Those pesky 8 seconds!)

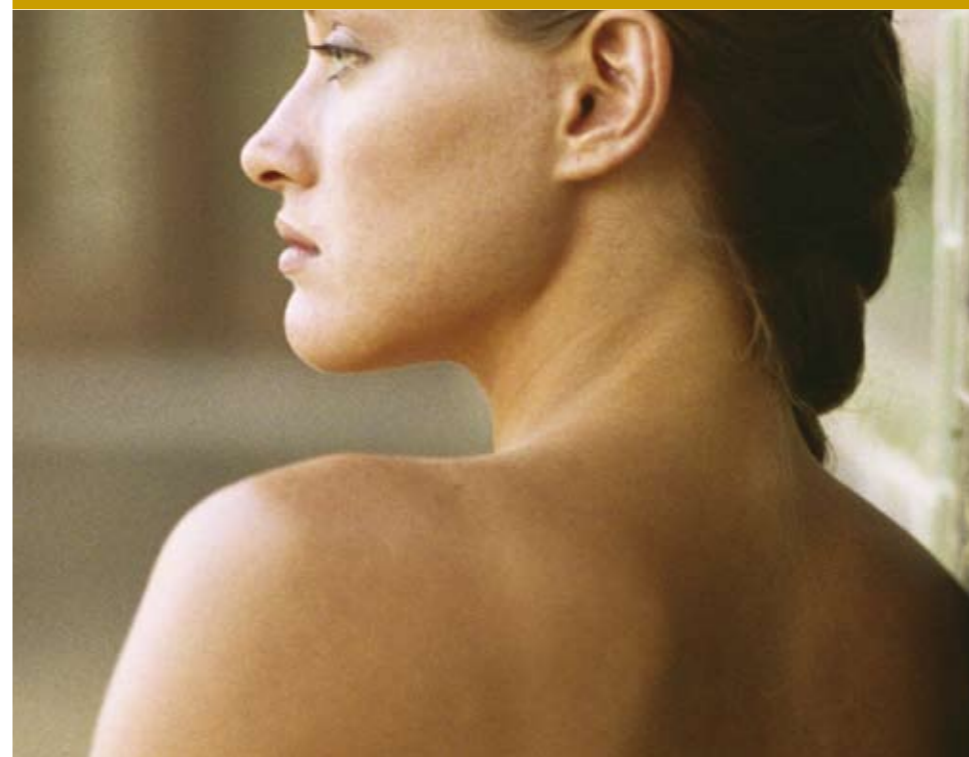
I would like to be fit to achieve – The London Marathon again! My aim would be to complete it in around 4 hours and fifteen minutes.

The sports person I admire most is – Watford striker Marlon King, because he’s the man who’s going to take The Golden Boys back to the Promised Land that is the Premiership!

If you could pass one law as Health Minister what would it be? – “Arise, Sir Marlon!”



Go easy with the bingeing over Christmas as biggest ever cancer study links excess weight with many more types of cancers.



ARTSPA RECOMMENDS: VITAMINIC CONCENTRATE ONLY £23.95

The Vitaminic concentrate is a radical treatment to fight the ageing process which contains the highest concentration of vitamins A, E and D. Vitamin A works as the protector of the cells’ membrane, preventing damage whilst nourishing and reducing keratinous formation. Vitamin E is regenerating and an excellent anti oxidant. Vitamin D combats premature ageing while improving skin texture and appearance. The vibrant blue comes from Azulene which offers soothing benefits whilst mandarin essential oil brightens the complexion!

Experts have known for some time that vitamins affect the skin. Lack of vitamins can make skin lifeless, blotchy, dry, or oily. Healthy skin requires a variety of vitamins to keep it resilient; specifically, vitamins A, vitamin E, vitamin C, and vitamin D. Furthermore, vitamins E and C (found in citrus fruits and vegetables) are the simplest form of antioxidant. Antioxidants may help prevent skin damage from free radicals, a dangerously mutant form of oxygen that in large doses (from pollution, sunlight, etc.) can break through the membrane that protects the skin's cells and cause inflammation, visible lines and wrinkles, among other damage. Vitamin A may help prevent sun damage and vitamin C may accelerate skin healing. There is also some evidence that vitamin C may pass through the layers of skin and help heal tissue damaged by burn or injury. Vitamin D, absorbed through the skin's outer layers, may help heal the skin when applied topically, especially when combined with vitamin A.

Vitamin A: The vitamin necessary for healthy skin. A serious lack or excess intake can cause dry, rough skin, among other problems. Synthetic vitamin A-like compounds called retinoids, such as tretinoin, applied directly to the skin have been used to treat acne and skin wrinkling and mottled pigmentation caused by chronic sun exposure.

Vitamin C: Also known by its chemical name (ascorbic acid), this vitamin plays an important role in healing wounds in the skin and in preventing scurvy. There is evidence that applying topical vitamin C will help "rejuvenate" the skin and make it appear younger by activating the oxidizing influences to which the skin is subjected.

Vitamin D: Vitamin D is formed in the body in part by interaction with sun light. Vitamin D is considered to be an antioxidant and anti carcinogen, and may play a role in skin pigmentation. Since it can be absorbed by the skin, applying this vitamin topically can have an effect on skin's health. Vitamin D is toxic in large amounts, and large doses should be avoided.

Vitamin E: Vitamin E is an antioxidant. It can help prevent free radical damage. Based on the observation that skin damage caused by the sun and other environmental agents are induced by free radicals, there is the possibility that vitamin E may be effective in preventing skin damage. It is being used in more and more skin preparations as a way to fend off this damage.

BEST SOURCES:

Vitamin A: Liver, eggs, whole milk, orange and green fruit and vegetables

Vitamin C: Oranges, broccoli, green and red peppers

Vitamin D: Cod liver oil, sardines and mackerel

Vitamin E: Almonds, sunflower seeds, hazelnuts and spinach

PRESCRIPTIVE FACIAL SPECIAL OFFER

ONLY £35 (Normally £50)

Available throughout December
Mon – Thurs

- A universal facial for all skin types.
- Tailored specifically to suit your individual skin care needs and concerns.
- Ideal as an introduction to Pevonia Botanica.
- Includes consultation and skin diagnosis.

