Achievements!!!!!!

Jesse– for good understanding of creating questions from answers provided in Literacy, Keep it up Jesse!!
Siswa– for working well in Math and answering questions correctly, keep up the good work!!!
Suhani– for settling in beautifully & responding well to all the teachers you are a STAR!!!
Matthew– we are glad that you feeling better AND you are so happy to be back! we missed you Matt!!!
Chris B– for beautiful speech this week, what a STAR!!!

Next Weeks Themes:

Vicky’s class: My Family
Lianne’s class: My Family
Megan’s class: My Family

Kate’s class: Olympics
Michele /Sharon’s class: Olympics

Happy Valentine’s Day!!

“I love you because the entire universe conspired to help me find you.”
- Paulo Coelho

“I am weird, you are weird. Everyone in this world is weird. One day, two people come together in mutual weirdness and fall in love.”
- Dr. Seuss

Valentine’s Day
**Important Dates:**

- 1st term ends: 28 March 2014
- School Play: 25 June 2014

**Photos**

Visit our Facebook page to see photo’s taken at school! We are constantly adding photo’s of antics our pupils get up to all the time.

Facebook page: Footprints Prep school

**Class Achievements!!**

Michele – for making all the delicious valentine chocolates.
Kate – for making all the popcorn for valentine’s day!
Vicky – for working hard on your valentine gifts.
Lianne – for beautiful concentration during fine motor skills this week!
Megan – for making lovely valentine gifts!

**Therapists:**

**Physiotherapist:** Danielle Kloeck
Appointments may be booked on: 0835154590

**Speech – Language Therapist:** Avashni Ramnath
Appointments to be made on:
011 079 6275 / 0824655809

**Occupational Therapist:** Gayle Els
Appointments may be booked on 084 560 5260

**Educational Psychologist:** Kate Baptista
Appointments can be booked on 011 7910062

**General**

**Urgent Appeal!!!**

If you are paying your school fees in CASH, please hand it in at the office and DO NOT deposit it in the bank account. Bank charges have become outrageous and we will need to start passing the charges onto cash deposit client.

THANK YOU FOR YOUR CO-OPERATION.

**Happy Birthday!!**

February 27 - Ziniah
Ceraflow (Vinca minor)
Cerebral blood flow enhancer

- Increases blood flow to the brain, inner ear and eyes.
- Poor memory & concentration
- Learning difficulties
- Alzheimer’s disease & Dementia
- Stroke convalescence
- Tinnitus
- Meniere’s syndrome
- Macular Degeneration
- Glaucoma

Industry-leading 40:1 organic herbal extract
Equivalent to 4000mg raw herb per capsule
Alkalised with 90 Ionic trace minerals, barley grass juice powder & fulvic acid
carrier absorption catalyst complex

For more info:
www.neogenhealth.com | info@neogenesisystems.com
+27(0) 82 301 4114 | +27(0) 82 728 1658
Medicinal Uses of Vinca minor:

- Improves blood flow to the inner ear, thereby improving:
  - Tinnitus
  - Hearing loss (sensorineuronal)
- Increases the brain’s blood flow, oxygenation and energy production, thereby improving:
  - Memory, alertness, mental stamina & cognition
  - ADD - improves concentration, coordination, preparedness, memory, learning and alertness.
  - Alzheimer’s disease and Dementia - improves brain function & diminishes senile cerebral dysfunction
  - Strokes - prevents and reverses ischaemic damage to the brain by dilating the blood vessels of the brain
- Improves blood circulation to the eyes, thereby improving:
  - Age-Related Macular Degeneration (ARMD)
  - Glaucoma
  - Night vision
- Strokes - prevents and reverses ischaemic damage to the brain by dilating the blood vessels of the brain
- Cardiovascular system:
  - Vinca minor extract diminishes platelet aggregation, atherosclerotic plaque, reduces blood pressure and increases the flexibility of red blood cells, thereby reducing the risk of heart disease and strokes

Ceraflow is South Africa’s only organic full-spectrum Vinca minor extract, providing a balanced blend of naturally occurring active ingredients. Vinca minor (lesser periwinkle) contains more than 50 alkaloids, with vincamine being the highest in concentration and believed to be responsible for Vinca’s nootropic activity. (*substances that improve mental functions such as cognition, memory, intelligence, motivation, attention, and concentration).

Vinpocetine is a semisynthetic derivative alkaloid of vincamine that has very similar therapeutic effects and is used as a drug in Eastern Europe for the treatment of cerebrovascular disorders and age-related memory impairment.

Vincamine is a powerful cognitive enhancer presently in use in over 35 countries around the world. It improves the brain’s access to oxygen and other essential nutrients thus, maximizing mental performance.

Ceraflow facilitates cerebral metabolism by improving blood flow to the brain, boosting brain cell ATP production and increasing utilization of glucose and oxygen by neurons. It increases the production of Noradrenaline and Dopamine, contributing in this way to the release of Serotonin and the concentration of Acetylcholine.

Most of the research on Vinca minor’s therapeutic applications has been focused on its effect in improving brain function. However, traditionally this herb has also been used for alleviating headaches. Recently, it has been suggested for migraines. Although increasing blood flow to the brain may not be beneficial during a migraine, there is potential for Vinca minor as a preventative treatment for migraines. Apart from its ability to improve the overall efficiency of the
brain, it is believed to prevent migraines by reducing “over-excitability” of brain cells.

A few studies have also demonstrated the anticonvulsant properties of Vinca minor and its derivatives, indicating its potential in the treatment of epilepsy. In one study, 20 of the 31 patients experienced either a significant decrease in the frequency of epileptic attacks, or the complete disappearance of attacks. It is believed that the normalization of cerebral blood flow and improved oxygenation may be the mechanism by which Vinca minor improves epilepsy.

Interestingly, vincamine has been shown to possess significant anti-inflammatory properties. The mechanisms by which it counters inflammation have been studied and it has been suggested that its anti-inflammatory effect further enhances its ability to protect brain cells from damage and degeneration.

There have been very positive reports on the effect of Vinca minor in Meniere's syndrome. The exact cause of this debilitating condition is not known, but researchers in Germany have shown that restricted circulation to the inner ear plays a major role. Some of the more effective treatments for Meniere's syndrome result in improved blood flow to the inner ear and this is the most likely mechanism by which Vinca minor improves this condition.

Research Highlights

"Research has shown that the effects of this extract go beyond mere prevention and turn it into a powerful memory enhancer."

"Vincamine is sold as a chemical extract in supplement form, however herbalists prefer the whole herb be used in either extract or tea form. By using the whole herb you receive the balanced blend of healing chemicals found naturally occurring in the plant."

"Vincamine is a powerful cognitive enhancer presently in use in over 35 countries around the world. As clinical studies have shown, Vincamine helps maintain healthy circulation in the brain and accelerates cerebral metabolism. Vincamine also aids memory, increasing the concentration of certain neurotransmitters involved in memory formation, such as dopamine, noradrenaline, serotonin, and acetylcholine. By expanding the brain's blood vessels and optimizing the blood flow, Vincamine improves the brain's access to oxygen and other essential nutrients thus, maximizing mental performance."

"Vincamine's effectiveness in stroke recovery is likely due in part to its remarkable ability to dilate brain arteries, enhancing brain blood flow in patients with cerebrovascular disease. This improves delivery of life-giving oxygen to marginally functioning areas of the brain."

"In a comparative study of the clinical effect of vincamine versus papaverine in the acute phase of stroke, it was found that vincamine alone had a significantly more favourable effect than papaverine alone on consciousness."

"Another clinical study found a greater improvement of the neurological status (objectivated by a neurological scale) with vincamine treatment than with placebo in acute stroke patients."

"Under the influence of Vincamine, the subjective symptoms, such as lack of interest, apathy, aggressiveness, rage, psychomotoric retardation, lack of concentration and dysmnesia decreased significantly (with a p value of 0.05 or less). The subjective symptoms reported by the patients, such as tinnitus and vertigo also decreased significantly during treatment with the Vincamine preparation."

"It was determined that vincamine increased blood flow in the retinal precapillary and capillary system, especially to the area previously deprived of oxygen. Sclerosis of the choroid, the vascular layer of the eye between the sclera and the retina, was also found to be relieved due to the effect of the vincamine on improved blood flow in the choroid capillaries."

What Makes Our Products So Effective?

- Industry-leading 40:1 extract of Vinca minor, equivalent to 4000mg raw herb per capsule! This ensures a superior level of active ingredients and the highest degree of efficacy.
Organically grown in SA

Full spectrum extract by means of a proprietary extraction process - no toxic solvents and chemicals used during extraction.

100% PURE - No pesticides, fungicides, herbicides, fertilizers.

No binders, gluten, yeast, sugar, egg, soya, glidants, cellulose, magnesium stearate, nuts, artificial preservatives, colourants.

Alkalised with 90 ionic trace minerals + barley grass juice powder + fulvic acid to enhance absorption.

Grown, Processed and Manufactured with Love and Care.

Special Precautions & Warnings:

Pregnancy and breast-feeding: Ceraflow is likely unsafe during pregnancy. The safety of using Ceraflow during breast-feeding is not known. Ceraflow is safe to take with other medications, including blood thinners like Warfarin.

References:

1. Ayhan Onal, MD, Prof. Rima Scripnik, MD. The effect of vincamine (oxybral) in prevent age-related macular degeneration. National Medical University, Department of Ophthalmology, Kiev, 01.02.2007


