



## What's New at WALA February 2010



Dear Sir or Madam,

Natural is the current buzzword. Everywhere we go we see products advertised as "natural", "herbal", "organic" or "biological". There has also been a constant increase in the number of cosmetic products using these descriptions. But not all of them are genuinely natural products. Learn how to distinguish between genuinely natural and conventional, "pseudo-natural" products and more in this issue of the WALA Newsletter.

Enjoy your reading!  
Your WALA Newsletter Team

### Further topics

- How do I recognize genuine natural cosmetics?
- Home care - an interview
- Plant Portrait: Mustard
- Three questions for Hans-Jörg Rösch
- Tip of the month



#### How do I recognize genuine natural cosmetics?

It is not always easy to differentiate between natural and pseudo-natural cosmetics – especially since the term "natural cosmetic" is not legally protected. With the aid of our checklist you can become an expert and detect marketing ploys with a glance at the ingredients.

[To the article](#)



#### Home care – an interview

Everyone has parents. So nearly everyone will at some time be faced with the question: "Do I want to care for my parents myself when they get old?" Anyone confronted with this issue or who has already answered the question in the affirmative will find the tips from Gerda Zölle, elderly care nurse, nursing instructor and WALA care consultant, very helpful.

[To the article](#)



#### Mustard

What is the difference between black and white mustard, why is mustard only hot once it has been ground and how does mustard help women to be boss in their own homes – the answers to these and other questions can be found in our Plant Portrait.

[To the Plant Portrait](#)

[More Portraits](#)



#### Three Questions for Hans-Jörg Rösch

As Safety Assessor for Dr.Hauschka Skin Care and Dr.Hauschka Med products Hans-Jörg Rösch and his colleagues test every new formula for safety and tolerability. This includes consideration not only of regulatory requirements but also of scientific knowledge on the composition and actions of the ingredients used.

[To the interview](#)



#### Tip of the month:

##### **WALA *Passiflora Kinderzäpfchen*\* (suppositories for children)**

Restless, sick or teething infants often find it difficult to get the sleep they need to get better quickly. *WALA Passiflora Kinderzäpfchen*\* can help: they contain extracts of the medicinal plants passion flower, valerian, oats and hops, improving the quality of sleep and combating restlessness naturally.

\*Prescribing information for the preparations mentioned

*Passiflora Kinderzäpfchen* (suppositories for children)

Indications: Sleep disturbances and states of restlessness. Warning: *Passiflora* paediatric suppositories contain gluten.

#### Service informations

Dr.Hauschka Med and Dr.Hauschka Skin Care products are available from authorised retailers, including natural food stores, natural beauty shops, department stores, perfume stores, pharmacies and Dr.Hauschka Estheticians. The Dr.Hauschka Service Team will give you the names of local suppliers and will answer any questions you may have. To contact them, call +49 (0)7164 930-181, Monday to Friday between 8 a.m. and 5 p.m. Or visit us on the Internet at [www.dr.hauschka.de](http://www.dr.hauschka.de). Further information on natural skin care can be found at [www.naturalbeauty.de](http://www.naturalbeauty.de).

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