

healthtriangle

MAGAZINE

The official e-mag

27/2015



**BREAST
CANCER**

**Travel
Scams**

**The Power of
Honey**

**Diabetes &
Gastroparesis**

**Health Focus
Protein**

GET YOUR
BOOM!
BACK



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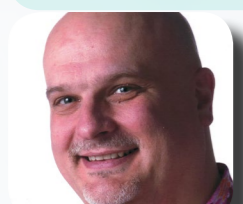
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healthtriangle MAGAZINE

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Editor's Note: This Month

Dear Reader

Welcome to this edition of Health Triangle Magazine.

I so much admire and respect the people who work in our NHS and the care services here in the UK. They do their very best in difficult and demanding circumstances. The vast majority are totally committed to the care and wellbeing of the people in their care.

But, based on my experiences observing the care and NHS system at work in relation to my elderly and frail relative, suffering Alzheimer's dementia with heart and lung conditions, makes me want to scream one piece of advice and an honest plea for help:

"PLEASE READ THE BLOODY NOTES"

I can give many examples where this seemingly obvious rule would have helped improve her care.

For example, how about losing her for half a day in the corridor when the transfer from one ward to another went wrong. The receiving ward might have noticed that they have notes for a patient they isn't on the ward – and only go looking when we rang to enquire how she was.

How about sending her home with out-of-date prescriptions and in packs when the home carers are only allowed to administer medications from blister packs. Because of her condition, she managed to overdose herself and had to be taken into a respite home.

Having been admitted to A&E following a bad fall where she sustained a large cut to the head the previous week, they hospital sent her home (in my opinion, too early) she suffered from severe concussion 48 hours later and had to be readmitted. A week later, we asked when the stitches would be removed. The nurse said "What

stitches, has she had a fall?". Warily, we told her that she had been in this same hospital a week previous. It was in the notes but nobody had read them!

Then, because she was cooking for herself, in fact she had made herself a roast dinner only the previous Sunday, and was drinking her protein drinks, she could go home tomorrow. WRONG! If you look at the notes they will see that she hasn't cooked for two years for fear of burning herself. And the carers regularly report that she refuses the drinks. That roast dinner she remembers so vividly, thanks to her Alzheimer's dementia, was actually over two years ago. In any event, the privatised home care company need 48 hours' notice so there would be no professional back-up for her.

I will not go on any more, you get the drift of what I am saying. My message is "Please carry on with the wonderful work you do, but please read the patient's notes as that will save frustration, discomfort, time and money!"

Stay healthy!

John



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EVERYTHING YOU NEED TO KNOW ABOUT

Protein

by **John Hicks**

Editor of Health Triangle Magazine

Looking after your mind and body is more important now than ever with the stress of everyday life. One of the components of a healthy lifestyle I am told is protein – but I'm really not sure that I know enough about this topic.

Helpfully, USN, a leading supplier of nutritional supplements and the company behind a new "guilt-free" (and who doesn't want that!) Protein Mousse, shared their mythbuster fact sheet telling us all we need to know about protein and why it really is good for you.

WHAT IS PROTEIN?

The building blocks of protein are amino acids which are important for your muscles, bones, and hormones. You can't live without it. Protein is a macronutrient, meaning you need relatively large amounts of it for growth of new body tissue, antibodies, hormones and generally staying healthy.

WHY DO YOU NEED PROTEIN?

Protein assists in building muscles and helps to keep the immune system working properly. It's also important for repair and will help any damage caused to your body. Protein is extremely good for developing lean muscle. One major thing that people tend not to realise is that protein is a very important factor for weight loss as it will boost your metabolism and sometimes gives you a suppressed appetite. So when trying to lose weight and burn fat, don't neglect protein.

HOW MANY GRAMS OF PROTEIN SHOULD I CONSUME EACH DAY TO MAINTAIN A HEALTHY, BALANCED DIET?

This question is very common. The 'right' amount of protein for any one individual depends on many factors, including activity levels, age, weight, their own personal goals, and ultimately their general state of health.

ARE PROTEIN PRODUCTS JUST FOR BODYBUILDERS?

Protein is an important nutrient needed by everyone each day. Regardless of your size or age, protein is essential for staying healthy. So it's not just for bodybuilders – in actual fact, protein is the ultimate beauty saviour! It helps strengthen your nails, gives your hair extra shine and makes your skin look and feel fresher.

HOW CAN I TELL IF I'M NOT EATING ENOUGH PROTEIN?

The most obvious signs are puffy bags under your eyes and swollen ankles, face and hands – all are signs of a protein deficiency. A quick and easy way to get more protein into your diet is to use a protein powder supplement.

WILL PROTEIN MAKE ME PUT ON WEIGHT?

Eating more calories than you burn may cause you to gain weight, but using protein in the right way will work to your advantage. Gaining weight doesn't always mean getting fat. With a dedicated amount of time to keeping fit and working hard in the gym, protein can drastically improve the amount of lean muscle in your body – resulting towards a toned figure.

Can too much protein be harmful?

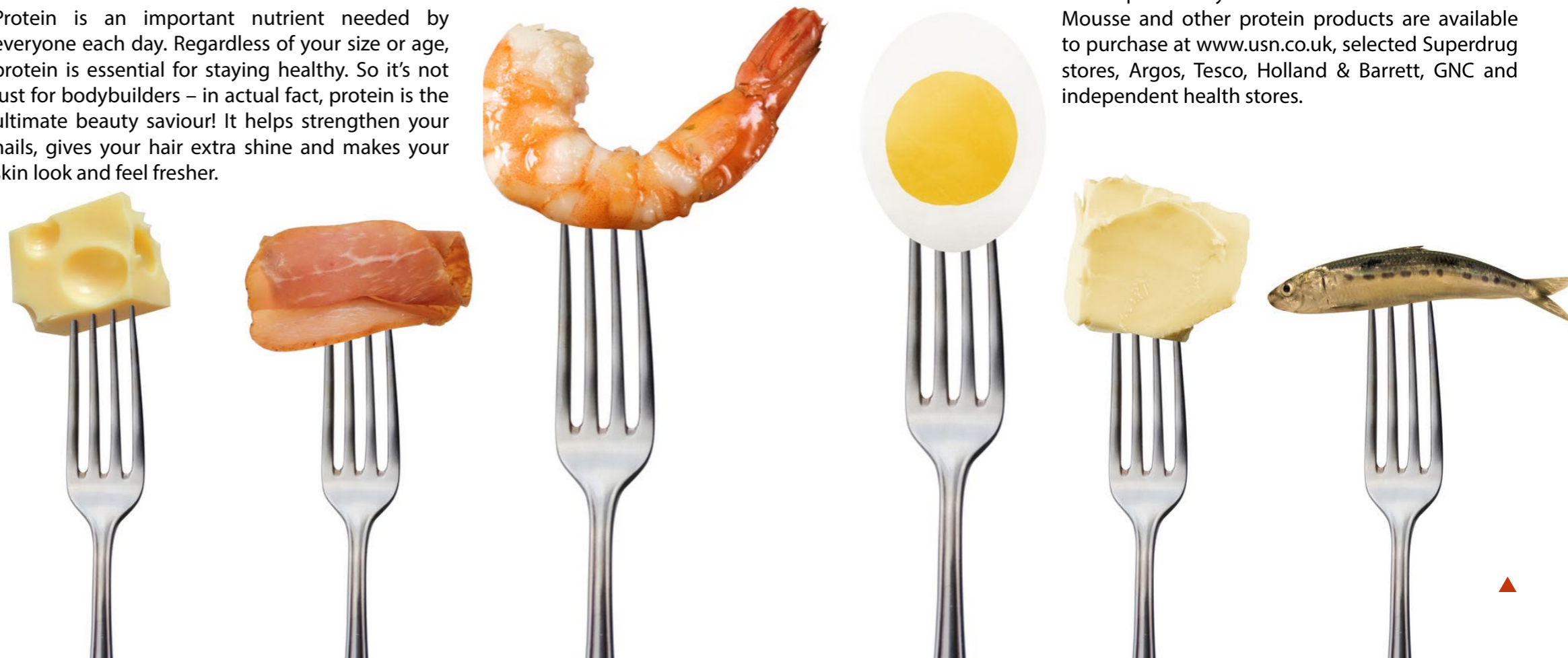
Just like many other things, protein does need to be consumed in moderation and has to suit what you are trying to achieve. If an individual is embarking on a high protein diet then their exercise level must be high as well.

So, IN SUMMARY HERE ARE MY "TOP 10 FACTS ABOUT PROTEIN"

1. The basic structure of protein is a chain of amino acids which help maintain good health
2. Maintains strong nails
3. Maintains healthy hair
4. Contributes towards beautiful skin
5. Enhances brain function
6. Consuming protein can reduce hunger levels
7. It gives you better bone density and reduce the risk of osteoporosis
8. Protein can keep you lively and energised throughout the day
9. Protein helps to maintain healthy eyes and vision
10. A high-protein diet can improve overall sleep

If you have any thoughts about the influence protein has on our health and wellness, do share them with reader by writing to me at: john@health-kicks.co.uk or tweet me @health_triangle.

In the meantime, thank you to USN for bringing this topic to my attention. USN's new Protein Mousse and other protein products are available to purchase at www.usn.co.uk, selected Superdrug stores, Argos, Tesco, Holland & Barrett, GNC and independent health stores.





Can your beauty products hold

Energy?

by Janey Lee Grace

We all know the benefits of feeling 'Energised' but can our skincare and beauty products hold energy? Energy therapies for healing have been described for thousands of years – from the laying on of hands to magnet healing and acupuncture and there have been a variety of clinical trials that have shown the efficacy of these methods based on working with the electromagnetic field of the body. As the father of Quantum Physics, Max Planck, once said, "All the physical matters are composed of vibration."

Marian Bourne the creator of *Celgenics - Skin For The Future* – a brand generating glowing testimonials is a Kinesiologist, Cranio Sacral practitioner and Nutritional therapist with a particular interest in biochemistry, she originally formulated a moisturizer for one of her clients who was hypersensitive to the parabens and SLS's in mainstream skincare. The brand grew from that first 'one off' bespoke product. Marian believes it's the vibrational energy or frequency of semi precious stones and plant remedies that are transferred to the water that goes into making her energised skincare.



If you're thinking of pinching the idea – think again, this is as tightly protected as the magic recipe for Coca Cola – It's part of the company's IP and therefore can't be divulged in detail, however, it's worth

remembering that the father of 'energized skincare' was Dr Max Huber, astro physicist and founder of Crème de la Mer who used energies of sound and light waves in his hugely popular formulation. www.celgenics.com

Believe it or not you could have 'energised' fingernails too! Qualified Kinesiologist, EFT practitioner. Amanda Nelson is an expert on 'Energy'.

Her passion about using natural and nourishing ingredients has led to the launch of a remarkable range of high quality classic nail varnishes. Law of Attraction Nail Enchantment with Herkimer Quartz Diamond As a firm believer of omitting toxic ingredients, this range is Detox Approved Skincare and Free from ingredients Formaldehyde, DBP and Toluene – commonly found in nail polishes. Each bottle includes a pre-programmed quartz diamond which turns the liquid varnish into a crystal elixir.

You know all about manifesting your desires – Amanda suggests that with every stroke of nail varnish applied you can set your intentions, the wonderfully named range includes:

- **Sincerely grateful** (clear – use as base or top coat or on its own)
- **Infinitely blessed** (cream – can be used for French manicure tips or full nail)
- **Fabulously abundant** (deep pink)
- **Magnetically connected** (peach apricot)
- **Passionately loved** (pillar box red)

So there's no excuse get energised right to your fingertips! www.authenticmermaid.com



GET YOUR BOOM! BACK



Increasing Your Boom!

GET YOUR BOOM BACK is all about reclaiming that spring in your step or even increasing your Boom. Your Boom is your vitality and energy that puts a confident smile on your face and makes you stronger to cope with whatever life throws at you ... and yes, you can Get Your Boom Back or even raise it to the next level!



Everything is Energy!

Think back to the last time you had the flu..... I bet you could not make many or any positive decisions. It is no different in everyday life, when modern life robs you of just 10% of your energy you go from being happy to just ok, or ok to feeling down. Energy has a profound impact on how we think and feel in everything we do and this is why its so vital to keep energy levels up.

Our Range of Products

We have a range of products both nutritional and frequency based that can help you to increase the quality of your life. The Get Your Boom Back products and portal have been created to enhance good health and solely focuses on effective products, tips and techniques that can help you increase your happiness and well being.

Products for MORE BOOM:



AMINO BOOSTERS

Amino Boosters use pure Norwegian YTE® which is a highly absorbable bioavailable source of the 22 most required Amino Acids by the human body. The human body is comprised of approximately 20% protein and Amino Acids are the basic building blocks of all proteins in the body.



DID YOU KNOW THAT..

AMINO ACIDS

- Enhance Mood
- Lowers Cortisol
- Increase Fat Burning
- Improve Memory Function
- Increase Sex Drive
- Reduce Depression

FREQUENCY BAND

Our frequency wristband uses technology that is designed to deliver natural resonance frequencies into your biofield to help realign energetic imbalances in the body's energy centres . Modern life means we are surrounded by man made frequencies all the time from mobile phones, electrical cables, satellite signals and more. This impacts the body energy systems and puts it out of balance and our technology is designed to realign them.



DRINKIFI TASTE ENHANCER

Drinkifi is a revolutionary drink enhancer, it works very well with water turning most tap waters into a smoother tasting drink, more like spring water. It does this by emitting 30,000 natural resonance frequencies that changes the structure of the water. It also works amazingly well on alcoholic drinks because it takes the harshness from the drink and makes it taste smoother with less after taste. Enhance any drink by frequency upgrading it within only 60 seconds!



DRINKIFI TASTE ENHANCER

*Frequency Upgrades Liquids
Improves Tastes of
Beers, Wines, Waters & More*



A recent BMJ Open event revealed that a large clinical trial shows that a kanuka honey formulation is as good as prescription medicines.

My parents, who kept their own beehives in the beautiful rural Somerset countryside in my younger days, firmly believed in the medicinal power of honey based on “old wives’ tales” and their own experience. It was used for everything from wounds to getting rid of annoying colds and the ‘flu.

Now, a large clinical trial has shown that a New Zealand kanuka honey formulation gives new hope for the 5-10% of adults who suffer from rosacea.

The clinical trial has proved that Honevo, a medical-grade kanuka honey formulation developed by New Zealand company HoneyLab, is an effective and safe treatment for rosacea. The clinical trial was undertaken by the Medical Research Institute of New Zealand (led by Professor Richard Beasley) and was partly funded by a grant from Callaghan Innovation.

Reported online in the BMJ Open on 24 June 2015, the clinical trial results were formally presented at the American Academy of Dermatology meeting in San Francisco by HoneyLab Science Director Dr Shaun Holt¹ in March. The clinical trial showed that 65% of trialists showed an improvement in their rosacea using Honevo, 34% had a large improvement and in 13% the disease disappeared completely. Improvements were seen within two weeks and this had increased when the study ended after eight weeks. These results are statistically and clinically significant and at least as good, if not better, than those that have been achieved for standard prescription-only treatments, says Dr Holt. “People with rosacea often seek natural treatments rather than prescription drugs, but there are very few natural products that have successfully undergone rigorous clinical trials. This medical-grade kanuka honey formulation delivers the best of both worlds. It’s not only a natural and safe product, but it’s also one that is proven to be effective to the standards of a pharmaceutical medicine,” he says.

The Power of Honey



New Zealand Honey product is proven to help Rosacea sufferers

By **John Hicks**

Editor of Health Triangle Magazine



Rosacea is a chronic red rash on the face, particularly on the cheeks and nose. Long-term antibiotics are the standard treatment. However, antibiotics can not only potentially cause side effects, but they also contribute to antibiotic resistance, which the World Health Organization has declared to be a threat to global health security. Dr Holt says that recent developments in the understanding of the cause of rosacea explained why the kanuka honey formulation was so effective. “It’s now thought that the underlying causes of rosacea are mites and associated bacteria living deep in the skin in the affected area, and the rosacea symptoms are an inflammatory reaction to these. As medical kanuka honey is effective at killing micro-organisms and reducing inflammation this is an excellent explanation as to why kanuka honey works so well.”

Honevo is applied as a mask twice a day and then easily washes off. This patent-pending kanuka honey formulation contains a small amount of another natural product which improves its physical characteristics which makes it less sticky than regular honey. It’s also far more temperature stable and does not get too runny when hot nor too hard when it’s cold.

HoneyLab is a New Zealand pharmaceutical company with several platforms of clinical research, including dermatology, pain, and nutrition. The company plans to licence products to pharmaceutical companies once effectiveness and safety have been proven. HoneyLab is already in discussions with several of the world’s biggest pharmaceutical companies. The current size of the rosacea market is estimated to be US\$1.5 billion, but many people do not seek a treatment as a prescription from a doctor is usually required. As the new kanuka honey treatment is available over the counter and not on prescription, the potential market is effectively twice as large and sits at around US\$3 billion.

I am convinced that there is more to honey yet to be rediscovered. In the meantime, to order Honevo, or for more information about the *HoneyLab* company, go to **www.honeylab.co.nz**.

Follow John on Twitter @healthkicksshow
www.health-kicks.co.uk



THE YES TO LIFE SHOW



by **Robin Daly**
Founder & Chairman, Yes to Life

The **Yes to Life Show** went live in June and in the first show I hit the ground running with an investigation into the mechanisms of cancer with the science writer **Jerome Burne**. Jerome has spent decades looking into the world of medicine, particularly the processes of evidence building, and often seeks to highlight the common sense alternative of lifestyle medicine, such as changes of diet that, in the UK, is uniformly ignored in favour of expensive and often damaging drugs.



Jerome Burne

WHAT IS CANCER, REALLY?

Recently, Jerome has taken an interest in the science underpinning the direction of cancer research for the last half century or so, and has made some enlightening discoveries that seem to indicate a multi-billion dollar wrong turning, despite a possibly far more productive one being amply signposted. The show, which is available at the bottom of the Listen on Demand page, takes a look at the two very different possibilities of what cancer is, and most importantly, what therefore we should do about it. This is a question we all need to engage with, I feel, as the forces at work guiding the decisions behind research, and therefore treatment, are, tragically, far more often commercial than altruistic. Until the public brings sufficient pressure to bear on government to fundamentally move right away from a profit-led approach to health, the lure of looking in the wrong places for expensive 'symptom-control' solutions will always win the day.

Jerome has written this short article to follow the show:

CANCER'S NEW DIRECTION

I'm a freelance medical journalist with an interest in lifestyle approaches to chronic disease. Although everyone agrees that lifestyle contributes about 50% to cancer risk, clinically that is almost totally ignored. The day-to-day focus in the clinic and in research is almost exclusively on increasingly sophisticated drugs and machinery.

Patients are all too well aware that questions about diet, supplements or any unconventional treatment will be met with a warning that they lack evidence and could be dangerous. And the rules of evidence are such that very few of them will ever be properly trialled, however promising they may be. The cost of the sort of trial needed to obtain a licence – 30 million and up – ensures that result when you are talking about treatments that can't be patented.

The result has been a curious retro feel to the mainstream. Individual elements have been improved and refined, but the overall package has remained the same virtually since the launch of Nixon's war on cancer forty years ago.

That could be about to change. There is a feeling of tectonic plates shifting, which is what I talk about in the interview I did with Robin. The gene theory that has been at the heart of drug development for nearly two decades hasn't delivered in the way it promised. The website I edit, HealthInsightUK.org has several cancer posts that describe what the focus on genes has been missing. (On the front page a drop-down menu across the top called Categories, includes one unambiguously named Cancer.)

The story the posts tell mark a revival of a theory of cancer that dates back nearly ninety years

called the Warburg hypothesis, which points out that what distinguishes cancer cells from healthy cells is the way they make energy. This shift of attention brings up a host of new targets such as cutting back on cancer fuel supply – the glucose that comes from carbohydrates – and shifting the internal environment from acidic, which favours cancer cells, to alkaline. Such changes fall firmly in the non-drug treatment camp.

Recently I've written a piece for the Daily Mail which describes the pioneering Care Oncology Clinic which starts by accepting that non-drug therapies are widely used despite official disapproval and asks patients about them, so the medical team can better support them. The other unique and ground breaking feature of the clinic is that it treats patients with the kind of compounds that are routinely dismissed as lacking in evidence and possibly dangerous - a cocktail of four, old, off-patent drugs. What also makes it unique in the world of cancer is that none has the licence that comes with having gone through standard randomised trials. But they do have evidence from various sources that they are effective against cancer.

www.dailymail.co.uk

For some of the implications of this radical move, see my blog that follows on from where the article ends.

www.healthinsightuk.org

The grassroots movement that is springing up under the feet of the traditional oncologists is going to be increasingly hard to ignore, and the kind of information and support that Yes to Life provides is going to be increasingly important.

MY BEAUTIFUL BRAIN

The second show approached the subject of cancer from a radically different viewpoint. It was an interview with **Sophie Sabbage** who was diagnosed recently with advanced cancer, a devastating picture that included brain metastases (secondaries) that were too numerous to count. The interview covers the astonishing story of the complete disappearance of her brain tumours over a short period of months under a regime of Integrative Medicine, a judiciously chosen combination of conventional and alternative approaches. Sophie has become a prolific blogger since her diagnosis, and has a rare

talent for expressing the dilemmas and difficulties facing people with cancer. The interview brought out many key points underpinning the integrative approach, and highlighted the desperate need for the ending of hostilities between conventional and alternative medicine. In this war about, rather than on cancer, the casualty is the hapless patient caught in the cross-fire who is desperately needing to escape the 'fundamentalist' dogma that both sides are zealously wedded to, and to get the answers to simple questions such as 'Is it safe?' and 'Could it help me?'

As a bonus to the interview, Sophie writes:

FLIRTING WITH MIRACLES

When Robin asked to interview me on his UK Health Radio show I felt grateful for the opportunity to share my story, especially if it might be of service to others who find themselves in a similar boat. It isn't easy to navigate the turbulent waters of terminal illness, especially when tossed between divergent medical opinions that often leave you trembling with terror about making the wrong move.



Sophie Sabbage

When your life is on the line every decision is delicate and potentially perilous, but you need to take risks and trust your own wisdom. You need to be bold.

I wanted to communicate the importance of participating in your own treatment, educating yourself about your disease and taking charge of your own care. This is treatment in its own right, psychological medicine for your cells that matters as much as any drugs or supplements you may be taking. It seems to me that the moment you let yourself be a victim of cancer, cancer wins.

I don't say that lightly. It took me two months to shift from being at the effect of my devastating diagnosis to being at cause in my response to it, but I believe that shift literally saved my life. At least for now. The fact is my disease may still kill me. Indeed, if I line

up behind all the statistics, predictions and likelihoods of having Stage 4 lung cancer I am a certain gonner.

But I choose not to line up behind those things. Listen to them, yes, keenly and humbly enough to pare back the crusted-over layers of denial that shield you from words like 'terminal' and 'incurable' until you can face them without breaking like glass. You need to get it without giving in to it, surrender without succumbing and shout your name over the rooftops of statistics before they submerge your identity in the cold anonymity of numbers.

I want to live almost more than anything. Almost. I dedicate my days, hours and minutes to extending my life with a fierce unwavering intention to raise my daughter into adulthood, grow old with my beloved husband and make the difference I came into this world to make. But the biggest win is not surviving cancer, epic as that would be. It is preserving my personhood, whatever the outcome - that hard-won something called 'I' that does not belong to my body and does not disintegrate with my body. The only way I know how to do that is to captain my own ship through the treatments and make one brave, faithful, dignified choice at a time.

Alongside my gratitude, I also felt an underlying disquiet during this interview, a sense that this should be a conversation with someone who had come through the other side already and survived. As if clearing my brain of multiple tumours in less than five months wasn't enough to justify the air time I was getting.

My unease deepened when Robin referred to that result as a 'near-miracle', as if it couldn't be explained rationally and scientifically. It was a word I had used myself in the blog that drew his attention (My Beautiful Brain), yet I felt embarrassed hearing it reflected back to me. I didn't want to claim anything inaccurate or give the arrogant and premature impression that I have conquered this terrible disease.

I haven't. Among other things I am on an inhibitor drug that shrinks my tumours and has a limited shelf life. At some stage my cancer is supposed to resist the drug, at which point, as I am repeatedly

reminded... game over. In the face of that narrative I decided it was my responsibility to make it as hard as possible for my cancer to fight back and everything I am doing is towards that end.

Perhaps more importantly, I have come to realise that when the shit hits the fan you have two choices: fall to your fate or rise to your destiny.

So I'm choosing to flirt with miracles and share my unfolding story in real time, hopeful that it will embolden others to direct their own treatment and preserve their own personhood, however our stories end.

For more about and from Sophie, visit www.sophiesabbage.com

I hope you are enjoying the show as much as I am loving hosting it. I have lined up many more extraordinary and fascinating guests for the coming shows, and it would great to have you join me on my journey of exploration.



Robin Daly
Founder & Chairman, Yes to Life



www.yestolive.org.uk

More about Robin Daly:
www.yestolive.org.uk

- scroll to the bottom for an interview

Links to material mentioned in the shows:

www.yestolive.org.uk

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Email:

Sh▲rtCuts

ALL IT TAKES IN ONE CLICK



Diabetes & Gastroparesis

by **Maureen Sullivan, RN, CDE***
*(CDE-Certified Diabetic Educator)
www.MaureenSullivanRN.com

Gastroparesis is a condition that affects the stomach muscles and delays/prevents proper stomach emptying. Gastroparesis is estimated to affect about 40% of patients with type 1 diabetes and up to 30% of patients with type 2 diabetes. Diabetic neuropathy (nerve inflammation and dysfunction) affects many body organs and functions (kidneys, eyes, peripheral circulation). The nerve related damage specifically affecting the gastro-intestinal system (stomach and intestines) is called gastroparesis.

Symptoms of gastroparesis may include some of the following:

- Heartburn or nausea
- Vomiting of undigested food
- Weight loss, abdominal bloating, pain or spasm in the stomach area
- Lack of appetite or and early feeling of fullness when eating
- Erratic blood sugar/glucose levels

Gastroparesis can affect diabetes by making it more difficult to manage blood glucose. When food that has been delayed in the stomach finally enters the small intestine and is absorbed, blood glucose levels rise. If food stays too long in the stomach, it can cause bacterial overgrowth because the food has fermented. Also, the food can harden into solid masses called bezoars. These solid masses may cause blockages that affect the passage of food into the small intestine. Additionally, blood sugar management is affected, as medications and food intake do not synchronize (oral medication absorption may be compromised by slowing of gastric motility). This often leads to erratic blood sugar levels and its associated risks.

The diagnosis of gastroparesis can be confirmed in a variety of ways. The use of radiologic tests, such as a barium swallow, or a radio-isotope gastric emptying scan can confirm slowed gastric motility. An upper endoscopy or ultrasound can also be done to not only assist in the confirmation of a diagnosis of gastroparesis, but to check for other medical conditions affecting the stomach lining, stomach nerve issues, and other medical conditions (such as gastritis {inflamed stomach lining}, pancreatitis {inflammation of the pancreas}, and cholecystitis {inflamed or infected gall bladder}).

Once a diagnosis is confirmed, the treatment goal is to manage your blood glucose levels as well as possible. Treatments may include insulin, oral medications, changes in what and when you eat, and, in severe cases, feeding tubes and intravenous feeding. Changes in food intake have a great impact on gastroparesis. Eating six small meals a day, eating slowly, sitting upright after eating, and taking a walk after meals help with digestion. Avoiding high-fat and high-fiber foods will also improve symptoms of gastroparesis. For more information, please check the references listed.

Next month: Diabetes and Sick Day Management

Website References:

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<http://www.idf.org/complications-diabetes>
http://www.who.int/topics/diabetes_mellitus/en/

Medical Marvel Moments



by
Amanda Thomas

THANKS TO **LISA WINTER OF IFL SCIENCE**

PREPARE TO BE HORRIFIED AS YOU READ ABOUT FIVE OF THE WEIRDEST MEDICAL CONDITIONS OUT THERE!

COTARD'S DELUSION

Cotard's Delusion is a rare mental disorder in which a person sincerely believes he or she is missing body parts—such as the brain—or is actually dead. Sufferers tend not to eat or bathe, and they often spend time in cemeteries, wishing to be among their own kind. Well, their perceived own kind, at any rate.

This disorder has been connected to a dysfunction in the areas of the brain responsible for recognizing and associating emotions with faces, including their own. This causes a complete emotional detachment and removes any sense of personal identity when looking at their bodies. Medications can be used though electroconvulsive therapy has worked better in some cases.

COLD URTICARIA, "COLD ALLERGY"

With winter approaching for those of us in the Northern Hemisphere, those who suffer from cold urticaria need to be prepared. Contact to cold air or water can trigger a histamine reaction, just like an allergy to bees or peanuts. This can cause itchy hives and swelling in the affected areas. Those who have severe conditions can experience extreme swelling of the throat and tongue, which can actually be fatal.

It isn't clear what causes this condition, though it can be treated with common antihistamines used for those who suffer from pet or seasonal allergies.

EPIDERMODYPLASIA VERRUCIFORMIS, LEWANDOWSKY-LUTZ DYSPLASIA, "TREE MAN SYNDROME"

What appears to be tree bark growing out of someone's skin may actually be this condition. Of course, the growth isn't bark. These growths are actually warts that can be exacerbated by exposure to sunlight. While these warts may be benign early in life, they can become malignant later in life.

The warts are caused by a rare mutation of the EVER1/EVER2 genes. Though the function of the genes isn't really well-understood, the mutations cause the skin to be extremely susceptible to human papillomaviruses 5 and 8, which typically don't cause disease. While there are some treatment options available to mitigate the symptoms, there is no cure.

XERODERMA PIGMENTOSUM, "VAMPIRE SYNDROME"

Humans need sunlight to synthesize vitamin D, but too much exposure to the Sun's UV rays can damage the skin. Approximately 1 in 1 million people have xeroderma pigmentosum and are extremely sensitive to UV rays. These people must be completely shielded from sunlight, or will experience extreme sunburns and breakdown of the skin. If someone with the condition isn't careful, they could easily develop skin cancer.

Xeroderma pigmentosum is caused by a rare recessive mutation of the nucleotide excision repair enzymes. Functioning normally, these enzymes correct damaged DNA that can be caused by UV rays. For those with this condition, the enzymes do not work properly and DNA damage persists and accumulates. While there are some treatments available, the best prevention from damage is merely staying completely out of sunlight, just like a vampire.

ELEPHANTIASIS

Elephantiasis is an obstruction of lymphatic vessels which causes extreme swelling of skin and tissues, typically in the legs or testicles. This disfiguring condition can be brought about in several ways, though a mosquito borne parasite is the most common cause. Over 40 million people have been affected by the condition.

There are medications available to kill the parasite, so early intervention will produce the best result. There are surgical options if the elephantiasis affects the testicles, but not the limbs. More next month!

A different twist on Chiropractic Care!

by **Chris MacLellan**

Recently I had the opportunity learn about a Chiropractor procedure that has NO Snap, Crackle or Pop! Intrigued by the improved overall health and well-being of my friend who has experienced this procedure, I decided to find out for myself and schedule a visit to Dr. Nevin Grushka to learn about the Atlas Orthogonal Chiropractic system.

An Atlas Orthogonist is a Doctor in the field of Chiropractic with training in the structure, function and bio-mechanics of the upper cervical spine. Amazingly, I learned that there are only 225 Chiropractors in the world who are trained in this amazing procedure!

As Dr. Nevin pointed out "When the weight of the head is centered and balance correctly over the supporting vertebrae, the path of the spinal nerves is clear and unobstructed permitting natural function and health. Makes perfect sense to me! Yet when our head is off balance and not centered, that is what causes aches and pains in our back, neck, legs, arms, head and joints. We know the source of these problems can become so detrimental to our quality of life. Yet how do we rectify and eliminate this pain? Many of these problems can be associated with the imbalance of the spinal column. When the spinal column is misaligned and out of balance, the nervous system is unable to function as it was intended.

Dr. Nevin continued with this analogy, "The nervous system can be likened to a major super highway. Without problems and vehicles going the speed limit, travel is smooth and without accident. However, if there is a car crash, traffic slows down and even stops and the highway does not function as it was intended. When the spinal column is misaligned and out of balance, the nervous systems is unable to function as it was intended."

Of course the Doctor does a thorough examination to determine the procedure, the utilized the skills and techniques necessary to realign the vertebrae with a gentle, but precise, mechanical adjustment of the atlas! All this with no snap, crackle, pop!

So in essence, we have to get our head on straight! To learn more about Dr. Nevin and the Atlas Orthogonal Chiropractic, visit his website at www.grushkachiro.com



Chris MacLellan is the Host of *Healing Ties* on UK Health Radio. Visit Chris at his Caregiving Blow, www.ThePurpleJacket.com and follow Chris on Twitter @TheBowTieGuy


The Bow Tie Guy
Chris MacLellan

NUTRITION LIFESTYLE Analysis

with **Stella Kazazis**

Coming soon on our brand new website. Giving you the opportunity to have your Nutritional Lifestyle analysed and optimised.


Health RadioTM
real "feel good" radio ...



Benefits of Kefir in treating Skin Problems

by **Janey Lee Grace**

Suffering from irritated skin, rashes, or spots? You may need to take a good look at your gut! Your skin is the biggest organ in your body, but the surface area of your intestines would cover a tennis court if it was stretched out flat. Every bit of your intestinal surface is covered in important probiotic bacteria and yeast that keep you healthy. Shann Nix Jones the author of 'Secrets of Chuckling Goat' is adamant that skin conditions are in fact conditions of the gut. Shann cured her son's bronchial infection and his eczema by encouraging him to drink raw goats milk and goats milk kefir. Even more astonishing she cured her husband's life threatening MRSA by applying a topical blend of kefir and essential oils.

Shann believes that deficient intestinal microbial environment can play a role in many health conditions, including skin diseases like psoriasis, rosacea, eczema and acne. Shann says the Microbiome is controlling the way you feel and function, right this minute.

The microbiome is 2 kg of invisible bacteria that live in your gut. These are the little critters that help you digest your food. But they do more than that – they also control your nervous system, hormonal system and immune system. Damage the microbiome, and you damage your body's ability to grow, heal and cope with everyday tasks. Antibiotics, sugar, stress and environmental toxins all damage the microbiome and this can lead to obesity, Diabetes, Eczema, Asthma, Psoriasis or Arthritis. Many of the systemic problems that doctors struggle to help with these days result from a damaged microbiome.

Impressive new research is emerging every day regarding the role of the microbiome in affecting your mood, and probiotics – like the ones found in kefir – can help.



The helpful yeasts and bacteria found in kefir can help boost mood in two important ways: they generate a particular neurotransmitter called gamma-aminobutyric acid (GABA) and also enhance the brain receptors for GABA as well. Like a warm and gentle blanket for the brain, GABA is calming amino acid, known to calm areas of the brain that are over active in anxiety and panic and in some forms of anxious depression. Alongside reducing sugar (and processed foods) think about drinking kefir. It's a natural healing medical food, containing over 47 different strains of beneficial yeasts and bacteria that permanently repopulate the gut with the good bugs you need to restore your microbiome. Has to be worth a shot!

You can buy goats milk kefir from www.chucklinggoat.com



Shann Nix Jones

While you're away you will probably be more relaxed than usual and more trusting than you would be back home. Ensure that you don't have your trip ruined by falling for these common scams.

ALWAYS ASK FOR ID

When you are approached by anyone claim to be an official, always ask for ID.

HIDE LUGGAGE LABELS

When at your departing airport you don't want anyone to know your home address and when you'll be back. Some of my clients use my company's address instead (the label is marked 'care of'). So if lost luggage does need to be delivered somewhere it can come to my firm. The client's address remains private. Can your travel company offer this? You could also use your work address. Always ensure that your contact details are also inside you case as external labels are easily lost

NEVER EXCEPT ANYTHING FROM A STRANGER

Such as drinks in glasses or open bottles. Don't carry anything back home to post unless you can open the package or letter. This also includes the offer to share a cab

WATCH OUT FOR DISTRACTIONS

This type of robbery comes in many forms. You could even provide the distraction yourself just by being unaware of your surroundings. Always keep an eye on your belongings, even at airports. If anything unusual happens around you, such as a fight or somebody cleaning off something off your clothes stick your hands in your pockets after securing any bags. Get away as quickly as possible.

Travel Scams

by **John Guinn**

HIRE CARS

Always check cars thoroughly before driving them off the forecourt. Take pictures if possible, including the hire company's representative. If you are arriving at night an overnight stay in an airport hotel could be a lot cheaper than being charged for a scratch that you didn't see when you collected the car. Make sure you know if you are to return the car full of fuel, or empty. You may feel that filling the car up away from the airport and topping up just before you return the car is a good idea. However it's easier to use a receipt showing a large amount of fuel than one with a few litres if you are fighting a claim against being over charged.



Is the Power of Suggestion Making You Sick?

by Debra Chew

If you are reading statistics on the internet, living in the UK could be making you sick. Studies show one in five households suffer from asthma – 5.4 million.

And living in any one of the three largest cities in Tennessee could also make you sick. Well...so says the recently released Asthma and Allergy Foundation of America Asthma Capitals 2015 report. In fact, it calls Memphis the Asthma capital of the US!

When I read statistics like this, it makes me want to ask: Is it the environment or the suggestion of sickness that actually makes people sick?

I say this because I used to be a chronic asthmatic. When I was growing up, anything I breathed in or smelled would bring on an attack. I carried a fast-acting inhaler to alleviate the symptoms but I was never totally free of the symptoms or the fear of them. Since then, I've become convinced that the condition itself was the result of what I'd been taught about my environment and my health.

Health researchers are learning more every day about the impact suggestion has on our health. Pamela Dalton, senior scientist at Monell Chemical Senses Center in Philadelphia believes people with asthma are probably more at risk of being hyper-vigilant all the time – to the point where just thinking about a “dangerous” odor in the environment can bring on an asthma attack.

Dalton studies how people react to the odors in their

environments – and she has found that most people are highly influenced by suggestion. In one study, two groups of people were given the same thing to smell but different information on what it was. After 15 minutes of smelling the odor, the group that thought they were smelling a chemical reported feeling sick. The group that thought they were smelling a plant felt relaxed and even rejuvenated. Is the power of suggestion that strong?

Let's investigate that further - in another interesting study by Dalton, seventeen people with chronic moderate asthma were divided into two groups. Both were given the same pure rose scent to smell for 15 minutes. One group was told it could help them breathe better...the other was told it might cause breathing problems. What happened? You guessed it! The “breathe better” group liked the smell and had no reaction, including no inflammation. The “might cause problems” group said it made them feel sick and caused inflammation in their airways, lasting for 24 hours.

As a result of her own research, observations and study of the Bible, Christian healer Mary Baker Eddy took an opposite view to the medical establishment of her day and ours when it comes to beliefs about the impact on our health of the environment around us. Because the Bible said God created all and saw that it was good, Eddy reasoned that each creation in the universe must exist in harmony with all other creations -thus, harmless to each other.

Concerning allergies and asthma, she

said: “What an abuse of natural beauty to say that a rose, the smile of God, can produce suffering! The joy of its presence, its beauty and fragrance, should uplift the thought, and dissuade any sense of fear or fever. It is profane to fancy that the perfume of clover and the breath of new-mown hay can cause glandular inflammation, sneezing, and nasal pangs.” (Science and Health)

Eddy's quote gave me a lot to think during a time when I began to reframe how I viewed myself, my environment and illnesses. It didn't make sense to me either that God would create something beautiful & fragrant in the universe that could potentially be so harmful to my health. Like those in Dalton's study, I could see that, I had come to believe the atmosphere and smells in the Ohio Valley (and later in Tennessee) were making me susceptible to asthma. When my focus naturally shifted to seeing the infinite goodness and beauty of God's creation all around me, my body's reaction to the environment began to lessen.

This quote from the Bible was also helpful to me: (Job 33) “For the spirit of God has made me, and the breath of the Almighty gives me life.” The more I turned to the Divine in prayer about this condition, the less afraid of a sudden asthma attack I became. Soon, I was no longer suffering.

After all, how could the ‘breath of the Almighty’ be interrupted by grass, flowers, hay, etc.?

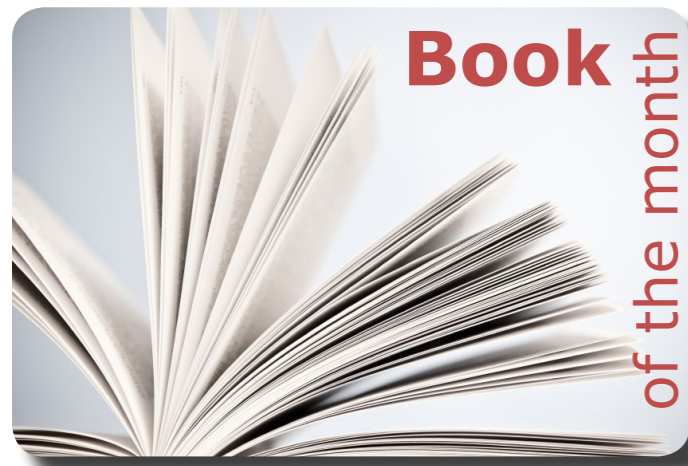
Studies in the power of suggestion to create or worsen illness offer those who suffer from asthma (and other illnesses) a glimpse into why it's important to be aware of what we accept into our thinking. The next step, I learned, is to reason it through spiritually. When we do that, it won't matter whether we live in Tennessee or London, England. We'll be free to breathe the breath of the Almighty.



Debra Chew writes about the connection between thought, spirituality and wellness. She has been published in the UK, *chattanooga.com*, *UK Health Triangle Magazine*, *Jackson Sun Health Magazine*, and in the *Memphis Commercial Appeal*. She is also the media and legislative

liaison for Christian Science for TN. You can contact her at tennessee@compub.org Twitter: @CSinTennessee ▲





Book of the month

by Reg Starkey

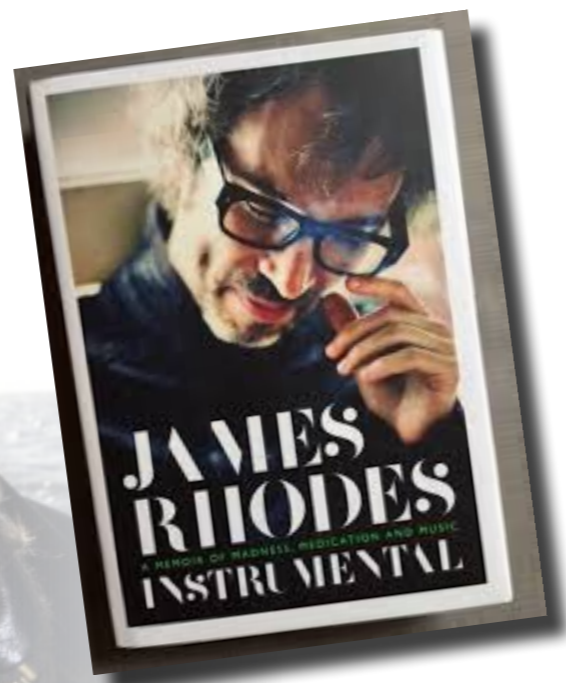
INSTRUMENTAL

Words and suggested music by **James Rhodes**

This is the book that the author's ex-wife tried very hard to ban – it went all the way to the Supreme Court in order to allow its final publication! At its simplest her case was that the material was so disturbing, it might harm their son, even though it is dedicated to him. At its simplest the author's case is that the truth is incontrovertible.

As a young child James Rhodes was secretly and serially raped by his gym teacher, causing him both long-lasting and life-threatening damage, physically as well as psychologically. What the text does not tell us, in any detail, is how the abuser was able to avoid detection for years and years. One female teacher who was brave enough to express her concern at the time was told by the headmaster that "young Rhodes needs toughening up." This is consistent with the received wisdom of the last century that the widespread 'normal' barbarity of the English public school system was (is!) somehow 'character-building'.

James Rhodes is now an up-and-coming Concert pianist with a charismatic 'common touch' – like the Jamie Oliver of classical music. His writing style is energetic, if more Henry Miller than Arthur Miller. It is sometimes very gruelling but never gratuitous and certainly never dull. The truth is that unacknowledged and untreated sexual abuse of children ruins lives and causes all kinds of self-harm, including alcoholism, drug addiction and suicide. Thank goodness James Rhodes has lived to tell his tale.



Pianist James Rhodes



Worlds Class Golfer talks about **Cancer Charity**

Colin Montgomerie talks to Rebecca Falconer for UK Health Radio: Golfer Colin Montgomerie believes he would have benefited from the support Maggie's Centres provides when his mother died of cancer. He used the charity named in her memory, the Elizabeth Montgomerie Foundation, to raise more than £4 million to build two Maggie's cancer support centres in Aberdeen and Lanarkshire.

Supporting Maggie's has become a real family affair. Montgomerie's cancer survivor sister-in-law, Eve, volunteers at Maggie's Newcastle and his stepdaughter, Lindsey Knowles, is also overseeing fundraising for his charity.

Listen now:



Photo courtesy of www.colinmontgomerie.com



The making of a Miracle:



by Joni Aldrich

THE PINK VACCINE PREVENTION IS THE CURE FOR BREAST CANCER

What if I could look down into the face of my 4-year-old niece, Chloe, and tell her that she will never hear the words: “You have breast cancer”? What if there could be a vaccine that is safe, and could eliminate 95% of all breast cancer?

Would you take it? Would you want your mothers, wives, daughters, sisters, and friends to take it? For every man or woman who has battled this terrible disease, I’ll bet the answer is a resounding “yes”. I’ll bet it’s yes for all those who have not yet dealt with this horrible disease that affects women’s lives in so many ways—including long-term side effects, lymphedema, intimacy issues, and fear of recurrence.

The Pink Vaccine was developed by Dr. Vincent Tuohy of the Cleveland Clinic, and was found to be 100% effective in preventing breast cancer in mice. Even mice bred for a high incidence of breast cancer failed to develop it when the vaccine was administered. Furthermore, researchers found that mice already infected with breast cancer saw a marked reduction in tumors after being given this vaccine. That’s where everything stopped in 2008. Why? Incredibly, due to lack of funding and support...

Five dedicated and determined women have taken up the initiative. Comprised of four breast

cancer survivors and one breast cancer surgeon, The Pink Vaccine effort is dedicated to promoting public awareness and funding. These women have dedicated themselves to educating people about the existence of the world’s first preventive breast cancer vaccine by doing everything they can to make sure it receives the funding it needs to begin clinical trials in women. I predict that these women will be labeled heroes in the future, but that isn’t their purpose. Remember these names: Dr. Kathleen Ruddy, Elyn Jacobs, Cindy Sullivan, Judy Fitzgerald, and Toni Turchi. These are brave, determined women on a mission to save other men and women from breast cancer worldwide.

I interviewed Pink Vaccine advocates Dr. Kathleen Ruddy and Judy Fitzgerald. Dr. Ruddy is an internationally recognized breast cancer expert. She spoke about a breast cancer virus that might be involved with 40-75% of breast cancer. Judy Fitzgerald is a breast cancer survivor and author who spoke emotionally about the lack of support for The Pink Vaccine—especially from a breast cancer organization that has as part of their mission statement “for the cure”. Do they really want a cure? Has the cancer focus turned into a “business” and away from “hope”? I certainly hope not.

Is it conceivable that millions of women are dying of breast cancer, while the prevention may be sitting on the shelf in Ohio? Not anymore. The Pink



Vaccine received national attention in a video Dr. Ruddy made that was nominated best short film of the Breast Fest Breast Cancer Film Festival 2010. Thanks to the efforts of these five amazing women, the Pink Vaccine has its own research facility now at the Cleveland Clinic, and they are almost ready for patient clinical trials.

There is also a possibility that the vaccine may help prevent recurrence and slow the growth of breast cancer. Researchers found that mice already infected with breast cancer saw a marked reduction in tumors after being given this vaccine.

To learn more about **The Pink Vaccine**, go to www.thepinkvaccine.wordpress.com

About the Author:

Joni James Aldrich is the author of six books on surviving cancer, caregiving, brain illness and grief. She also has five radio shows on **UK Health Radio**: *Cancer SOS*, *Advocacy Heals U*, *Caregiving SOS*, *Treatment SOS* and *The Literate Patient*.

For more information, please visit:

www.thecancerlifeline.com

www.griefbeacon.com

www.jonialdrich.com

www.connectingthroughcompassion.com

www.understandingwithcompassion.com



Film & Theatre

Reviews



by Reg Starkey

A VARIETY OF FEATURE FILMS TO PROVIDE COOL SHELTER FROM THE SCORCHING SUMMER SUN...

DANNY COLLINS

Sentimental but for me a highly enjoyable movie, starring Al Pacino as an ageing rock star, trying to make amends to the son he sired years ago on a one-night stand. The lovely Annette Bening (who is married to Warren Beatty in real life) provides the 'mature' love-interest. Interestingly, the drama itself is inspired by a 'what if' that actually happened – a letter from the late John Lennon was never forwarded by a music magazine to an unknown singer who had recently appeared in that magazine... How might something like that change a person's life?



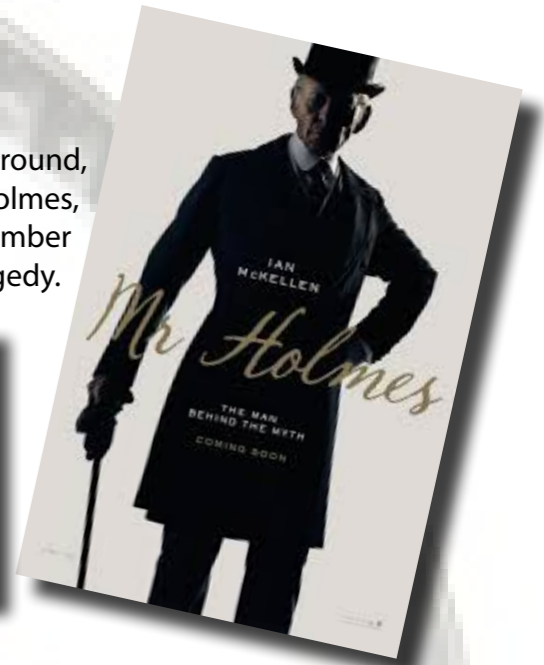
SAN ANDREAS

This is even more of a 'what if' than Danny Collins. What if the tectonic plates along the San Andreas Fault shifted again now, as they did in the San Francisco earthquake of 1906? How bad might it be today? The answer presented by the film is totally disastrous! And not just for San Francisco but for Los Angeles too... Big buildings collapse like sandcastles, people panic, fires rage, tsunamis start. The hero reclaims his family, his only daughter attracts a young English suitor, his estranged wife loses a fair-weather boyfriend and they all live happily ever after – or so we hope. Meanwhile, it is absolutely non-stop action and very good - if you like this sort of thing, of course!



MR HOLMES

Set in 1947 against an idyllic English West Country background, Ian McKellen provides an elegant, articulate if aged Sherlock Holmes, amusing himself as a writer/bee-keeper and struggling to remember the details of a case that started as misfortune and ended in tragedy. This is a great-looking movie, if not a great movie. It provides moving insights into the distressing effects of ageing on a once fine mind, as well as nostalgic detail of a way and pace of life that has disappeared forever. Definitely worth seeing!



LISTEN UP, PHILIP.

Billed as a comedy, this is a painful character-study of self-obsession and grandiosity, written and directed by Alex Ross Perry. Jason Schwartzman plays a mouthy young writer with one promising novel under his belt and a second about to be published. Jonathan Pryce plays an old writer, equally self-obsessed, whose initially glittering career has displayed some long dull patches and whose role as a babe-magnet is now an anachronism. Hot from Mad Men, Elizabeth Moss brings her femininity and feminism very effectively to the big screen, as the young writer's girlfriend who finds sufficient courage to reject their co-dependent relationship. Strong language, continuously entertaining, occasionally funny, occasionally cringe-making!



Film & Theatre

Reviews

by Reg Starkey

CLOUDS OF SILS MARIA

This is a tour de force by Juliette Binoche, who starts so feminine (like Juliette Binoche!) and ends so masculine - like a Michael Palin lookalike! The story reflects the central arc of a successful actor's complete career: "Who's Juliette Binoche?" "Get me



Juliette Binoche!" "Get me a younger Juliette Binoche!" "Who's Juliette Binoche?" Here our heroine has made her name in a two-handed play as the younger woman. Now, 20 years later, she is being asked to play the older woman. She has changed a lot. The world has changed even more. Juliette Binoche is totally brilliant throughout. Kristen Stewart and Chloë Grace Moretz are excellent in support.

A PIGEON SAT ON A BRANCH REFLECTING ON EXISTENCE

This Swedish film defies description - but I loved it! It is totally bizarre, very slow, with sub-titles throughout - that doesn't sound very promising, does it? It is the third of a trilogy looking at LIFE from a Swedish point of view. It provides a unique cinematic experience. It makes you think. It makes you smile. It's occasionally very disturbing. A bar changes time-zones, reverting to World War II in one memorable scene. A café goes back a century of two, mixing modern customers with foot soldiers and cavalry from an earlier war now long finished. An odd couple "in entertainment" try to sell novelties. It is a very arty alternative to mainstream Anglo-American movies. Try it!



MAN OF STEAL (THEATRE)

James Freedman is not Superman, he is a former pickpocket. That's why his one-man show is called 'Man of Steal' and not 'Man of Steel'- geddit?! For one uninterrupted hour and a quarter, dressed like an accountant in a suit without a tie, he amuses and amazes the audience with the dark art of the professional pickpocket - up close and personal. Like the memory man in the '39 Steps', he

demonstrates his disturbing ability to remember random credit card numbers, expiry dates, user names and security codes. Combining the two and adding his dexterity with online technology, Freedman shows how easily Identity Theft can be committed. Like any light-fingered celebrity crook, he steals the idea of "Here's one I did earlier!" And it works a treat!



Listen on Demand



Whenever YOU Demand 24/7



Programme Schedule

All times quoted are London time

Monday

00.00 [The Robert Scott Bell Show](#) direct from the US
- **NEW Edition**
02.00 [The Total Education Show](#) with Neil Haley
- **NEW Edition**
03.00 [Cancer SOS](#) - Joni Aldrich
- **NEW Edition**
04.00 ["Health Answers"](#) - Clive de Carle
05.00 [Homeopathy for Life](#) with Atiq Ahmad Bhatti
- **NEW Edition**
06.00 [Spotlight Show](#) - Janey-Lee Grace
07.00 ["Get Inspired With Gurd's"](#) Gurdeep Hundal
08.00 ["Quantum Sports"](#) - Dr. Ken West
09.00 ["Healing Ties"](#) Chris MacLellan
- **NEW Edition**
10.00 ["Health Matters"](#) with Stella Kazazis
11.00 ["Natural Healing Show"](#) - with Yara Ghrewati
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- **NEW Edition**
04.00 ["Owners Manuel for the Human Body"](#) India Irie Sanatana Dharma - Invited panellists: Dr. Darko Velcek, Dr. Jeremy Ayres and Clive de Carle
05.00 [Guest Show](#)
06.00 ["Knowledge Nation"](#) with Jess Lewis
07.00 ["Health Answers"](#) - Clive de Carle
- **NEW Edition**
08.00 [Guest Show](#)
09.00 [The Digestive Detective Show](#) - Sam Bearfoot
- **NEW Edition**
10.00 [Tales for Tea](#) - Sharon Dunscombe - **NEW Edition**
11.00 [Yes to Life](#) with Robin Daly

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- **NEW Edition**
03.00 [Caregiving SOS](#) with Joni Aldrich
- **NEW Edition**
04.00 [Living Raw Radio](#) with Geeta Sidhu-Robb
05.00 [Tales for Tea](#) - Sharon Dunscombe
06.00 [The Health and Humour Show](#) - Maureen Sullivan
07.00 [Spotlight Show](#) - Janey-Lee Grace
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- **NEW Edition**
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05.00 ["Healing Ties"](#) Chris MacLellan
06.00 ["The UK Folk Show"](#) - Brian Player
- **NEW Edition**
07.00 [Living Raw Radio](#) with Geeta Sidhu-Robb
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- **NEW Edition**
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22.00 ["Health Answers"](#) - Clive de Carle
23.00 [Guest Show](#)

Saturday

00.00 ["Across The Mersey"](#) - Andrew Sim
- **NEW Edition**
02.00 ["Owners Manuel for the Human Body"](#) - India Irie Sanatana Dharma - Invited panellists: Dr. Darko Velcek, Dr. Jeremy Ayres and Clive de Carle
03.00 [Guest Show](#)
04.00 [United Kingdom Talk Radio](#) - Chris Reardon
- **NEW Edition**
05.00 [The Total Education Show](#) with Neil Haley
06.00 [The Direct UK Chart Show](#) - **NEW Edition**
09.00 ["Get Inspired With Gurd's"](#) Gurdeep Hundal
- **NEW Edition**
10.00 [Living Raw Radio](#) with Geeta Sidhu-Robb
11.00 ["Quantum Sports"](#) - Dr. Ken West
12.00 ["Across The Mersey"](#) - Andrew Sim
14.00 ["Owners Manuel for the Human Body"](#) - India Irie Sanatana Dharma - Invited panellists: Dr. Darko Velcek, Dr. Jeremy Ayres and Clive de Carle
15.00 [Guest Show](#)
16.00 [United Kingdom Talk Radio](#) - Chris Reardon
- **NEW Edition**
17.00 [The Total Education Show](#) with Neil Haley
18.00 [The Direct UK Chart Show](#) - **NEW Edition**
21.00 ["Get Inspired With Gurd's"](#) Gurdeep Hundal
22.00 [Living Raw Radio](#) with Geeta Sidhu-Robb
23.00 ["Quantum Sports"](#) - Dr. Ken West

Sunday

00.00 ["South African Nature Journal"](#) with Tim Neary
- **NEW Edition**
01.00 ["The Travel Show"](#) with John Guinn
02.00 ["Natural Healing Show"](#) - with Yara Ghrewati
03.00 ["Healing Ties"](#) Chris MacLellan
04.00 ["Knowledge Nation"](#) with Jess Lewis
05.00 ["Health Matters"](#) with Stella Kazazis
06.00 [UK Preppers Show](#) - Tom Linden
- **NEW Edition**
08.00 [The Health and Humour Show](#) - Maureen Sullivan
- **NEW Edition**
09.00 [UK Natural Health Show](#) - Gurdeep Hundal & Jess Lewis

10.00 Yes to Life with Robin Daly
11: 00 UK Folk Show - Brian Player
12.00 "South African Nature Journal" with Tim Neary
13.00 'The Travel Show' with John Guinn
14.00 'Natural Healing Show' - with Yara Ghrewati
15.00 "Healing Ties" Chris MacLellan
16.00 "Knowledge Nation" with Jess Lewis
17.00 'Health Matters' with Stella Kazazis
18.00 UK Preppers Show - Tom Linden
20.00 The Health and Humour Show - Maureen Sullivan
21.00 UK Natural Health Show - Gurdeep Hundal & Jess Lewis
22.00 Yes to Life with Robin Daly
23.00 "The UK Folk Show" – Brian Player

Special Guest Audio Blogs are kindly supplied by Amanda Thomas, Stella Kazazis, Rob Trehella, Peter Hill of JigsawPSPH, Dr Hani Mostafa and Kidney Contenders – including occasional podcasts from Australia's well-respected

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This schedule is evolving as we develop UK Health Radio – health radio for the UK, Europe and beyond. So, do please visit this page from time to time to view any changes.

Do you have expertise in the areas of issues of general health, cancer prevention and treatment, cardiovascular care, women's issues, mental health, elder care, sexual health, fitness, wellbeing, avoidance of stress, nutrition, healthy eating, fitness and avoidance of accidents and trauma?

Would you like to contribute a regular audio blog (3 – 15 minutes) or weekly hour-long show and share your knowledge and passion? If so, please contact UK Health Radio at john@ukhealthradio.com



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