

Health Triangle

The official e-mag of
UK Health Radio



Yoga Connects Festival

Cancer Research

Mental Health

Vegan Bodybuilding

Dr. Vijay Murthy interviews
Francesco Pignatti

Health Focus Cycling for beginners





Editor's Note:
This Month ▲

AH, SWEET MYSTERY OF LIFE...!

Welcome to the latest - and longest ever! - edition of Health Triangle. You may be reassured to hear that this issue contains all the usual elements, plus some first steps along roads less travelled and also into lesser known territories. A Vegan diet for Bodybuilding is a leading example!

There is a lot to absorb and research suggests that up to 95% may go in one ear and out the other. That makes the remaining 5% that you retain even more important.

The familiar themes which emerge again here and which are reinforced with new evidence, are the mysterious power of the mind in helping the body to heal, however grim the diagnosis. Better diet and exercise follow logically from this focused thinking. Evidently feelings as well as fitness follow new behaviour. The question to serial recidivists is this: "Why do you do what you do when you know what you know?"

Because life is an infinite mystery, perhaps?

Deepak Chopra suggests that the song lyrics "We are stardust!" may be literally true. A doctor by training, he places responsibility for personal health squarely on the shoulders of the individual. The good doctor also claims that God's first language is silence. Everything else is just translation.

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Cover image: Mario Bright photography

Health Triangle

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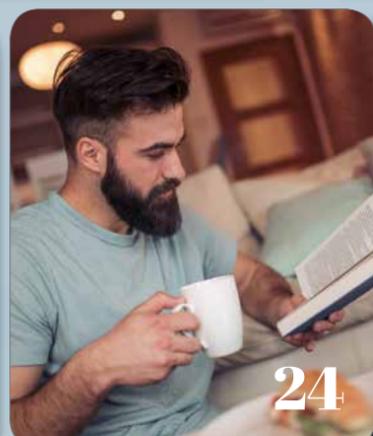
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Cycling for beginners

Cycling is a truly invigorating and liberating experience, enjoyed by people of all ages and from all walks of life.

Whether you're cycling to work, to school, to the shops or just for fun, the humble bicycle is an easy way to get more active.

This guide is designed to make cycling a safe and enjoyable experience for beginners, and provide you with tips on staying motivated.

BEFORE YOU START

For short journeys, any good working bike will do. You might have an old 10-speed racer, a shopping bike or a bargain mountain bike that you could use. If you're buying a second-hand bike or you have an old bike that's been gathering dust, consider having it serviced at a bike shop to ensure it's roadworthy.

If you're buying a new bike, there are lots of models to choose from. Hybrids, road bikes and mountain bikes are most popular.

A bike shop can advise you on the correct frame size and help you select a bike to suit your budget and the type of cycling you want to do.

Find out if your workplace operates a cycle to work scheme. This is a more affordable way of buying a new bike and safety equipment.

There are many bikes available for people with disabilities. The two main providers of specialist bikes are **Wheels for All** and **Cycling UK**.

For most people, cycling is a safe and effective form of exercise. If you have any health concerns or an existing medical problem, see your GP before you start.

CYCLING SAFELY

- practise in a safe environment
- wear a helmet
- be seen and heard

- check your bike
- be alert and plan your route
- always follow the Highway Code

If you haven't cycled much before or you're out of the habit of cycling, find yourself a traffic-free area to start off in, such as your local park.

Practise riding single-handed so you can make hand signals, and get comfortable looking over both shoulders to improve your visual awareness.

To learn to cycle with confidence, see **Cycling UK's cycle training** or **Bikeability** for information on training schemes, some of which are free.

Before you start cycling in traffic, check the Highway Code for up-to-date rules and regulations for cyclists.

HEALTH BENEFITS

Regular cycling can reduce the risk of chronic illnesses such as heart disease, type 2 diabetes and stroke. It can also boost your mood and keep your weight under control.

For health benefits, adults and older adults should do at least 2 hours and 30 minutes (150 minutes) of moderate-intensity activity each week.

Children and young people should do at least an hour (60 minutes) of moderate to vigorous intensity activity every day.

A 30-minute ride will count towards your recommended weekly activity target.

STAYING MOTIVATED

Make it a habit

The easiest way to cycle regularly is to use your bike as a means of everyday transport. Work out your routes using journey planning websites such as **Sustrans** and **Cycle Streets**.

If you want some company on your bike ride, whether it's to work or just for fun, find a cycling ...

Vegan Bodybuilding

A conversation between **Francesco Pignatti** and **Dr. Vijay Murthy**

I was recently invited to speak at **VegMed 2018**, Berlin, arguably the largest medical conference on plant-based nutrition. In the audience amongst hundreds of people my attention was drawn to an individual who was extremely well built unlike many others at the conference. I obviously was curious to talk to this person and ask him if he is really vegan or was he there to explore what plant-based nutrition is all about. When I approached him and asked him 'Hi, I am Dr. Vijay Murthy and I am curious to know if you are actually vegan?'. He smiled and said 'Hi, I am Francesco. Yes, I am vegan and I am a competitive bodybuilder'. I interviewed him for **Unlock Your Health, UK Health Radio** and here is the full radio interview: <http://www.uyhradio.com/episode-75>. Some additional tips from **Francesco Pignatti** (FP) from my conversation are presented here.

VM: What is the difference between being vegan and a vegan body builder. How did you get into this?

FP: One of the key questions I get is where to do you get your proteins from. I think many people may not have enough education about nutrition and they believe meat makes you stronger and so does milk. I turned vegan two years ago. I was very curious about eating healthy. I follow drug-free and natural body



building. I don't take any anabolic. I learnt that with vegan diet you can get lot more micronutrients than meat-based diets, which is a huge advantage with vegan diet. I discovered Tempe during my holidays in Bali. Tempe can be seasoned with different spices and can be an optimal substitute for meat as it has a very similar consistency. I also decided to go vegan for my health. I was preparing for a competition in the UK and my friends thought I am crazy that just 12 weeks before the competition, I had decided to become vegan. To my surprise, with vegan diet I was able to recover faster after exercising. As such I was able to train harder and therefore gain more muscles.

VM: Why do you think the muscles recover faster with a vegan diet, especially as one would need branched chain amino acids and other supplements for recovery after intense exercising?

FP: I discovered this in Bali. When I was there on a holiday, I had not taken any supplements and I noticed that I felt less acidic. Now, thinking about it, when you eat meat, your body tends to become more acidic, which can result in inflammation. Whereas with vegan diet, due to vegetables and fibre, your body tends to be less acidic which may help in faster recovery. ...

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