

# Health Triangle

The official e-mag of  
UK Health Radio



## Age well naturally

Look Younger without going under the knife

by Janey Lee Grace

Why CBD really is the **NEXT BEST THING**

## Homelessness

Actions speak louder than words

**NARCISSISM & HOW TO SET YOURSELF FREE**

by Dr Audrey Tang

## Diabetes Corner

Changing Your Doctor or Specialist

Health Focus  
**Easy Time-Management**



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Health  
Triangle

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Editor's Note:

## This Month ▲

THERE IS NO DOUBT:  
"WE LIVE IN CHALLENGING TIMES."

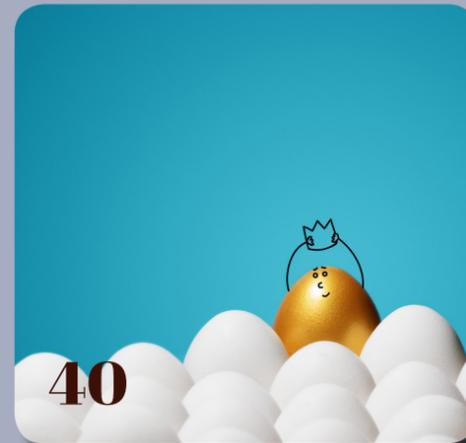
**T**here is no doubt that the old order changeth - and not necessarily for the better. The UK and the USA now share the dubious distinction of being the two most unequal societies in the whole world! This is where the rich get conspicuously richer and the poor get noticeably poorer. In the last year of the last century, the world was worried about the Millennium Bug - remember that? If only we had something as insubstantial as that to worry about now! Instead we have the reality of climate change and the risk of world war 3, while on a local level, we have the dispossessed and the homeless in plain sight. There are literally thousands on our streets every day and night, plus an estimated 250,000 'hidden homeless' currently in temporary accommodation or surfing sofas from friends and family. The chattering classes may choose to believe that the beggars in London are typically picking up an easy £200 per week and driving off in BMWs to secret houses. It isn't true. The life expectancy of a homeless person sleeping rough is now well under 50 years of age, with men out-living women. Whatever anyone may tell you, these damaged lives are always short but seldom if ever sweet. And they themselves are not a disgrace. Society's complacency is the disgrace. CEO and Founder, Johann Ilgenfritz isn't just talking about it, he's doing something to make a difference to it, however limited one person's effort may be. You can help him by supporting the charity he's chosen. We all can! See page 8/9 for details.

Thank you, on behalf of those who cannot thank you personally.

**Reg Starkey**  
Editor



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# Easy Time-Management tips

If you never seem to have enough time, better time management will help you regain control of your days.

Whether it's in your job or your lifestyle as a whole, learning how to manage your time effectively will help you feel more relaxed, focused and in control. "The aim of good time management is to achieve the lifestyle balance you want," says **Emma Donaldson-Feilder**, a chartered occupational psychologist. Here are Emma's top tips for better time management:

## WORK OUT YOUR GOALS

"Work out who you want to be, your priorities in life, and what you want to achieve in your career or personal life," says Emma. "That is then the guiding principle for how you spend your time and how you manage it."

Once you have worked out the big picture, you can then work out some short-term and medium-term goals. "Knowing your goals will help you plan better and focus on the things that will help you achieve those goals," says Emma.

## MAKE A LIST

To-do lists are a good way to stay organised. "Try it and see what works best for you," says Emma.

She prefers to keep a single to-do list, to avoid losing track of multiple lists. "Keeping a list will help you work out your priorities and timings. It can help you put off the non-urgent tasks."

Make sure you keep your list somewhere accessible. If you always have your phone, for example, keep it on your phone.

## FOCUS ON RESULTS

Good time management at work means doing high-quality work, not high quantity. Emma advises concentrating not on how busy you are, but on results.

"Spending more time on something doesn't necessarily achieve more," she says. "Staying an extra hour at work at the end of the day may not be the most effective way to manage your time."

## HAVE A LUNCH BREAK

Lots of people work through their lunch break, but Emma says that can be counter-productive. "As a

general rule, taking at least 30 minutes away from your desk will help you to be more effective in the afternoon," she says.

"Go for a walk outdoors or, better still, do some exercise," says Emma. "You'll come back to your desk re-energised, with a new set of eyes and renewed focus."

Planning your day with a midday break will also help you to break up your work into more manageable chunks.

## PRIORITISE IMPORTANT TASKS

Tasks can be grouped into four categories:

- **urgent and important**
- **not urgent but important**
- **urgent but not important**
- **neither urgent nor important**

People with good time management concentrate on "not urgent but important" activities. That way they lower the chances of activities ever becoming "urgent and important".

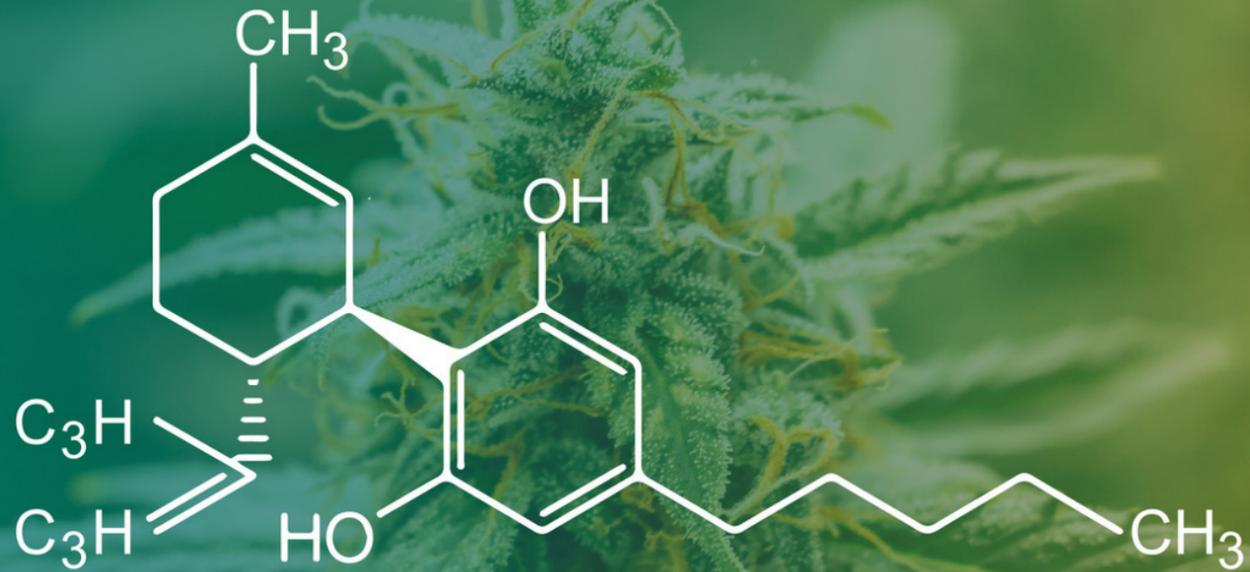
"The aim is to learn how to become better at reducing the number of urgent and important tasks. Having to deal with too many urgent tasks can be stressful," says Emma.

## PRACTISE THE 'FOUR DS'

One study found that one in three office workers suffers from email stress. Making a decision the first time you open an email is crucial for good time management.

Emma advises practising the "four Ds":

- **DELETE** : you can probably delete half the emails you get immediately.
- **DO** : if the email is urgent or can be completed quickly.
- **DELEGATE** : if the email can be better dealt with by someone else.
- **DEFER** : set aside time later to spend on emails that require longer action.



# Why CBD

really is the  
NEXT BEST THING

**F**rom the stories appearing about CBD and its near miraculous effects, to the pharmaceutical companies rushing to catch up, it seems everyone is talking about cannabidiol. The buzz around CBD is loud because it can help so many diverse conditions; from cancer and back pain, to anxiety and ADHD, but because it is so new to the UK, it can be hard to separate fact from fiction.

## WHAT IS CBD?

CBD is cannabidiol, one of the two main substances found in cannabis plants. The other, THC, is what gives marijuana its high, and is a psychoactive drug. CBD works on the body, and has no psychoactive effect. CBD was legalised in the UK last year,

by **Henri Sant-Cassia, CBD Virtue**

provided it comes from EU approved plant strains and any THC has been removed. As we'll see, these guidelines are not always followed.

Once the preserve of Californian hippies, today you'll find CBD everywhere from the high street to specialised online retailers, and there is a growing lobby who want to see it available on prescription. Following a Home Office decision to make certain cannabis derived medicines available to patients with "exceptional clinical need", Home Secretary Sajid Javid admitted that "our position on cannabis-related medicinal products was not satisfactory." So CBD is headed for the mainstream....



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