

Health Triangle

The official e-mag of
UK Health Radio



Plant Consciousness

Body Confidence this Christmas

by Janey Lee Grace

Sananda Maitreya

Interviewed by Kevin Durjun

Health Scanning the Inside Story...

Healthy Xmas & New Year

Health Focus Chronic Fatigue Syndrome





Editor's Note:
This Month ▲

Terence Trent D'Arby to Sananda Maitreya.
In Truth, it's much more fascinating than Fiction!

The amazing transformation of one Star into another, one person into another, is sensitively explored by Acupuncturist and art-lover, Kevin Durjin. Be sure to read it. It's the jewel in a crown full of jewels!

And if dear Reader, you find this issue has any Grauniad-style errors, please do not blame anyone but me, as I am trying to proof-read the Content at an International Health Forum in the People's Republic of China, which coincidentally was the birth place of **Acupuncture**, literally thousands of years ago!

The Forum's focus here and now is how to build a healthy city using the best of Western and Traditional Chinese ideas. It is fascinating material and if I may, I will tell you more in the next edition. For now, suffice it to say that China has experienced the world's largest ever population movement from the countryside to some sort of Urban Environment. In 1980, 4 out of 5 Chinese people lived in the countryside. Now every other Chinese person - out of 1.3 billion! - is a town or city-dweller. By 2080, the ratio is expected to be 80:20, City:Village!

And it is a global trend with massive potential impacts on health and well-being. More later! I trust you will find much to excite and delight you in this our final issue for 2018.

Happy BreXmas!

Reg Starkey
Editor



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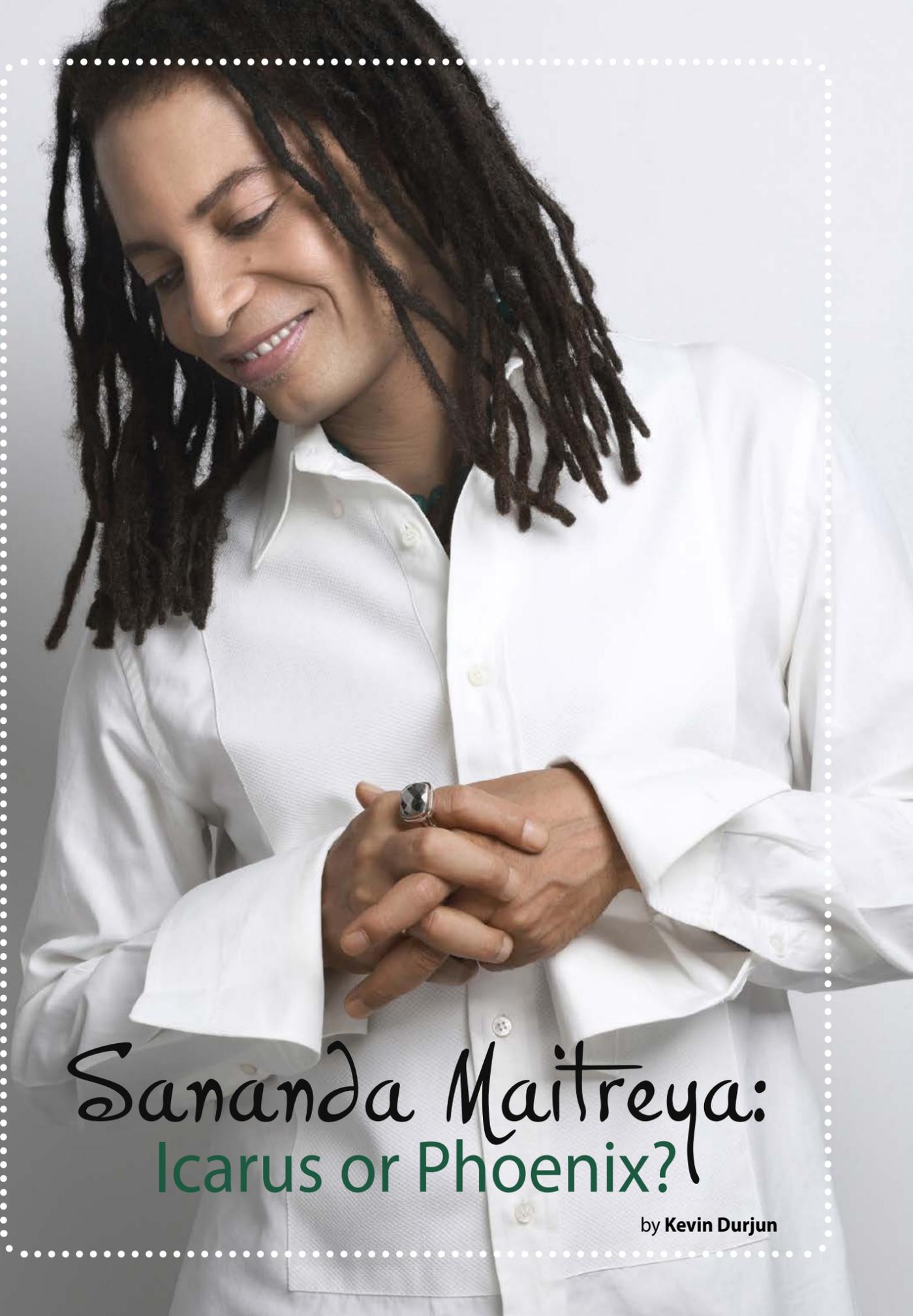


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Sananda Maitreya: Icarus or Phoenix?

by Kevin Durjun

Sananda Maitreya is an artist, writer, musician, producer, dreamer and Chief of Propaganda for Post-Millennium rock. In 1995 at the age of 33, at the height of his fame as snake-hipped musician **Terence Trent D'Arby**, he made the unexpected decision to dramatically change direction. He cast off this persona, realigned his priorities, and assumed the new identity of **Sananda Maitreya**.

Now I need to be upfront. I am a big of a fan of his work. Actually doesn't everyone love *Sign Your Name Across Your Heart* and *If You Let Me Stay*? So it was rather exciting for me to interview Sananda for **Acupuncture Point, on UK Health Radio**. And also nerve wracking. I have recently interviewed other people I admire, including Lonny Jarrett - a giant in the Acupuncture world; and Nora Franglen - my former teacher who is on a mission to restore five element acupuncture to China. So I am familiar with working with my heroes, and it is a blessedly lucky thing to be able to do. But neither Lonny nor Nora have played to packed stadia around the world, and I have not screeched along to their songs in karaoke bars...well, not knowingly anyway. So in the run up to the interview I was

nervous...

...For no reason, as it turns out. Sananda is an accomplished and celebrated musician (He plays all his own instruments as well as singing) with a healthy vein of irreverence and kindness flowing through him which sets me at ease immediately. During our conversation I didn't feel that he was interested in playing the star (which he undoubtedly is) he was simply being himself: Sananda is a man with a desire to convey his message to you with clarity and depth. His opinions are peppered with diverse references from the classical and medieval world as well as modern pop culture: Icarus (the ancient Greek hero that was destroyed because he flew close to the sun), George and the Dragon and The Matrix spring up during our conversation. It has taken a lot of therapy, time and grief to get him to this point in his life and he is revelling in the flow.

Our conversation ranges widely though space and time, and I soon discard my list of prepared questions. Frankly it feels a bit silly to ask him what his favourite song is when we are talking about how he worked through grief whilst making his recent triple album *Promethius and Pandora* (five of his friends, including George Michael, died



Chronic Fatigue Syndrome (CFS/ME)

Chronic fatigue syndrome (CFS) is a long-term illness with a wide range of symptoms. The most common symptom is extreme tiredness.

CFS is also known as ME, which stands for myalgic encephalomyelitis. There's some debate over the correct term to use for the condition, but these pages will refer to it as CFS/ME.

CFS/ME can affect anyone, including children. It's more common in women, and tends to develop between your mid-20s and mid-40s.

SYMPTOMS OF CFS/ME

The main symptom of CFS/ME is feeling extremely tired and generally unwell.

In addition, people with CFS/ME may have other symptoms, including:

- sleep problems
- muscle or joint pain
- headaches
- a sore throat or sore glands that aren't swollen
- problems thinking, remembering or concentrating
- flu-like symptoms
- feeling dizzy or sick
- fast or irregular heartbeats (heart palpitations)

Most people find overexercising makes their symptoms worse.

The severity of symptoms can vary from day to day, or even within a day.

The symptoms of CFS/ME are similar to the symptoms of some other illnesses, so it's important to see your GP to get a correct diagnosis.

DIAGNOSING CFS/ME

There isn't a specific test for CFS/ME, so it's diagnosed based on your symptoms and by ruling out other conditions that could be causing your symptoms. Your GP will ask about your symptoms and medical history. You may also have blood and urine tests.

As the symptoms of CFS/ME are similar to those of many common illnesses that usually get better on their own, a diagnosis of CFS/ME may be considered if you don't get better as quickly as expected.





Body Confidence this Christmas



by **Janey Lee Grace**

It's the time of year when many people especially women are getting stressed out not only about hosting meals, parties, present buying and decorating their home, but also about how they look, and whether they really do need to wear the classic 'little black dress' to the office party or neighbour's annual drinks event. It's an issue frequently presented to **Jane Pangbourne** who is a body positivity coach, she says women often have a poor self-percep-

tion, and this leads to anxiety and overwhelm; particularly where clothes are concerned. Jane says, 'Many women hoard clothes that don't fit them, suit them or serve them well which has a huge impact on the way they feel about themselves as they look right now, Although it's never really about the clothes; this is often a great place to start when looking at a person's unrealistic self-perception and low self-esteem.' Jane has a unique approach for helping women



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