

Health Triangle

The official e-mag of
UK Health Radio



The power of plants
Unravelling the mystery of
CBD oil

Mental Health
with Chrissy B

Menopause
One day it will
happen to YOU

Living with
Arthritis

The Pleasure of
Self Harm

12 Detoxifying Foods
to Help Your Body Heal
Naturally

Creative
Adolescents



YOU are
your best investment
in 2019!

- Danielle Sax -



UK Health Radio's e-magazine
www.ukhealthradio.com

CEO UK Health Radio
Johann Ilgenfritz

Editor
Reg Starkey

Creative Director
Raphaella Reeb-Ilgenfritz



Health
Triangle

© Copyright 2012-2019 UK Health Radio™

The opinions expressed by the authors and contributors to **Health Triangle Magazine** are not necessarily those of **UK Health Radio**. Nothing may be reproduced in whole or in part without permission. Advertisers assume liable for all content of advertising and for any claims from product sales. The intent of **Health Triangle Magazine** is to give additional information for your general knowledge. It is not intended as a substitute for professional medical advice or treatment. Please do not delay or disregard any medical advice received due to information gathered on **UK Health Radio™** and **Health Triangle Magazine**.

Editor's Note:

This Month ▲

"The time is always now. The place is always here."

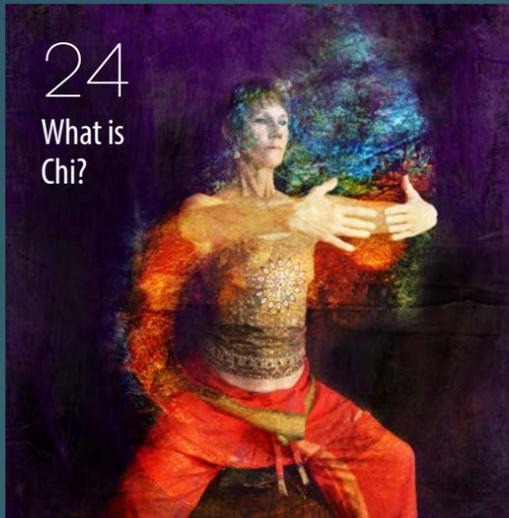
Ekhart Tolle? No, Robert Mitchum! In a 1958 film called 'The Hunters'. The immediacy of this truth is startling and in this edition we cover the spectrum from self-harm to self-care. **John Sheldon** starts with the visible manifestation. **Janey Lee Grace** looks at **Dry January** and the demonstrable benefits of no alcohol or less alcohol. Excessive social drinking is the most common form of self-harm on a daily basis. Bad diet is another and **Janey Lee Grace** is keen on a new book by nutritionist **Karen Llewellyn-Waters** called 'The DNA Diet' which we will review in the next issue.

Back to this issue and a powerful emerging theme here is: Change for the Better rather than Change for the sake of Change! Our Western New Year is now long gone. The Chinese new year is almost upon us. Yet the recurring point is that there is no better time than NOW to review habitual behaviour in your lifestyle and make changes for the better. The reality is that the only thing over which we have any real power is OURSELVES - what we think, what we eat, what we drink, what we say and what we do. It's no accident that Eckhart Tolle's seminal book is entitled 'The Power of Now'.

Happy reading, positive thinking...!

Reg Starkey
Editor





24
What is
Chi?



54
Mental Health
with Chrissy B

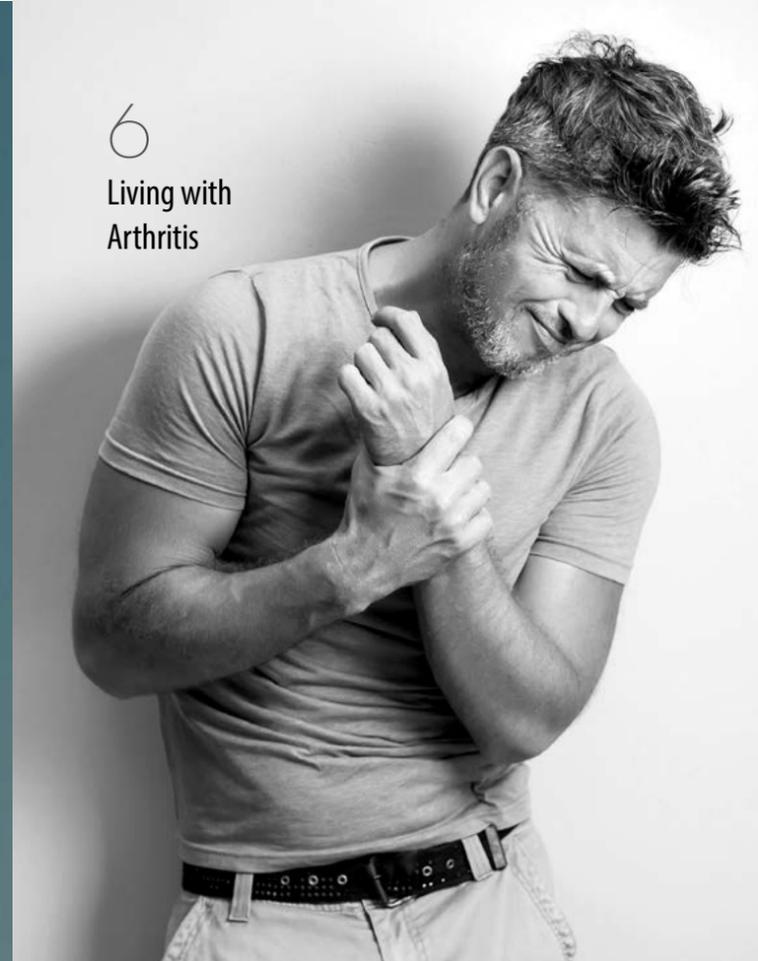


58
Recovery
Today

Contents

January/2019

- 3 **Editorial**
- 6 **Health Focus** Living with Arthritis
- 10 **The 3 Major Mistakes that keep you from living a "New" Year in 2019** by Danielle Sax
- 12 **Alcohol Free Life** by Janey Lee Grace
- 14 **The pleasure of Self-Harm** by John Sheldon
- 16 **Health Scanning the inside Story** by Kevin Davies
- 18 **Your Business is only as Successful as your Vocabulary** by Paul Rees
- 22 **Tackling Hygiene Poverty with Toiletries Amnesty** by Karen Harvey
- 24 **What is Chi?** by Clara Apollo
- 28 **Create Positive change in 2019** by Kezia Lockett
- 30 **12 Detoxifying Foods to help your body heal Naturally** by Ocean Robbins
- 36 **Creative Adolescents** by Hala Makarem
- 40 **Plant Power** by Kirsten Hartvig
- 44 **Natural Healing remedies for sugar addiction** by Catherine Carrigan
- 48 **A fresh New Start with The Healing Revolution** by Dr. Frank King
- 51 **Medical Marvel Moments, Weird & Wonderful facts** by Amanda Thomas
- 52 **Diabetes Corner** by Maureen Sullivan

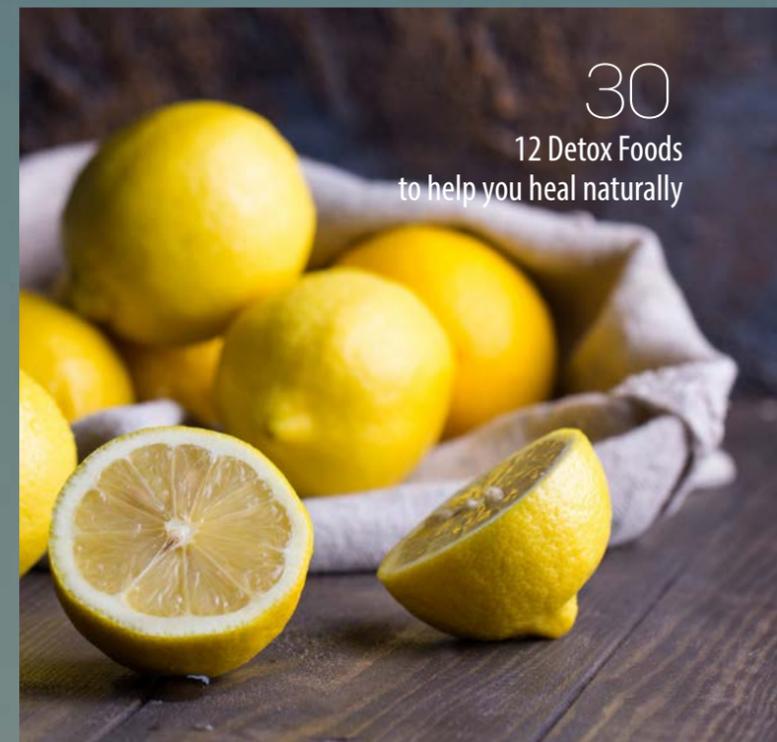


6
Living with
Arthritis

- 54 **Is it really OK not to be OK?** by Chrissy B
- 56 **Hayley's Comet** by Hayley Cutler
- 58 **The Magnificence of Ordinairiness** by Jim Smith
- 60 **Menopause** by Shelley Chapman
- 62 **Unravelling the mystery of CBD oil** by Janey Lee Grace
- 63 **Poetry Corner**
- 64 **Yes to Life** Robin Daly's recent guests on the Yes to Life Show
- 69 **How not to feel alone** by Ania Jeffries
- 70 **The Liminal** by Tallulah Rendell
- 72 **Film & Theatre Reviews** by Reg Starkey
- 76 **Programme Schedule**



36
Creative
Adolescents



30
12 Detox Foods
to help you heal naturally



Living with

ARTHRITIS

Arthritis is a common condition that causes pain and inflammation in a joint. In the UK, more than 10 million people have arthritis or other, similar conditions that affect the joints. Arthritis affects people of all ages, including children.

TYPES OF ARTHRITIS

Osteoarthritis and rheumatoid arthritis are the 2 most common types of arthritis.

OSTEOARTHRITIS

Osteoarthritis is the most common type of arthritis in the UK, affecting nearly 9 million people. It most often develops in adults who are in their mid-40s or older. It's also more common in women and people with a family history of the condition. However, it can occur at any age as a result of an injury or be associated with other joint-related conditions, such as gout or rheumatoid arthritis.

Osteoarthritis initially affects the smooth cartilage lining of the joint. This makes movement more difficult than usual, leading to pain and stiffness. Once the cartilage lining starts to roughen and thin out, the tendons and ligaments have to work harder. This can cause swelling and the formation of bony spurs, called osteophytes. Severe loss of cartilage can lead to bone rubbing on bone, altering the shape of the joint and forcing the bones out of their normal position.

The most commonly affected joints are those in the:

- **hands**
- **spine**
- **knees**
- **hips**

RHEUMATOID ARTHRITIS

In the UK, rheumatoid arthritis affects more than 400,000 people. It often starts when a person is between 40 and 50 years old. Women are 3 times more likely to be affected than men.

In rheumatoid arthritis, the body's immune system targets affected joints, which leads to pain and swelling.

The outer covering (synovium) of the joint is the first place affected. This can then spread across the joint, leading to further swelling and a change

in the joint's shape. This may cause the bone and cartilage to break down. People with rheumatoid arthritis can also develop problems with other tissues and organs in their body.

OTHER TYPES OF ARTHRITIS AND RELATED CONDITIONS

- **ANKYLOSING SPONDYLITIS** – a long-term inflammatory condition that mainly affects the bones, muscles and ligaments of the spine, leading to stiffness and joints fusing together. Other problems can include the swelling of tendons, eyes and large joints.
- **CERVICAL SPONDYLOSIS** – also known as degenerative osteoarthritis, cervical spondylitis affects the joints and bones in the neck, which can lead to pain and stiffness.
- **FIBROMYALGIA** – causes pain in the body's muscles, ligaments and tendons.
- **LUPUS** – an autoimmune condition that can affect many different organs and the body's tissues.
- **GOUT** – a type of arthritis caused by too much uric acid in the body. This can be left in joints (usually affecting the big toe) but can develop in any joint. It causes intense pain, redness and swelling.
- **PSORIATIC ARTHRITIS** – an inflammatory joint condition that can affect people with psoriasis.
- **ENTEROPATHIC ARTHRITIS** – a form of chronic, inflammatory arthritis associated with inflammatory bowel disease (IBD), the 2 main types being ulcerative colitis and Crohn's disease. About 1 in 5 people with Crohn's disease or ulcerative colitis will develop enteropathic arthritis. The most common areas affected by inflammation are the peripheral (limb) joints and the spine.
- **REACTIVE ARTHRITIS** – this can cause inflammation of the joints, eyes and urethra

The Pleasure of Self Harm

by John Sheldon

Approximately 1 in 10 young people self-harm in response to emotional triggers and to obtain temporary relief from situations such as difficult relationships and exams. Common methods of self-harm include cutting, burning and non-lethal overdose, but there are numerous alternative methods. The purpose of self-harm is change not end and, although self-harm is associated with suicide, most self-harm is not suicidal despite a higher risk of accidental suicide. Current advice on self-harm will include methods of trying to stop but also advice on safe self-harm.

Pleasure and pain have an emotional context

The experience of enjoyment is largely superficial whereas pleasure and pain have an emotional context. Physical union can be achieved through pleasure, but spiritual and emotional union can be achieved through pain. Ancient practices of flagellation as spiritual experience, bodily scarring as rites of passage, to submission in contemporary sado-masochism, exemplify the fine line between pleasure and pain. There is no enjoyment in self-harm, but there is an element of pleasure, especially in the relief.

The brain is activated in emotional pain as it is in physical pain, making emotional pain difficult to cope with, especially for those with a low pain

threshold. People who self-harm report feeling little or no pain during the act, as a release of beta endorphins act as an analgesia creating pleasure and elation. Self-harm becomes addictive because of instant relief but, like all addictions, requires an increase in dosages to maintain a high, with a subsequent experience of a craving for more. The creation of physical pain can create a separation from emotions or a feeling of 'something' instead of feeling 'nothing' or 'numb', and some people report feeling more 'alive' or 'real'. The word harm derives from the Old Norse word 'harmr' meaning grief or sorrow, but physical pain can be perceived as a cure for emotional pain and monotony.

Pain as the touchstone of change and improvement is authentic and, as beauty emanates from extremes, diamonds from extreme pressure and gold from extreme heat, so great people come from painful journeys. Human beings live a civilised aim of an easier life, less work, less stress, more pleasure, but are rarely conscious of self until pain is experienced. The removal of hardship and the seeking of entertainment and superficiality as opposed to authenticity and truth has led to people creating their own difficulties, including self-harm with the appearance of suffering for no reason.

John Sheldon is an NHS Nurse working in the A & E Department of a London Hospital. John has a special interest in paediatrics and mental health.

12 Detoxifying Foods to Help Your Body Heal Naturally

by Ocean Robbins



The word “detox” has many uses. But what is a detox? Do detox regimens work? And can detoxifying foods help you cleanse your body without relying on powders, pills, and expensive concoctions?

People often ask me about the best way to detoxify. Am I a fan of infrared saunas? Or of chelation to remove heavy metals? And what about intermittent fasting,

coffee enemas, or cleansing programs? Or Epsom salt baths and megadoses of vitamin C? Some of these ideas can have value. But if you want to detoxify, the first thing to do is to stop bringing toxins into your body in the first place. And the place to start is with the food on your plate. We now have the most addictive and chemical-laden food in the history of humanity.



Subscribe to the current & all previous issues by clicking **HERE**