

# Health Triangle

The official e-mag of  
UK Health Radio



Music's Role in  
**Child  
Development**

Mental Health  
with Chrissy B

Menopause  
**Symptoms**

**Heartburn &  
Acid Reflux**

**Variation**  
not **Moderation**  
is the Key to Weight Loss  
by Patrick Holford



"We are not designed to eat the same thing everyday. VARIATION, not Moderation, is the key to Health."

- Patrick Holford -

Editor's Note:  
**This Month** ▲

"The mass of men live lives of quiet desperation."

**T**his gloomy observation was made by the 19th century poet and essayist, Henry Thoreau. Who knows, it may be true? But it need not be that way! A century later Martin Luther King said: "If I cannot do great things, I can do small things in a great way." And that's more like it!

**Johann Ilgenfritz** may not be running the BBC World Service but as anyone who heard him speak recently at **The Best You Exhibition** at Olympia can testify, he is running **UK Health Radio** with a passionate clarity which is both rare and admirable. His innovative drive was publicly recognised in **The Best You's** annual awards for excellence - their answer to the Oscars...!

People who give up Alcohol for more than either the month of January, post-Christmas or October, pre-Christmas, often feel they deserve a medal for their abstinence - ask **Janey Lee Grace**, who introduces some superior botanicals for neglected new teetotallers!

Every single article in this issue is a different view on how we can make the most of the cards that Life has dealt us. There is a lot of common ground and a lot of optimism. And I can tell you, from personal experience, that there is no problem on earth that one drink too many will not make worse.

**Reg Starkey**  
Editor



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[www.ukhealthradio.com](http://www.ukhealthradio.com)

CEO UK Health Radio  
**Johann Ilgenfritz**

Editor  
**Reg Starkey**

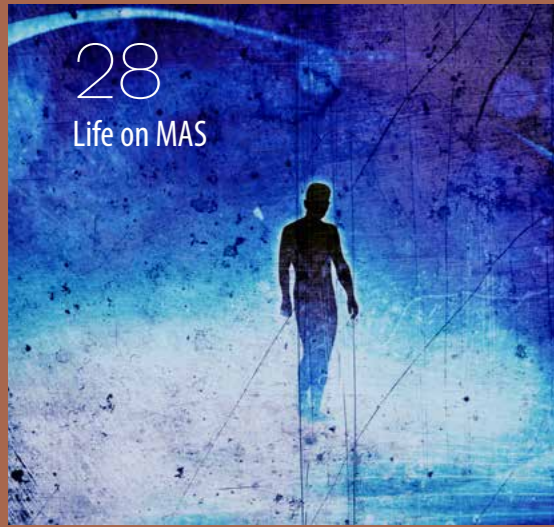
Creative Director  
**Raphaella Reeb-Ilgenfritz**



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# HEARTBURN & ACID REFLUX

Heartburn is a burning feeling in the chest caused by stomach acid travelling up towards the throat (acid reflux). If it keeps happening, it's called gastro-oesophageal reflux disease (GORD)

## CHECK IF YOU HAVE ACID REFLUX

The main symptoms of acid reflux are:

- *heartburn – a burning sensation in the middle of your chest*
- *an unpleasant sour taste in your mouth, caused by stomach acid*

You may also have:

- *a cough or hiccups that keep coming back*
- *a hoarse voice*
- *bad breath*
- *bloating and feeling sick*

Your symptoms will probably be worse after eating, when lying down or when bending over.

## CAUSES OF HEARTBURN & ACID REFLUX

Lots of people get heartburn from time to time. There's often no obvious reason why.

Sometimes it's caused or made worse by:

- *certain food and drink – such as coffee, alcohol, chocolate, and fatty or spicy foods*
- *being overweight*
- *smoking*
- *pregnancy*
- *stress and anxiety*
- *some medicines, such as anti-inflammatory painkillers (like ibuprofen)*
- *a hiatus hernia – when part of your stomach moves up into your chest*

# Variation not Moderation is the key to Weight Loss

by Patrick Holford

**O**besity is wide spread. Seven hundred people a day develop diabetes. Yet confusion reigns about what we should eat. Fat or carbs? Vegan or meat? Or is it just about calories? What if you could have the best of all worlds, enjoying fatty food and not having to shun all carbs or count calories?

My new book, **The Hybrid Diet**, written with award-winning medical journalist Jerome Burne, offers just that by mimicking your body's evolutionary design.

We are 'hybrid' with an inbuilt 'dual fuel' mechanism for making the best of periods of feast and famine. This is our ability to run on glucose derived from carbs or on ketones derived from fat, which is what happens if you fast. Alternating between the two is the hottest health secret.

The worst of both worlds is a diet high in animal fat and refined 'fast releasing' carbs and sugar – the hallmark of today's average diet. Studies show that this combination creates the equivalent of junk food addiction and rapid weight gain.

Yet, something magical happens when you switch between a slow carb and a high fat diet. It sets up a healthy cycle of new cell growth and repair but you also crave sweet foods less, and burn fat better because your body's energy metabolism increases.



"The two most effective ways to lose weight are either a high fat, 'ketogenic' diet (think Atkins) or a slow carb, 'low GL' diet. Both have been shown to cause more weight loss than a conventional low calorie, low fat diet", say Holford and Burne. "But switching between the two has even more health advantages. The hybrid way of eating gives the benefits of fasting without going hungry and reduces risk of diabetes, heart disease, cancer and cognitive decline as well as slowing the ageing process."

In **The Hybrid Diet** we show you how to enjoy fatty foods, whether you're carnivorous or vegetarian, but without carbs, and how to enjoy slow carbs so you don't have to shun all pasta and bread. The Hybrid Diet explains why, when and how to switch and provides you with the simple and delicious recipes you need to do it. For example, on a high fat day you can start your day with a Hybrid Latté made with no-carb almond milk, almond butter, coconut butter, coffee, cacao and cinnamon and lunch on a delicious pesto butter sautéed spinach with salmon. On a slow carb day you could have a slice of carrot and walnut cake as a snack and, for dinner a big bowl of chestnut and butterbean soup with oat cakes, both made in 5 minutes. Switching regularly between slow carbs and high

▲ Weight Loss

*"We are not designed to eat the same thing everyday. Variation, not moderation, is the key to health."*

- Patrick Holford -





# Music's Role in Child Development

## IS IT A GOOD THING?

by Latoya Adams

**M**usic has and will continue to be an intrinsic part of human culture. After all, it is a global language that transcends community barriers. Not only does it bring people together, but, music plays a role in child development. Have you ever wondered why you are more inclined to listen to a specific genre of music? Think back to what your parents were listening to. Their musical tastes and the types of music you were exposed to as a child would have influenced your current preference in some way. This may have been in an incredibly beneficial way beyond your specific genre tastes. Publications and research highlight the importance music has on ....



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