

Health Triangle

The official e-mag of
UK Health Radio



Invest in
Yourself

**Good Skin
From Within**
by Janey Lee Grace

Mental Health
with Chrissy B

**Want to
Adopt?**

**The
Diabetes
Sweet Spot**

**Aggression
& Anger**

Health Focus:
Does **Prolonged Sitting**
Really Kill **70,000** People
a Year in the UK?

“We can’t become what we need to be
by remaining who we are”

- Oprah Winfrey -

Editor’s Note:
This Month ▲

Talking the talk is easy...

Walking the talk and walking the walk - that is what matters. New research suggests that sedentary inactivity could contribute to some 70,000 premature deaths in the UK every year. For some, a life of leisure can mean sitting for up to 18 hours a day in extreme cases. For millions of people worldwide, a working day typically involves sitting at a desk looking at a screen for hours on end, taking the lift rather than the stairs and always driving or being driven, in preference to walking, as well as eating and drinking habitually beyond the satisfaction point of either our physical hunger or our thirst. No wonder ‘fat and forty’ are not just empty words! Even those whose mantra is “Moderation in all things” may find they are carrying more weight than they should. Lifestyle illness is increasing alarmingly. In the first world, obesity is a self-inflicted wound which is directly linked to Diabetes and a variety of other conditions which threaten life or limbs.

Jerome Burne and *Patrick Holford* have developed a new Hybrid Diet using solid evidence-based findings. Likewise *Janey Lee Grace* points us towards the natural benefits of Kefir from the *Chuckling Goat*. Whichever side of 40 we may find ourselves, we cannot afford to rest on our laurels!

Reg Starkey
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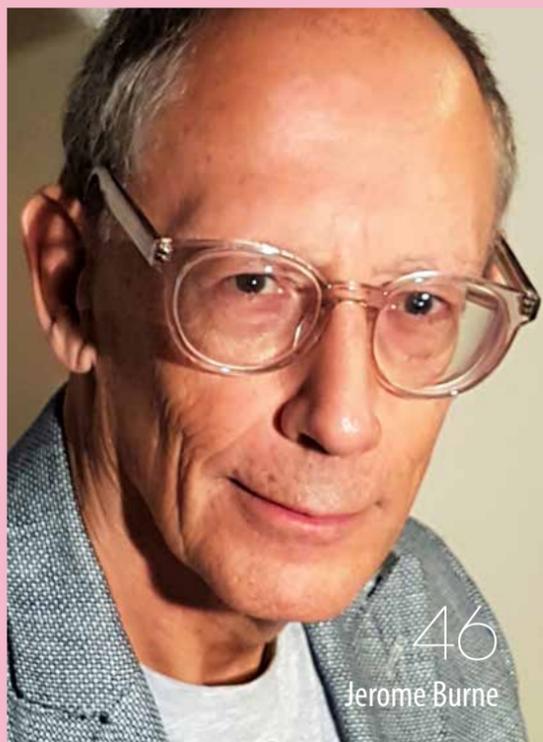
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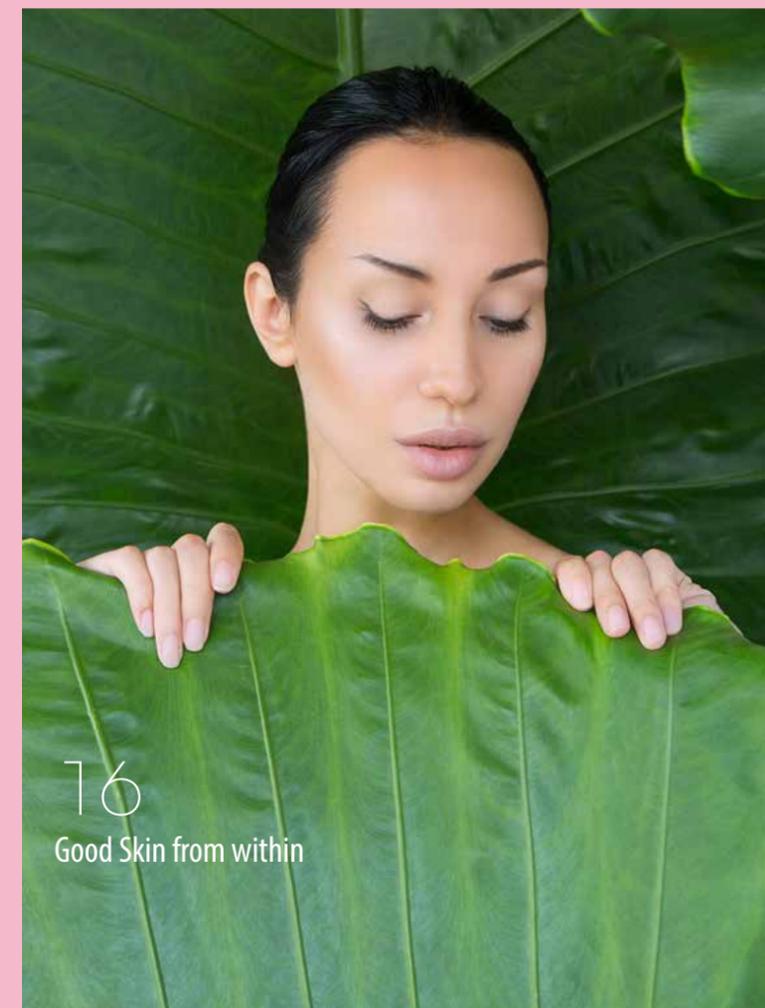


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Good Skin from within

▲ Health Focus
Behind the Headlines

Does **Prolonged Sitting** Really Kill **70,000** People a Year in the UK?



▲ Lifestyle

Is Psychological Reversal Keeping You **Fat, Sick and Stuck?**

by **Catherine Carrigan**
Amazon number 1 bestselling author
Host of the *Natural Healing Show* for **UK Health Radio**





SIMPLY WALKING

by Clara Apollo

GOOD SKIN From Within

by Janey Lee Grace
www.imperfectlynatural.com

There has been yet more column inches in the national press recently given to a supposedly miracle skin serum that promises instant anti-ageing results, wrinkles all smoothed out and a glowing complexion,,or something like that! The truth actually is that while some one hundred per cent natural skin serums oils and creams can indeed boost your complexion and help to reduce the appearance of fine lines and wrinkles, and give your body a more toned appearance, as most of us know good skin comes from within.



**I DON'T WANT TO
TALK ABOUT IT!**

by Chrissy B

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