

Health Triangle

The official e-mag of UK Health Radio



The truth about
ALCOHOLICS
ANONYMOUS

The Diabetes
Sweet Spot

Health Focus

**TOP 10
HEALTHY
HEART
TIPS**

**'FOCUS ON
EMOTIONS'**
The Emotional
impact of Cancer

Feel Fully Alive
This Summer

**ENTER
NOW**



“Let go of people who dull your shine, spoil your spirit and bring you drama. Cancel your subscription to their issues.”

Steve Maraboli



Editor's Note:

This Month ▲

**HEALTH IS MORE IMPORTANT THAN WEALTH.
KNOWLEDGE IS MORE VALUABLE THAN IGNORANCE.
THE PURPOSE OF LIFE IS TO LIVE!**

Welcome to the 70th edition of Health Triangle! It includes a call for Entries and Nominations for UK Health Radio's own Outstanding Contribution Awards 2019 - plus over 70 pages of words and pictures, from contributors old and new who share their expert opinions, practical experience and optimism for improving every single situation that may confront us. Some may be as familiar as arguments in favour of mother's milk and apple pie. Others are intriguingly personal - yet with potentially universal value - like using photographic images to capture how it feels along the journey of recovery from cancer. Not precisely how it is but roughly how it feels, as a way of opening the dialogue and activating comforting conversations.

We all have choices every day and the choices we make will directly affect both the length and the quality of our lives. For example, there is an invisible line between normal social drinking and problem-drinking. Once it is crossed, the problem is not so much stopping, as staying stopped, yet there is a solution available in confidential self help groups. From personal experience, an anonymous contributor seeks to clarify the role and mission of AA... Others offer numerous top tips on a variety of other health issues, all well worth considering. We are also delighted to introduce several exciting new broadcasters and to reintroduce others, like Janey Lee Grace, who wish to recognise and reward excellence through annual Awards. Remember, you can play your part by nominating potential winners in UK Health Radio's Outstanding Contribution Awards 2019!

Enjoy this 70th edition and please let us know your thoughts and your feelings about it. Your feedback is always welcome - in words or in pictures!

Reg Starkey
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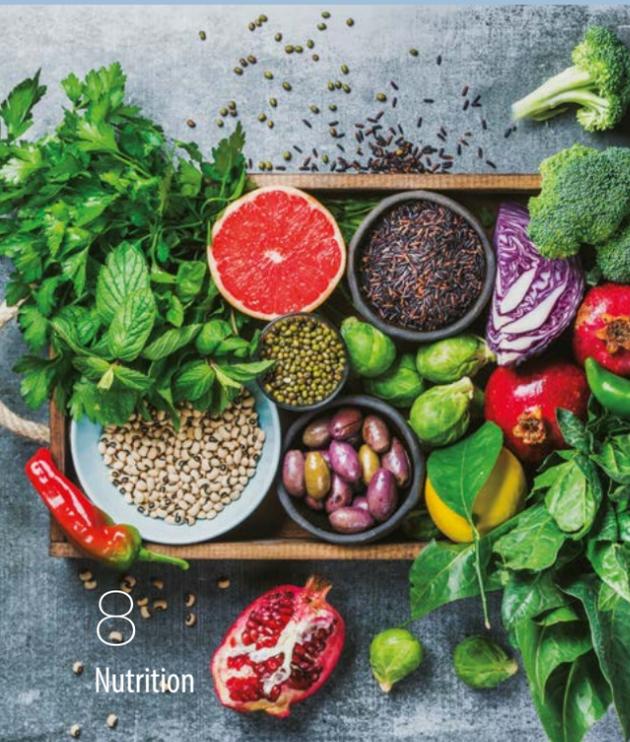
Health
Triangle

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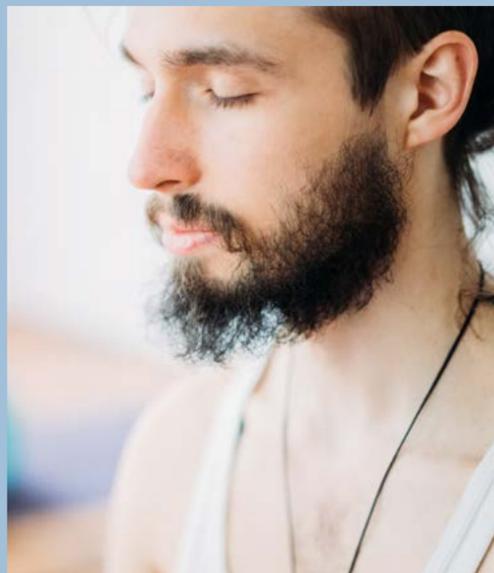
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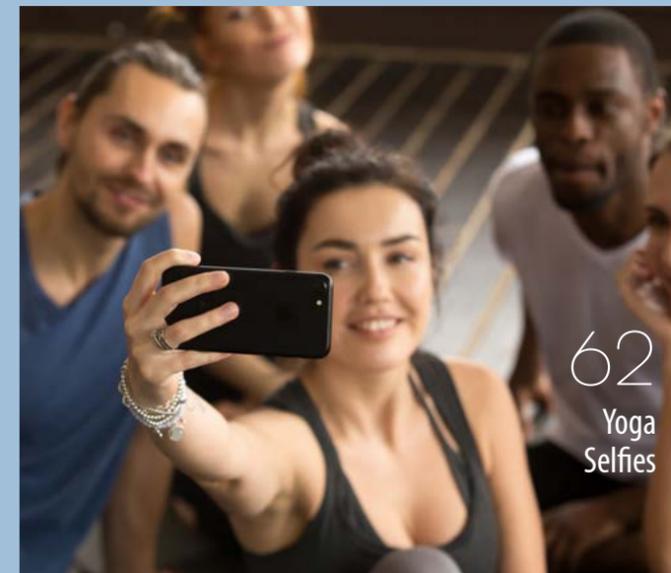
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TOP 10 HEALTHY HEART TIPS

A healthy lifestyle will make your heart healthier. Here are 10 things you can do to look after your heart.

GIVE UP SMOKING

- If you're a smoker, quit. It's the single best thing you can do for your heart health.
- Smoking is one of the main causes of coronary heart disease. A year after giving up, your risk of a heart attack falls to about half that of a smoker.
- You're more likely to stop smoking for good if you use NHS stop smoking services.

GET ACTIVE

- Getting – and staying – active can reduce your risk of developing heart disease. It can also be a great mood booster and stress buster.
- Do 150 minutes of moderate-intensity aerobic activity every week. One way to achieve this target is by doing 30 minutes of activity on 5 days a week. Fit it in where you can, such as by cycling to work.

MANAGE YOUR WEIGHT

- Being overweight can increase your risk of heart disease. Stick to a healthy, balanced diet low in fat and sugar, with plenty of fruit and vegetables, combined with regular physical activity.
- Find out if you're a healthy weight with the BMI calculator. If you're overweight, try our 12-week NHS weight loss plan.

EAT MORE FIBRE

- Eat plenty of fibre to help lower your risk of heart disease – aim for at least 30g a day.
- Eat fibre from a variety of sources, such as whole-meal bread, bran, oats and wholegrain cereals, potatoes with their skins on, and plenty of fruit and veg.

CUT DOWN ON SATURATED FAT

- Eating too many foods that are high in saturated fat can raise the level of cholesterol in your blood. This increases your risk of heart disease.
- Choose leaner cuts of meat and lower fat dairy products like 1% fat milk over full-fat (or whole) milk.

GET YOUR 5 A DAY

- Eat at least 5 portions of a variety of fruit and vegetables a day. They're a good source of fibre, vitamins and minerals.
- There are lots of tasty ways to get your 5 A Day, like adding chopped fruit to cereal or including vegetables in your pasta sauces and curries.

CUT DOWN ON SALT

- To maintain healthy blood pressure, avoid using salt at the table and try adding less to your cooking.
- Once you get used to the taste of food without added salt, you can cut it out completely.
- Watch out for high salt levels in ready-made foods. Most of the salt we eat is already in the foods we buy.
- Check the food labels – a food is high in salt if it has more than 1.5g salt (or 0.6g sodium) per 100g.
- Adults should eat less than 6g of salt a day in total – that's about 1 teaspoon.

EAT FISH

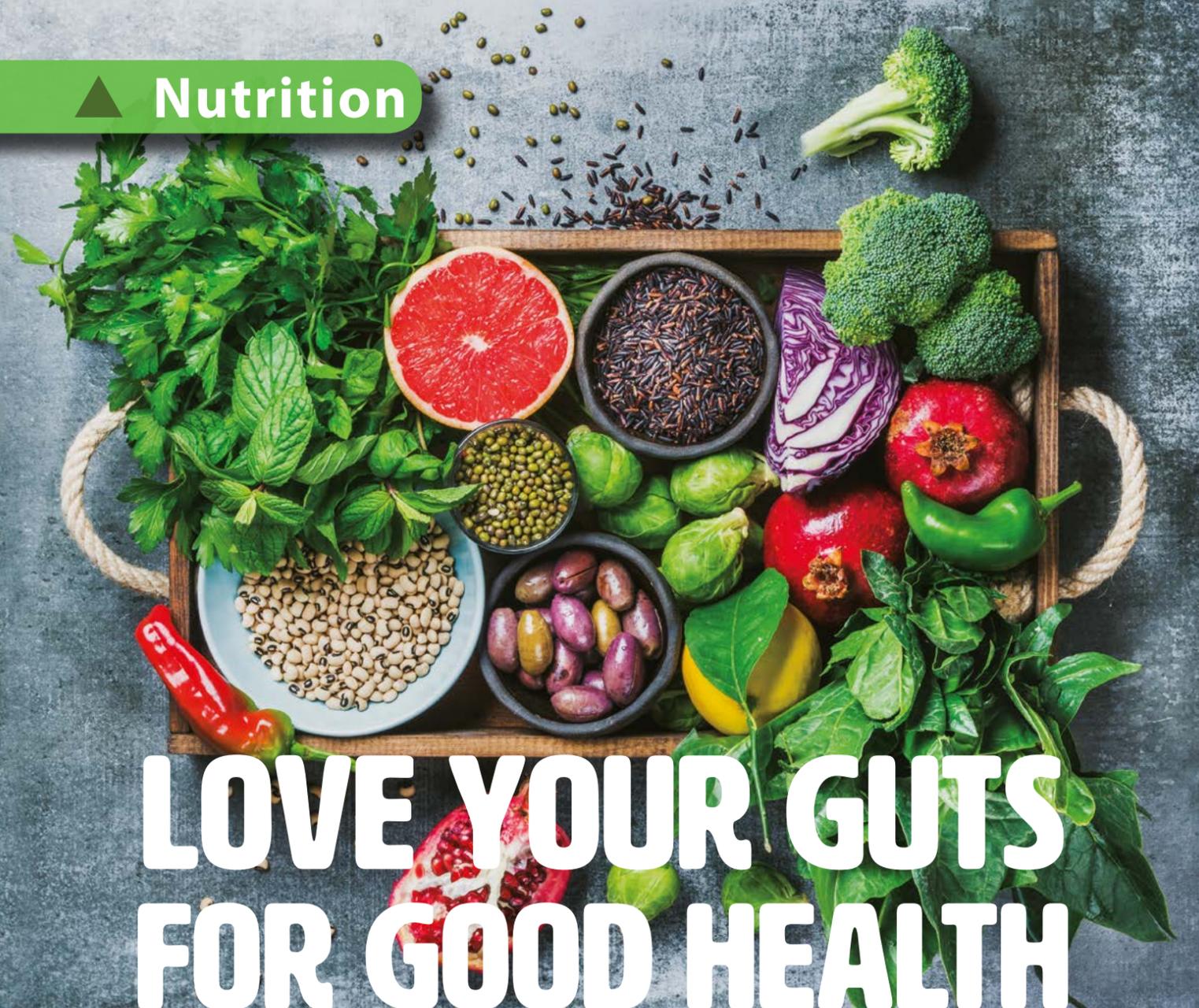
- Eat fish at least twice a week, including a portion of oily fish. Fish such as pilchards, sardines and salmon are a source of omega-3 fats, which may help protect against heart disease.
- Pregnant or breastfeeding women should not have more than 2 portions of oily fish a week.

DRINK LESS ALCOHOL

- Do not forget that alcohol contains calories. Regularly drinking more than the NHS recommends can have a noticeable impact on your waistline.
- Try to keep to the recommended daily alcohol limits to reduce the risk of serious problems with your health, including risks to your heart health.

READ THE FOOD LABEL

- When shopping, it's a good idea to look at the label on food and drink packaging to see how many calories and how much fat, salt and sugar the product contains.
- Understanding what's in food and how it fits in with the rest of your diet will help you make healthier choices.



LOVE YOUR GUTS FOR GOOD HEALTH

In the lead up to summer there is a barrage of health product adverts vying for our attention and ready cash; invariably, all with the single aim of helping us to lose weight. Yet there is increasing evidence that focusing on weight rather than health could be where many of us – year in, year out – have been going wrong.

Research into the microbiome - our gut's ecosystem - has increased knowledge of how what we eat can affect our immune system, susceptibility to diseases, and even whether we gain weight. Much of the research has been carried out on mice, but an increasing number of research programmes around the world, such as the British Gut Project based at King's College London, are looking at the human microbiome.

As soon as we are born our microbiome begins to develop, changing according to environment and diet. Like any ecosystem, its delicate balance is affected by what comes into it. Like nutrients for a garden, a varied diet will help it blossom. But a dose of antibiotics, for example, can knock it for six so that it may need love and care to recover. Anyone who has developed thrush after medication will have experienced first-hand how the microbiome can be affected!

Science has revealed that the more varied our diet, with vegetables, fruit and fibre, the more diverse and robust our microbiome should be. Prebiotic foods, such as fermented foods (e.g. kimchi, sauerkraut, kefir), Jerusalem artichokes, garlic, leeks, and onions help boost our



gut bacteria; whilst foods high in sugar, artificial sweeteners, and red meat can have a negative impact. This doesn't mean that we must cut out sugar, sweeteners or red meat, but reducing them and putting in more of the good stuff should give our guts a fighting chance. It's all about balance, and if we can tip the scales in our microbiome's favour, that is even better.

Nicola Moore, head of the **Optimum Nutrition** clinic at the **Institute for Optimum Nutrition** in Richmond, says she regularly focuses on the microbiome to help clients improve their health. *"The reasons for doing so are broad and range from helping improve digestive symptoms or immunity, through to assisting with blood glucose management or weight loss,"* she says.

And just improving our range of foods can achieve this. *"It's as simple as that in many respects,"* she says. *"Many of us are locked into eating the same kinds of foods week-in-week-out. This isn't helpful for encouraging balanced abundance of the different types of helpful bacteria in our guts."*

"Eating plenty of vegetables is a great way to support our gut microbiome. I might discuss with my client a target relating to different families of vegetables to try and incorporate each day – and making vegetables the hero of meals, so the meat element becomes the 'side' rather than the main component."



"Often the best way to approach dietary change is to think about what you need to add in, rather than obsessing about what to take out. This can be more emotionally helpful, and does work to prevent short-term, faddy changes."

So, if your favourite summer dress is feeling a little tight, rather than thinking about what you can't eat, think about what you can. Because if we look after our gut bacteria, they should look after us, and **The Institute for Optimum Nutrition (ION)** is here to help.

The Institute for Optimum Nutrition, "home of nutritional therapy training in the UK", has been training nutritional therapist for 35 years. We aim to support people to make a positive impact on their lives with food.

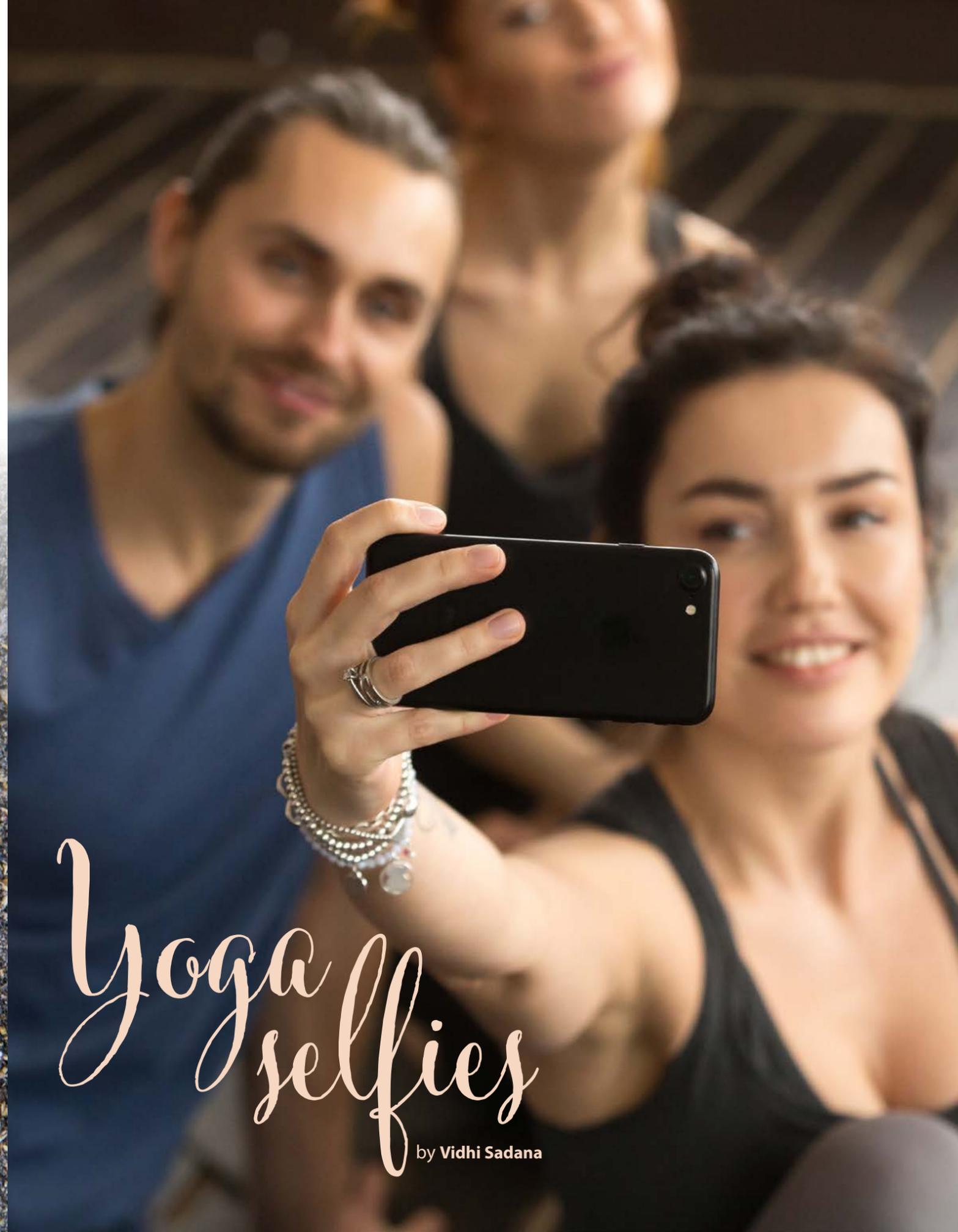
Uniquely dual-accredited by the **Nutritional Therapy Education Commission** and the **British Accreditation Council**, our flagship diploma courses educate students to become **Registered Nutritional Therapists** on accredited professional qualification programmes. Enabling them to make positive difference to people's health and wellbeing.

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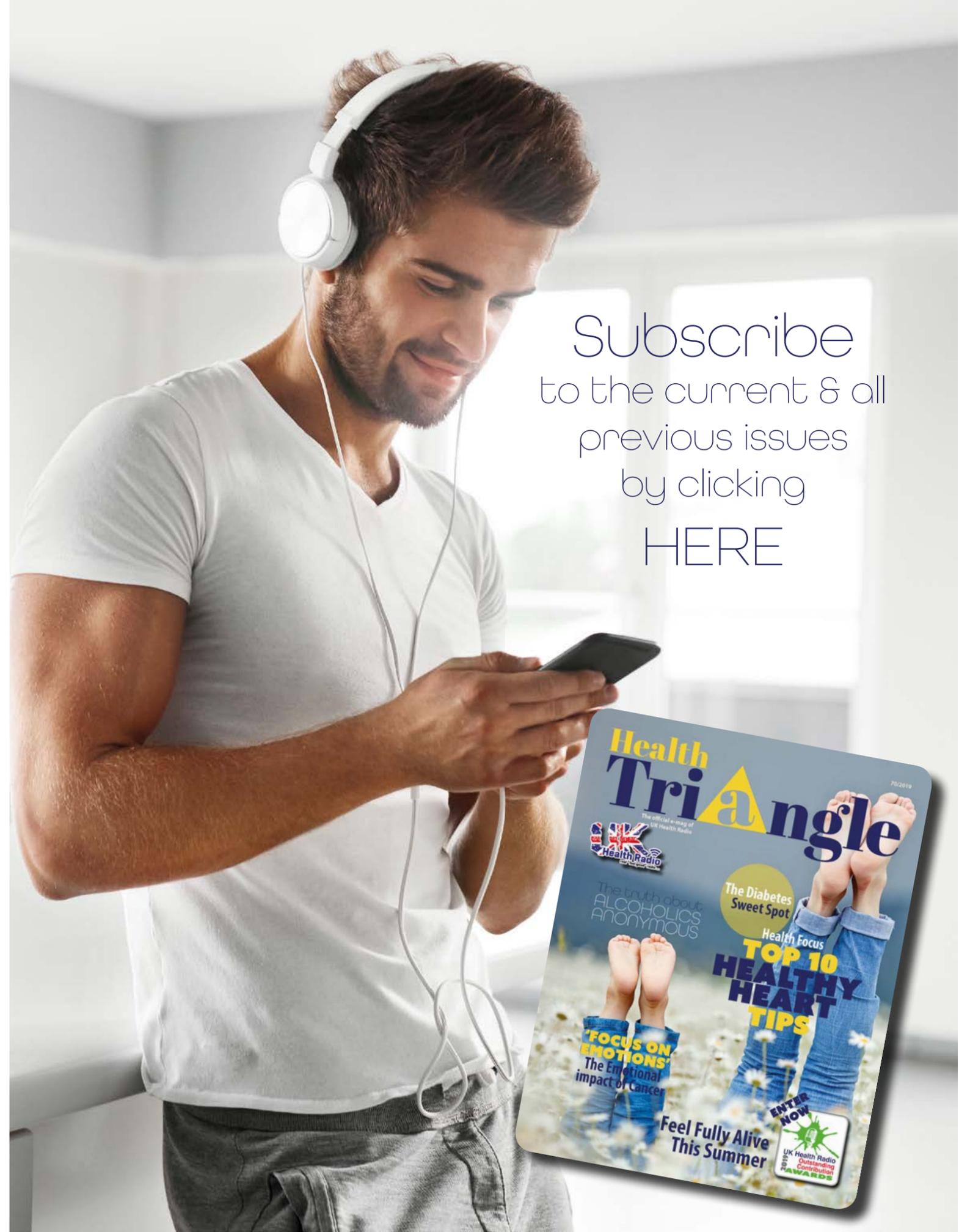


*Yoga
selfies*
by Vidhi Sadana

Can eating pineapple really help to improve fertility?

by Kate Davies

A brand new and exciting show to **UK Health Radio** is **Talk Fertility**. This myth busting, taboo-breaking show discusses the wide range of issues affecting our fertility. From conditions such as PCOS and Endometriosis to understanding male factors such as sperm DNA fragmentation and Azoospermia, no stone is left unturned. I, along with my co-host Natalie Silverman have combined our experience and our contact books to compile interviews with fertility experts as well as men and women sharing their infertility struggles, to create a show that will educate and empower you in what the next steps might be on your route to parenthood... *(Read the full article in issue 70)*



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