

Health Triangle

The official e-mag of
UK Health Radio



NATURAL PRODUCTS

by Janey Lee Grace

Health Focus Heatwave

How to cope in Hot Weather

The Diabetes Sweet Spot

Prejudiced attitudes
towards VEGAN
workers Must Change

The Healing Revolution

by Dr. Frank King

Fertility Treatments

Can we really
be in charge
of our own
Happiness?

**ENTER
NOW**



“Our focus is our future,
and what we focus on will
multiply in our life. “

David DeNotaris



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

CEO UK Health Radio
Johann Ilgenfritz

Editor
Reg Starkey

Creative Director
Raphaela 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 ▲

“SUMMERTIME AND THE LIVING IS EASY..”

The famous lullaby from Porgy and Bess was written when climate change was an unknown concept. How things have changed! As Scott Peck put it; “Life is difficult.” Now heatwaves could become the rule rather than the exception. This edition of the magazine opens by offering best advice on dealing healthily with heat. It continues with insights into many other unchanging human issues, from the cradle to the grave, via the **menopause** - from before the cradle in fact with a **fertility feature**. The regular Marvels page finds more amazing facts to share, while our contributors consider virtually all the ages and stages in between, in words and pictures and references to good information.. Will we accentuate the **positive seeking** ‘champagne moments in Paris’ or cross an invisible line in which alcohol, drugs, work or food become the primary problem rather than a safe part of a balanced moderate solution We can look at the lives of others and see their shadow side, as in the biopic of the brilliant Pavarotti where anxiety, insecurity and loneliness led to excess. In the here and now, you are invited to celebrate excellence with **Janey Lee Grace's** latest *Platinum Awards* preview and UKHR's own prestigious nominations, with its imminent deadline! Happy reading!

Reg Starkey
Editor



Contents

Issue 71

3 **Editorial**
6 **Health Focus** Heatwave: How to cope in hot weather
10 **UK Health Radio Awards 2019**
Call for Entries
12 **How to keep the Shadow from ruining your Life** by Catherine Carrigan
14 **Prejudiced attitudes towards Vegan workers must change** by Beverley Sunderland
16 **Diabetes Corner** by Maureen Sullivan
18 **From Paris with Love...** by Danielle Sax
20 **Natural Products** by Janey Lee Grace
22 **The truth about Alcoholics Anonymous** by Louise F.
24 **Can we really be in charge of our own Happiness?** by Janey Lee Grace
26 **Fertility Treatments & your Employer - What are your rights?** by Kate Davies
28 **The Healing Revolution** by Dr. Frank King
30 **Niina Akasha Sound**
35 **Danielle LaPorte at Alternatives**
36 **Plant Power** by Kirsten Hartvig
38 **3 Steps to deal with Anxiety** by Chrissy B
40 **Carers Today**
41 **Medical Marvel Moments, Weird & Wonderful facts** by Amanda Thomas
42 **Insomnia** by Shelley Chapman
44 **Mind Fasting** by Clara Apollo



6
Heatwave



20
Natural Products



26
Fertility Treatment



12
Medical Intuitive Healing



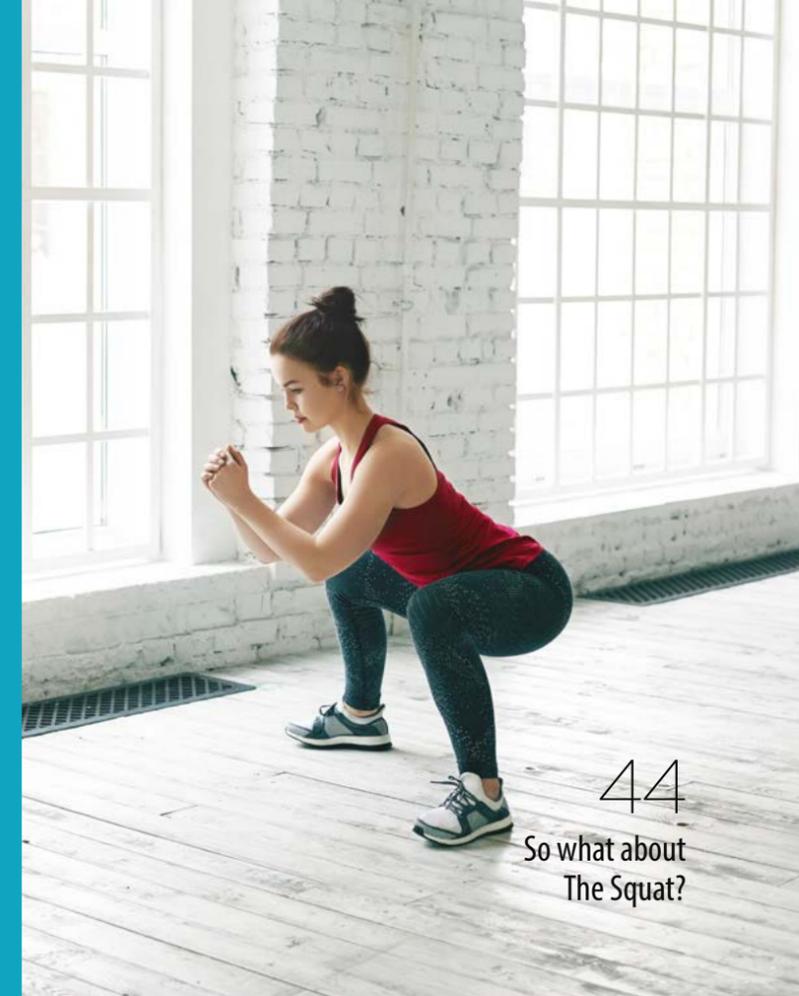
44
Mind Fasting

46 **The Diabetes Sweet Spot** by Peter Allton
49 **Poetry Corner**
50 **So what about The Squat?** by Jenni Russell
52 **Yes to Life** Robin Daly's recent guests on the Yes to Life Show
58 **The Forgotten Power of the Post Menopausal Woman** by Francesca Cassini
60 **Reconnective Healing** by Tanya Hadzhieva
62 **Film Reviews**
64 **Programme Schedule**



52
Joint Pains - Arthritis after Cancer

14 Prejudiced attitudes towards VEGAN workers Must Change



44
So what about The Squat?

HEATWAVE

How to cope in hot weather



Most of us welcome hot weather, but when it's too hot for too long, there are health risks. If a heatwave hits this summer, make sure the hot weather does not harm you or anyone you know.

WHY IS A HEATWAVE A PROBLEM?

The main risks posed by a heatwave are:

- not having enough water (dehydration)
- overheating, which can make symptoms worse for people who already have problems with their heart or breathing
- heat exhaustion and heatstroke

WHO'S MOST AT RISK?

A heatwave can affect anyone, but the most vulnerable people are:

- older people, especially those over 75
- babies and young children
- people with a serious long-term condition, especially heart or breathing problems
- people with mobility problems – for example, people with Parkinson's disease or who have had a stroke
- people with serious mental health problems
- people on certain medicines, including those that affect sweating and temperature control
- people who misuse alcohol or drugs
- people who are physically active – for example, labourers or those doing sports

LEVEL 1 ALERT:

BE PREPARED

The Meteorological Office has a warning system that issues alerts if a heatwave is likely.

- Level 1 is the minimum alert and is in place from 1 June until 15 September, which is the period that heatwave alerts are likely to be raised.
- Although you do not have to do anything during a level 1 alert, it's advisable to be aware of what to do if the alert level is raised.
- Knowing how to keep cool during long periods of hot weather can help save lives.
- Public Health England (PHE) **has advice on how to stay safe during a heatwave (PDF, 417kb).**

LEVEL 2 ALERT:

HEATWAVE IS FORECAST

The Met Office raises an alert if there's a high chance that an average temperature of 30C by day and 15C overnight will occur over the next 2 to 3 days. These temperatures can have a significant effect on people's health if they last for at least 2 days and the night in between.

Although you do not need to take any immediate action, follow these steps in preparation:

- Stay tuned to the weather forecast on the radio, TV or social media, or the Met Office.
- If you're planning to travel, check the forecast at your destination.
- Learn how to keep cool at home with **the beat the heat checklist (PDF, 193kb).**

LEVEL 3 ALERT:

WHEN A HEATWAVE IS HAPPENING

This alert is triggered when the Met Office confirms there will be heatwave temperatures in at least 1 region.

Follow the instructions for a level 2 alert.

The following tips apply to everybody when it comes to keeping cool and comfortable, and reducing health risks...

TIPS FOR COPING IN HOT WEATHER

- Shut windows and pull down the shades when it's hotter outside. You can open the windows for ventilation when it's cooler.
- Avoid the heat: stay out of the sun and do not go out between 11am and 3pm (the hottest part of the day) if you're vulnerable to the effects of heat.
- Keep rooms cool by using shades or reflective material outside the windows. If this is not possible, use light-coloured curtains and keep them closed (metallic blinds and dark curtains can make the room hotter).
- Have cool baths or showers, and splash yourself with cool water.
- Drink plenty of fluids and avoid excess alcohol. Water, lower fat milks and tea and coffee are good options. You can also drink fruit juice, smoothies and soft drinks, but they can be high in sugar. Limit fruit juice or smoothies to a combined total of 150ml a day, and choose diet or sugar-free soft drinks.
- Listen to alerts on the radio, TV and social media about keeping cool.
- Plan ahead to make sure you have enough supplies, such as food, water and any medicines you need.
- Identify the coolest room in the house so you know where to go to keep cool.
- Wear loose, cool clothing, and a hat and sunglasses if you go outdoors.
- Check up on friends, relatives and neighbours who may be less able to look after themselves.

▲ Veganism



Prejudiced attitudes towards VEGAN workers Must Change

Stop any person and ask them what they understand to be protected by the Equality Act 2010 under 'religion and belief' and the likely answer will be that it is there to stop people of particular faiths being discriminated against. Indeed that would be a good answer to the question, but only half the answer.

The intention is that the protection extends to 'philosophical beliefs' as well. To qualify it must be a genuinely held belief and not just an opinion or viewpoint, it must be 'cogent, serious and applies to an important aspect of human life or behaviour and be worthy of respect in a democratic society and not affect other people's fundamental rights.'

Case law has already decided that belief in man-made climate change is a philosophical belief and later this year a tribunal will consider the first case on whether being a vegan is also covered when it hears the case of

Casamitjana v League Against Cruel Sports. It is highly unlikely that the Tribunal will decide that a 'philosophical' vegan, is not going to have the protection of the Equality Act.

The Vegan Society defines veganism as 'a way of living which seeks to exclude, as far as is possible and practicable, all forms of exploitation of, and cruelty to, animals for food, clothing or any other purpose.' It is important to make the distinction between someone who follows a vegan diet because they like it or it is fashionable who are unlikely to be protected, and ...



“Since completing my ION course I have found so many things that I love to do within the world of nutrition.” Jenny Tschiesche | *DipION graduate*

Make nutrition your future career with the Institute for Optimum Nutrition

Enrol with ION and be part of the nutrition revolution that is making food the medicine of today.

Start your journey towards a career with our flexible and highly acclaimed, NTEC-accredited, Nutritional Therapy Diploma Course. When you graduate you will be equipped with the skills and knowledge necessary to practise as a Registered Nutritional Therapist, and for employment in the wider nutrition industry.

Don't just take our word for it, visit www.ion.ac.uk to watch Jenny's video on how he retrained for a career in nutrition.

Here to help

You can find out more about our courses and a career in nutrition at our open events or call us to take your first step. Contact our Course Advisor on 020 8614 7815 or visit www.ion.ac.uk



www.ion.ac.uk | info@ion.ac.uk | 020 8614 7800

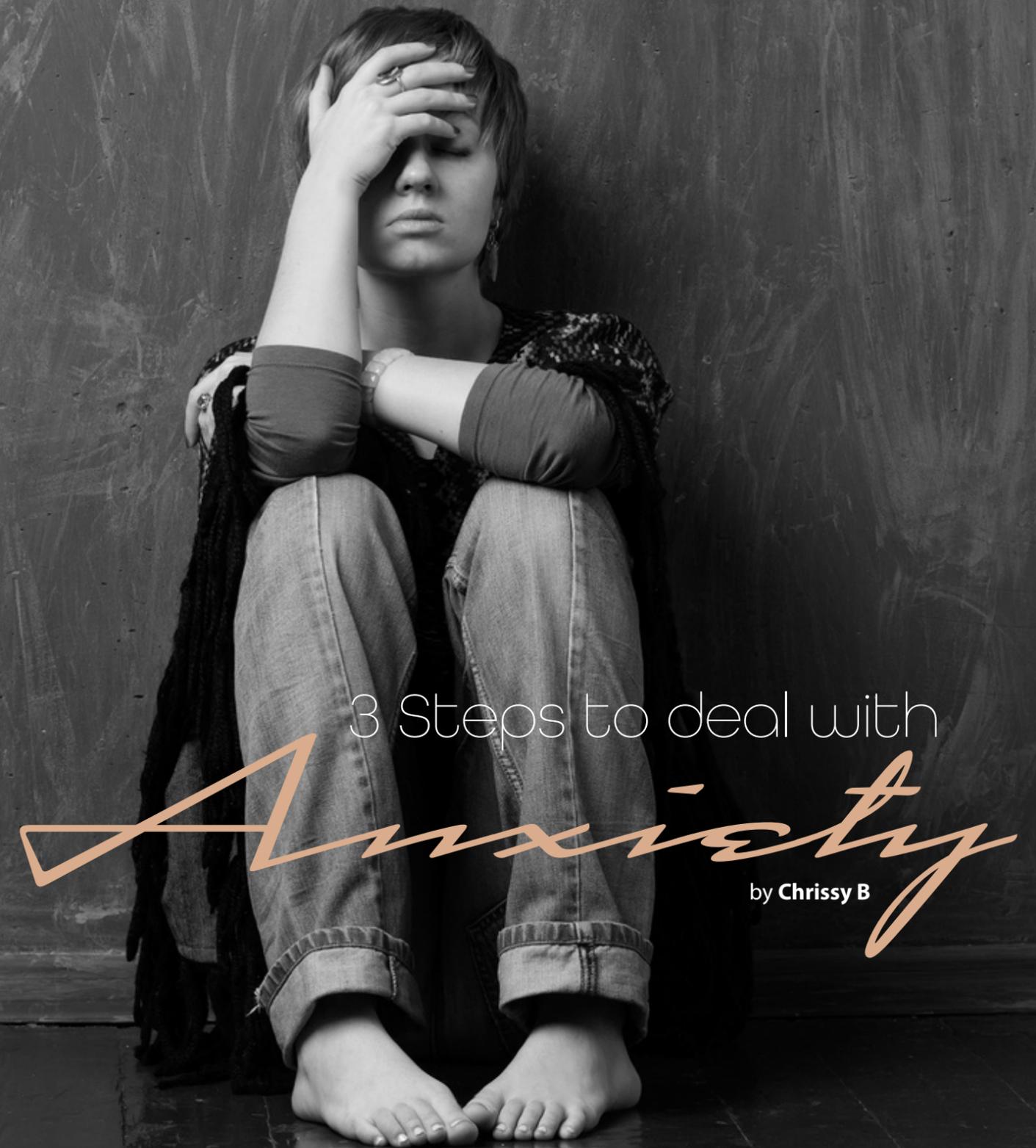
[instituteforoptimumnutrition](https://www.facebook.com/instituteforoptimumnutrition) | [@ion_nutrition](https://www.instagram.com/ion_nutrition) | [@ion_nutrition](https://twitter.com/ion_nutrition) | [instituteforoptimumnutrition](https://www.linkedin.com/company/instituteforoptimumnutrition)



Fertility Treatments & Your Employer – What are your rights?

by Kate Davies

▲ Mental Health



3 Steps to deal with

Anxiety

by Chrissy B

Insomnia

by Shelley Chapman

Hi Ladies,
Why is it, that when we start the menopause, a lot of us can't sleep? Well the reason is because it's all down to the hormonal changes that our body's going through.

During this time, our ovaries gradually decrease their production of Oestrogen and Progesterone (this being our sleep-promoting hormone) and that makes it hard to fall asleep. On top of that, our thoughts get bigger and louder and that prevents us falling to sleep too.

Also, if you exercise too late in the day, take stimulants like tea, coffee, nicotine, or even eat later on, this makes going to sleep so much harder as your body's on 'alert' and it just can't switch off...



Subscribe
to the current & all
previous issues
by clicking
HERE

