

Health Triangle

The official e-mag of UK Health Radio



"AND THE WINNER IS ..."
Janey Lee Grace's
Platinum Awards 2019 Winners

The truth
about
ALCOHOLICS
ANONYMOUS

Fake It Until You Make It
How To
Feel Confident

by Geeta Sidhu-Robb

Health Focus

**Body
piercing**

Your Emotional
Anatomy



“Season of mists & mellow fruitfulness”

- John Keats -



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

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Health
Triangle

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Editor's Note:

This Month ▲

**THE TRUISMS ARE TRUE:
PREVENTION IS BETTER THAN CURE.
A STITCH IN TIME DOES SAVE NINE.**

In this issue, we open with Piercing, a legally self-inflicted wound. The copy makes no comment on the social values involved and focuses instead only on the medical issues. Later we get into value judgements as Janie Lee Grace announces her Platinum Award winners 2019 and UK Health Radio reminds you of its fast-approaching closing date for entries.

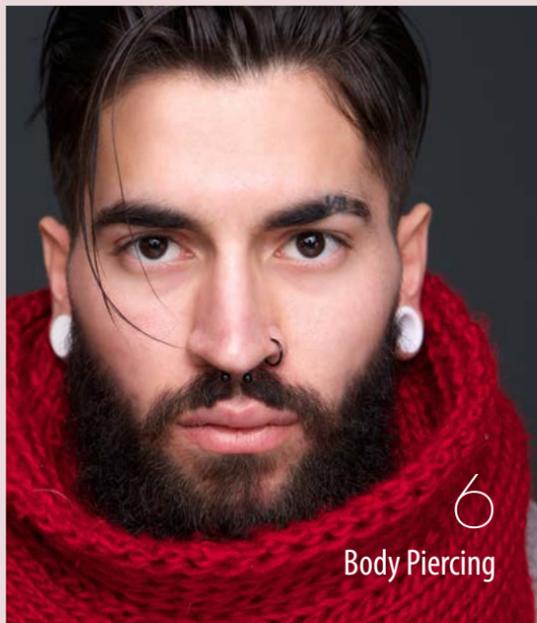
Then we look at dealing effectively with self-limiting beliefs using the power of the mind to overcome self-doubt based on empirical evidence that feelings follow behaviour. Medical Marvels claims around 100,000 heartbeats per person per day, which Tony Robbins would interpret that as 100,000 daily opportunities to change! In the UK, research suggests that most people tend to 'do what they've always done' and turn to the NHS to pick up the pieces when illness strikes. Diabetes and associated complications cost the NHS an estimated £3 billion per annum. £millions could be saved. Limbs and lives could be saved as well. All it would take is a change in behaviour, the ending of bad habits on diet and exercise. Bill Gates is on record saying "Treatment without prevention is simply unsustainable." Some centuries before him Buddha said it all:

"Health is the greatest gift, contentment is the greatest wealth, faithfulness is the best relationship."

Happy reading

Reg Starkey
Editor



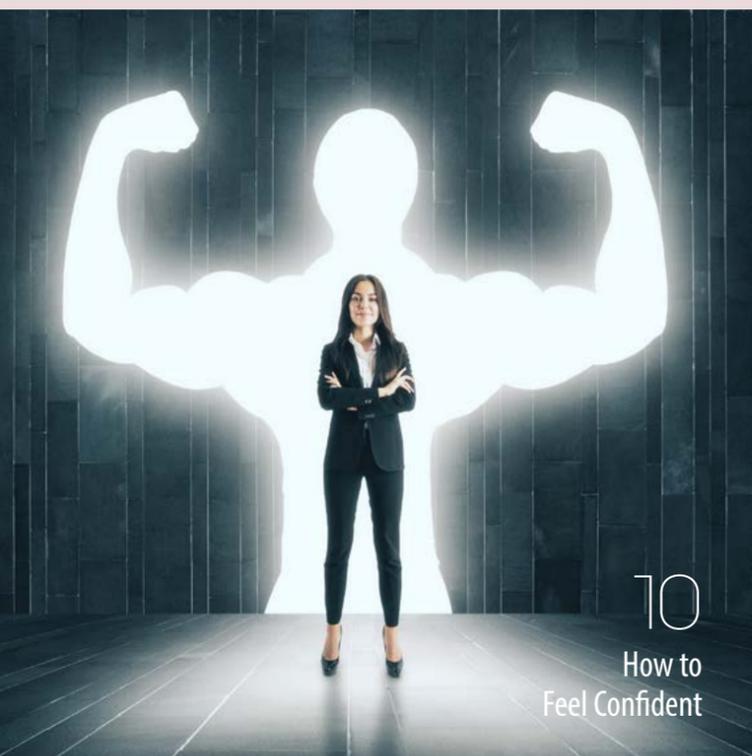


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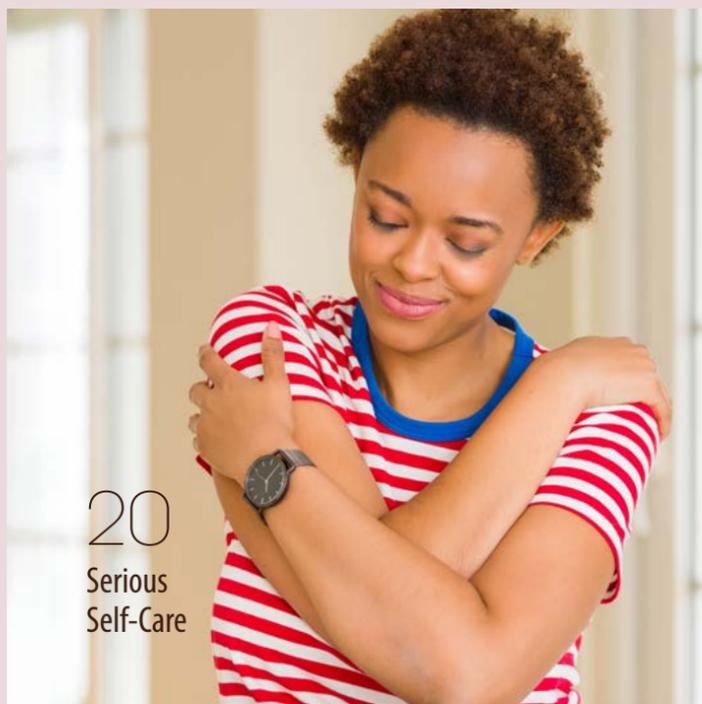
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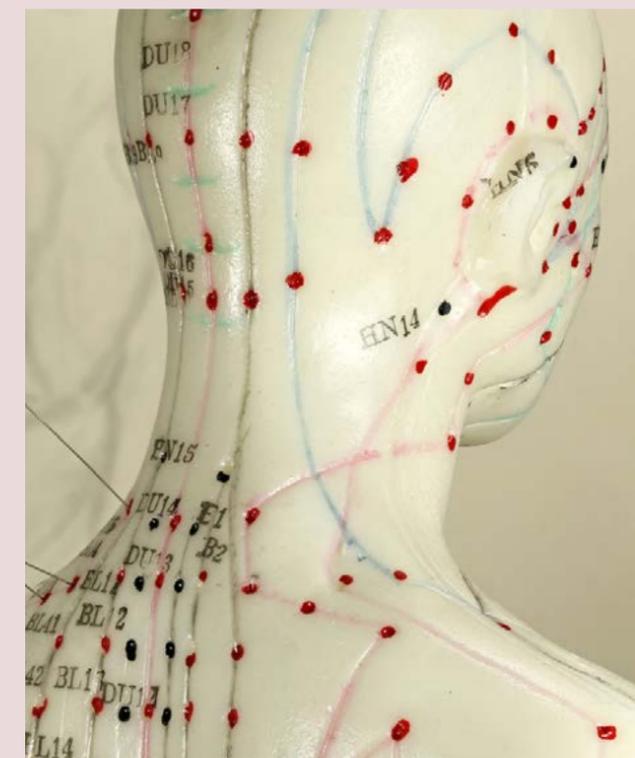
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Body piercing

If you decide to get your ears or another part of your body pierced, make sure you go to a licensed body piercing shop or piercer. Piercing is a fairly safe procedure, as long as it's carried out by a licensed practitioner and you take care to avoid infection.

CARING FOR A NEW PIERCING

- To reduce the risk of your piercing becoming infected, good hygiene is important.
- Always wash your hands and dry them thoroughly with a clean towel or kitchen roll before touching the area around the piercing.
- Avoid fiddling with the area and don't turn the piercing. If a crust develops over the piercing, don't remove it – it's the body's way of protecting the piercing.
- The piercing may bleed when you first have it done, and it may bleed for short periods over the next few days. It may also be tender, itchy and bruised for a few weeks.

CLEANING THE PIERCING

- Keep the piercing clean by gently cleaning the area around it with a saline [salt water] solution twice a day, preferably after washing or bathing.
- To do this, submerge the area in a bowl of saline solution [1/4 teaspoon of sea salt per egg cup of warm water] for a few minutes at a time. Alternatively, you can wet a clean cloth or gauze in the solution and apply it as a warm compress.
- Washing the piercing can help soften any discharge

and allow you to clean the entry and exit points with a cotton bud or clean gauze. Once the discharge is removed or softened, the jewellery can be gently moved to work a little warm water through the piercing.

- When you've finished, carefully dry the area with a fresh piece of kitchen roll. Never use a shared towel.

These leaflets published by Public Health England (PHE) have more specific aftercare advice for different types of piercing:

- [ear and face piercing \(PDF, 406kb\)](#)
- [oral piercing \(PDF, 399kb\)](#)
- [body and surface piercing \(PDF, 401kb\)](#)
- [female genital piercing \(PDF, 401kb\)](#)
- [male genital piercing \(PDF, 402kb\)](#)
- [microdermal implants \(PDF, 397kb\)](#)

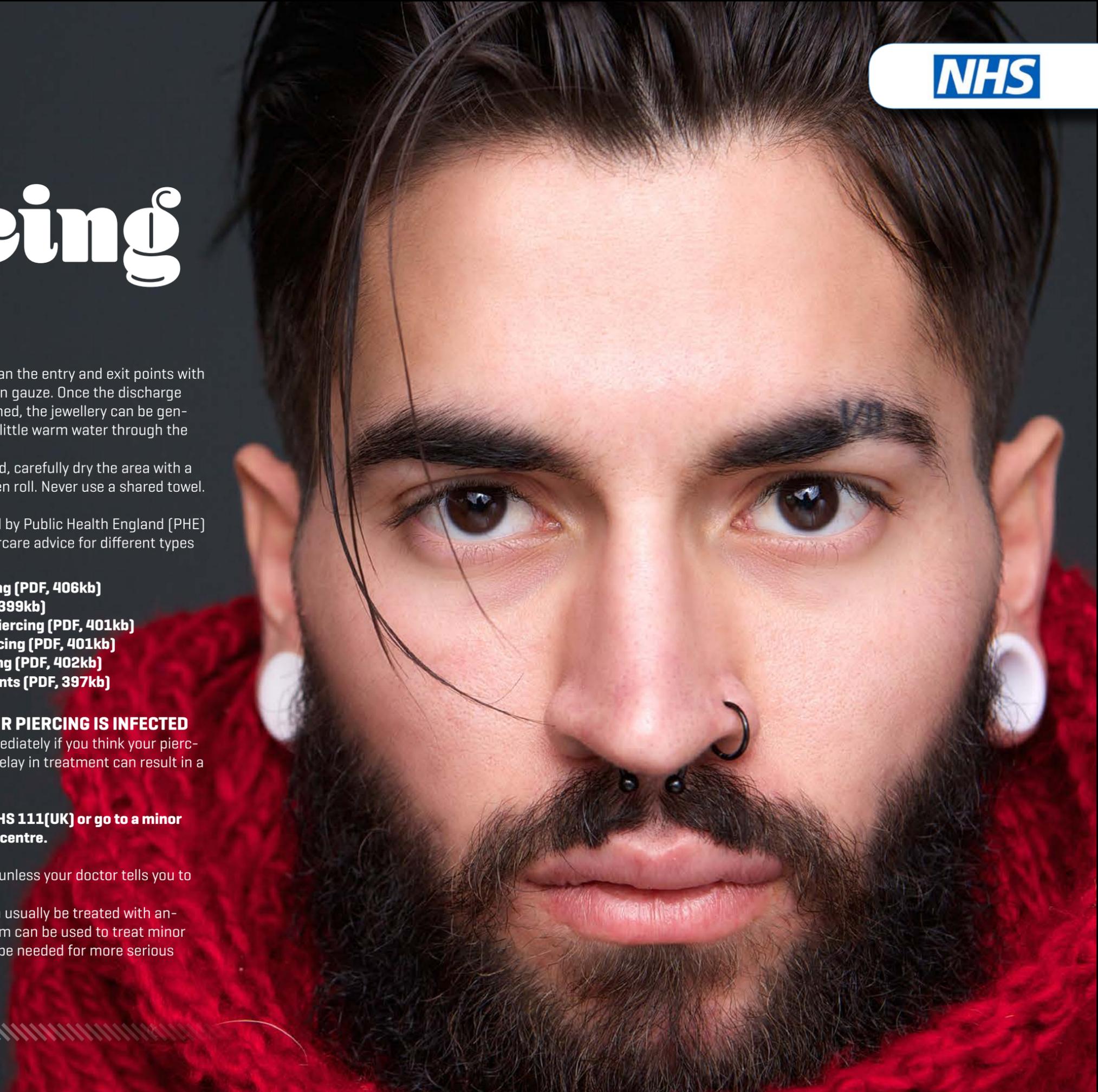
HOW TO TELL IF YOUR PIERCING IS INFECTED

Get medical advice immediately if you think your piercing may be infected. A delay in treatment can result in a serious infection.

Contact your GP, call NHS 111(UK) or go to a minor injuries unit or walk-in centre.

Leave your jewellery in [unless your doctor tells you to take it out].

An infected piercing can usually be treated with antibiotics. Antibiotic cream can be used to treat minor infections. Tablets may be needed for more serious infections...



Fake It Until You Make It How To Feel Confident

by Geeta Sidhu-Robb



The Healing Revolution

Essential #7- #8

Onward Upward



by Dr Frank King

We've had eight months of journeying together through the **Eight Essentials!** Have you made progress as a Healing Revolutionist? Have you found this past eight months helpful?

Ralph Waldo Emerson said, "**The mind, once stretched by a new idea, never returns to its original dimensions.**" Has your mind been opened to some healthy new possibilities?

I always say our attitude to life determines our altitude in life. Do you know anyone who continuously focuses on the worst-case scenarios? If the nose of a plane is already facing downward, and it's hit, head-on, by a storm, the plane is vulnerable. If the plane's nose is facing upward and the storms of life come at it, that added momentum can carry it even higher.

Do you have positive, health-minded friends?

FIND YOUR TRIBE

Making positive lifestyle changes is easier when you are part of a community in alignment with your health goals. James Maskell makes a compelling case during his TEDx Talk for the statement: "**Community, and not medicine, creates health.**"

Finding your supportive community is important. Friends have a huge impact on many aspects of our lives, so researchers find..

In some sectors of the UK, community is now seen as a public health necessity. Check out the fascinating Compassionate Frome Project. After implementing a social network to combat loneliness in Frome, hospital visits fell by 17%, while surrounding communities had a 29% increase during the same time frame. Without support networks, people are sicker and die sooner. Social scientists have sounded the alarm that modern society is isolating, in spite of (or maybe because of) social media.

What if there was a group specific to **The Healing Revolution®** based around all **Eight Essentials?** Would that appeal to you?

BRAINSTORM WITH US: WHERE DO YOU WANT TO GO FROM HERE?

If you have the attitude of wanting to achieve a higher altitude in life, we want to brainstorm with you! These past eight months, we briefly touched on each Essential of a healthy, balanced, abundant life. I have so much more free, empowering information to share with you, if you want to keep learning.

"AND THE WINNER IS ..."

A big thanks to **UK Health Radio** who were once again our media partners along with **My Green Pod** for the **Platinum Awards 2019**, we aim to recognise the best in natural organic sustainable products and services and we have some fabulous celeb judges too. Thanks to **Jo Wood, Glynis Barber, Carrie Grant, Zoe Ball and Clare Every** who had the difficult job of sampling [and being pampered] with these amazing products
Here's some highlights of winning products across a range of categories.

Skincare and Beauty

FACIAL CLEANSER

Winner - Purifying Face Cleanser - Hemptouch
www.hemptouch.com

FACIAL SERUM

Gold - Glowing Skin Serum - Atlantis Skincare
www.atlantisskincare.com

FACIAL OIL

Winner - Balancing Face Oil - Lucky Cloud Skincare
www.luckycloudskincare.com

FACIAL MOISTURISERS

Winner - Youtopia Balm - Earthzest Organics
www.earthzest.co.uk

SENSITIVE PROBLEM SKIN

Winner - Foaming Face Wash for Acne, Spots and Breakouts - SkinGenius Skincare
www.skin-genius.co.uk



"Do this..."

Shh...



or ELSE!"

by **Chrissy B**
www.chrissybshow.tv



The Diabetes Sweet Spot

The latest news concerning Diabetes

Last month I shared some top tips for people with Type 1 Diabetes preparing to travel on holiday, a topic partly inspired by our preparations for my 19 year old daughter who was preparing to travel to a remote village in Uganda.

She is now safely back and had an amazing time but she was grateful for all the planning and particularly that her Dad was a Podiatrist specializing in preventing Diabetes related foot problems.

Towards the end of her time there she managed to bash her big toe causing a wound down the side of the nail towards the end of the toe. This she shared caused her some alarm because she was very aware of what can go wrong when you have a wound on your foot. She was also aware of her own personal risk with her Hba1c readings being a bit high and her foot's history of complications in this area.

I hope you are immediately realising that she had the first 2 requirements of being in the Diabetic sweet spot that I have previously written about in previous articles – knowledge and risk awareness. But as you will know that did not make her safe. It's only when you know how to act and then act appropriately and in a timely fashion that you can be sure you're in that safest possible place for you at that time- The Diabetic Sweetspot. In Jasmine's case she did know what to do and not only that she had planned before travelling for this type of eventuality and so had a little pot of antiseptic cream with her. Once she had finished hopping around in pain she prepared a strong salt water footbath and bathed her foot before applying a liberal amount of Sudacrem to her foot for the following days.

Now Martin Luther king jr famously said ***"Nothing in all the world is more dangerous than sincere ignorance and conscientious stupidity."***

Now she knew what to do but the critical factor to the successful outcome was that she was not conscientiously stupid but conscientiously wise.

1. She planned for such an issue and then
2. She took action and took it quickly.

Then when she got home she knew to see her Podiatrist swiftly (in her case that was me of course) and I was able to further help the issue. But I have no doubt that her immediate first aid to that toe averted a bigger problem with it.

The outcome for her foot and ultimately life could have been so different had she not listened to the advice, gained the knowledge, taken on board her risk, planned for any potential problem and then acted swiftly and appropriately to deal with it.

I thought this month I would remind you of some of the reasons that could prevent you getting into the Diabetic Sweet Spot just as they could have Jasmine

1. FEAR

Fear has two meanings: You have a choice to Forget Everything And Run or Face Everything And Rise. It's often fear of the unknown, you may not know about the disease or you may not know what to do.

2. SUPERHERO

It's very easy when all is going well, maybe when you are young or newly diagnosed, to believe that the worst will never happen to you. Not everyone with diabetes will get lower limb complications but there is a massively increased risk and it doesn't go away just because you're okay at the moment. Diabetes, if not controlled, will silently be affecting your body and foot problems are probable.

3. BLASÉ

Chris Hadfield was an astronaut who was a former commander of the International Space Centre. Becoming an astronaut is reserved for but a few, yet we are all on a journey that can take us to amazing places. I am not talking about geographical locations but your life experiences. If you embrace the Sweet Spot values, you will find that the life experience they bring you will reaffirm the importance of the decision you made to take your diabetes seriously...

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