

Health Triangle

The official e-mag of
UK Health Radio



**The Diabetes
Sweet Spot**

**7 Reasons to
Choose Life**
by Chrissy B

The truth
about
ALCOHOLICS
ANONYMOUS

Health Focus

***Why are teens
always tired?***

**MEET OUR
FINALISTS**

Woop it up
by JaneyLee Grace



Sometimes your JOY is the source of your smile, but sometimes your smile can be the source of your JOY.
- Thich Nhat Hanh -



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Health
Triangle

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Editor's Note:

This Month ▲

**"THE PURPOSE OF LIFE IS TO CONTRIBUTE
IN SOME WAY TO MAKING THINGS BETTER."**

Robert Kennedy

Robert Kennedy expresses a great thought in plain language. Our primary purpose should be simply and consistently to make life better - to make a difference. This particular edition introduces you to a host of people who have been nominated as outstanding contributors either as individuals, as groups or as companies. In addition there are those who quietly share their experience and insights for readers to consider and decide for themselves whether adopting these ideas will represent a change for the better. In the end the only person we have any real power over is ourselves. We have free will and we must accept responsibility for that freedom. Our personal mantra can be always to do the next right thing. The cumulative effect of doing this will be a body of work which will be good not bad, positive not negative. It is the power of Now in action! And on our journey we can be advised and inspired by those good souls who have ideas to share with us and practices to recommend.

Ghandi said: *'Peace begins with me.'*

We say ***'Better health begins here and with you!'***

Happy reading

Reg Starkey
Editor





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Why are teens always tired?

Touble getting up on school days, dozing off in class, marathon lie-ins at weekends... It may feel like your teenager is sleeping their life away.

In fact, the opposite is probably true. Sleep experts say teens today are sleeping less than they ever have. This is a worry, as there's a link between sleep deprivation and accidents, obesity and cardiovascular disease in later life.

Lack of sleep also affects teenagers' education, as it can leave them too tired to concentrate in class and perform well in exams

TEENAGERS' SLEEP PATTERNS

Our sleep patterns are dictated by light and hormones. When light dims in the evening, we produce a chemical called melatonin, which tells us it's time to sleep. The problem is that modern life has disrupted this pattern. Bright room lighting, TVs, games consoles, mobiles, tablets and PCs can all emit enough light to stop our bodies producing melatonin.

On top of this, research suggests that teenagers' body clocks are set later than adults' and younger children's. In other words, they're programmed to stay up later, and also get up later, than the rest of us.

This would not be a problem if your teenager did not have to get up early for school.

These early morning wake-up times mean they're not getting the 8 to 9 hours of sleep they need. The result is a tired, cranky teenager.

TIPS FOR BETTER TEEN SLEEP

Catching up on sleep at weekends is not ideal. Late nights and long lie-ins will just disrupt your teenager's body clock even more.

However tired they feel, teenagers should avoid lie-ins at

the weekend. They should also get out into the daylight during the day.

Both these things will help to keep their body clock regular, and make it easier to go to sleep and get up at a reasonable time.

A minimum of 8 to 9 hours' good sleep on school nights is recommended for teens.

Here's how to make sure your teen is getting enough sleep to stay healthy and do well at school.

LIMIT SCREENS IN THE BEDROOM

If possible, don't have a mobile, tablet, TV or computer in the bedroom at night, as the light from the screen interferes with sleep.

Having screens in the bedroom also means your teen is more likely to stay up late interacting with friends on social media.

Encourage your teenager to have at least 30 minutes of screen-free time before going to sleep.

EXERCISE FOR BETTER SLEEP

It's official: regular exercise helps you sleep more soundly, as well as improving your general health.

Teenagers should be aiming for at least 60 minutes' exercise every day, including aerobic activities such as fast walking and running.

Exercising out in daylight will help to encourage healthy sleep patterns, too.

CUT OUT THE CAFFEINE

Suggest that your teenager drinks less caffeine – found in drinks such as cola, tea and coffee – particularly in the 4 hours before bed.

Too much caffeine can stop them falling asleep and reduce the amount of deep sleep they have.

DON'T BINGE BEFORE BEDTIME

Let teenagers know that eating too much, or too little, close to bedtime can lead to an overfull or empty stomach. This can be a cause of discomfort during the night and may prevent sleep...

Fall Is A Good Time To...

by **Catherine Carrigan**
Medical Intuitive Healer
Amazon No1 bestselling author
Host of the Natural Healing Show
for UK Health Radio



Woop it up

by **Janey Lee Grace**



There has been much in the press recently about mental health awareness, but as we reach the end of October, a month where many people have been encouraged to give up the booze for a month, I'm surprised that more people don't talk about the link between alcohol and mental health...



The Finalists

UK Health Radio AWARDS 2019

▲ Awards 2019

The second year of the UKHR Awards attracted a huge amount of entries that left us quite overwhelmed! There are so many people making a difference in the Health and Wellness world. We want to thank everyone who was nominated. Rest assured it was no easy task to select the ones our Jury thought were the most outstanding for this year.

OUTSTANDING CONTRIBUTION AWARDS FINALISTS:

INDUSTRY:

- Jean-Guy de Gabriac - World Wellness Weekend
- Christoulla Boodram - The Chrissy B Show

INDIVIDUAL:

- Christoulla Boodram
- Apollo Exconde
- Kirsten Hartvig
- Jason Pegler
- Helen Mary Perkins
- Scott Riley
- Wolfgang Sonnenburg
- Mark Spencer
- Dr. Spitzbart

COMPANY/GROUP:

- Healing Hotels of the World
- Public Health Collaboration
- Rainbow Well-being Center



Jean-Guy de Gabriac
World Wellness Weekend

INDUSTRY



Christoulla Boodram
The Chrissy B Show



Kirsten Hartvig

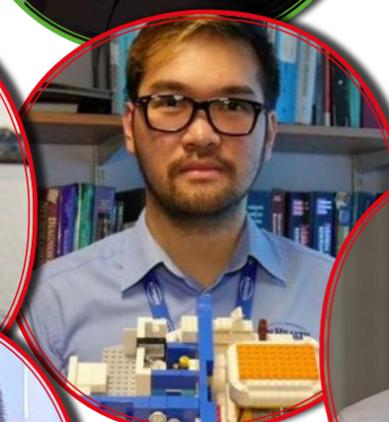


Jason Pegler

INDIVIDUAL



Scott Riley



Apollo Exconde



Wolfgang Sonnenburg



Helen Mary Perkins

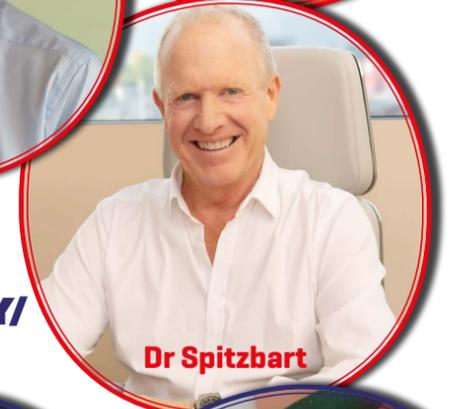


Dr Mark Spencer



Anne Biging
Healing Hotels of the World

COMPANY/GROUP



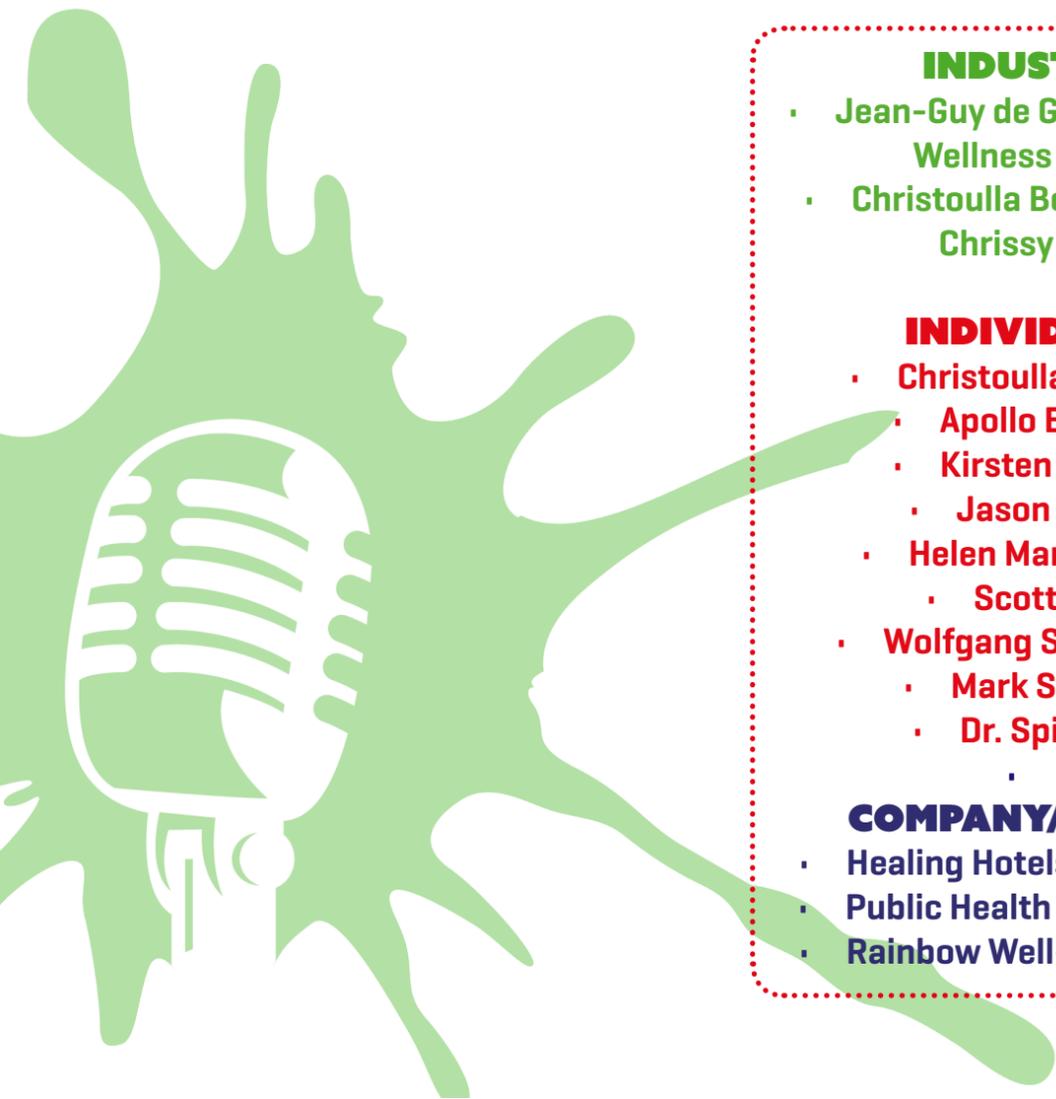
Dr Spitzbart



Sam Feltham
Public Health Collaboration



Gisela Gonçalves
Rainbow - Well-being Therapy Centre



Oc-TOE-ber Footnotes

by Peter Allton

Some of you will know me as the author of The Diabetes Sweet Spot article here in the HTM, others as the presenter of The Diabetes Show & the Foot Health show on UK health radio. And some of you as the Clinical Director of Circle Podiatry based in London and Oxted, Surrey.

As if I'm not busy enough I thought I'd add to my to do list a second monthly article here which I hope will prompt you to spend a bit of time thinking about the one part of your body that all too often gets neglected, forgotten about shut away in socks and shoes.

I am a Podiatrist with 31 years experience – (34 if you include the very hands on training we did).

Some of you would be forgiven for thinking “a Pod-what” What on earth is that?

Well, when I started out my career we were known as Chiropodists in this country, then to come in to line with other countries we adopted the name of Podiatrists and continued to be called either or both names. It was only in the last couple of years that it was voted to drop that name in favour of the more globally accepted Podiatrist.

So as I said you'd be forgiven for not understanding who we are and what we do. In the UK – as long as we are HCPC registered we can call ourselves Podiatrists (or Chiropodists)

Ok, intro over I'll get started talking about some toe problems.

The list I'll go through today will not be exhaustive but will highlight many of the more common and serious problems you can develop with your toes. I will only have space to touch on causes and future articles will cover self treatments and what a Podiatrist can do for you...



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