

Health Triangle

The official e-mag of
UK Health Radio



GETTING ENOUGH
PROTEIN ON A
VEGAN DIET

**A Good Life
without Alcohol!**
by Janey Lee Grace

Health Focus
**Top 10
Healthy
Heart Tips**

**Teenage
Period
Poverty**

**A NEW WAY TO
HELP UNRESOLVED
Back Pain
& Sciatica**

NEUROBLASTOMA

**New Year
New You
Menopause**

“Be the change
that you wish
to see in the
world.”

Mahatma Gandhi

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Triangle

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Editor's Note:

This Month ▲

ALBERT EINSTEIN SUGGESTED WE SHOULD MAKE THINGS AS SIMPLE AS POSSIBLE - BUT NOT SIMPLER!

This first edition of a New Year - and a new decade! - recognises that life is complicated. If not infinitely complicated then certainly extremely complicated. The spectrum, here in front of you now, ranges from the purifying properties of the humble nettle to the promising possibilities of a new approach to understanding alzheimer's. With conventional and unconventional wisdom, this is literally a head to toe issue in which contributors provide thoughtful insights into everything from electromagnetic fields to protein potential in vegan diets, from teenage period poverty to middle age menopause, from common addiction to rare haemophilia. And much, much more! The focus as always is on practical suggestions on how we can each be the best that we can be, given the hands that life itself has dealt us. This is an informed approach to dealing with life on life's terms - by keeping our thought life on a higher plane through staying up to date and open minded, by acting on good information and creating healthier lifestyles on a daily basis. As sentient beings, with a body, a mind and a soul, we should always amount to more than the sum of our parts! Please get reading...

Thank you!

Reg Starkey
Editor



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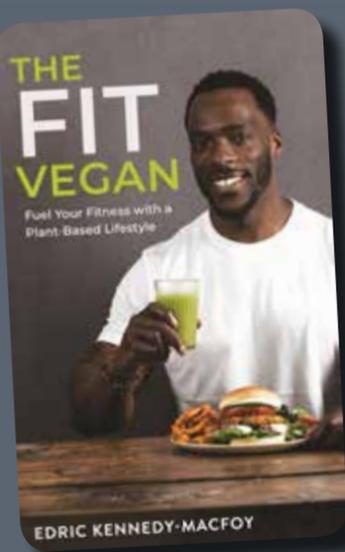
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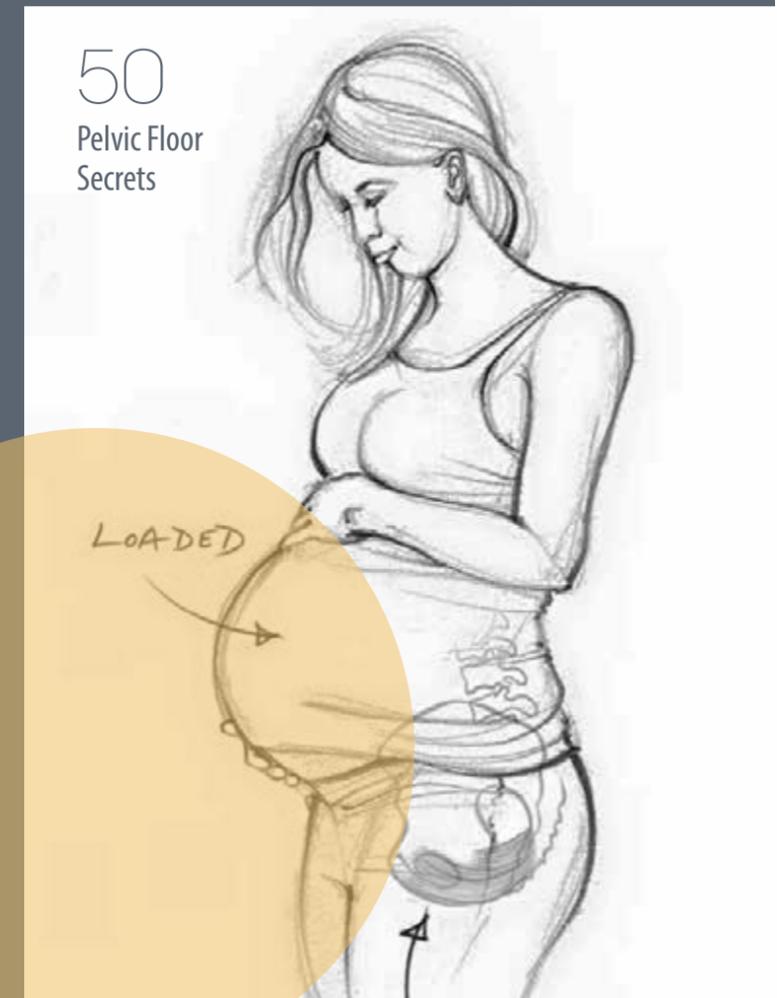
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TOP 10

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. Visit the Smokefree website or ask your GP for help with quitting.

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 wholemeal 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.

What lies beneath GETTING TO KNOW YOUR VAGINA!

by Jenni Russell



Whatever our health concern, for many we don't realise that we are supposed to get healthier as we get older? We are supposed to be able to laugh without leaking, keep the lustre in our hair even as we turn grey (our mark of distinction the bible says), maintain our posture and performance, hold onto our teeth and still experience great sex. How we age is based on the integrity of what lies health – especially the master controllers which are digestive, detoxification and hormone systems. Lastly how well we have maintained the foundation of our trunk. As women much of our identity is entrenched in our sex and reproductive organs – so here's a little spoken word to encourage you along life's road: Vibrantly appealing Gina the most sought after girl I know the entrance to a gateway that brings love, life and flow. Yet many underrate her and call her all kinds of names not understanding Gina may cause a life of stress and shame...



Plant Power

ALZHEIMER'S

New Ultrasound Technique significantly improves Brain Performance

In neurological diseases such as **Alzheimer's disease, Parkinson's disease or Multiple Sclerosis**, brain neurons are constantly being lost, resulting in memory lapses, speech disorders, mood swings and movement disorders, for example, as well as muscle tremors in the case of Parkinson's. After 6 years of development, **MedUni Vienna researchers from the Department of Neurology** (Head: Thomas Berger), led by Roland Beisteiner, have developed a new method of treatment that represents a world first. Using a non-invasive ultrasound technique, it is now possible to reach all areas of the brain and activate neurons that can help to regenerate brain functions. The preliminary data, which have been prominently published on the international stage, show that this can improve brain performance. This has positioned Vienna as a world leader in an important sector of medicine.

The new method is called **Transcranial Pulse Stimulation with Ultrasound (TPS)** and was developed in collaboration with Swiss commercial partner Storz Medical and its project leader, Ernst Marlinghaus. "For the first time in the world, TPS enables us to penetrate into all areas of the brain by means of an ultrasound pulse delivered directly to the skull in a non-invasive, painless procedure, during which the patient is fully conscious, and to specifically target particular areas of the brain and stimulate them," explains Beisteiner. The study was part of the inter-university cluster led by Roland Beisteiner and Tecumseh Fitch, which is attempting to improve patients' brain functions by means of brain stimulation and is being jointly run by MedUni Vienna and the University of Vienna. Such clinical procedures must be carried out with great precision and must be tailored to the individual patient. However, the existing electromagnetic techniques such as e.g. **Transcranial Magnetic Stimulation (TMS)**, in which magnetic fields act on the brain to stimulate or inhibit neurons, are currently incapable to provide the required clinical precision, or deep brain activation. An invasive method that is increasingly being used for serious illnesses involves placing stimulator electrodes in deep brain areas [Deep Brain Stimulation (DBS)] – associated with a lengthy ...



Hi Ladies,

Following on from my last chat with you, I think it's important for you to look at this brand new year that's stretching ahead of us as a NEW start... A FRESH start for you.

Why? Because, for a lot of us, the Menopause can really get us down. It can feel a bit like Groundhog Day with no seeming end in sight, so not only do we have to deal with our symptoms, we also have to deal with the thought that this never seems to end...

HAEMOPHILIA

Our message for people living with Haemophilia:
When it comes to exercise, **Why Sit it Out?**



My son James has **Haemophilia A**, a rare genetic bleeding disorder that means he tends to bruise easily and bleed excessively from cuts. He can also bleed into joints and muscles, particularly following contact, which can cause pain and swelling.¹ Historically, healthcare professionals have advised the parents of children with haemophilia, like us, to limit their child's participation in sport because it was thought to be too dangerous.^{2,3} But this is no longer the case. Research now suggests that keeping active can benefit those with haemophilia by improving muscle strength, which supports your joints and makes you fitter in the short term.³ It also helps avoid longer term health problems such as obesity and heart disease.^{2,3}

Beyond this, taking part in sport can improve self-esteem, reduce anxiety and increase social inclusion.^{2,3} We are an active family and as parents, we felt it was massively important that James be active both in and out of school. We had always imagined the whole family keeping active together, so it took us a while to get our heads around James' diagnosis of haemophilia and what it might mean for us.

As he's grown up, we've taken small steps to help James add to his physical activity repertoire. But over time, we are becoming more confident about letting him get involved as much as he wants. I've noticed the massive emotional and physical benefits gained from any activity, even if it's just a walk in the park or a local wood.

Despite encouraging James to live an active life, we have still struggled to know what activities might be suitable and it can be hard not to worry. Why Sit it Out? offers families like ours advice on how to encourage their child to try new activities. The website features an activity finder, that enables us as a family to discover sports and activities that could be suitable for James to try in our local area. The website also addresses worries and concerns that parents may initially have about ...



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