

Health Triangle

The official e-mag of
UK Health Radio



Mas Sajady
Unleashing Limitless
Human Potential in
Hyper-Speed

Kind
Words

by Linda Steele

PAIN & ALZHEIMER'S

Diabetes
Sweet
Spot

Health Focus
Physical Activity
Guidelines for
Children

Losing Your Independence
WAY TOO EARLY

“Change your
Frequency,
Change your
Life.”

Mas Sajady

UK Health Radio's e-magazine
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Triangle

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Editor's Note:

This Month ▲

TALKING THE TALK, WALKING THE WALK.

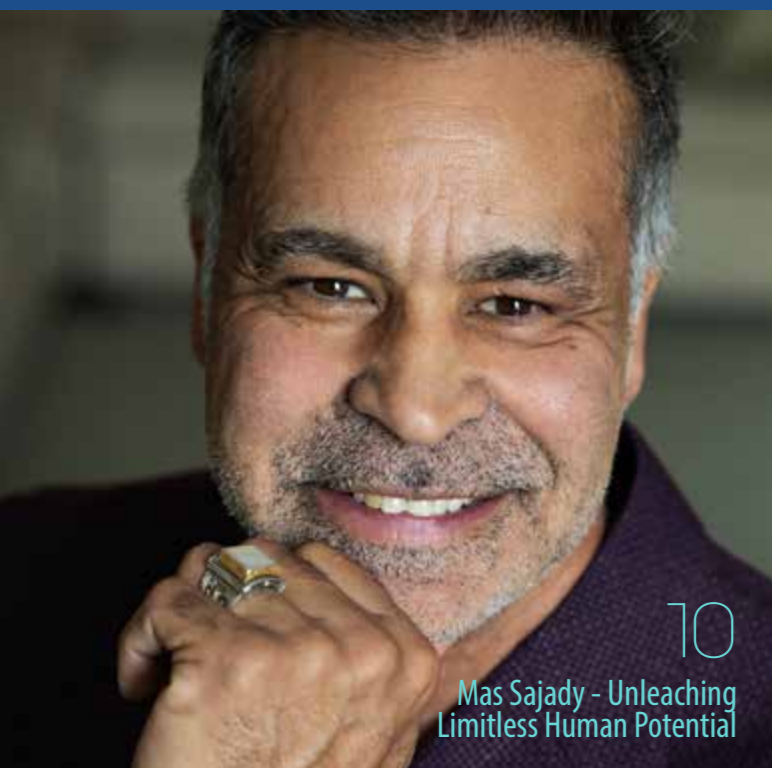
The new edition of Health Triangle magazine starts at the beginning of life itself with NHS guidance on the very first years. The message is clear: goal-centred activity will always produce the best results. We write the script for our own lives. Our reality is shaped by the narrative we create and the actions we take. We learn to walk, we learn to talk and one way or another, we will walk our talk. That's why managing our inner dialogue is vitally important. The denial of consequences will damage us - however much we yearn that the Laws of the Universe will not apply to us! We need to exercise our minds as well as our bodies. We need to put our best foot forward and our back into our tasks. There are articles focusing on precisely these issues, plus new insights from regular contributors. Food and food for thought - check the contents list. Notice two or three new names. Read what they have to say. The person who doesn't change their mind doesn't think.

Reg Starkey
Editor





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Physical Activity Guidelines for Children



Being physically active every day is important for the healthy growth and development of babies, toddlers and preschoolers.

For this age group, activity of any intensity should be encouraged, including light activity and more energetic physical activity.

BABIES (UNDER 1 YEAR)

Babies should be encouraged to be active throughout the day, every day in a variety of ways, including crawling.

If they're not yet crawling, encourage them to be physically active by reaching and grasping, pulling and pushing, moving their head, body and limbs during daily routines, and during supervised floor play.

Try to include at least 30 minutes of tummy time spread throughout the day when they're awake.

Once babies can move around, encourage them to be as active as possible in a safe and supervised play environment.

TODDLERS (AGED 1 TO 2)

Toddlers should be physically active every day for at least 180 minutes (3 hours). The more the better. This should be spread throughout the day, including playing outdoors.

The 180 minutes can include light activity such as standing up, moving around, rolling and playing, as well as more energetic activity like skipping, hopping, running and jumping.

Active play, such as using a climbing frame, riding a bike, playing in water, chasing games and ball games, is the best way for this age group to get moving.

PRE-SCHOOLERS (AGED 3 TO 4)

Pre-schoolers should spend at least 180 minutes (3 hours) a day doing a variety of physical activities spread throughout the day, including active and outdoor play. The more the better.

The 180 minutes should include at least 60 minutes of moderate-to-vigorous intensity physical activity. Children under 5 should not be inactive for long periods, except when they're asleep. Watching TV, travelling by

car, bus or train, or being strapped into a buggy for long periods are not good for a child's health and development.

All children under 5 who are overweight can improve their health by meeting the activity guidelines, even if their weight does not change. To achieve and maintain a healthy weight, they may need to do additional activity and make dietary changes.

PHYSICAL ACTIVITY IDEAS FOR CHILDREN UNDER 5

All movement counts. The more the better.

- tummy time
- playing with blocks and other objects
- messy play
- jumping
- walking
- dancing
- swimming
- playground activities
- climbing
- skip
- active play, like hide and seek
- throwing and catching
- scooting
- riding a bike
- outdoor activities
- skipping

How much physical activity should children and young people aged 5 to 18 do to keep healthy?

Children and young people need to do 2 types of physical activity each week:

- aerobic exercise
- exercises to strengthen their muscles and bones

Children and young people aged 5 to 18 should:

- aim for an average of at least 60 minutes of moderate intensity physical activity a day across the week
- take part in a variety of types and intensities of physical activity across the week to develop movement skills, muscles and bones
- reduce the time spent sitting or lying down and...

Unleashing Limitless Human Potential in *Hyper-Speed*



Mas Sajady is using what can be described as “superhuman” abilities to help drastically transform lives and pioneer the boundaries of human potential.

A successful computer programmer, business owner and father of six, Sajady’s abilities developed after surviving two near death experiences. His abilities allow him to help people reprogram their lives in order to unlock, unblock and unleash their highest potential including physical health, financial success and relationship harmony.

These highly developed abilities coupled with the capacity to access a timeless body of knowledge which he has dubbed Xponential Intelligence [XI], allow him to lead individuals in achieving unprecedented transformation. Sajady believes that all individuals possess these innate abilities which he helps to ignite.

After working with high profile individuals, business leaders, influencers, healthcare providers, professional

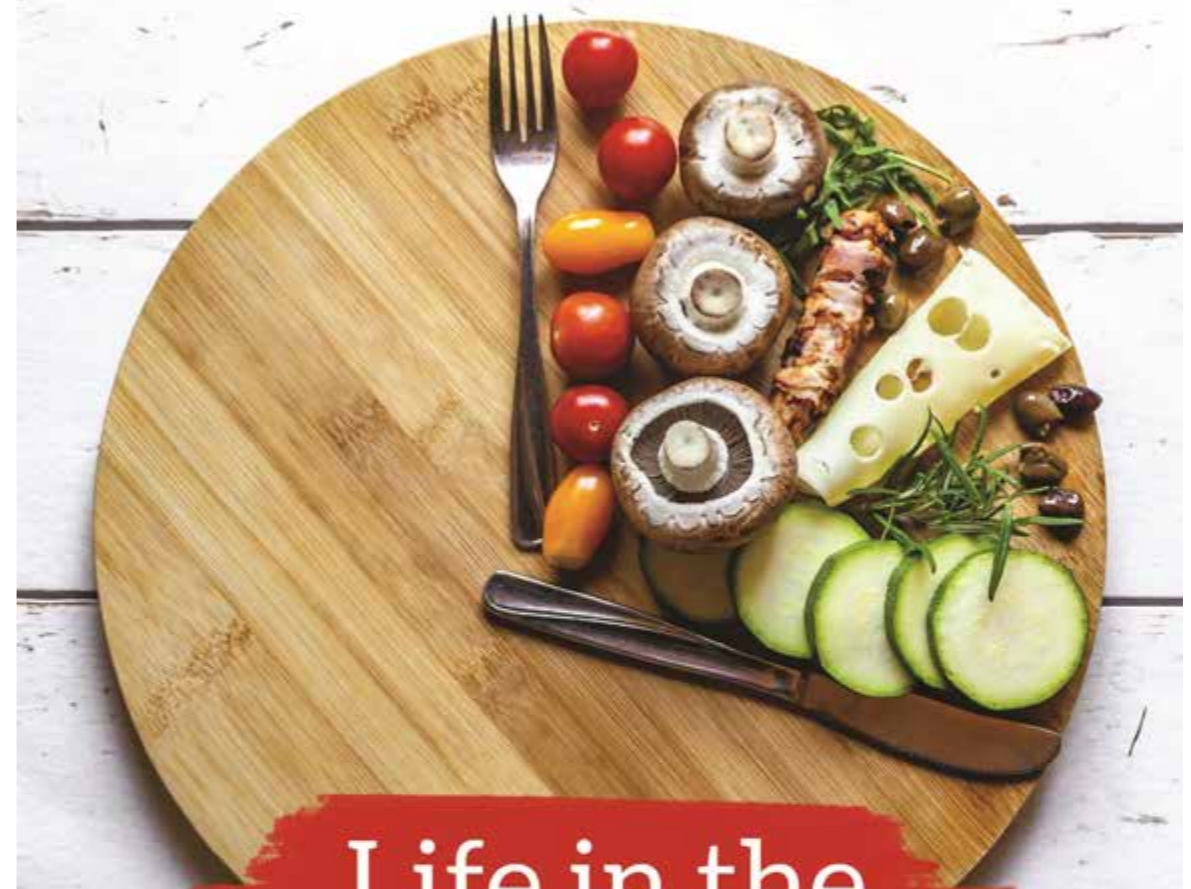
athletes, celebrities, royal families, and Fortune 500 executives, Sajady has developed a proprietary and proven system to help reset the human brain, body and experience.

Operating at what he calls the sub-quantum level, Mas works with frequencies that create the framework of reality. As you shift at the core frequency level, so does your reality. According to Mas, over time people have accumulated distortions that are passed down through generations of family lineage that then manifest as disease, lack and unbalance. Through his work, Mas helps to restore you to your fundamental state of being which is one of complete abundance in every aspect including health, relationships and finances. Sajady works through **Medihealing®** which combines meditation with this potent frequency work.

While Mas doesn’t claim to heal anyone, he ignites your innate healing abilities and there have been many accounts of spontaneous healing as well as people ..



Dr Jason Fung,
Eve Mayer and Megan Ramos



Life in the **FASTING LANE**

**How to Make Intermittent Fasting a Lifestyle
- and Reap the Benefits of Weight Loss
and Better Health**



How to Break **A BAD HABIT**

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



The truth about **ALCOHOLICS ANONYMOUS**

The eight of 12 short essays by **Louise F.**

The AA book was first written and published in the USA in the 1930s. The founders were a Doctor and a Stockbroker, who discovered that no one is better qualified to help someone addicted to alcohol than someone similarly addicted. It takes one to know one! Others cannot understand the concept that a single drink can be too many and a dozen may not be enough - it doesn't make any sense to any normal drinker. Yet to a problem drinker it is as true today as it was almost a century ago. While the social drinker may get 'merry', the problem drinker often manifests a Jekyll and Hyde transformation. The AA founders, Bill Wilson and Dr Bob, drew on a variety of sources to create their design for living without alcohol, including the Oxford Group and Carl Jung. Their 12 Steps are suggested as a route to recovery - the opposite of a TINA template! Empirical evidence indicates that some form of spiritual support is essential. Prayer and meditation are recommended and in 2020 there is solid scientific evidence of their benefits to mental health. Today there are over 100 different fellowships based on the original 12 step format. The original Alcoholics Anonymous programme is by no means the only way to deal with an alcohol problem but global experience suggests that AA works best for most. It is a programme of action, practical action on a daily basis. For millennials, there are Apps and YouTube to fit their lifestyle, age and stage. Remember, the only requirement for membership is a desire to stop drinking.

ANIMAL Healing

by Liz Findlay



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