

Health Triangle

The official e-mag of
UK Health Radio



Health Focus **COVID-19**

Footnotes meets
Diabetes Sweet Spot

**What You Need
to Know About
Sleep & Dementia**

**How To Set Up
Your Home Office**

Master Your Destiny
Introducing Jon Mason...

**Becoming
Superhuman**

**Menopause
Lifestyle
Changes**

“Life changes everything time and time again and for us to live through it all obviously means we are winners.”
Hermann J Steinherr



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Health
Triangle

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Editor's Note:

This Month ▲

WHY IS AMBRIDGE* ALONE A CORONA-FREE ZONE?

BECAUSE THE ARCHERS' SCRIPTWRITERS HAVE BEEN OUTPACED BY REALITY.

* The Archers is the world's longest running radio soap opera starting on the BBC in 1951 and still going strong.

As an Adman in a former life, I recognise the power of Repetition. So I make no apology for the repetitive nature of this edition, even if some of the content conflicts with the changing versions of Best Advice coming from Downing Street. Familiar contributors offer their distinctive take on the global problem that confronts us - including metaphysical! In the UK and USA, we are at different points on the roller coaster. In Europe, we are an estimated two weeks behind Italy which has the highest casualty rate outside of China. The World Health Organisation has warned that America is likely to become the new epicentre of this current pandemic.

If you are now working from home, **Nichola Adams** lists her 10 top tips from a health point of view. **Janey Lee Grace** introduces a book on New Thought while **Kirsten Hartvig** reintroduces the ancient delights of Daffodil. New contributors **Sam Pope** and **Helen Mccarthy** share personal insight into Psychosynthesis and original poetry. Plus much, much more.

Leaving the last word with Shakespeare on facing reality and finding spiritual support:

“This great life is a, trouble where all must their fortunes bear. Music never will fail you...”

Reg Starkey
Editor





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Plant Power

by Sam Pope



COVID-19

C COVID-19 is a new illness that can affect your lungs and airways. It's caused by a virus called coronavirus.

STAY AT HOME IF YOU HAVE CORONAVIRUS SYMPTOMS

Stay at home if you have either:

- a high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- Do not go to a GP surgery, pharmacy or hospital.
- Use the 111 online coronavirus service (UK only) to find out what to do.

HOW LONG TO STAY AT HOME

- If you have symptoms of coronavirus, you'll need to stay at home for 7 days
- If you live with someone who has symptoms, you'll need to stay at home for 14 days from the day the first person in the home started having symptoms
- If you live with someone who is 70 or over, has a

long-term condition, is pregnant or has a weakened immune system, try to find somewhere else for them to stay for 14 days.

- If you have to stay at home together, try to keep away from each other as much as possible.

HOW TO AVOID CATCHING & SPREADING CORONAVIRUS (SOCIAL DISTANCING)

Everyone should do what they can to stop coronavirus spreading.

It is particularly important for people who:

- **are 70 or over**
- **have a long-term condition**
- **are pregnant**
- **have a weakened immune system**

DO

- **wash your hands with soap and water often – do this for at least 20 seconds**
- **always wash your hands when you get home or into work**
- **use hand sanitiser gel if soap and water are not available**

- **cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze**
- **put used tissues in the bin immediately and wash your hands afterwards**
- **avoid close contact with people who have symptoms of coronavirus**
- **only travel on public transport if you need to work from home, if you can**
- **avoid social activities, such as going to pubs, restaurants, theatres and cinemas**
- **avoid events with large groups of people**
- **use phone, online services, or apps to contact your GP surgery or other NHS services**

DON'T

- **do not touch your eyes, nose or mouth if your hands are not clean**
- **do not have visitors to your home, including friends and family**
- **do not share a bed, if possible**
- **do not share towels, including hand towels and tea towels**

SYMPTOMS:





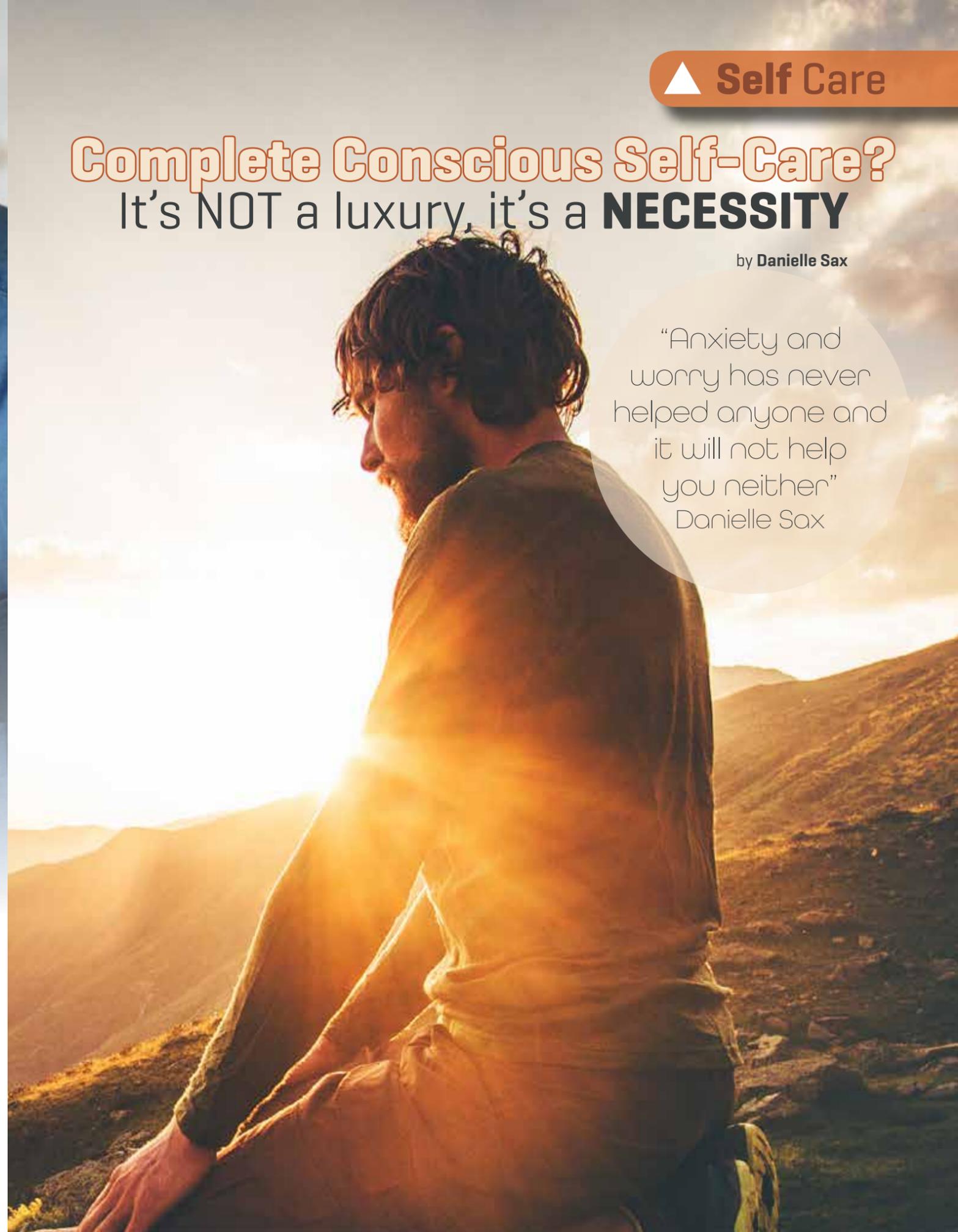
CORONAVIRUS & HOME WORKING:
**‘How To Set Up
Your Home Office’**

by Nichola Adams

Complete Conscious Self-Care?
It's NOT a luxury, it's a **NECESSITY**

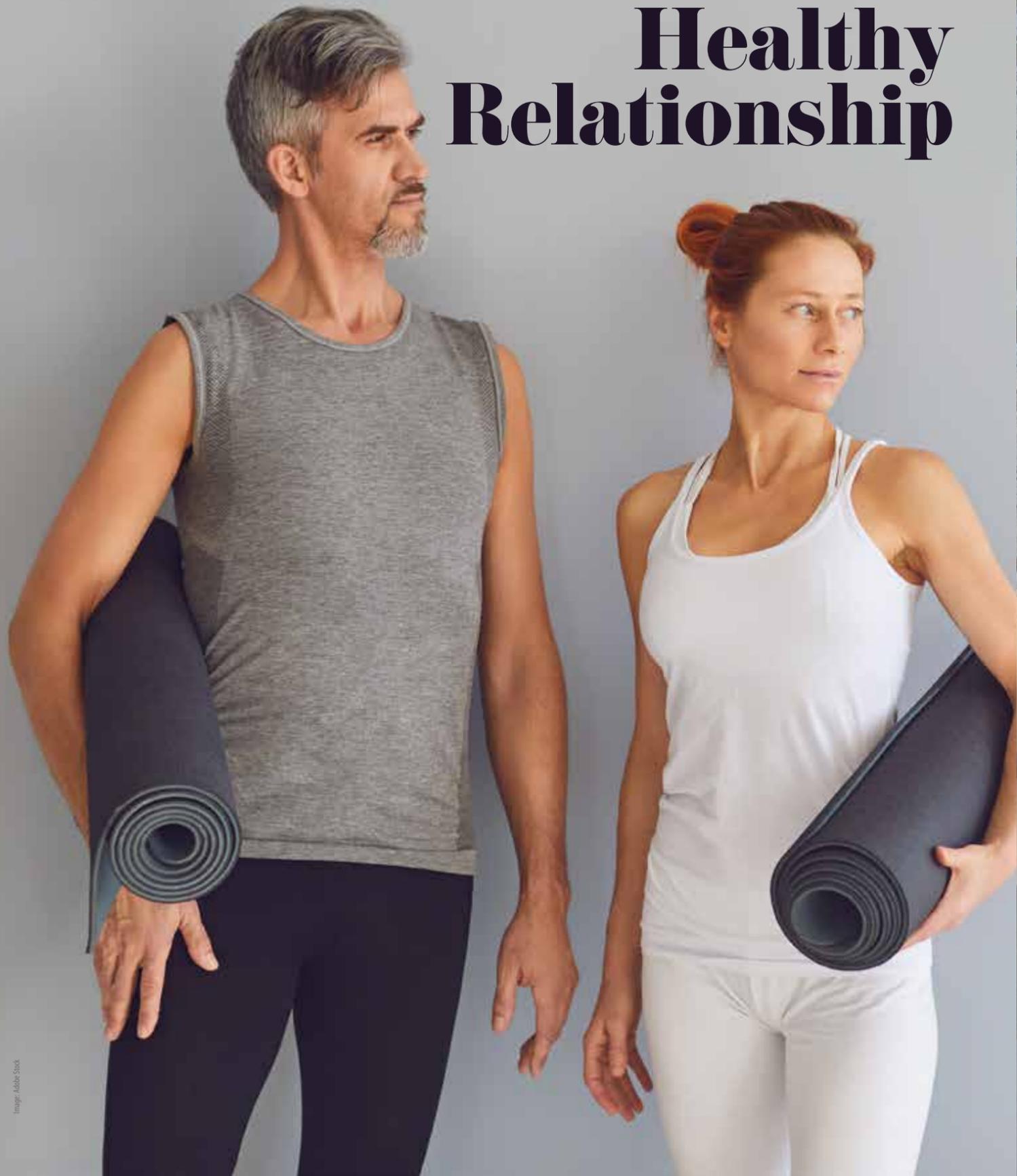
by Danielle Sax

“Anxiety and worry has never helped anyone and it will not help you neither”
Danielle Sax



▲ Exercise

Couple Workouts are the Secret to a **Healthy Relationship**



▲ Menopause

Lifestyle Changes



5 ways to stop the **Coronavirus Threat** messing with your head

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



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