

# Health Triangle

The official e-mag of  
UK Health Radio



## Health Focus **Hay Fever**

## Helping others with GRIEF

by Janey Lee Grace

Put a  
spring  
in your  
Step

Diabetes &  
COVID-19

Mental Health  
**Are You Avoiding  
The Truth?**

**Luxury Skin &  
Hair Starter Kits**

**The truth about  
ALCOHOLICS  
ANONYMOUS**

**New Beginnings**  
often disguised as Painful Endings





“Slowing down  
to truly live the  
gift of life.”

Danielle Sax

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Health  
**Triangle**

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**Editor's Note:**

## This Month ▲

**“YOU CAN CUT ALL THE FLOWERS BUT YOU CANNOT STOP SPRING FROM COMING.”**

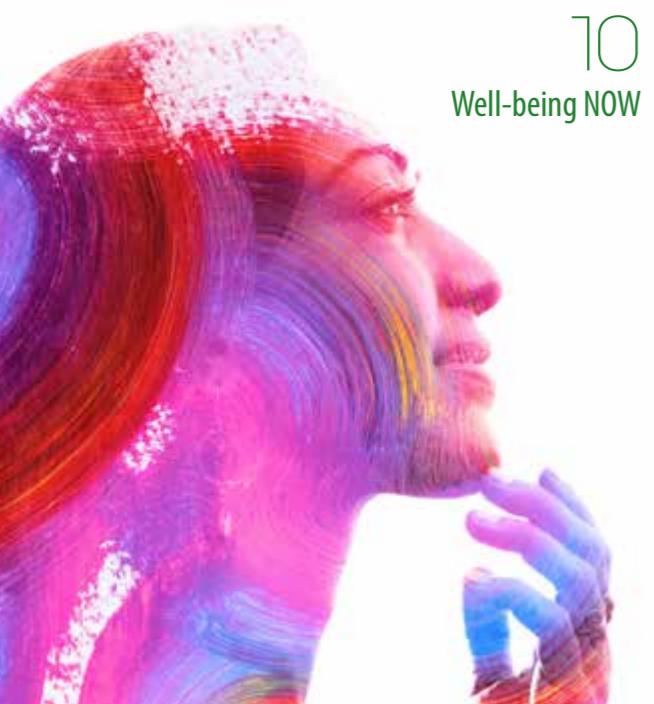
These words of Chilean poet and politician, Pablo Neruda, seem more relevant than ever this year when Covid 19 is top of every agenda everywhere on earth. You can put humanity in lockdown, ground all the planes, shut all the shops, bars and restaurants but you cannot stop Spring being a time for “plans and projects” as Tolstoy put it. This edition of Health Triangle is full of ‘plans and projects’ inspired by Spring. Covid 19 is a clear and present danger but old foes like Cancer and Diabetes have not withdrawn from the scene. Life goes on! UK Health Radio and Health Triangle Magazine are here to help you make the most of every day - whatever that day may bring. Every single day offers the opportunity to eat thoughtfully, exercise purposefully and focus positively on the possibilities that are offered to us. Stay safe. Stay well. Stay well-informed. Stay active!

*Reg Starkey*  
Reg Starkey  
Editor





6  
Hay Fever



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**H**ay fever is usually worse between late March and September, especially when it's warm, humid and windy. This is when the pollen count is at its highest.

Check if you have hay fever

Symptoms of hay fever include:

- **sneezing and coughing**
- **a runny or blocked nose**
- **itchy, red or watery eyes**
- **itchy throat, mouth, nose and ears**
- **loss of smell**
- **pain around your temples and forehead**
- **headache**
- **earache**
- **feeling tired**

If you have asthma, you might also:

- **have a tight feeling in your chest**
- **be short of breath**
- **wheeze and cough**

Hay fever will last for weeks or months, unlike a cold, which usually goes away after 1 to 2 weeks.

## WHAT CAUSES HAY FEVER

It is caused when the body makes allergic antibodies (IgE) to certain substances, such as pollen, house dust mites or mould, which are known as allergens.

Grass pollen is the most common allergen (May to July), but tree (February to June) and weed (June to September) pollens can also cause the allergic reaction we know as hay fever. In perennial allergic rhinitis the symptoms continue all year round and usually relate to indoor allergens, such as house dust mites, pets, including birds, or moulds.

## HOW TO TREAT HAY FEVER YOURSELF

There's currently no cure for hay fever and you cannot prevent it. But you can do things to ease your symptoms when the pollen count is high.

### DO:

- put Vaseline around your nostrils to trap pollen
- wear wraparound sunglasses to stop pollen getting into your eyes
- shower and change your clothes after you have been outside to wash pollen off
- stay indoors whenever possible
- keep windows and doors shut as much as possible
- vacuum regularly and dust with a damp cloth
- buy a pollen filter for the air vents in your car and a vacuum cleaner with a special HEPA filter

### DON'T:

- do not cut grass or walk on grass
- do not spend too much time outside
- do not keep fresh flowers in the house
- do not smoke or be around smoke – it makes your symptoms worse
- do not dry clothes outside – they can catch pollen
- do not let pets into the house if possible – they can carry pollen indoors

## A PHARMACIST CAN HELP WITH HAY FEVER

Speak to your pharmacist if you have hay fever. They can give advice and suggest the best treatments, like antihistamine drops, tablets or nasal sprays to help with:

- itchy and watery eyes and sneezing
- a blocked nose

## SEE A GP IF:

- your symptoms are getting worse
- your symptoms do not improve after taking medicines from the pharmacy

## TREATMENTS FOR HAY FEVER FROM A GP

Your GP might prescribe steroids. If steroids and other hay fever treatments do not work, your GP may refer you for immunotherapy. This means you'll be given small amounts of pollen as an injection or tablet to slowly build up your immunity to pollen. This kind of treatment usually starts in the winter about 3 months before the hay fever season begins.

Check the pollen forecast  
[www.metoffice.gov.uk](http://www.metoffice.gov.uk)



# TWO TIPS TO PIVOT YOUR WELL-BEING NOW

by Danielle Sax  
[www.daniellesax.com](http://www.daniellesax.com)



These challenging times are affecting us all in different ways. Every day my heart goes to those who are struggling to feed their families and wrestling with the anxiety about the future and the uncertainty of so many areas of their lives. Since this global epidemic began, there's such a need for comfort, strategies, and support. But there is also a wave of consciousness happening where many of us take the time to reflect about life as it is now, and about our priorities and true values, strengthening our mental well-being in doing so.

For those of you in fear and panic, the media is playing a big role. If you watch the news every day, you are hypnotised to go into worry and drama. We are programmed daily to take in all the "bad" news and never get to see the other side of the story. It is not your fault. We are conditioned and programmed by our upbringing and education to look at the outside world and let our lives be driven by circumstances...

# FOOTNOTES

by Peter Alton  
[www.circlepodiatry.co.uk](http://www.circlepodiatry.co.uk)

## Put a spring in your Step



There's no doubt in my mind that despite all the negative things going on in the world Spring has certainly arrived here in the UK. What does spring mean to you? For many it's a sign of new life and beginnings or a reason to clean out your cupboards. For those living in the countryside maybe seeing baby lambs, calves or foals skipping around a meadow with not a care in the world helps you realise that summer is not too far away. Personally I live in the suburbs of London but am blessed to have a relatively big garden - it's funny how when you look at it, it appears small but then when it comes to managing it, then it suddenly seems much bigger.



During this time of social distancing/ self isolating I have found a real escape in our garden, partly because no one else in our family is remotely interested in getting their hands dirty. Three weeks ago I noticed some toad spawn in our

pond, little black dots self isolated in their jelly cocoons and now there are hundreds of tadpoles enjoying their newfound freedom in the comparative vastness of their new home.

To say I'm jealous of a tadpole would be taking things a bit too far but it struck me that their lockdown has ended before ours.

So how are you coping with the big lockdown? Keeping safe and well I hope and managing to see beyond all the negative news and focus on the positive stories that abound but are all too often overshadowed. As I write our Prime Minister Boris Johnson has just been allowed home after his intensive care treatment at St Thomas's Hospital, and there are reports of people in their 90's recovering and of a lady of 99 years old being the oldest in the UK to fully recover. Those stories along with the reports of the amazing dedication of our key workers and especially of those on the frontline caring for the victims of Covid19 should be the ones we focus on.

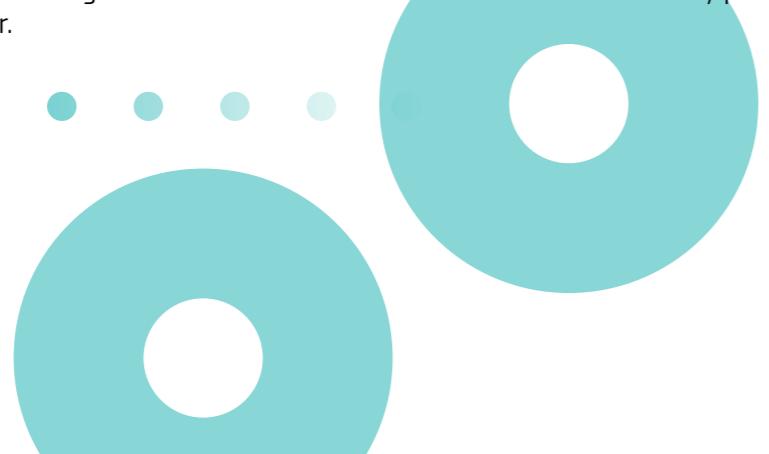
So this spring, despite Covid19, I want to encourage us to keep those feet moving and do so to a positive beat. As the article title suggests it's that time of the year to "Put a spring in your step". But what do people mean when using this phrase? The Cambridge dictionary gives us this definition...

# The Last Toilet Roll

by Reg Starkey

I am down to my last toilet roll, although my generation was taught that toilet was a non U word. Loo or lavatory were recommended alternatives. Now this same generation of War Babies or ageing Baby Boomers, is the highest risk of all if they contract Covid 19. In round figures an 18 year old who tests positive has a one in ten thousand risk of dying, whereas an 80 year old has only a one in 12 chance of surviving. Perhaps this is what my daughter Jaz was thinking of when she offered me a ticket to South Africa for my 80th birthday. I'd said I was worried about Corona virus but my concern related to a planned week's retreat in Santorini and the then seemingly remote risk of travel restrictions to Greece. What a difference a few weeks have made! Both have been postponed or cancelled.

Looking back I remember how seeing the airliners crashing into the World Trade Centre was more like a Disaster movie from Hollywood than real life in real time from New York City. This current crisis feels similar - but worse. It is open-ended and isolation is seldom splendid. The prospect now is a summer with no Wimbledon, no Henley, no Epsom, no Ascot. Those who remember Cider with Rosie must face the fact that they have fewer summers left in front of them. Ah well, life was good while it lasted. So back to the last loo roll in my possession - of which less later.



## Overwhelm During Lock Down

by Shelley Chapman



Hi Ladies,

Generally, overwhelm is a very common symptom of Menopause, but add to it Covid19 and Lock-Down and we're suddenly catapulted into overdrive!

We're stuck at home and can't see our loved ones and friends. Maybe home schooling, looking after the family that would normally be at work or school all day and our normal 'routine' has gone completely out the window...

Our hormones are all over the place, our body is trying to adapt, but life still continues on, as normal, without giving us a breather and we just have to somehow cope and this can sometimes leave us feeling completely overwhelmed! So what can we do that might help? ...

# Ayurveda's

## APPROACHES TO HELP PREVENT AND TREAT INFECTIONS IN THE BODY

by Amarjeet S Bhamra

**Dinacharya:** Emphasis on daily routine in Ayurveda which takes into account the immunity of a patient and how strong the system is to keep the infections at bay. When the food has been properly digested it is metabolized to seven different tissues [Dhatus - rasa, blood, muscle, fat, bone, bone marrow and reproductive tissues] in the body. The end product of good digestion is Ojas. Good Ojas means strong immune system.

### So how do we strengthen the Ojas for better immunity?

Warm freshly cooked food vegetables, beans, lentils, grains, good quality oil and grass-fed dairy help to give strong and clean digestion. Ghee is fuel for Ojas. We should avoid heavy hard to digest foods, ice creams, cheeses, chocolate, biscuits, cold drinks, frozen and processed foods, etc.

Tune in with your digestion, if you do you feel hungry, no need to not? Distinguish between being hungry or thirsty? Ayurveda says, you are what you digest! Practice fasting once a week if your digestion and elimination are not regular...



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