

Health Triangle

The official e-mag of
UK Health Radio



Health Focus
**CHARLES
BONNET
SYNDROME**

**"AND THE
WINNER IS ..."**

Janey Lee Grace's
Platinum Awards 2020 Winners

**HEALING
STARTS
WITH THE
WILLINGNESS
TO LET GO**

**COOKING MADE
FUN, HEALTHY
AND DELICIOUS!**

by New York Times
bestselling author **Vani Hari**

Mental Health
**4 WAYS TO PREPARE
FOR THE UNEXPECTED**

ION* Biome
Intelligence of Nature



Drink your tea slowly & reverently, as if it is the axis on which the world earth revolves - slowly, evenly, without rushing toward the future.

Nhat Hanh

Health
Triangle

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Editor's Note:

This Month ▲

"WITH THE NEW DAY COMES NEW STRENGTH AND NEW THOUGHTS."

We trust this quote from Eleanor Roosevelt applies to the new edition of Health Triangle Magazine. Are you familiar with Charles Bonnet Syndrome? [See what we mean?!] Trust the NHS to tell you and tell you straight: it's about the power of the mind and not a mental illness. Covid 19 has meant an increase in premature deaths and a need to deal with unexpected grief in a positive way. Here are some practical ideas. Malcolm Stern lost his daughter to suicide. He shares his experience of this personal tragedy and the personal insights from 30 years of counselling in a new book and an interview on UK Health Radio. [If you miss it, you can hear it on 'Listen on Demand' in October.] John Keats described Autumn as 'a season of mists and mellow fruitfulness.' Time to think about our lungs in a more enlightened way. Likewise there are new recipes from another new book that offer healthier alternatives to factory produced processed foods. New strength and new thoughts were in the minds of Motitech when they designed exercise bikes for people confined to care homes and gave them video journeys to add variety and value to the experience.

We always have lifestyle choices we can make that affect the quality of our lives today, tomorrow and for as long as we live. We hope you find lots to interest you - and some things to inspire you - in the latest edition of this online magazine.

Reg Starkey



Reg Starkey
Editor



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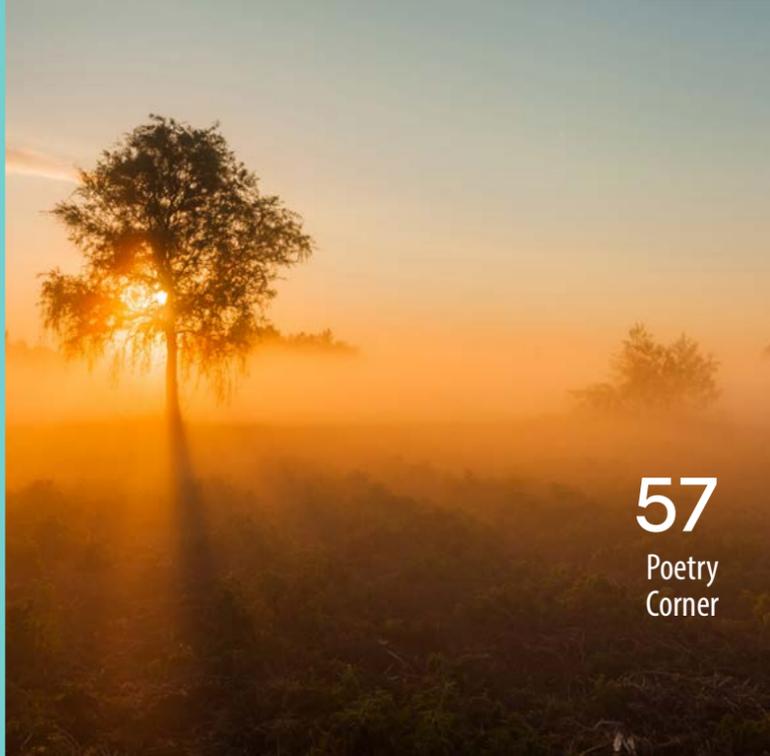


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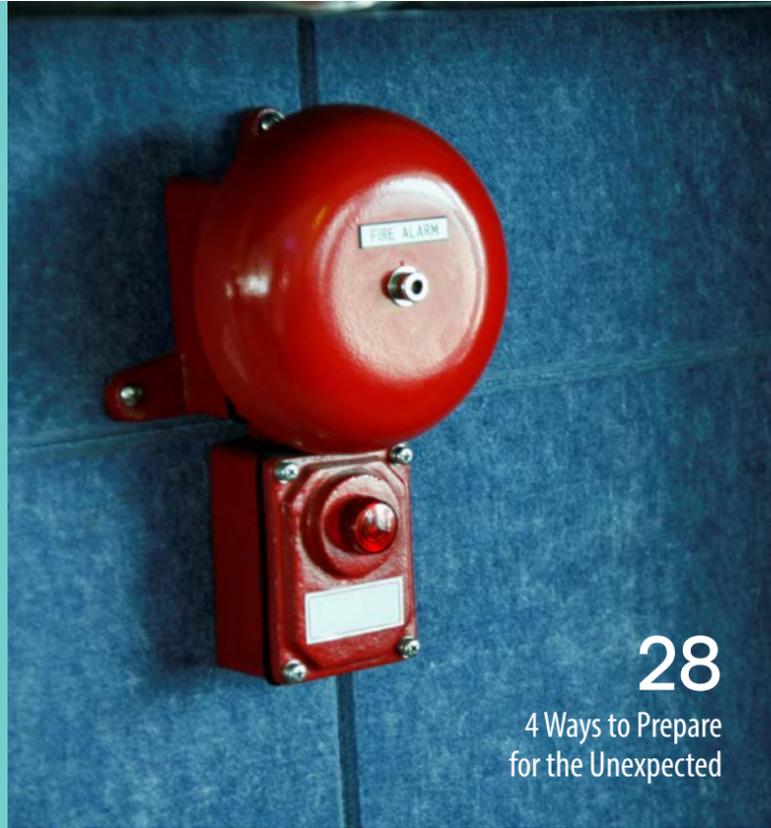
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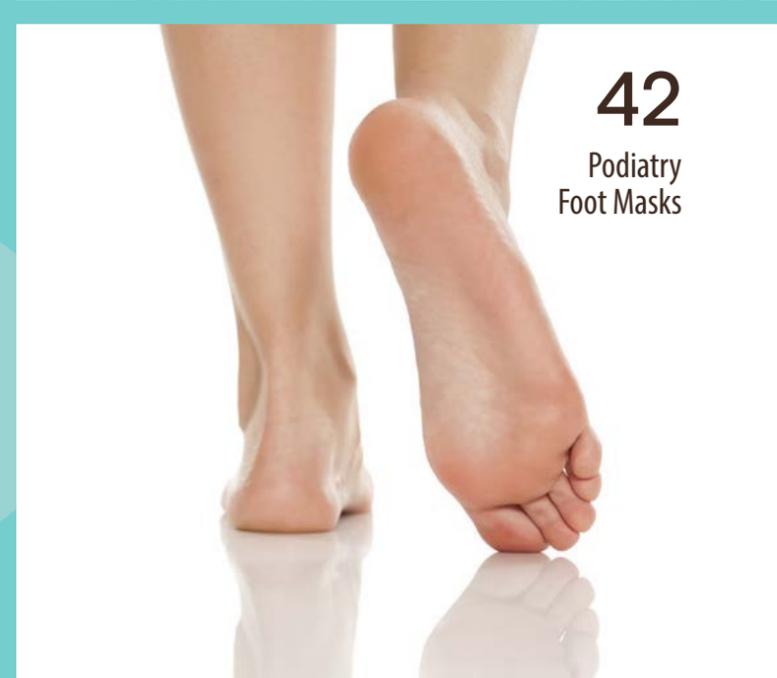
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Charles Bonnet Syndrome

Charles Bonnet syndrome causes a person whose vision has started to deteriorate to see things that aren't real [hallucinations].

- The hallucinations may be simple patterns, or detailed images of events, people or places.
- They're only visual and don't involve hearing things or any other sensations.

It's important to be aware that hallucinations associated with Charles Bonnet syndrome are caused by failing eyesight. They're not caused by a mental health problem or dementia.

People with Charles Bonnet syndrome are usually aware that the visions aren't real, even if they're vivid. Always see your GP if you're experiencing hallucinations so they can investigate the cause.

TYPES OF HALLUCINATION

There are 2 main types of hallucination that people with Charles Bonnet syndrome tend to experience.

They may see:

- simple repeated patterns
 - complex images of people, objects or landscapes
- Simple repeated patterns can take the form of grids, shapes or lines, which can appear in bright or vivid colours. The patterns may lay across or cover everything the person sees.

More complex hallucinations can involve people, places, animals and insects.

Most people don't see hallucinations of people they know or past events they have experienced.

The hallucinations aren't usually unpleasant or threatening, but may be slightly frightening when first experienced.

They can sometimes occur out of the blue, and can last for a few minutes or several hours.

They may be moving or static.

WHO'S AFFECTED AND WHY?

Charles Bonnet syndrome affects people who have lost most or all of their eyesight.

It's more likely to occur if vision loss affects both eyes. According to the Macular Society, up to half of all people with macular degeneration, a gradual loss of central vision, may experience Charles Bonnet hallucinations at some time.

It's thought there are more than 100,000 cases in the UK.

People of any age can be affected by Charles Bonnet hallucinations, but they tend to occur later in life after a person starts to lose their sight.

The hallucinations often begin when a person's sight suddenly deteriorates.

The main cause of Charles Bonnet syndrome is thought to be vision loss and how the brain reacts to it.

It's not clear how loss of vision leads to hallucinations, but research is beginning to help us better understand the relationship between the eyes and the brain.

When a person starts to lose their sight, their brain doesn't receive as much information as it used to.

It's thought the brain sometimes responds by filling in the gaps with fantasy patterns or images that it's stored.

These stored images are experienced as hallucinations.

WHAT EFFECT CAN HALLUCINATIONS HAVE?

Visual hallucinations are a normal response the brain has to the loss of vision.

But as Charles Bonnet syndrome isn't widely known, many people worry about what it means and fear they may be developing a serious mental health problem or dementia.

It can also cause practical problems. People who see complex hallucinations may find it difficult to get around.

Streets and rooms may be distorted, and brickwork or fencing may appear directly in front of you, making it difficult to judge exactly where you are and whether you can walk straight ahead.

Some people can overcome this problem by having good knowledge of their surroundings.

Complex hallucinations can be unsettling. Although the visions may not be frightening, it can be disturbing to suddenly see strangers in your home or garden.

The hallucinations often improve over time, with episodes becoming shorter and less frequent.

Recent evidence suggests most people will still have occasional hallucinations 5 years or more after they first started.

If the hallucinations do stop entirely, there's always a chance they'll reappear after a further decline in vision.

DIAGNOSING CHARLES BONNET SYNDROME

There isn't a specific test for Charles Bonnet syndrome. Doctors diagnose it by:

- talking to the person about their symptoms
- taking a detailed medical history
- in some cases, carrying out tests to rule out other possible causes of hallucinations, such as Alzheimer's disease

If a person has vision loss and they're experiencing

▲ Health Focus

simple or complex hallucinations and don't have signs of dementia or mental illness, they probably have Charles Bonnet syndrome.

TREATING CHARLES BONNET SYNDROME

There's currently no cure for Charles Bonnet syndrome. Simply understanding that the hallucinations are a normal consequence of vision loss, rather than a mental health problem, can be very reassuring and help the person cope better.

No specific medication has been shown to stop hallucinations caused by Charles Bonnet syndrome. Some medications designed to treat epilepsy, Parkinson's disease and dementia have proved effective for some people.

But these powerful medications can have serious side effects and are therefore only recommended for people who are severely affected and under close supervision.

SELF-HELP MEASURES

There are some things you could try yourself to help relieve your hallucinations when you experience them. For example, when a hallucination starts, you could:

- change the lighting conditions to see if it disappears – if you're in a dimly lit area, switch on more lights or move to somewhere that's brighter; if you're in a brightly lit area, make it dimmer
- move your eyes from left to right – do this once every second 15 times without moving your head, then pause for a few seconds and repeat; it's worth trying this up to 4 or 5 times
- stare at the image and blink rapidly or reach out to touch the vision – try this for a few seconds
- move around or perform a task – for example, get up to make a cup of tea
- make sure you're well rested and are getting enough sleep at night – the hallucinations may be worse when you're tired or stressed

Some people overcome their fear by getting to know the figures in their visions.

For example, one man with Charles Bonnet syndrome has described how when he wakes up in the morning, he says, "Right, what have you got in store for me today?" to the figures he's seeing. This allows him to have some control over the way he feels about his visions.

HELP AND SUPPORT

Talking

If you have Charles Bonnet syndrome, talking about your hallucinations and how they make you feel may help you cope better.

You could try talking to your family, friends, GP, optician or ophthalmologist.

Mental health professionals, such as counsellors, psychologists or psychiatrists, may also be able to help if you're finding the hallucinations particularly upsetting. Although Charles Bonnet syndrome isn't a mental health condition, many mental health professionals have experience of helping people come to terms with hallucinations.

Your GP should be able to refer you to your local mental health team.

Read more about counselling and psychotherapy.

Support groups

There aren't many specific support groups and forums for people affected by Charles Bonnet syndrome, but there are lots of **support groups for people with vision loss**.

The Macular Society can put you in touch with someone with Charles Bonnet syndrome who's also experienced visual hallucinations for support and reassurance.

Their helpline number is 0300 30 30 111 (Monday to Friday, 9am to 5pm) and their email address is: **help@macularsociety.org**.

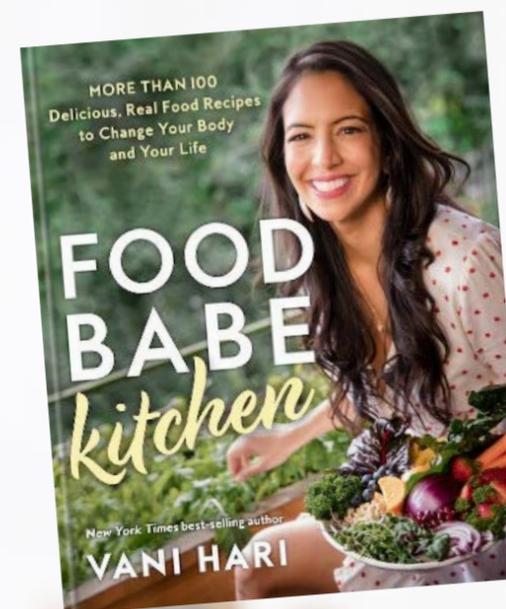
Esme's Umbrella, an awareness campaign for Charles Bonnet syndrome, has a website with links to information and helpful resources for both patients and health-care professionals.

The Royal National Institute of Blind People (RNIB) has more **information and advice about Charles Bonnet syndrome**.

You can also call the RNIB helpline on 0303 123 9999 or contact them by email: **helpline@rnib.org.uk**.

▲ Healthy Eating

Cooking made
*fun, healthy
and delicious!*



Food activist and New York Times bestselling author **Vani Hari** offers a must-have guide to ditching processed foods once and for all. Growing up, Vani Hari was a sugar addict, ate an abundance of processed food and avoided veggies. Her poor lifestyle choices landed her in hospital, and it was there that she decided to make her health her number one priority. Not only did she learn to eat the 'right' foods and move her body, she also started to investigate the harmful products that are put in the foods we eat. Today, Vani has challenged major companies (Starbucks, Subway, Coca-Cola), prompting them to change the way they make their products. For example, Starbucks have stopped using caramel food-colouring in their famous 'Pumpkin Spiced Latte' as Vani discovered it was carcinogenic. Vani successfully exposes the truths that the food industry doesn't want you to know about and encourages us to take control of what we eat and create a life-long habit of living healthily...



ION* Gut Protects What Protects You

▲ Intelligence of Nature



- Did you know that good health depends almost entirely on gut health?

Optimal gut-brain connectivity, feel-good transmissions, protection from the toxins you face every day in our air, water, and food, a strong immune system, easier digestion, and reduced gluten sensitivity all depend on a strengthened gut lining.



- Following extensive research and development, these molecules were formulated into Terrahydrite®, the active ingredient in the ION*Biome range of products, which has been shown spark the body's necessary responses to damage caused by environmental toxins.

How does it work? We're glad you asked! ION*Biome activates the body's production of beneficial enzymes through cellular communication. Those beneficial enzymes support the tight junctions [the seals between cells] in our gut lining - the barrier protecting us from toxic substances like glyphosate and gluten, while allowing the entry of beneficial nutrients.

It's a critical barrier to keep strong so that a vibrant microbiome can flourish. Latest research shows 45% of tested EU soils contain glyphosate and its degradation products, the average daily intake of glyphosate in the UK being 0.86%. The gut lining is your very own inbuilt armour and it is up to you to keep that armour strong and impenetrable.

- Cue ION*Biome. ION*Biome is unique. It naturally enhances the diversity of your individual microbiome, working as a communication network that gives your body the tools to create its own bacterial ecosystem. Think of ION*Biome as a catalyst to restart your microbiome; with a probiotic, you are giving your gut temporary support, with ION*Biome, you are giving your gut the ability to support itself on an on-going basis. Recent studies have found that probiotics used after a course of antibiotics actually delayed gut health recovery in test subjects. If used long-term, a "monoculture" [or an overpopulation of the few strains in the probiotic formula] can develop. With each species of gut flora specialising in helping drive specific functions in the body, a monoculture could actually hinder gut health. The gut is a "maxiculture" of as many as 20,000 species of gut flora; with most probiotics only containing up to 24 species.

A truly healthy and strong microbiome goes beyond the scope of probiotics to support gut health, mental clarity, and immune function.

- ION*Biome's unique carbon molecules support the innate communication network between gut flora and the gut lining. This fascinating communication - called redox signalling - is what allows the microbiome and the gut lining to function together intelligently. When gut flora and the gut lining can communicate effectively, your gut can create balance and health, on its own. It's inconceivable to overstate the impact that gut health and balanced, diverse gut flora has on your overall health and wellbeing.
- ION*Biome is vegan, naturally gluten-free, dairy-free, soy-free, latex-free, sulphite-free, preservative-free, non-GMO, and certified glyphosate residue free. It is produced in a facility free of allergens, including peanuts and tree nuts.

Create a cycle of good health by strengthening your inner armour with ION*Biome. Visit uk.ionbiome.com for more details. ION*Gut protects what protects you.

- Ultimately, your gut is responsible for keeping your body in prime working order; it breaks down the foods you eat; absorbs nutrients that support bodily functions from energy production to hormone balance, skin health to mental health, and the gut is also tasked with critical toxin and waste elimination. That's a lot of responsibility! Whilst your gut may not be a literal voice, it does communicate with your body in a form of code, from complete silence to tummy rumbles to dictating bathroom habits and even impacting your mood and mental clarity.

- It really is impossible to overstress the importance of an unstressed gut.

Recently launched to the UK market, ION*Biome is a range of products including ION*Gut and ION*Gut for Kids. In 2012, following explorations into the biosphere, Dr Zach Bush, the driving force behind ION*Biome, and his Chief Esoteric Scientist, William Vitalis, discovered an article which talked about ancient soil-derived carbon molecules with a redox-signalling system specific to bacteria.

ION* Biome

HEALING STARTS WITH THE WILLINGNESS TO LET GO

by Janet Jones

Being 'willing' to let go of grief doesn't mean that if you are, then POOF, there goes your grief. It means that you are willing to let go when the time is right for you.

Answer these questions. Do you not want to let go of grief because it is the last connection you have to your loved one? Is the disappointment of a broken relationship keeping you angry and resentful? Do you know if you are resisting letting go of grief because you have got stuck in the habit of grieving?

It is just over a year since my, 22-year-old, son passed away in a climbing accident. In a healing session with **Catherine Carrigan**, Medical Intuitive Healer, author and guest on Episode 16 of **The Good Grief Conversation**, she asked me to repeat after her that I was willing to let go of the grief. Immediately I felt my heart contract and tears fill my eyes. This was completely involuntary. I realised this was something I would need to work on.

In the Spiritual Help series on **The Good Grief Conversation**, episodes 14-18, I spoke to my guests about...



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