

Health

87/February 2021

# Triangle

The official e-mag of  
UK Health Radio



Health Focus  
**WALKING  
FOR HEALTH**

**The Joy  
of the Job**  
A Vaccination Experience

**ANXIETY**

**Mental Health  
on the Yoga Mat**

*with Kino MacGregor*

**HAPPY  
HEALTHY  
SOBER**

*by Janey Lee Grace*

**PET ENRICHMENT:  
Pets get bored too!**



“When you live each day with intentionality, there’s almost no limit to what you can do.”  
– John Maxwell –



Editor’s Note:

## This Month ▲

“TO LEARN, TO LOVE, TO WALK IN THE LIGHT,  
THAT IS ALL THERE IS.”

**T**he global pandemic has restricted our freedom as never before in living memory. It has caused us to re-evaluate our priorities. But is it so bad to go back to basics? Thank you Lailah Gifty Akita, the young writer of “Think Great: Be Great!” who gave me the opening quote!

The first issue of 2021 is full of simple ideas that are either evidence-based or experience-based. It is full of optimism. Spring gets closer every day. Meanwhile we can learn, we can love, we can walk in the light. We can eat, we can breathe, we can listen. We can think, we can read, we can live in hope of a brighter, better future, almost within our reach! If we are willing to take responsibility for our own well-being, we can triumph over the current adversity. We need to be rid of self-limiting beliefs both in our private and our professional lives. There has never been a more important opportunity to put our best foot forward!

Reg Starkey  
Editor



UK Health Radio’s e-magazine  
[www.ukhealthradio.com](http://www.ukhealthradio.com)

CEO UK Health Radio  
Johann Ilgenfritz

Editor  
Reg Starkey

Creative Director  
Raphaela Reeb-Ilgenfritz



Health  
Triangle

© Copyright 2012-2021 UK Health Radio™

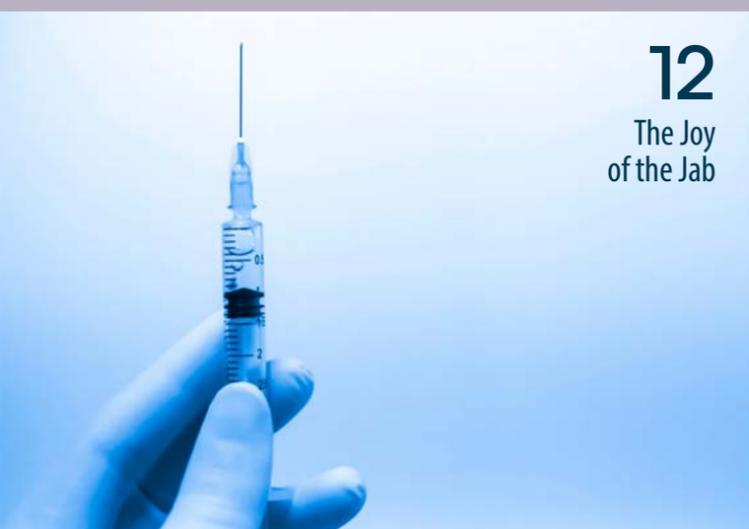
The opinions expressed by the authors and contributors to **Health Triangle Magazine** are not necessarily those of **UK Health Radio**. Nothing may be reproduced in whole or in part without permission. Advertisers assume liable for all content of advertising and for any claims from product sales. The intent of **Health Triangle Magazine** is to give additional information for your general knowledge. It is not intended as a substitute for professional medical advice or treatment. Please do not delay or disregard any medical advice received due to information gathered on **UK Health Radio™** and **Health Triangle Magazine**.



6  
Walking  
for Health



10  
Self Care with  
Danielle Sax



12  
The Joy  
of the Job



14  
Mental Health on  
the Yoga Mat  
with Kino MacGregor

# Contents

Issue 87  
February 2021

- 3 **Editorial**
- 6 **Health Focus** Walking for Health
- 10 **Self Care: The one thing we cannot do without** by Danielle Sax
- 12 **The Joy of the Job** by Reg Starkey
- 14 **Mental Health on the Yoga Mat** by Kino MacGregor
- 16 **TV or Not TV - That is the question**
- 18 **The leaders in Liposomes**
- 22 **Pet Enrichment: Pets get bored too!** by Julie Hill
- 26 **Happy, Healthy, Sober** by Janey Lee Grace
- 28 **Diabetes Corner** by Maureen Sullivan
- 29 **Medical Marvel Moments, Weird & Wonderful facts** by Amanda Thomas
- 30 **Footnotes** by Peter Allton



16  
TV or Not TV  
That is the  
question

- 34 **The Entrepreneurial Personal Investment** by Paul Rees
- 36 **Menopause: Anxiety** by Shelley Chapman
- 38 **Fear... False Evidence appearing real** by Bucci Darcy
- 40 **Diabetes Sweet Spot** by Peter Allton
- 44 **Welcome to the Clearing** by Chris Grimes
- 46 **12 Step Recovery Insights - Insanity is more common than you might imagine...** by Louise F.
- 48 **Shake out your Stress** by Janey Lee Grace
- 50 **Yes to Life** Robin Daly's recent guests on the Yes to Life Show
- 56 **Book Review** by Reg Starkey
- 58 **Meet the Team: In the Dog House**
- 59 **Poetry Corner**
- 60 **Movie Classics Reviews**
- 62 **Programme Schedule**



22  
Pet Enrichment:  
Pets get  
bored too!



30  
Footnotes



44  
Welcome to  
the Clearing

# WALKING FOR HEALTH

**W**alking is simple, free and one of the easiest ways to get more active, lose weight and become healthier.

Sometimes overlooked as a form of exercise, walking briskly can help you build stamina, burn excess calories and make your heart healthier.

You do not have to walk for hours. A brisk 10-minute daily walk has lots of health benefits and counts towards your recommended 150 minutes of weekly exercise.

## BEFORE YOU START

Any shoes or trainers that are comfortable, provide adequate support and do not cause blisters will do. If you're walking to work, you could wear your usual work clothes with a comfy pair of shoes and change shoes when you get into work.

For long walks, you may want to take some water, healthy snacks, a spare top, sunscreen and a sun hat in a small backpack.

If you start going for longer walks regularly, you may want to invest in a waterproof jacket and some specialist walking shoes for more challenging routes.

How do I know if I'm walking fast enough? A brisk walk is about 3 miles an hour, which is faster than a stroll.

You can tell you're walking briskly if you can still talk but cannot sing the words to a song. You could also try using the free Active 10 app on your smartphone.

It tells you when you're walking fast enough and suggests ways to fit in some more brisk walking. Download the Active 10 app from the App Store or Google Play.

## WHAT IF I'M NOT VERY ACTIVE?

If you're not very active but are able to walk, increase your walking distance gradually. If your joints are a problem, check whether your local swimming pool holds exercise classes. The water helps to support your joints while you move and can help you strengthen your muscles. If you're not active because of a medical condition, get advice on exercising with a disability. If you cannot leave the house, why not see if one of NHS's free exercise videos can help.

## STAYING MOTIVATED

Make it a habit. The easiest way to walk more is to make walking a habit. Think of ways to include walking in your daily routine. Examples include:

- **walking part of your journey to work**
- **walking to the shops**
- **using the stairs instead of the lift**
- **leaving the car behind for short journeys**
- **walking the kids to school**
- **doing a regular walk with a friend**
- **going for a stroll with family or friends after dinner**

If you live in a city, Walkit has an interactive walk planner to help you find the best walking route. Each suggested route includes your journey time, calorie burn, step count and carbon saving.



## ▲ Health Focus

Visorando uses a tool that can be used for planning both urban and non-urban walks.

### LISTEN TO MUSIC

Walking while listening to music or a podcast can take your mind off the effort.

It can also get you into a rhythm and help you walk faster.

You'll be surprised at how fast the time goes when you're walking to your favourite tunes.

### MIX IT UP

Add variety to your walks. You do not have to travel to the countryside to find a rewarding walk.

Towns and cities offer interesting walks, including parks, heritage trails, canal towpaths, riverside paths,

commons, woodlands, heaths and nature reserves.

For inspiring walks, visit Walk Unlimited.

For wheelchair users, visit Walks with Wheelchairs, and for parents with buggies, visit Walks with Buggies.

### JOIN A WALKING GROUP

Walking in a group is a great way to start walking, make new friends and stay motivated.

Ramblers organises group walks for health, leisure and as a means of getting around for people of all ages, backgrounds and levels of fitness.

Its website has details of many locally organised walks in towns and cities, as well as the countryside.

The UK's 15 national parks run free guided walks for the whole family during the holidays.

[www.nhs.uk](http://www.nhs.uk)



# Altrient®

# VITAMIN C HAS EVOLVED



GIVE YOURSELF TRUE LIPOSOMAL ADVANTAGE WITH AWARD WINNING, CLINICALLY TESTED ALTRIENT LIPOSOMAL VITAMIN C. USING CUTTING-EDGE TECHNOLOGY TO DELIVER MAXIMISED ABSORPTION TO SUPPORT YOUR IMMUNE DEFENCE AND SKIN.

SHOP: [WWW.ABUNDANCEANDHEALTH.CO.UK](http://WWW.ABUNDANCEANDHEALTH.CO.UK)

Instagram: @altrient\_official | #CFORYOURSELF

10%  
OFF  
+ FREE SHIPPING  
USE CODE:  
LIZLOVES

Perfected & patented by  
LivOn Labs since 2004.



Sugar Free



Vegan



Gluten Free



GMO Free



# THE JOY OF THE JAB

Vaccine Experience by **Reg Starkey**  
Editor of **Health Triangle Magazine**

One of the great gifts of growing old in London is the Freedom Pass. Another is priority in getting one of the new vaccines against Corona virus. Between Christmas and New Year I was getting a little anxious that I had not heard from my GP. Had he deregistered me as I had not been in to see him for a year or so? Should I be assertive and phone the Surgery to make sure I was not forgotten? I was still mulling this dilemma when, out of blue, on Thursday Jan 7, I received a friendly call offering me a slot on Saturday morning in Richmond itself. I agreed joyfully, although I always find being called Reginald rather than Reg is slightly off-putting...

▲ **Yoga with Kino**

## Mental Health on the Yoga Mat

by **Kino MacGregor**

My latest episode of **Yoga Inspiration** was a special one. I interviewed two of my favorite fellow yogis, Henry Winslow and Veronica Lombo, and discussed some very important questions.

Veronica shares her experiences battling with mental health on the mat. For her, it wasn't necessarily about attaining physical perfection or mastering the asanas. Veronica wanted to return to the home within herself and reconnect with her body.

Yoga is a spiritual experience, and Veronica discusses how being an empath impacted her yoga practice, her mental health, and inspired her healing journey...





# PET ENRICHMENT: PETS GET BORED TOO!

by Julie Hill



## FOOTNOTES

### Keep Your Feet Warm by Peter Allton

Do you suffer from chilly feet? Can your feet feel chilled to the bone?  
Do you wince when your loved one joins you in the bed?

**D**o you dread the long winter months? February can be really cold here in the UK and although it's the shortest month it can still feel like it is dragging on with freezing mornings of scraping the ice off the car and that feeling that the Spring will never arrive. It's still dark before you get home, the trees are still bare, the summer clothes are well and truly packed away and if you wear glasses you're constantly having to demist them as you walk into a shop [especially whilst wearing masks].

Yes it's winter time and all the above may cause some inconvenience and discomfort as we go about our daily lives but for many of us, we face a much greater concern as the winter draws in. This concern can actually

escalate to a threat if we have an underlying health issue. For example in the case of diabetes or peripheral arterial disease the cold can lead to more serious tissue damage which in turn brings with it the potential for a whole host of foot complications. So this month's article is designed on one level to help you keep comfortable this winter but on a whole different level to raise your awareness of how seriously it can affect your feet and to give you some solutions to help keep your feet warm and so safe.

You can also watch a video of a *facebook live* I did as part of International Keep your feet month by going to the *facebook page* - [undefeeted.org](https://www.facebook.com/undefeeted.org) and looking for the Keep your feet warm...

ANXIETY



by Shelley Chapman

*Hi Ladies,*

**T**oday I'm going to talk about Anxiety. This can affect a lot of women, but you might not know that it's also a common 'symptom' associated with the menopause, or peri-menopause and because your hormonal profile is changing, a lot of you can suffer with all sorts of different feelings, both physical and emotional.

The peri-menopause stage is whilst you're still having periods (however distant apart they are). You're not seen to be in the menopause, or post-menopause (to be exact) until your periods have stopped for at least 12 months, although 18 is a safer bet, as some women have fallen pregnant thinking they were 'safe'.

It's important to keep up regular visits with your Doctor, just in case anything isn't menopause related so that you can nip it in the bud. Because this stage can last for a few years, your hormones will be all over the place and it's not easy for Doctors to definitely say (normally via a blood test) that things are due to the menopause.

I'm going to be covering a lot of the most common symptoms here, in this magazine, so you have an idea what to expect and aren't so worried when, or if you experience any of them and the Doctor isn't able to confirm that you're peri-menopause...



**The Entrepreneurial  
Personal investment =  
Guaranteed Profits**  
(it's a universal law)

# The **Diabetes** Sweet spot

From me to you this **Valentine's day SWALK**

by **Peter Allton**

**I**t's the month of Romance and Valentine's day is for many the thing that comes to mind as February approaches. For others it's the month they finally give up on their New Years resolutions and for others it gives a glimmer of hope that Spring is on its way with perhaps the first snowdrops of the year heralding the imminent arrival of daffodils and multi-coloured tulips where each colour competes with the others to stand out and be noticed. As I write this we are moving through January into February and enduring yet another lockdown and I can't help reflecting on the beauty of last spring during the first lockdown jogging in our local park and looking forward once more to loving the colours of new life accompanied by the incredible bird song.

I wonder are you someone who prefers a whole flower-bed of say red, yellow, pink or maybe white tulips or do you prefer to gaze upon a sea of all different colours. I often wonder at the amazing creativity and design that went into each of these delicate flowers and creatures that coinhabit this Earth with us.

It is said beauty is in the eyes of the beholder and thank goodness we are all different and have different likes and dislikes. I sense some of you wondering where am I going with this so let me share with you how I believe that the month of Love can be a turning point for your journey with Diabetes.

What I am going to be sharing is no new revelation and will probably upset some of you but also has the power to transform the lives of any of you for the better. I know some of you will likely be switching off now and I'm not trying to bible bash but to just ask "so what if there's some truth in it".

The Bible teaches that God is Love and that we should love our neighbour as ourselves. I haven't the space here [ I get in trouble with the editor for submitting long articles late anyway] and this is not the platform to look into what the Bible says love is and how it relates to God [but do check it out sometime]. One final principle of Jesus is that God does not live in a building but within his people and for those of us who believe that



Subscribe to the current & all previous issues by clicking **HERE**



**Self Care**  
**Dementia**

**Podiatry**

**Addiction**

**Wellbeing**

**Menopause**

**Grief & Loss**

**Poetry Corner**