

Health Triangle

The official e-mag of
UK Health Radio



Health Focus
*Parkinson's
Disease*

**The 5
Spiritual
Causes of
Low Back
Pain**

Menopause
Why can't I
Sleep?

**Is Histamine
The REAL Pandemic?**

**4
EASY WAYS TO
IMPROVE YOUR
DOG TRAINING**

When
gratitude
can be
HARMFUL
by Chrissy B



“Life is a divine adventure.”

– Lailah Gifty Akita –

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Health
Triangle

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Editor's Note:

This Month ▲

“LEARN FROM YESTERDAY, LIVE FOR TODAY,
HOPE FOR TOMORROW.”

These words are attributed to Albert Einstein and his conclusion is this: “The important thing is not to stop questioning.”

Welcome to the latest edition of Health Triangle Magazine! It comes at what we hope is the beginning of the end of Lockdown, notwithstanding the threat of a Third Wave. Here we offer you an abundance of wise words on everything from Parkinson's disease to pets, from chickweed to cancer, from diabetes to discretionary time, from annual awards to art therapy, from spirituality to sobriety, from podiatry to poetry, from current mental health to black and white movies. And much, much more. This is a bumper issue full of big ideas - like the downside of inappropriate gratitude and the power of reframing “Why me?!” into “What next?” Happy reading! Remember, reality resides in words...

Reg Starkey
Editor

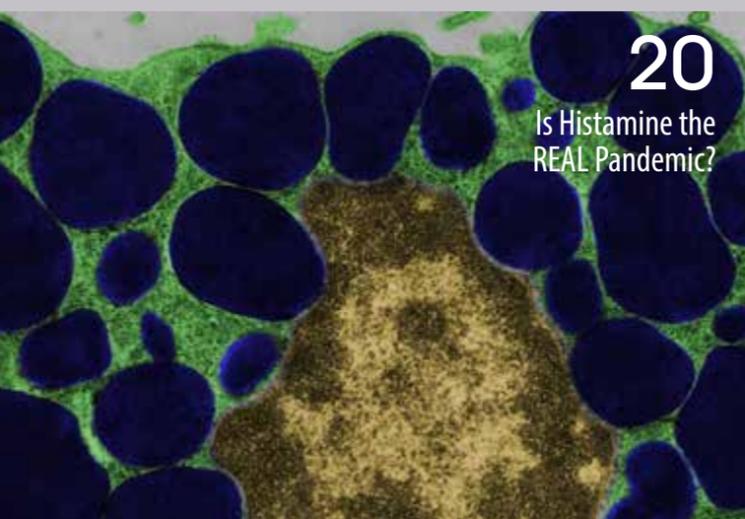




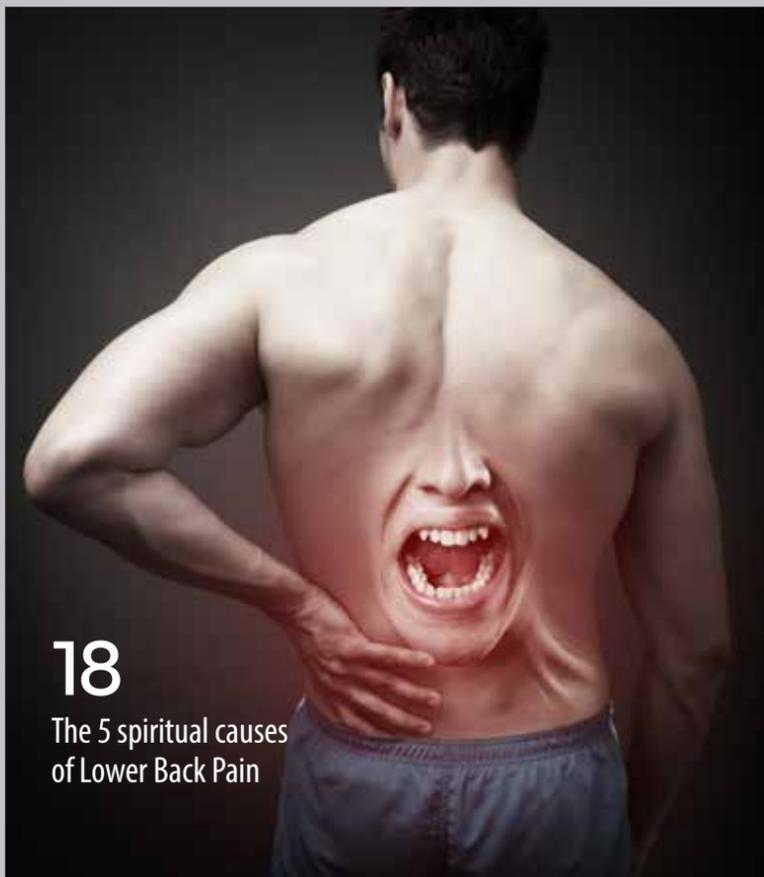
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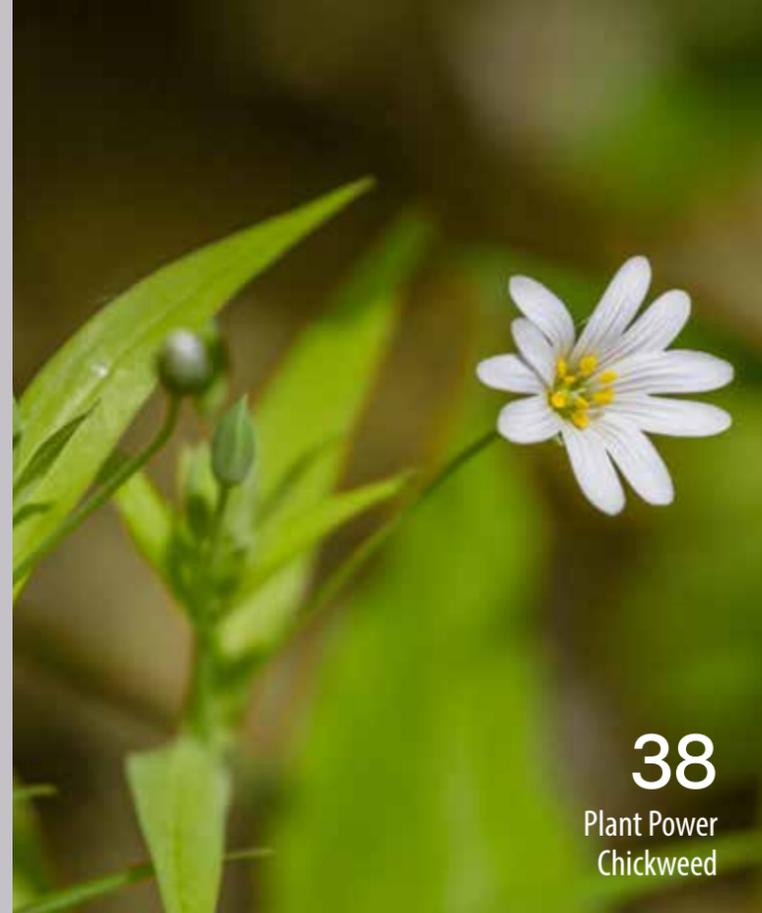


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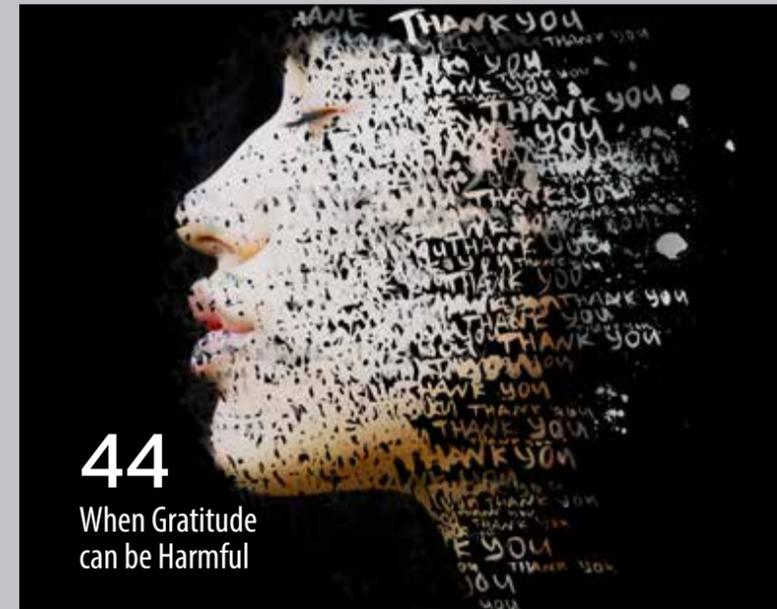
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Parkinson's Disease

Parkinson's disease is a condition in which parts of the brain become progressively damaged over many years.

MAIN SYMPTOMS

- The 3 main symptoms of Parkinson's disease affect physical movement:
- tremor – shaking, which usually begins in the hand or arm and is more likely to occur when the limb is relaxed and resting
- slowness of movement (bradykinesia) – physical movements are much slower than normal, which can make everyday tasks difficult and result in a distinctive slow, shuffling walk with very small steps
- muscle stiffness (rigidity) – stiffness and tension in the muscles, which can make it difficult to move around and make facial expressions, and can result in painful muscle cramps (dystonia)

- These main symptoms are sometimes referred to by doctors as parkinsonism as there can be causes other than Parkinson's disease.

OTHER SYMPTOMS

Parkinson's disease can also cause a range of other physical and mental symptoms.

- **Physical symptoms**
- balance problems – these can make someone with the condition more likely to have a fall and injure themselves
- loss of sense of smell (anosmia) – sometimes occurs several years before other symptoms develop
- nerve pain – can cause unpleasant sensations, such as burning, coldness or numbness
- problems with peeing – such as having to get up

- frequently during the night to pee or unintentionally peeing (urinary incontinence)
- constipation
- an inability to obtain or sustain an erection (erectile dysfunction) in men
- difficulty becoming sexually aroused and achieving an orgasm (sexual dysfunction) in women
- dizziness, blurred vision or fainting when moving from a sitting or lying position to a standing one – caused by a sudden drop in blood pressure
- excessive sweating (hyperhidrosis)
- swallowing difficulties (dysphagia) – this can lead to malnutrition and dehydration
- excessive production of saliva (drooling)
- problems sleeping (insomnia) – this can result in excessive sleepiness during the day

• Cognitive and psychiatric symptoms

- depression and anxiety
- mild cognitive impairment – slight memory problems and problems with activities that require planning and organisation
- dementia – a group of symptoms, including more severe memory problems, personality changes, seeing things that are not there (visual hallucinations) and believing things that are not true (delusions)

SEEKING MEDICAL ADVICE

See a GP if you're concerned that you may have symptoms of Parkinson's disease. They'll ask about the problems you're experiencing and may refer you to a specialist for further tests.

CAUSES OF PARKINSON'S DISEASE

Parkinson's disease is caused by a loss of nerve cells in part of the brain called the substantia nigra. This leads to a reduction in a chemical called dopamine in the brain.

Dopamine plays a vital role in regulating the movement of the body. A reduction in dopamine is responsible for many of the symptoms of Parkinson's disease. Exactly what causes the loss of nerve cells is unclear. Most experts think that a combination of genetic and environmental factors is responsible. It's thought around 1 in 500 people are affected by Parkinson's disease. Most people with Parkinson's start to develop symptoms when they're over 50, although around 1 in 20 people with the condition first experience symptoms when they're under 40.

Men are slightly more likely to get Parkinson's disease than women. Although there's currently no cure for Parkinson's disease, treatments are available to help reduce the main symptoms and maintain quality of life for as long as possible.

These include:

- supportive treatments, such as physiotherapy and occupational therapy
- medication
- in some cases, brain surgery

You may not need any treatment during the early stages of Parkinson's disease, as symptoms are usually mild.

But you may need regular appointments with your specialist so your condition can be monitored.

As the condition progresses, the symptoms of Parkinson's disease can get worse and it can become increasingly difficult to carry out everyday activities without help.

Many people respond well to treatment and only experience mild to moderate disability, whereas the minority may not respond as well and can, in time, become more severely disabled.

Parkinson's disease does not directly cause people to die, but the condition can place great strain on the body, and can make some people more vulnerable to serious and life-threatening infections.

But with advances in treatment, most people with Parkinson's disease now have a normal or near-normal life expectancy.

DIAGNOSIS

No tests can conclusively show that you have Parkinson's disease. Your doctor will base a diagnosis on your symptoms, medical history and a detailed physical examination.

Your GP will talk to you about the problems you're experiencing and may ask you to perform some simple mental or physical tasks, such as moving or walking around, to help with the diagnosis.

In the early stages, your GP may find it difficult to say whether you definitely have the condition because symptoms are usually mild.

REFERRAL TO A SPECIALIST

If your GP suspects Parkinson's disease, you'll be referred to a specialist...



FOOTNOTES

Happy Easter

Heel Pain - what's it got to do with Easter

by Peter Allton

Firstly because Podiatrists around the UK are promoting a campaign in the run up to Easter called **#PodsHealHeels** - more about that later.

And secondly because you may not realise it but Heel pain is central to the Easter story. For many Easter is a time that we think of chocolate eggs and bunnies and more chocolate eggs. Often spring flowers adorn the cards we give to loved ones and for some of us the cross of Jesus is central to the importance of the season. The cross of easter is empty just 2 pieces of wood forming the symbol central to the Christian faith. This is to remind us that although Jesus did die on the cross, he rose again.

As a Christian Easter is not just about worshipping the risen Jesus it's also a time of personal reflection and a reminder of just what He did for you and me. Anyone who watched Mel Gibson's Passion of the Christ can't fail to appreciate all he suffered for us.

What has this got to do with Heel pain you are probably wondering.

Being medically trained as a Podiatrist I have always been struck by an image I found of an archaeological find back in 1968 of a 2000 year old heel bone. What is so special about it is not that it is an old bone but that running through it is a rough iron nail that once pinned its owner to a cross when he was crucified in a similar manner to Jesus...

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The 5 Spiritual Causes of Low Back Pain

by **Catherine Carrigan**
Medical intuitive healer
Amazon number 1 bestselling author
Host of the **Natural Healing Show** for
UK Health Radio

You go to the orthopedist, physical therapist, personal trainer, chiropractor, yoga teacher, massage therapist, acupuncturist, Rolfer, Reiki master, Pilates instructor and everyone else you think might help you with your low back pain but still, you hurt.

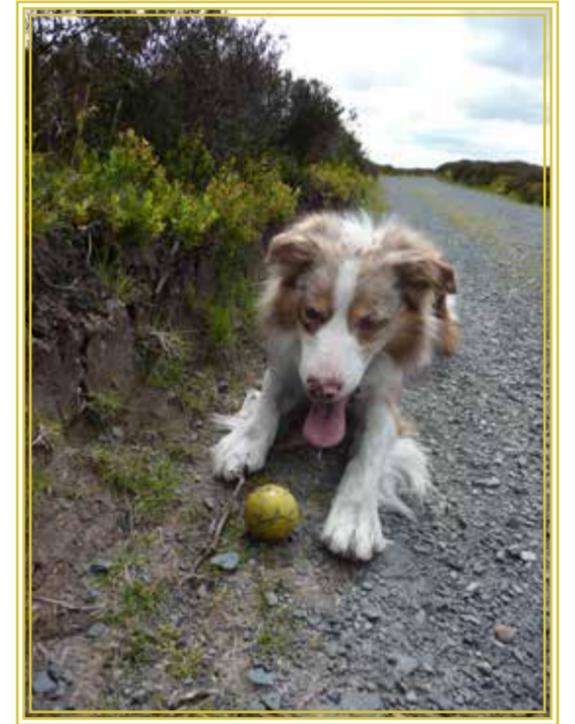
What's going on?

Whenever I do a medical intuitive reading, I read what I refer to as the five levels of healing:

- Your Physical Body
- Your Energetic Body
- Your Emotions
- Your Mind
- Your Soul ...

4 Easy ways to improve your Dog Trainings

by **Julie Hill**



A ball can be used as a reward in training



Keep clear in your mind what you want your dog to do

Training your dog carries many advantages – for both of you – but it can be frustrating. These simple tips will have you performing optimally, and also develop and strengthen your bond.

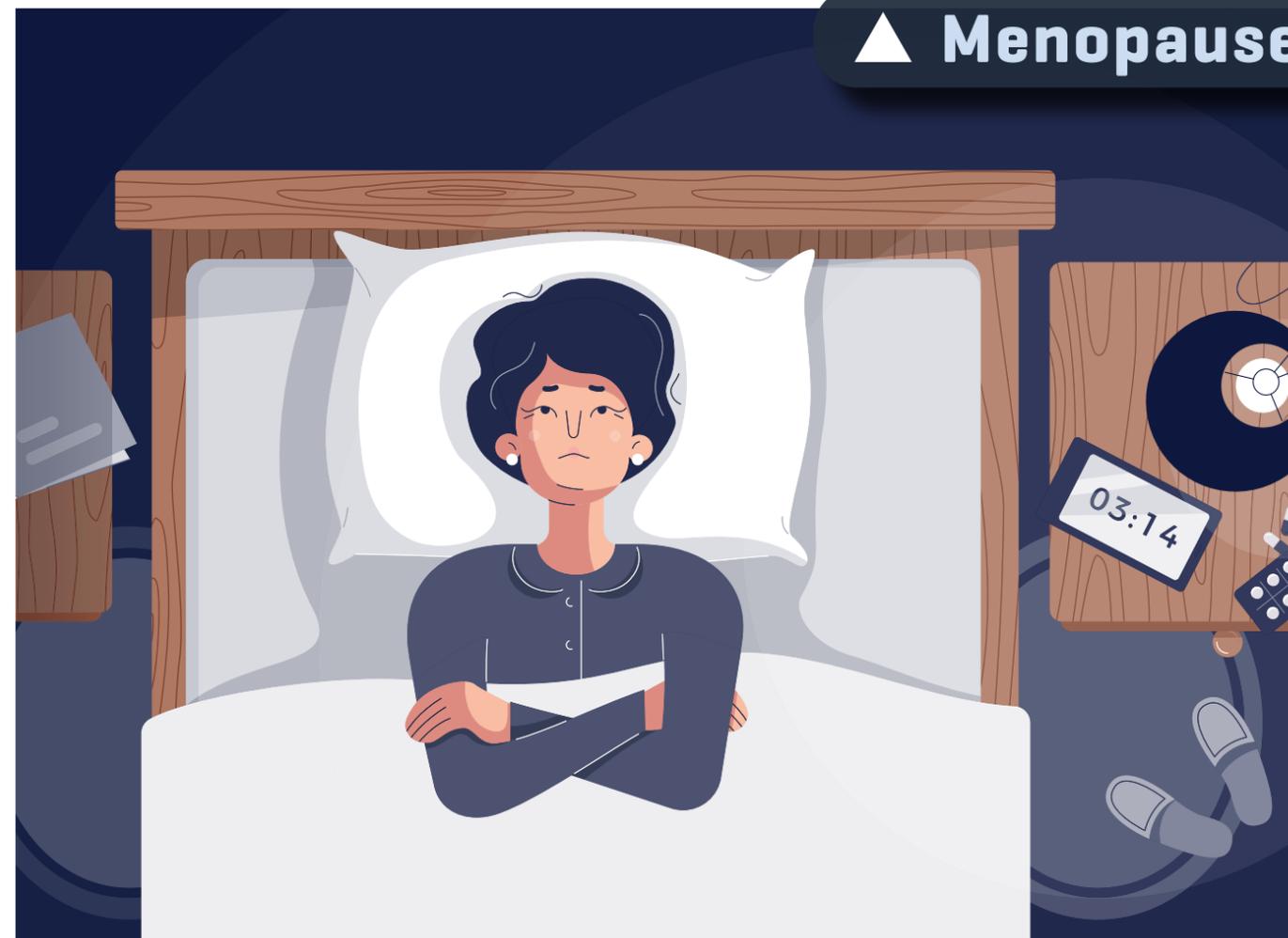
1. COMMUNICATE CLEARLY TO YOUR DOG

This may seem obvious, but your dog doesn't speak English – or French, German or any other language. No word has innate meaning for any dog until we attach meaning for them by teaching them the behaviour we expect when we say the word, and rewarding them when they perform it.

Find out what your dog takes most notice of – does he respond well to verbal commands, does he react better to hand signals, or is he quickest to obey a whistle blast? Don't despair, keep trying to get the line of communication open, and you'll find a way to convey what you want...



*Great Awakening
Your Stages of
Awakening*
from Divine Life Yogini



Why Can't I
SLEEP?

by Shelley Chapman

Hi Ladies,

Why is it, that when we start the menopause, a lot of us can't sleep? Either tossing and turning or not being able to get back to sleep once we're awake... We're exhausted! This is happening because of the hormonal chang-

es that our body's going through, where our ovaries gradually decrease their production of Oestrogen and Progesterone [this being our sleep-promoting hormone] and that makes it hard to fall asleep. Plus, our thoughts get bigger and louder and that prevents us falling to sleep too...



Yoga and the Two Wolves

by Kino MacGregor

I may not be a scientist, but I love yoga, and I'm interested in the elements of yoga that can be studied and verified by rational, scientific means. Yoga has the power to re-train our brains and our bodies, giving you the power to lay the foundations for more evolution of consciousness. To visualize this, I want you to remember the Native American proverb of the two wolves. As the story goes, there are two wolves living in each of us – the wolf of hate...



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