

Health Triangle

The official e-mag of
UK Health Radio



Health Focus
TIPS ON
PREPARING
FOR EXAMS

RUNNING FOR
WEIGHT LOSS?
3 TIPS TO HELP
YOU GET RESULTS

by Natalia Kotowska

Gestational
Diabetes

WHY WAIT FOR
CANCER WHEN
YOU CAN
PREVENT IT?
THE 10
STEP GUIDE

by Dr Wafaa Abdel-Hadi

Thyroid
Champions
in May!

Why
Vitamin C
is so
Important!



“The greatest wealth is health.”

– Virgil –

UK Health Radio's e-magazine
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Health
Triangle

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Editor's Note:

This Month ▲

“ROUGH WINDS DO SHAKE THE DARLING BUDS OF MAY”

Shakespeare's words seem particularly relevant as we continue to navigate the challenging transition out of Lockdown. Our feature writers focus on the unchanging elements of life on life's terms, from parsley to podiatry, from in-depth understanding of a variety of issues to integrative oncology, from gestational diabetes, to good practice in body and soul. You will find many of your favourite contributors together with some new faces sharing their insights in their own special fields of expertise. However complicated life may appear to you to be, dear reader, it has a habit of continuing regardless, relentlessly repeating its learning opportunities and inviting us to seek individual enlightenment. Outstanding results always depend on in-depth understanding but from time to time we need to recognise the law of diminishing returns whether we are revising for exams or running too far too fast. Diet, exercise and self-care remain the essential elements of our personal responsibility to be the healthiest that we can be, while we share our world with others on a daily basis. Together we all trudge the road of happy destiny!

Reg Starkey
Editor





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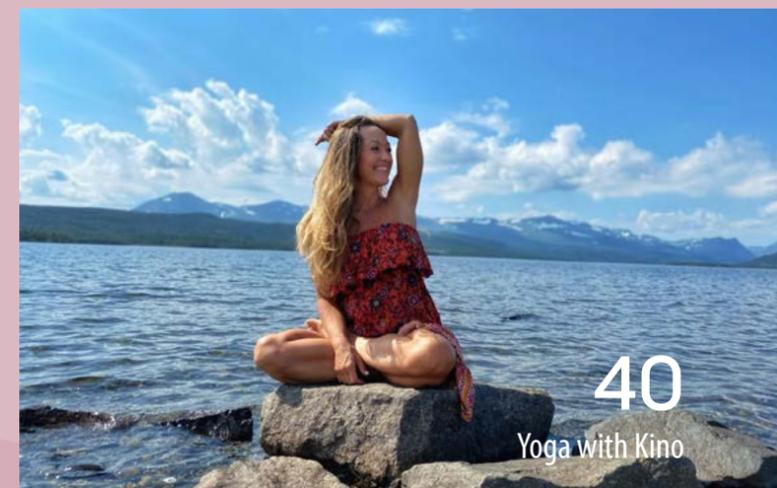


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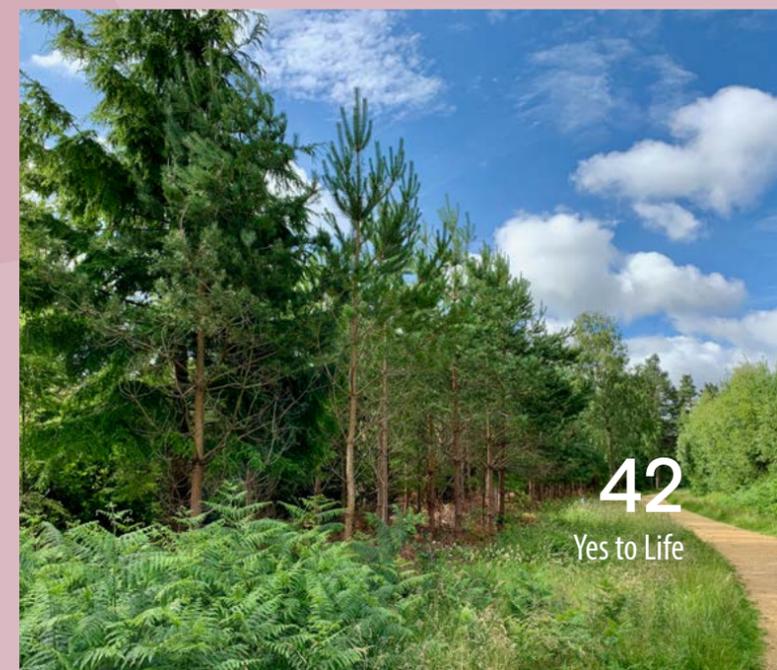
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Tips on preparing for EXAMS

Help for teenagers, young adults and students.

Being well prepared for your exams is the best way to overcome stress and anxiety, and gives you the best chance of getting good grades.

REVISION TIPS

- **Make a realistic revision schedule.** Work out how much you have to do and the time you have to do it in, then break it down into manageable chunks. Aim to do a few hours of revision each day, and mix up your subjects so you do not get bored.
- **Find a revision style that suits you.** Studying alone in a quiet room suits some people, but not everyone likes working in silence. Try playing music quietly in the background, or revising with a friend (but do not let them distract you!).
- **Customise your notes to make them more personal.** Experiment with colour coding, notes on post-cards, diagrams or whatever helps you learn your topic.
- **Make sure you understand everything.** If you come across something you do not understand, try to find a new source of information that will help you understand it. Just memorising it will not help you in your exam. Do not be afraid to ask your teacher or a friend for help if you need it.
- **Look at past exam papers.** It means you can familiarise yourself with the layout and type of questions you'll be asked. Practise completing exam papers in the set time limit to improve your exam technique.
- **Take regular short breaks.** Studying for hours and hours will only make you tired and ruin your concentration, which may make you even more anxious. A break every 45 to 60 minutes is about right.

- **Reward yourself.** For example, you could take a long bath or watch a good movie once you have finished your revision session.
- **Do something physical.** When you're not revising, use your spare time to get away from your books and do something active. Exercise is good for taking your mind off stress and keeping you positive, and it will help you sleep better.
- **Ask for help.** If you're feeling stressed, it's important to talk to someone you trust, such as a family member, teacher or a friend. Lots of people find exams difficult to deal with, so do not be embarrassed to ask for support.

HOW TO HANDLE EXAM DAYS

- **Be prepared.** Start the day with a good breakfast, and give yourself plenty of time to get to the exam hall. Remember to take everything you need, including pencils, pens and a calculator. A bottle of water and some tissues are also useful.
- **Take a few minutes to read the instructions and questions.** Then you'll know exactly what's expected of you. Ask an exam supervisor if anything is unclear – they're there to help you.
- **Plan how much time you'll need for each question.** Do not panic if you get stuck on a question, but try to leave yourself enough time at the end to come back to it.
- **Once the exam is finished, forget about it.** Do not spend too much time going over it in your head or comparing answers with your friends. Just focus on the next exam instead.





Why Vitamin C is so important ✓

BENEFICIAL EFFECTS OF VITAMIN C (ASCORBIC ACID)

Vitamin C is an important oxidising agent and plays many important roles in good health conditions, wound healing and healthy gums. The human body cannot produce it, therefore everyone needs to take this vitamin in the diet to enjoy its properties that are present in citrus fruits, strawberries, green leafy vegetables, etc. Low dietary intake and limited storage of Vitamin C in the body are the major reasons of hypovitaminosis C. The requirement of Vitamin C increases due to

various environmental, social and health factors like pollution and smoking (because it protects against harmful effects of free radicals), infectious or chronic or inflammatory diseases. Therefore, it is important to ensure the required intake of Vitamin C especially in elderly and high risk people (who are prone to deficiency of Vitamin C), for strong immune system and resistance to different infections, to prevent anaemia, muscle breakdown, narrowing of blood vessels and neurotic problems.

IMMUNITY ✓

Vitamin C is a cofactor of many enzymes involved in the biosynthesis and gene expression regulation; therefore, it coordinates the various processes of defence [immunity] in the body.

Generally, Vitamin C has multiple positive effects on the natural and acquired immunity because this is a strong antioxidant agent. This protects the body from external and internal oxidative stress by reducing harmful effects of free radicals. During infection, Vitamin C in the body boosts the defence system by facilitating the migration of defence cells to the site of infection and killing of invading or infection causing microbial cells. Simultaneously, Vitamin C protects the body from damages in following ways:

1. Neutrophils are the white blood cells which are involved in natural immunity of the body. Vitamin C facilitates the programmed death of the neutrophils in order to avoid the harmful effects of contents or products of neutrophils on the surrounding tissues and also the clearance of dead neutrophils by macrophages.
2. By facilitating the function of macrophages [white blood cells] i.e. killing and removing microorganisms and neutrophils and also activating other immune cells.

In case of severe deficiency of Vitamin C, immunity drops and the body becomes more susceptible to sickness due to higher chances of acquiring infections. In acute infections vitamin C reserves of the body are depleted due to increased metabolic activities. Research data supports that Vitamin C supplementation is beneficial in preventing and treating infectious diseases. For prevention of infections adequate intake is required while in the treatment of infections higher doses of vitamin should be taken to meet the increased metabolic needs in different diseases like atherosclerosis, common cold, macular degeneration, heart diseases, diabetes, cancer, glaucoma, cataract etc. Fortunately, toxicity of vitamin C is very rare in contrast to fat soluble vitamins.

SKIN ✓

The skin is the first line defence of the body and performs different functions. Vitamin C is very important for the healthy skin because this decreases the formation of pigmentation in the skin cells and protects everyone from damages due to ultraviolet radiations in the sunlight. Normally high concentrations of vitamin C are required for healthy functioning of the skin like, formation of skin barrier in outer skin and synthesis of collagen in the dermis i.e. inner layer of

skin, secondly counteraction of skin oxidation, anti-aging of wrinkles and growth of skin. Vitamin C reduces the chances of viral skin disease by improving body immunity and enhanced interferon activity in the body. This is important to know that the deficiency of vitamin C can aggravate skin allergies like atopic dermatitis and also causes other skin problems like porphyria cutanea tarda [PCT], acne, psoriasis, progressive purpura, and postherpetic neuralgia followed by herpes zoster. Vitamin C rich diet not only prevents from different skin diseases, cancer and tumour growth but also research is ongoing on the effectiveness of vitamin C in treatment of skin diseases. Topical preparations of Vitamin C are mostly safer for use; however, minor adverse reactions may occur due to oxidative changes of Vitamin C like itching, dryness, discolouration of skin etc. that can be minimised by using moisturisers.

FATIGUE ✓

In experiments, researchers induced Vitamin C deficiency and observed that depression develops as a first symptom of scurvy that is a haemorrhage disease that causes gums and skin bleeding due to Vitamin C deficiency; therefore fatigue and tiredness may be linked with deficiency of Vitamin C. Low levels of Vitamin C in the body impair work efficiency and supplementation can restore the pools in body and thus improves the quality of life. Vitamin C effectively reduces fatigue symptoms in hemodialysis patients. Vitamin C has significant pain relieving effects and delayed onset of muscle fatigue in vigorous physical activity by improving blood flow in capillaries i.e. smallest blood vessels. The mechanism, how Vitamin C regulates immune response in chronic fatigue syndrome is still not known.

METABOLISM PERFORMANCE ✓

Vitamin C also plays an important role in the normal body function and metabolic performance. It activates vitamin B and folic acid, helps in absorption of iron in the gut by converting iron in its absorbable form, converts cholesterol into bile and thus it lowers cholesterol levels in the blood and converts amino acids into neurotransmitters [tryptophan to serotonin].

www.goldmanlaboratories.com

Why Am I Putting On Weight?

by Shelley Chapman

Hi Ladies,

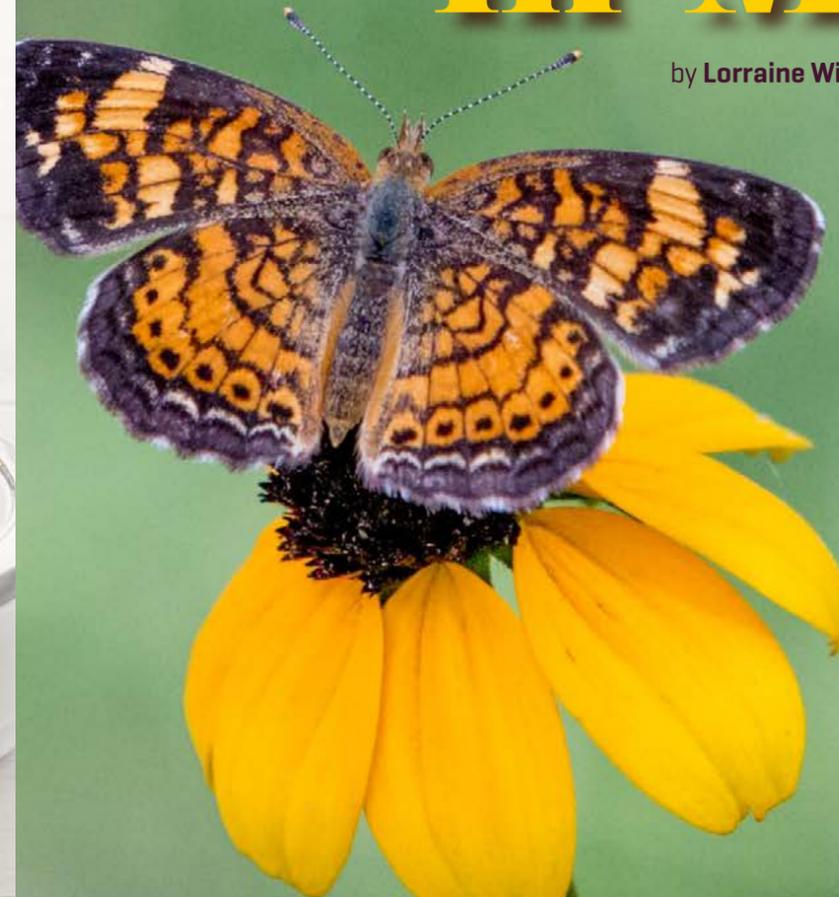
Why do we put on weight during the menopause when you're eating and exercise habits maybe haven't really changed since you were younger?

Our hormones start to alter and our metabolism starts slowing down from our late 30's onwards and we don't even realise it's happening, yet we keep eating the same as we've always done and wonder why we start to get a bit of a muffin top, when we've done nothing differently...



Thyroid Champions in May!

by Lorraine Williams



May 25th is **World Thyroid Day** and the start of International Thyroid Week. Thyroid disease affects more than 3 million people in the UK. The Thyroid Trust are organising lots of activities, including butterfly poetry picnics and runs, support events, webinars with thyroid experts. There is even a motion for thyroid patients in the Scottish Parliament called by Elaine Smith MSP: Thyroid Champions!

Your thyroid is a butterfly shaped gland in your neck. It produces hormones that affect every cell in your body and can cause all kinds of problems for both your body and your mind when it doesn't work properly.

When the thyroid doesn't produce enough hormones it results in hypothyroidism, which includes symptoms such as fatigue, muscle weakness, feeling cold, weight gain, cognitive deterioration and depression...

Image: Patrick Lookley



by Cindy Hurn

THE ENERGY OF THE Cut

With Spring in the Air, it's time to get busy with the garden clean-up. Grabbing my secateurs, I begin with the pruning. But as stems fall, I suddenly find myself questioning -

- Is this the right time?
- Am I cutting in the right place?
- Am I doing it right?

As I tend to garden more from instinct than with knowledge I hesitate. But not for long as what I lack in know-how I make up for in faith. Faith in my ability to know what to do and when to do it. As well, faith in Nature's resilience. So, with this trust, I carry on.

What does this teach me about the 'Energy of the Cut'?

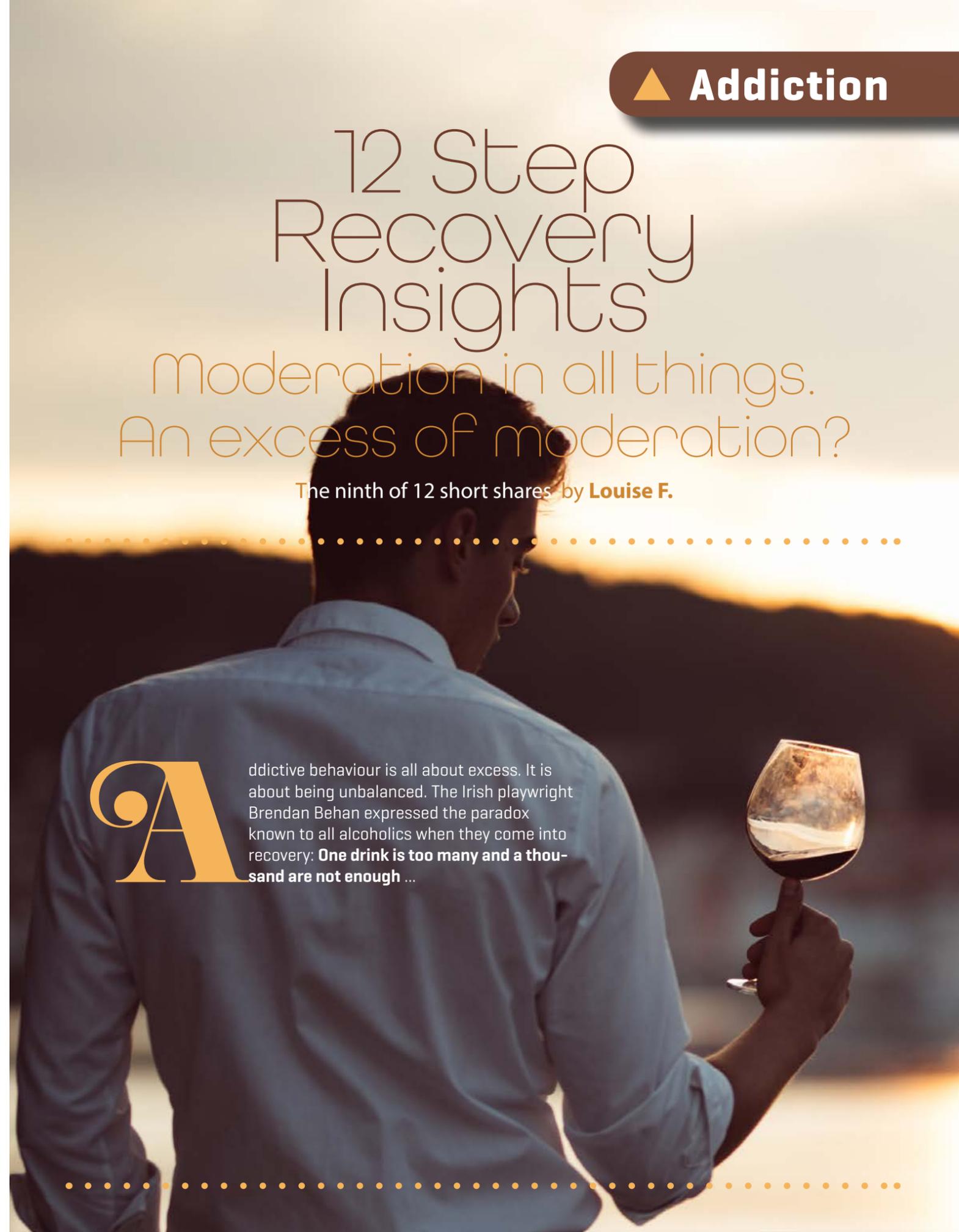
With each cut I alter growth direction. Now no longer following the same route energy pulls back, regroup,...

12 Step Recovery Insights

Moderation in all things.
An excess of moderation?

The ninth of 12 short shares by **Louise F.**

Addictive behaviour is all about excess. It is about being unbalanced. The Irish playwright Brendan Behan expressed the paradox known to all alcoholics when they come into recovery: **One drink is too many and a thousand are not enough ...**





Tennis Balls & the Wormhole into Tomorrow

by Julie Hill

Dog walks allow you plenty of time to think. I interact with my dog, sometimes I chat with other dog owners, but mostly, I think. I vary the activities I use to enrich the walk for Buddy – we do fun recalls, we practise obedience, we even bust a few heelwork-to-music moves if I'm sure there's no one else around. And, of course, we play that old classic, fetch.

Here again, I build in variety. Sometimes I ask him to sit and wait while I throw the ball, only releasing him to fetch it once it has landed, thus requiring him to concentrate. Other times, I walk off down the field leaving ...



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