

# Health Triangle

The official e-mag of  
UK Health Radio



Athlete's Foot  
Olympic edition

SUMMER TREATS

by Janey Lee Grace

Health Focus:  
Tendonitis

Frontotemporal  
Dementia

Chakras  
& Chakra  
Balancing

REGENERATE YOUR  
IMMUNITY  
REJUVENATE YOUR  
HEALTH

Is a tax on **SUGAR** enough?

“A lifetime of training for just ten seconds.”

Jesse Owens  
(USA Track & Field, 4-time Olympic gold medalist)

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Health  
Triangle

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Editor's Note:

## This Month ▲

“THE MOST IMPORTANT THING IN LIFE IS NOT THE TRIUMPH BUT THE STRUGGLE.”

After 18 months of Covid 19, the Olympic Games are running 12 months late. Covid continues to play havoc with last-minute Positive tests. But the Olympic principles are timeless: ‘The pursuit of excellence and the balance between body, will and mind.’ The latest edition of Health Triangle Magazine reflects these values: physical health, spiritual health and mental health. A balance between the extremes and the joy of absolute independence!

Poetry Corner this month is provided by someone with invisible disabilities, who struggles - and triumphs - on a daily basis. **Cindy Hurn** suggests that we need to see self-limiting beliefs as cages from which we can escape. **Danielle Sax** makes the case for accepting Life on Life's Terms and making the most of it. **Mike Dilke's** ‘Lockdown lessons’ include managing expectations and avoiding expectations managing you. Breaking News is a new feature. This one looks at a challenging ethical dilemma related to any state's attitude to babies with birth defects.

**Footnotes** cannot resist the opportunity to focus on Athlete's Foot! Remember, anything that can happen to a human being can happen to you. In the end, it is your attitude that matters most of all.

Reg Starkey  
Editor





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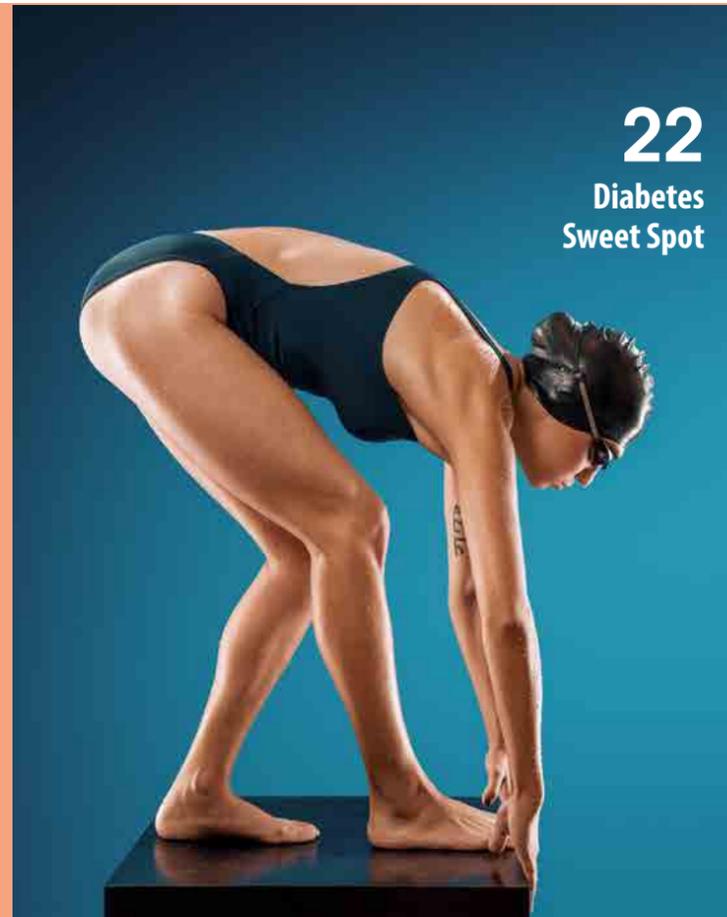
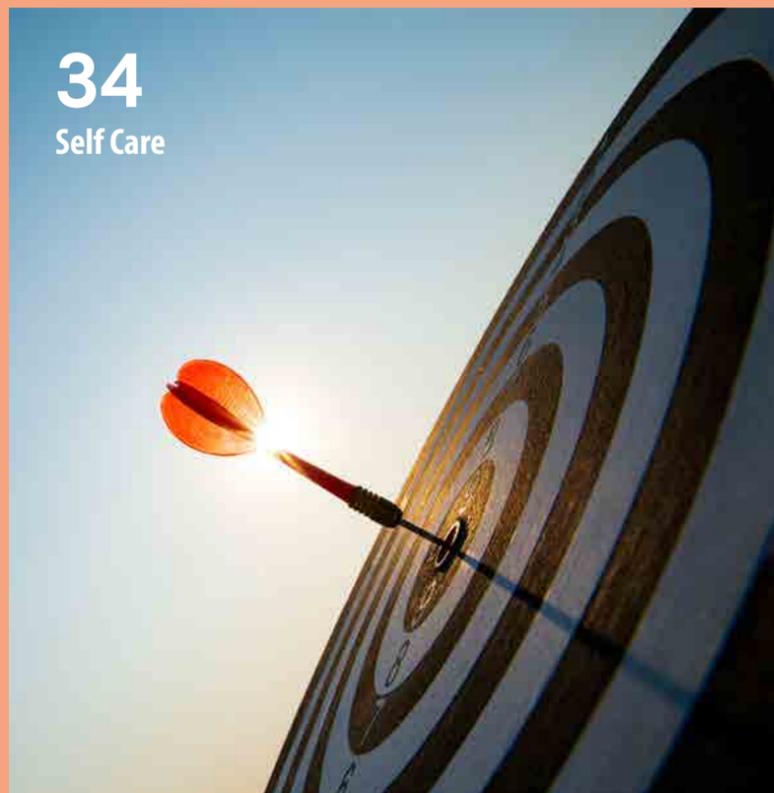
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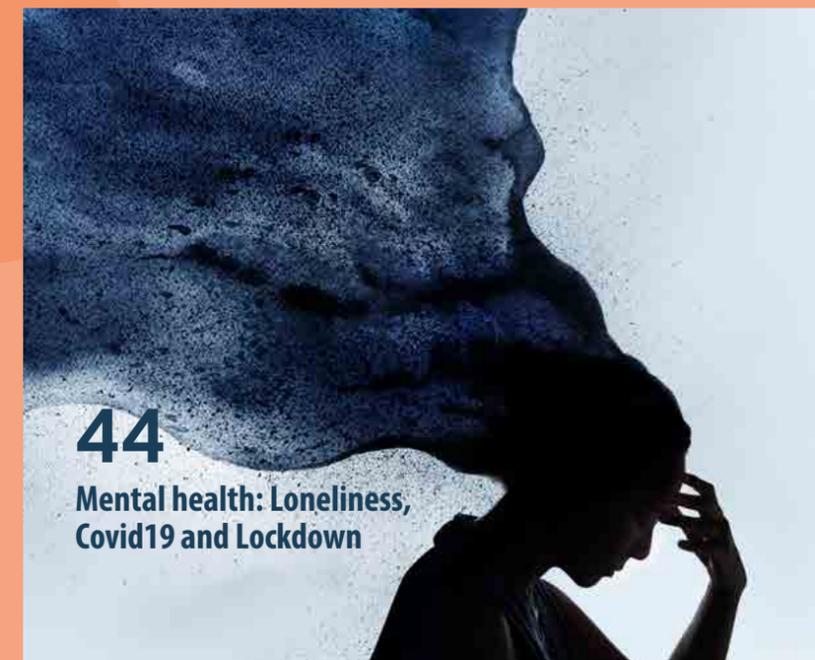
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# TENDONITIS

**T**endonitis is when a tendon swells (becomes inflamed) after a tendon injury. It can cause joint pain, stiffness, and affect how a tendon moves. You can treat mild tendon injuries yourself and should feel better within 2 to 3 weeks.

### HOW TO TREAT TENDONITIS YOURSELF

Follow these steps for 2 to 3 days to help manage pain and to support the tendon.

- **REST:** try to avoid moving the tendon for 2 to 3 days.
- **ICE:** put an ice pack (or try a bag of frozen peas wrapped in a tea towel) on the tendon for up to 20 minutes every 2 to 3 hours.
- **SUPPORT:** wrap an elastic bandage around the area, use a tube bandage, or use a soft brace. You can buy these from pharmacies. It should be snug, not tight.

It's important to take a bandage or brace off before going to bed.

When you can move the injured area without pain stopping you, try to keep moving it so the joint does not become stiff.

To help prevent further injury or pain, try to avoid:

- **heavy lifting, strong gripping or twisting actions that make the symptoms worse**
- **playing sports, until the tendon has recovered**

A pharmacist can recommend the best painkiller for you. Paracetamol and ibuprofen can help to ease pain. They may also recommend a nonsteroidal anti-inflammatory (NSAID) cream or gel you rub on your skin.

### SYMPTOMS OF TENDONITIS

There are tendons all over your body. They connect your muscles to bones in your joints, for example, in your knees, elbows and shoulders.

The main symptoms of tendonitis are:

- **pain in a tendon that gets worse when you move**
- **difficulty moving the joint**
- **feeling a grating or crackling sensation when you move the tendon**
- **swelling, sometimes with heat or redness**

Go to a minor injuries unit or a GP if:

- **your symptoms do not improve within a few weeks**
- **you're in a lot of pain**
- **you think you have ruptured (torn) a tendon**

If the pain is sudden and severe, and happened during an accident or activity, you may have ruptured a tendon. You might have heard a popping or snapping sound when the pain started.

If your tendon is ruptured, you may be referred to a specialist for assessment.

You may be referred to hospital for an X-ray or scan if your doctor thinks you may have another injury, such as a broken bone.

### TREATMENT FOR TENDONITIS FROM A GP

A GP may prescribe a stronger painkiller or suggest you use a NSAID cream or gel on your skin to ease pain.

If the pain is severe, lasts a long time, or your movement is limited, you may be referred for physiotherapy. You can also choose to book appointments privately. If physiotherapy does not help, you may be referred to a doctor who specialises in muscles and bones (orthopaedic specialist) or a local musculoskeletal clinic.

Some people with severe tendonitis may be offered:

- **steroid injections, which may provide short-term pain relief (this cannot be offered for problems with the achilles tendon)**
- **shockwave therapy, which may help with healing**
- **platelet rich plasma injections (PRP), which may help with healing**
- **surgery to remove damaged tissue or repair a ruptured tendon**

### PREVENTING TENDON PROBLEMS

Tendonitis is usually caused by sudden, sharp movements or repetitive exercise, such as running, jumping or throwing.

Tendonitis can also be caused by repetitive movements, or having poor posture or technique while at work or when playing a sport. This is known as repetitive strain injury (RSI).

You cannot always prevent tendonitis. But there are things you can do to help reduce the chance of a tendon injury.

#### DO

- **warm up before exercising and gently stretch afterwards**
- **wear supportive shoes for exercise, or insoles**
- **take regular breaks from repetitive exercises**

#### DON'T

- **do not over-exercise tired muscles**
- **do not start a new sport without some training or practice**
- **do not do the same repetitive exercises**

- Marjo

I am so grateful to experience the Scalar Energy Sessions. My hair had been thinning for two years and nothing helped. I even tried twice plasma needles which were painful but they didn't help at all.

The third quarter of Scalar Light Sessions I noticed the short new hair grow on my scalp. Also my hairdresser pointed it out to me. What a relief and joy these results are to me and I can so gladly recommend it to everyone who might have this problem.

“ Thank You Tom ”

## Testimonials

What do people say about Scalar Light?

“ I Highly Recommend ”

- Anita

Thank you Tom for taking the time with me and giving me the opportunity to enjoy difference. What you are doing is amazing and cutting edge. I experienced an expansiveness in my connective tissue body where pathogens form. I felt a sense of clearing and diffusing. I also feel an alignment of spirit, thought and feeling. Thank you and I highly recommend this.



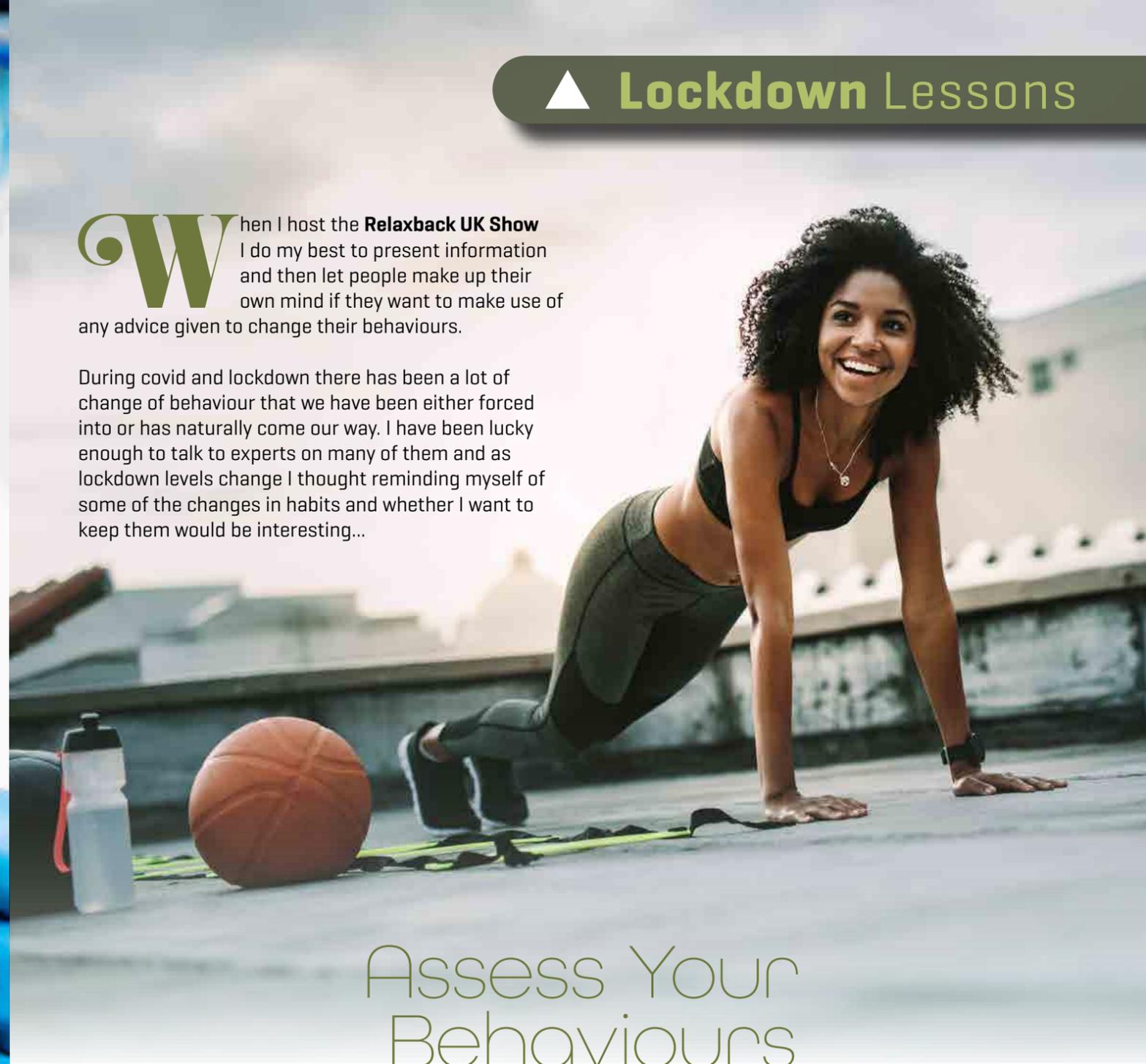
## NEW BLOOD TEST FOR THE DIAGNOSTICS OF Frontotemporal Dementia

**A** new study by researchers at the **University of Eastern Finland** shows for the first time that blood-based measurement of glial fibrillary acidic protein (GFAP) enables distinguishing patients with frontotemporal dementia from those with primary psychiatric disorders or healthy individuals.

**Frontotemporal Dementia** is the second most common cause of dementia in the working age population. It's diagnostics are complicated by the similar symptoms presented by patients with psychiatric disorders or other neurodegenerative diseases as well as the lack of reliable diagnostic tools for differentiating these patients from each other...

**W**hen I host the **Relaxback UK Show** I do my best to present information and then let people make up their own mind if they want to make use of any advice given to change their behaviours.

During covid and lockdown there has been a lot of change of behaviour that we have been either forced into or has naturally come our way. I have been lucky enough to talk to experts on many of them and as lockdown levels change I thought reminding myself of some of the changes in habits and whether I want to keep them would be interesting...



## Assess Your Behaviours Picked Up During Lockdown

by **Mike Dilke**  
[www.relaxbackuk.com](http://www.relaxbackuk.com)

# FOOTNOTES

## Athlete's Foot - Olympic edition

by Peter Allton



by Leaha Mattinson

## Regenerate Your Immunity and Rejuvenate Your Health

Whilst we enjoy the Olympic games watching athletes from across the world compete you might expect a good proportion of them to develop athletes foot. Yet the opposite is probably true and by the end of this article you should understand why. So why is this annoying and unpleasant and sometimes

even dangerous condition given this name and what is it. In this article I'll be answering those questions, debunking some of the myths and misconceptions around the condition and hopefully giving you a route to athletes foot free feet.

**It's a bacterial infection, can't I have antibiotics?** Athlete's Foot is not a bacterial infection but actually an...

Is a tax on

# Sugar

enough?

by Janey Lee Grace



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