

Health Triangle

The official e-mag of
UK Health Radio



Health Focus:
**WALKING
FOR HEALTH**

**Thoughts on
Drinking**
by Louise F.

Oc-TOE-ber
International
"Keep Your Feet" Month
by Peter Allton

**Why we better
put our Happiness
first** by Danielle Sax



**Diabetes
Corner**

**THYROID
MEDICINE IS
NOT ALL
THE SAME**

by Silvia de Sousa



“Autumn is a second spring when every leaf is a flower.”
Albert Camus

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CEO UK Health Radio
Johann Ilgenfritz

Editor
Reg Starkey

Creative Director
Raphaela Reeb-Ilgenfritz



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Editor's Note:

This Month ▲

“WALKING IS MAN’S BEST MEDICINE.”
HIPPOCRATES.

The Ancient Greek physician, who lived well over 2000 years ago, has been called the father of western medicine. He was keen on the benefits of walking for both body and mind. He said: “If you’re in a bad mood, go for a walk. If you’re still in a bad mood, go for another walk!” **Nietzsche** believed that the best thoughts come to us when we’re walking. The new edition is packed full with good ideas! This month our regular **NHS** feature focuses on the undeniable benefits of just 10 minutes brisk walking every day. If you can still sing while you’re doing it, it’s not brisk enough! Our very own foot expert, **Peter Allton**, devotes his footnotes this month to the importance to giving our feet the loving care and attention they deserve so that they can carry us well into the future. Life coach **Cindy Hurn** also waxes lyrical about the benefits of walking and connecting with all that nature is ready and willing to give us any time we choose to venture out. As the conkers start to fall from the chestnut trees this Autumn, we’d be bonkers not to enjoy the crisp fresh air and the wealth of beauty all around us. We invite you to read everything and then put your best foot forward: walk the talk!

Reg Starkey
Editor





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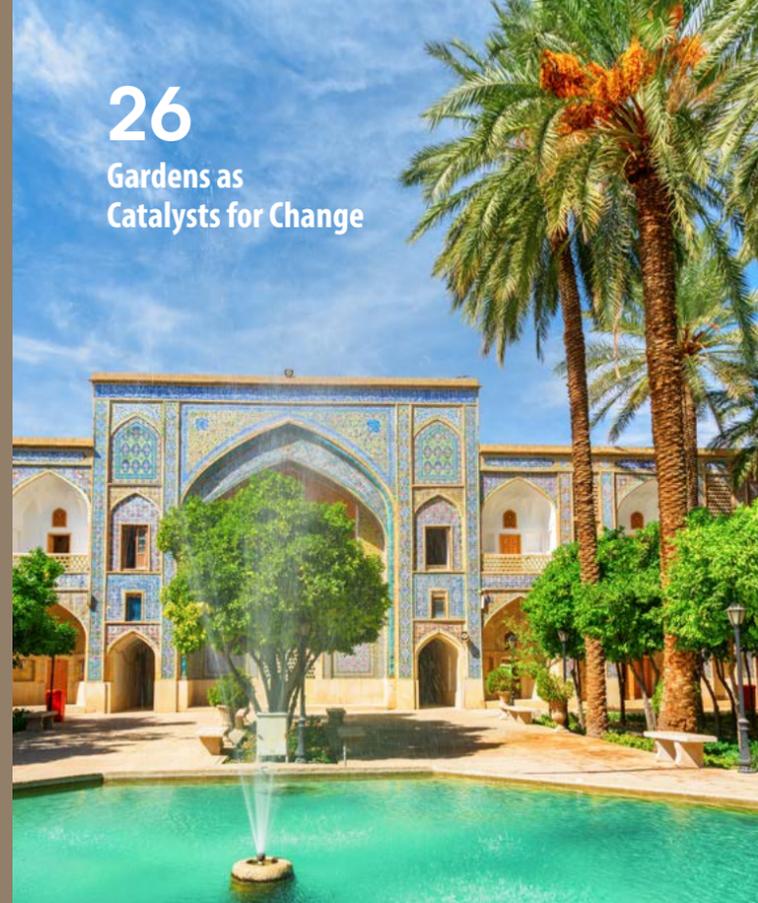
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WALKING FOR HEALTH

Walking 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.

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.

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

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.

Use the Active 10 app

Active 10 allows you to track how much and how fast you have walked.

To keep things interesting, it gives you goals to work towards and rewards your progress.

Download Active 10 from the NHS website

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.

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.

Why we better put our *Happiness* first

by Danielle Sax



It is clear that in our society we are conditioned to focus on the negative. Negativity bias is an established, scientifically supported idea that as humans we often pay more attention to the negative. In my practice clients often describe their well-being as the absence of negative things. But well-being is so much more than that. Of course, centuries ago, our reptile brain needed to be focused on danger to keep us alive in the wild, it protected us. Instead of focusing on what is not working well, which leads to unhappiness...

THYROID MEDICINE IS **NOT** ALL THE SAME

Standfirst/ How the UK and France have responded to thyroid patients' issues with levothyroxine

by Silvia de Sousa

Levothyroxine is a medicine used to treat hypothyroidism (under active thyroid). The thyroid is a small butterfly gland on our neck. The thyroid gland produces thyroid hormones (thyroxine – T4 and Triiodothyronine – T3) which regulate metabolism, the speed at which the body works. Too much thyroid hormones speed everything up, too few will slow everything down...





Thank you once again to **UK Health Radio** for being part of our **2021 Janey Loves Platinum Awards**, it's great to big-up some amazing brands and some incredible work in the natural organic and eco sector.

We broadcast our winners announcement live from **Hello Love** studio and vegan cafe in Bloomsbury, where we also had a non toxic pop up shop, it's the third year we have worked with the **Hello Beautiful** foundation charity, check out their amazing work.

Thanks to our sponsors AEOS organic skincare. Sea Arch botanical drinks, Tabitha James Kraan, Alcohol Explained (William Porter). Dr Bunmi Aboaba - Crystal & Rox and The Food Addiction Coach, The Taymount Clinic for digestive health, and CIC FAST, frontline assistance for stress and trauma.

The awards are about recognising the best in all that is good in holistic living, we celebrate not just skincare and beauty, but also health and wellbeing, mother and baby, home and garden, we even have a category for therapists, coaches and practitioners and one for

authors of wellbeing and spiritual books. Thanks to our judges too **Carrie Grant, Glynis Barber Jo Wood** and **Dr Marilyn Glenville**. Here's some highlights.....

Meet our Judges!

Jo Wood Janey Lee Grace

Dr Marilyn Glenville Glynis Barber Carrie Grant

www.platinumawards.co.uk

Thoughts on Drinking

by **Louise F.**

For most people in western cultures, drinking alcohol is just part of the social norm. The first taste is rarely attractive. It simply becomes an acquired taste, over time, part of a ritual. Mixers both dilute and take the edge off spirits. lagers can be sweetened with cordials to make them more palatable to young mouths. As people mature, they find the familiar easier to drink, unsweetened. Dry becomes a symbol of sophistication, sweet is considered altogether less cool...



The Diabetes Sweet Spot & FOOTNOTES Oc-TOE-ber International "Keep your feet" month

by Peter Allton



That's right this month sees the arrival of the second International Keep your feet month, chosen for multiple corny reasons, not merely the play on the month's spelling but also because it is the 10th month symbolising the 10 toes we want you to keep.

Many of you reading that headline are probably thinking thoughts along the lines of
 "How ridiculous - why do we need it"
 Or
 "What do you mean keep your feet- I'm hardly going to lose them-am I"
 Or
 "Surely we don't need another awareness month"

The simple answer to those thoughts is **"Every 20 seconds somewhere in the world a person is undergoing an amputation because of their Diabetes."**
 That's right - and if you do the maths, it means that since last Oc-TOE-ber over 1.5 million amputations will have taken place.

Stop for a minute and imagine what impact that would have on your life or your loved one's life. You may be forgiven for then thinking - "so its shocking but what good can it do anyway" or it won't happen to me -it's just people with extreme diabetes"

My answer to that is that most people never thought it would happen to them and most importantly **85% could have been prevented...**

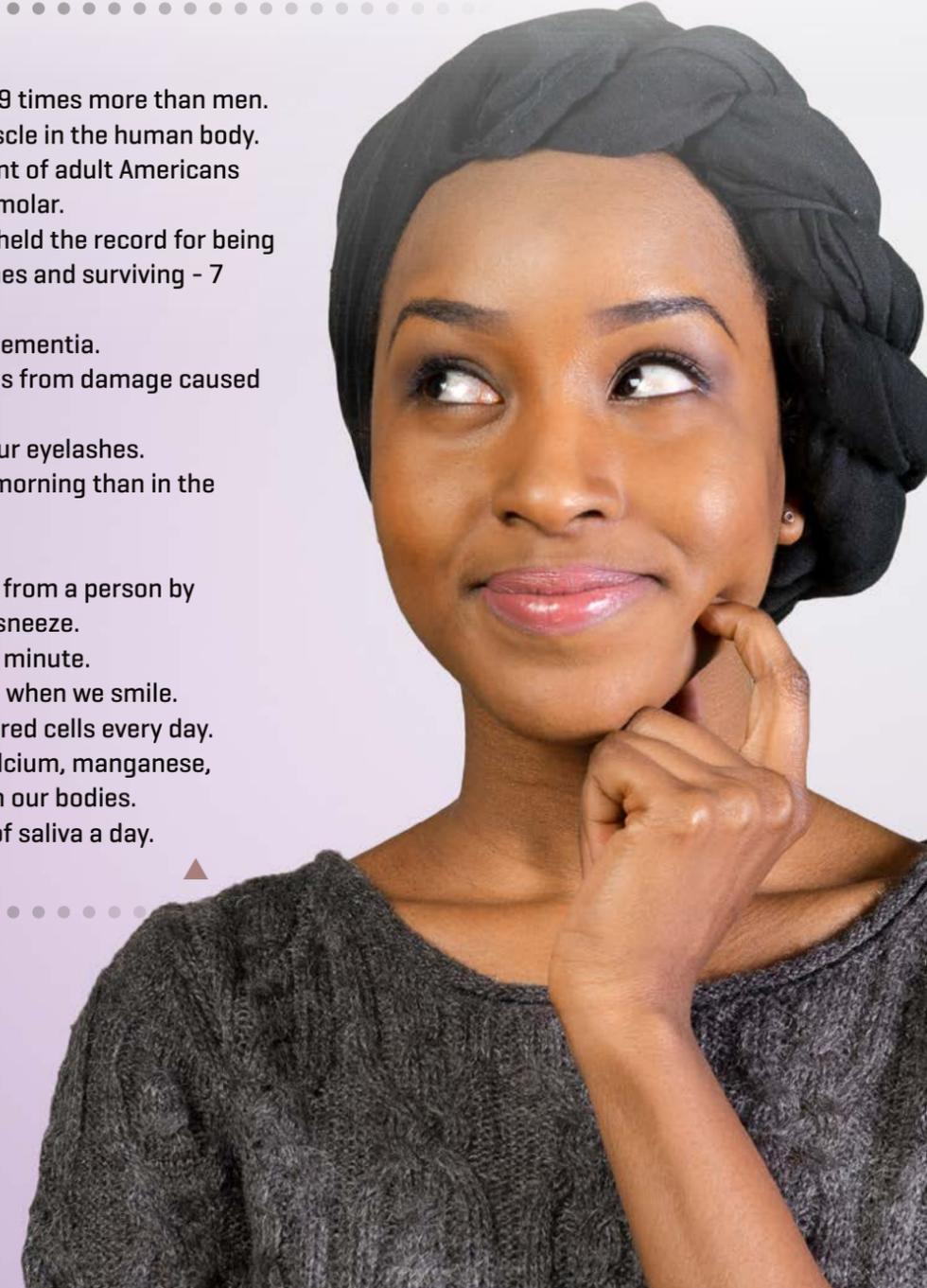
Medical Marvel Moments



by Amanda Thomas



1. The threshold pain of women is 9 times more than men.
2. The tongue is the strongest muscle in the human body.
3. Tooth decay has led to 60 percent of adult Americans losing their upper right, middle molar.
4. U.S. park ranger Roy C. Sullivan held the record for being struck by lightning the most times and surviving - 7 times between 1942 and 1977.
5. Vitamin C and E fights against Dementia.
6. Vitamin E protects the brain cells from damage caused by alcohol consumption.
7. We all have tiny mites living in our eyelashes.
8. We are about 1 cm taller in the morning than in the evening.
9. We are about 70 percent water.
10. We are more likely to catch cold from a person by shaking his hand than from his sneeze.
11. We breathe 13 pints of air every minute.
12. We exercise at least 36 muscles when we smile.
13. We give birth to over 200 billion red cells every day.
14. We have copper, zinc, cobalt, calcium, manganese, phosphates, nickel and silicon in our bodies.
15. We make around 1 to 1.6 litres of saliva a day.

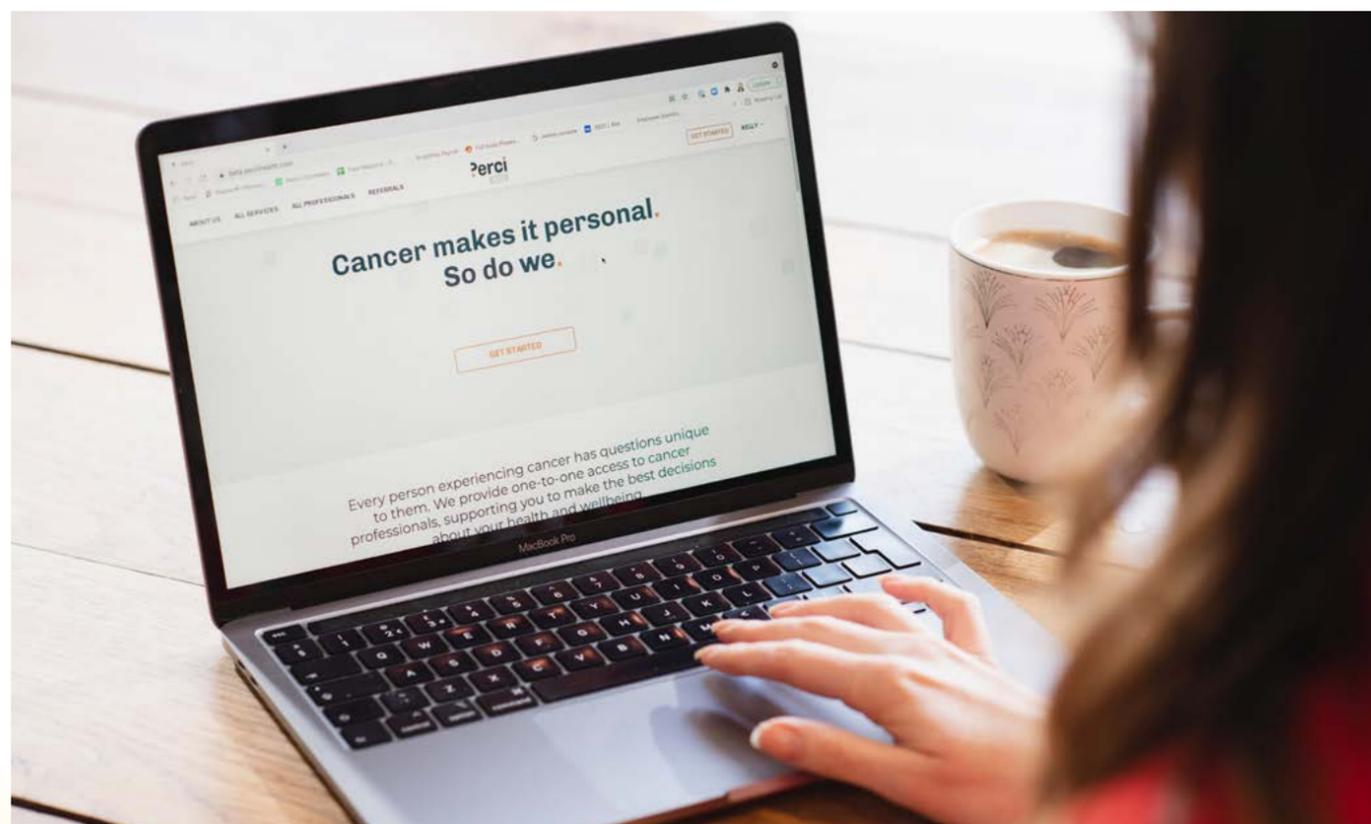


THE YES TO LIFE SHOW



by **Robin Daly**, Founder & Chairman, Yes to Life

This month we have an article by **Kelly McCabe**, recent guest on the Yes to Life Show, and CEO of the new initiative Perci Health, an online platform for people with cancer to access supportive therapies and services. Coming from where Yes to Life has stood for more than 15 years, campaigning on behalf of people with cancer for the integration of a broader range of cancer care modalities, one of the most exciting aspects of this new initiative is that it is underpinned by oncologists and surgeons, convinced of the need for such improvements in cancer care. Being met by a momentum for integration from within mainstream medicine is indeed very heartening and inspiring.



HELPING PEOPLE AFFECTED BY CANCER ACCESS THE SUPPORT THEY DESERVE

by **Kelly McCabe** CEO, Perci Health

One in two of us will be affected by cancer in our lifetimes. In recent years there have been significant advances in the screening and treatment of cancer, meaning almost 60% of people with a cancer diagnosis will now live for over ten years. However, people living with and beyond cancer need

a variety of specialist support, which traditional healthcare providers are not always well-equipped to provide, with long waiting times or a postcode lottery to access vital services such as psychological support, dietitians and physiotherapy.

At the same time, there is a growing evidence base for integrative therapies, such as targeted nutritional advice to lower people's risk of cancer returning, and to prevent other conditions such as diabetes and heart disease, and mindfulness/meditation practices to ...

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