

Health Triangle

The official e-mag of
UK Health Radio



Health Focus:
**SHOULD YOU CUT
OUT BREAD TO
STOP BLOATING?**

BREAKING NEWS

*Fertility falls
to an all-time low*

**Living a
Fabulous Life
after 50!**

by Jenni Russell

**Garden of
Eden Diet**

by Divine Life Yogini

**Diabetes
and the
upcoming
Flu Season**



**COMPLEMENTARY
THERAPY AWARDS 2022**

“Aging is an extraordinary process where you become the person you always should have been”
David Bowie

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Health
Triangle

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Editor's Note:

This Month ▲

SUN. REST. EXERCISE. DIET.
SELF-RESPECT. AND FRIENDS.

These are the six key life-affirming elements identified by the one and only Charlie Chaplin as his essentials for a healthy life. [He died in his sleep aged 88 so it worked for him!] This edition of Health Triangle magazine covers all six of these topics, with a special emphasis on exercise and diet - even Poetry Corner features carrots! Our regular **NHS** piece focuses on the common side effects of processed flour and gluten, while the **Divine Yogini** reveals her Garden of Eden diet with her reliably abundant positive passion. We recognise the renewed popularity of Botanicals and even our house ad for **UK Health Radio** relies on a strawberry and cream to illustrate its Big Idea! **Yes to Life** looks at the value of diet in dealing with cancer, considering both gender and ethnicity. Many contributors reflect the debilitating impact of the prolonged pandemic, including the lowest fertility rate since records began on the one hand and higher levels of drug and alcohol abuse on the other - sure signs of low-grade depression and a lack of self-respect. Motivation, movement and a belief in miraculous outcomes, you'll find them all in this issue, including news of the new **Complementary Therapy Awards**. Meanwhile morning sunshine on your skin will contribute to your Vitamin D. A good walk, with friends, every day, really will help you work, rest and play!

Reg Starkey
Editor





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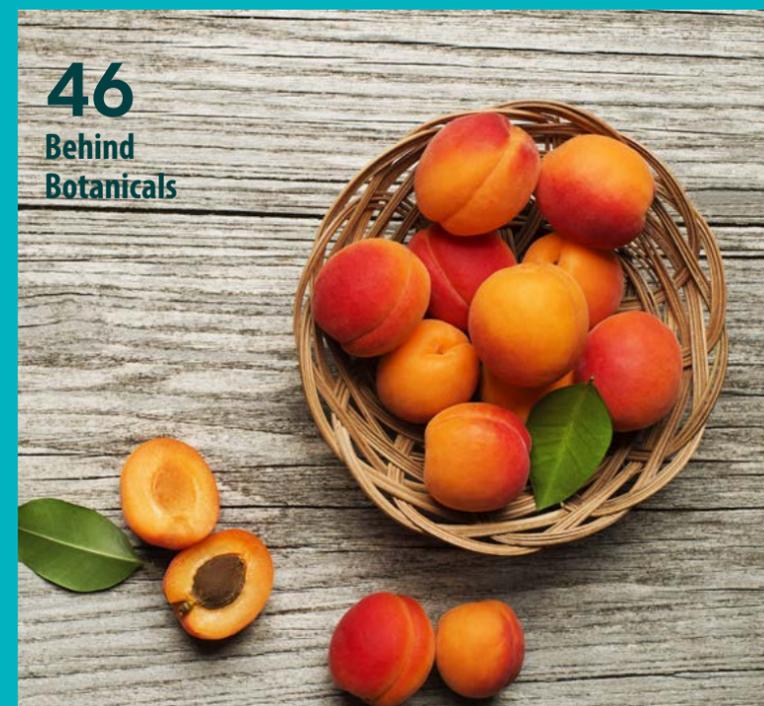


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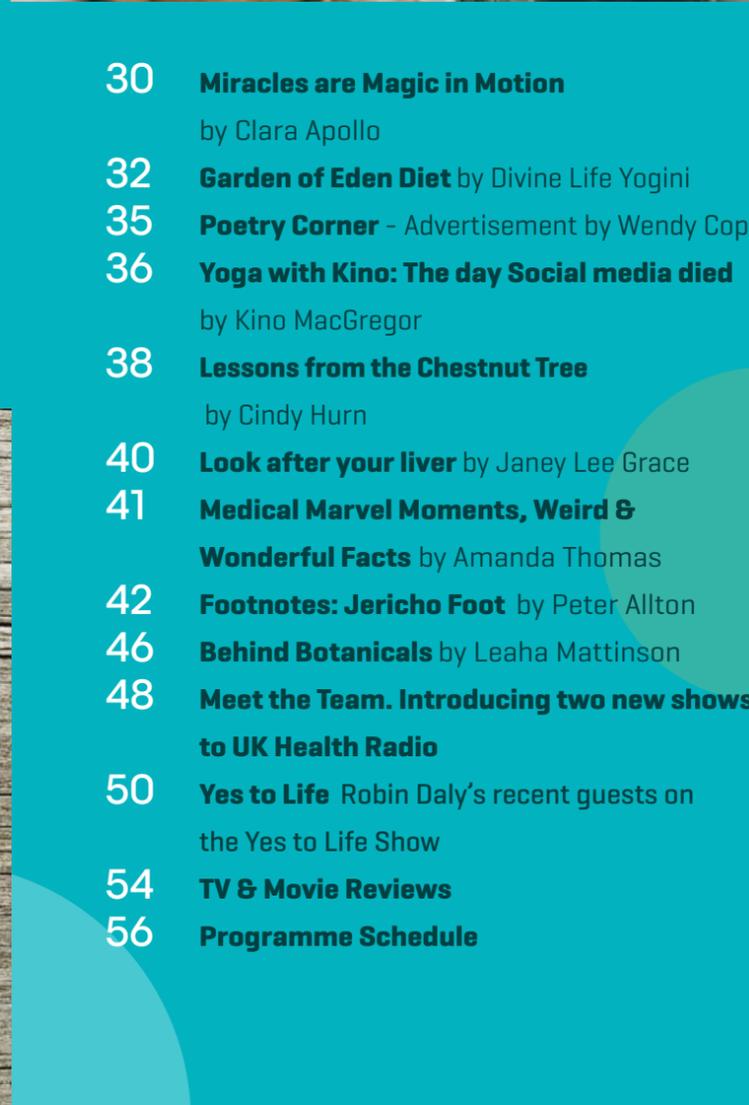
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SHOULD YOU CUT OUT BREAD TO STOP BLOATING?

More and more of us claim to suffer from a wheat allergy, so we shun bread and other wheat-based foods, like pasta and cereals.

Experts say genuine food allergy is, in fact, rarely to blame. But wheat sensitivity (also known as wheat intolerance) or simply trouble digesting wheat is increasingly common. Bread-related gut symptoms

“Probably a third of patients in my allergy clinic complain of digestive symptoms such as bloating, diarrhoea, vomiting and stomach pain after eating bread,” says **Isabel Skypala PhD**, specialist allergy dietitian at the Royal Brompton and Harefield NHS Foundation Trust.

She says allergy is unlikely to be the culprit, but bread-related symptoms are real, and wheat could be to blame.

“Some people find certain foods are simply hard to digest, and wheat appears to be one of those,” she explains.

THE HEALTH PROBLEMS CAUSED BY WHEAT

There are 3 key health problems caused by wheat:

- **WHEAT ALLERGY** – reactions usually begin within minutes and include itching, sneezing and wheezing. See your GP for referral to an NHS allergy clinic.
- **COELIAC DISEASE** – a condition where the intestine lining can’t absorb and is damaged by gluten-containing foods including wheat, barley, oats and rye. See your GP for a blood test.

- **WHEAT SENSITIVITY** – symptoms like bloating, cramps, diarrhoea and sickness come on quite slowly, usually hours after eating wheat. There’s no diagnostic test.

WHAT TO DO IF WHEAT TRIGGERS DIGESTIVE SYMPTOMS

If your symptoms are severe and long-lasting, especially if you have bleeding from the bottom (rectal bleeding), vomiting or painful stomach ache, see your doctor to rule out a medical condition.

If you have bloating or other minor symptoms after eating bread, Dr Skypala recommends trying an elimination diet. This is where you completely cut out wheat from your diet for 2 to 6 weeks, then gradually bring it back in to see if symptoms reappear.

“When you bring wheat-based foods back in, I recommend trying Weetabix or pasta first for a few days before starting on bread. It’s better to start with wheat in a more pure form, as bread has so many other ingredients,” Dr Skypala says.

IS IT WHEAT INTOLERANCE OR SENSITIVITY?

If your symptoms return, it confirms you’re sensitive to wheat and will also show you which foods are especially troublesome. Some people may only have problems with pasta, for example, while others are fine until they eat bread.

If you are sensitive to wheat, or you have trouble digesting it, the main way to relieve your symptoms is to embark on a wheat-free or partially wheat-free diet. Foods that contain wheat

Foods with wheat in them include:

- **bread**
- **pasta**
- **some cereals**
- **couscous**
- **cakes and pastries**
- **biscuits**
- **doughnuts**
- **hydrolysed vegetable protein (HVP)**
- **some beers**
- **soy sauce**
- **many processed foods**
- **Wheat-free foods**

These foods are a great alternative to wheat-based ones:

- **porridge, Rice Krispies and cornflakes**
- **buckwheat pasta**
- **quinoa**

HOW TO GO ON A WHEAT-FREE DIET

Cutting out bread and other foods containing wheat should not harm your health, if you do it properly. Wheat is one of our staple foods, and lots of wheat products, such as breakfast cereals, are fortified with vitamins and minerals.

In the past, there was a danger of running short of essential nutrients like B vitamins and iron if you cut out wheat. But there's now a good range of widely available wheat-free alternatives that will not compromise a balanced diet.

“There are great wheat substitutes you can buy off the supermarket shelf now. Go for gluten-free bread, and try other types of grains, such as quinoa, corn and

rice,” says Dr Skypala. “Just make sure you substitute other equally nutritious foods for the wheat-based ones you’re cutting out.”

Be sure to cut out all wheat from your diet. Some sources of wheat are obvious, such as bread, but others are less so, such as soy sauce.

TUMMY-FRIENDLY BREADS

A specific type of wheat-free diet may help certain people with wheat sensitivity. Originally designed for people with irritable bowel syndrome (IBS), the low-FODMAP diet is now being recommended by dietitians to people who have problems digesting wheat.

It's not a catchy name, but FODMAP stands for “**fermentable oligosaccharides, disaccharides, monosaccharides and polyols**”, which are types of carbohydrates that are not easily broken down and absorbed by the gut.

Essentially, the diet entails cutting out foods that can cause bacterial growth and lead to diarrhoea and bloating. That means cutting out wheat and other fermentable foods such as onion, apple, pears, mushrooms, honey, cabbage and sometimes milk.

“The FODMAP diet has been hugely successful for people with IBS. Because it excludes wheat, many people with wheat sensitivity may also find it helpful,” says Dr Skypala.

The low-FODMAP diet works best if it's coupled with special dietary advice from a dietitian. There are low-FODMAP-trained dietitians working in the NHS and privately. If you want to see an NHS dietitian, ask your GP or consultant to refer you.

www.nhs.uk



3 Reasons to MOTIVATE yourself to

MOVE

by Danielle Sax

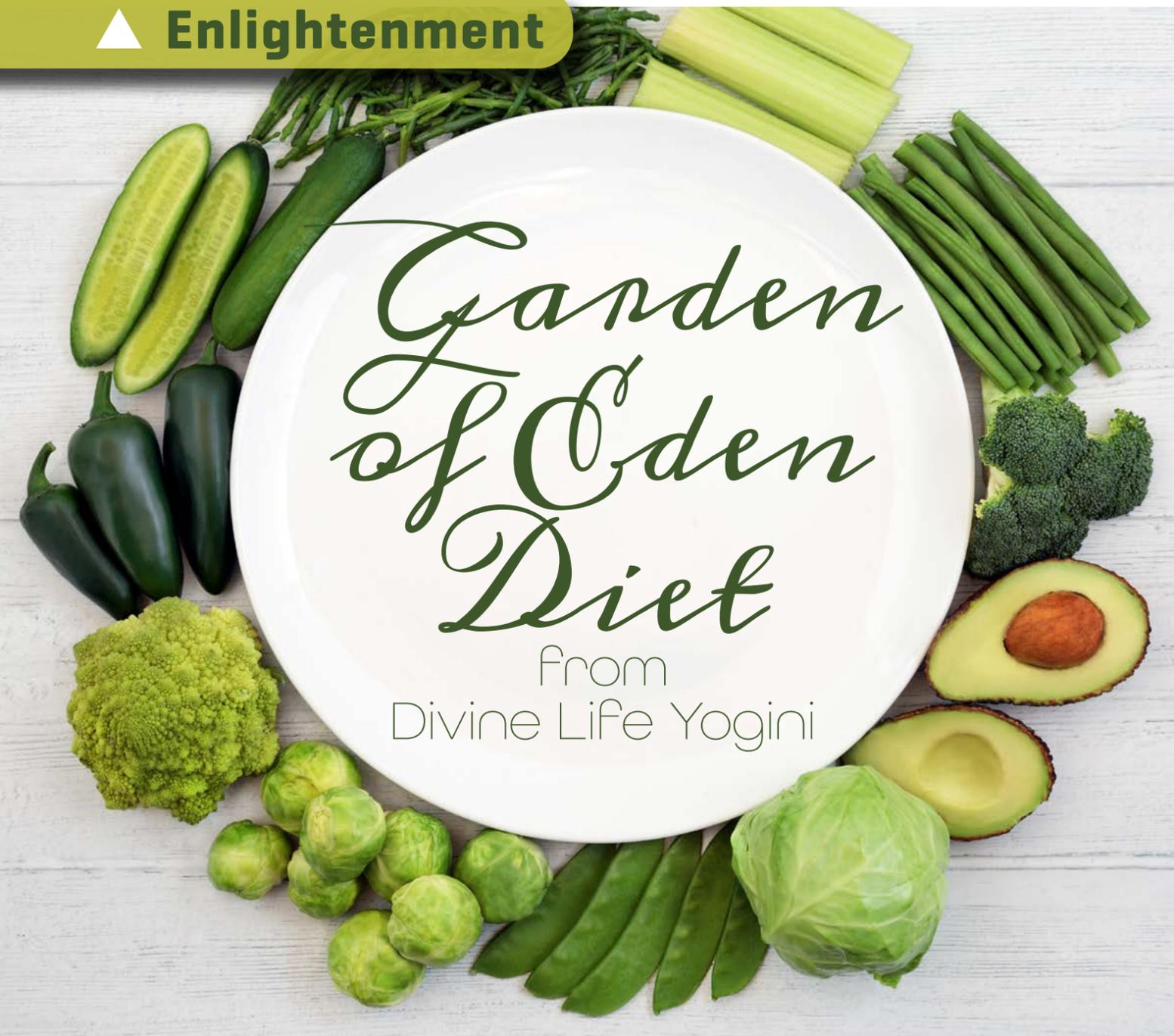
As we are going into autumn in this part of the world, one tends to be less motivated and exercise less, going into shorter and darker days. But what if I told you that there is science behind the benefits of moving your body. Sciences like Positive Psychology have illustrated how movement of your body contributes to your overall well-being. Herewith a few reasons that have motivated myself and my clients to practice this part of self-care with enthusiasm. They will give you the intrinsic motivation to move your body as much as you possibly can, one step at a time...



Phage Therapy Research brings scientists a step closer to harnessing viruses to fight antibiotic resistance

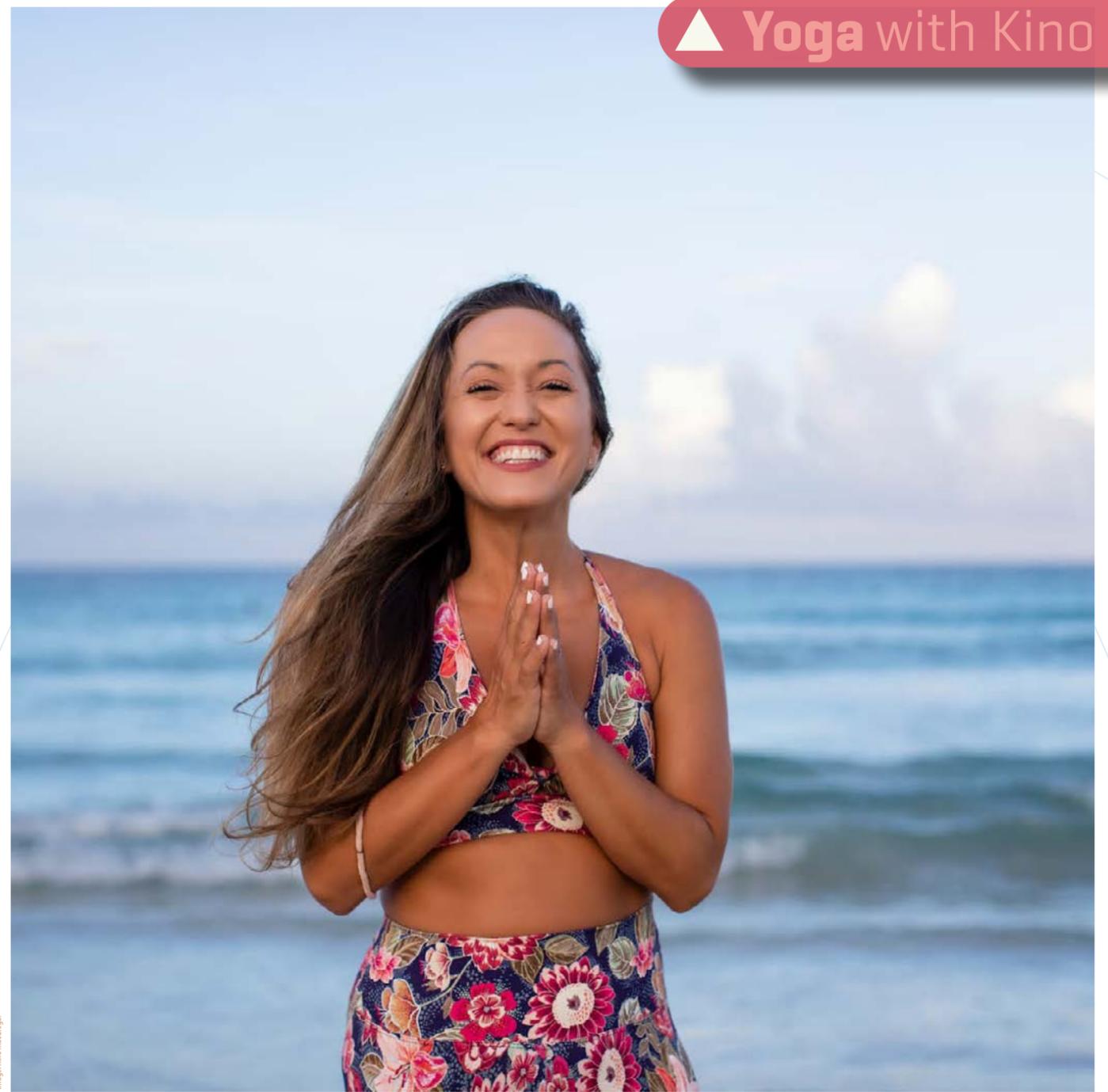
Research brings scientists a step closer to harnessing viruses to fight antibiotic resistance. As antibiotics increasingly develop resistance to bacteria that cause infection, scientists have moved a step closer to harnessing viruses as an alternative form of therapy.

Phage Therapy is the concept of using viruses [known as phage] to kill bacteria, instead of using antibiotics. A growing number of infections, including pneumonia, tuberculosis, gonorrhoea, and salmonellosis, are becoming harder to treat, resulting in higher death rates, longer hospital stays and higher costs...



There is a spiritual purpose in eating correctly; it provides a foundation for our soul to further its development. Food is Natural Medicine, as our energy heightens, our body needs shall also heighten and we shall not want to eat dense, unhealthy, refined, sugary, salty, processed, meat-dairy-egg, chemical filled foods any longer, but shall want to eat nutritious, healthy life-force energy filled foods which are the correct foods to nourish your body, mind and soul! In the Book of Genesis Chapter 1;29: And God

said, "Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in which is the fruit of a tree yielding seed; to you it shall be for meat."
As a Yogini I now eat what I call a 'Garden of Eden Diet' which is Alkaline and Vegan and means not eating fish, meat or milk, cheese, eggs, butter and yoghurt- anything that comes from an animal. This incredible diet consists of living plants that give us life-force energy, perfect health, loving thoughts, disease free system and a virtuous life of simple natural existence...



The Day Social Media Died

by Kino MacGregor

FOOTNOTES

Jericho Foot (AKA Charcot joint)

by Peter Allton



There's a rare and devastating condition that I want to warn you about because it can affect anyone who has developed neuropathy. Its effects can be minimised if the right action is taken early enough...



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