

# Health Triangle

The official e-mag of  
UK Health Radio



## Health Focus: Bowel Cancer

### The Deceit of De-branding

### Cleaner Beauty

For 2022

by Natalie Elliott

How big a  
problem is  
Insulin  
Resistance?

### HOW TO SUPPORT YOUR BODY AFTER VACCINATION

by Tony Beverley



COMPLEMENTARY  
THERAPY AWARDS 2022

"One kind word can warm three winter months."

Japanese Proverb



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Health  
**Tri**angle

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Editor's Note:

## This Month ▲

### FOOD FOR THOUGHT



Related welcome to 2022 and the dawning of the Age of Aquarius! The current pandemic has been distressing, disturbing and divisive. It is time to find healing and harmony, beauty and balance. This thought- feeding issue is full of individual ideas and good information for your consideration and digestion. **Integrative Health** is the central theme and from that centre, you will find radical ideas and unconventional wisdom. It is time to look at the facts and to make up your own mind on the evidence now available rather than the over-simplified sound bites of political propaganda or social media. We need to acknowledge that the vaccines are expedient but still experimental by traditional standards.

**Thomas Beverley** quietly suggests some homeopathic remedies which can help minimise potential side effects. Independent research reveals that 88% of adults are metabolically unfit. Highly processed starchy food is a silent killer. This is the inconvenient truth about convenience foods. Over 2000 years ago the Ancient Greek physician and philosopher **Hippocrates** declared that "all disease begins in the gut." This was in an age when illness was surrounded in superstition and frequently attributed to the wrath of the Gods. How far have our modern minds really moved from there? As Hippocrates himself put it:

"Life is short  
Art long  
Opportunity fleeting  
Judgement difficult."

**UK Health Radio** and **Health Triangle Magazine** are both committed to bringing you accessible science and informed opinion. Your interpretation of both is your individual right. It should be inalienable!

*Reg Starkey*

**Reg Starkey**  
Editor

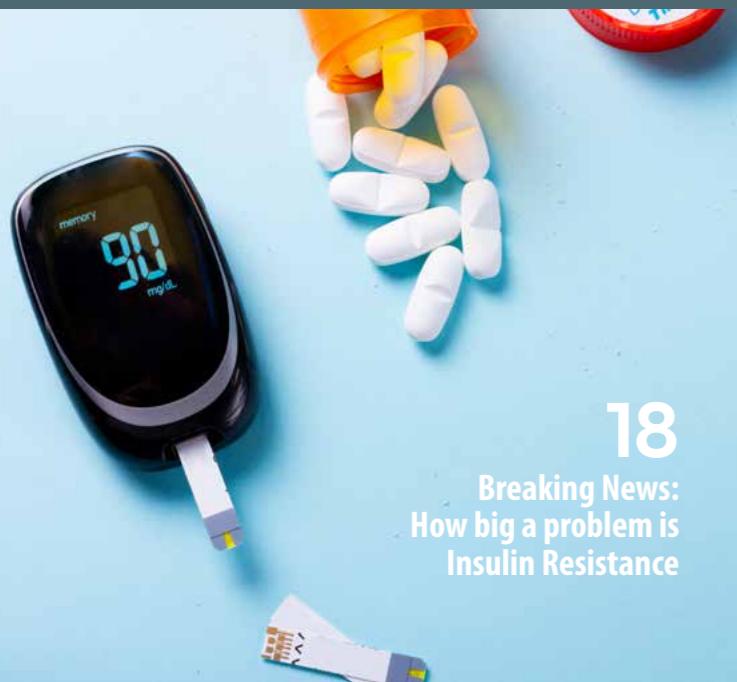




**6**  
**Health Focus:  
Bowel Cancer**



**16**  
**Complete your past  
to create your future**

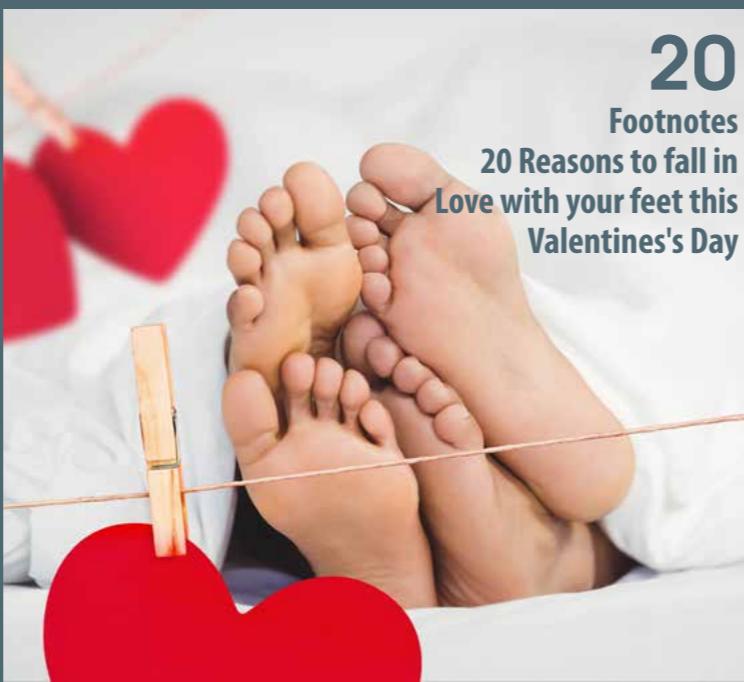


**18**  
**Breaking News:  
How big a problem is  
Insulin Resistance**

# Contents

Issue 98  
February 2022

- 3 Editorial**
- 6 Health Focus:** Bowel Cancer
- 12 Integrative health Convention**
- 15 Where is the sweetness in my life**  
by Janey Lee Grace
- 16 Self Care: Complete your past to create your future** by Danielle Sax
- 18 Breaking News:** How big a problem is Insulin Resistance?
- 20 Footnotes: 20 Reasons to fall in Love with your feet this Valentine's day** by Peter Allton
- 24 Sober Support** by Janey Lee Grace
- 26 Research:** Advances in Sleep Disorder Diagnostics
- 28 The Wages of Hate: How hate hurts your body!** by Catherine Carrigan
- 32 Diabetes Corner: Diabetes and heart disease - know the connection** by Maureen Sullivan
- 34 How to support your body after vaccination**  
by Tony Beverly
- 36 The end of human brainwashing and the beginning of freedom and salvation**  
by Divine Life Yogini



**20**  
**Footnotes  
20 Reasons to fall in Love with your feet this Valentines's Day**



**38**  
**Cleaner Beauty  
2022**

- 38 Cleaner Beauty 2022** by Natalie Elliott
- 42 The deceit of de-branding** by Billy Kenber
- 44 Not enough time?** by Cindy Hurn
- 46 Yoga with Kino: How to improve your flexibility** by Kino MacGregor
- 48 The mind of a true entrepreneur - do you fit?**  
by Paul Rees
- 50 Master Your Life & Recovery Road**  
by Leaha Mattinson
- 52 Addiction: AA Step by Step** by Louise F.
- 53 Medical Marvel Moments, Weird & Wonderful Facts** by Amanda Thomas
- 54 Qigong: What does our Immune System really need to function optionally?** by Clara Apollo
- 57 Poetry Corner: Sweet Darkness** by David Whyte
- 58 Hybrid Work/Life. How can it be balanced?**  
by Jenni Russell
- 60 Yes to Life** Robin Daly's recent guests on the Yes to Life Show
- 66 TV & Movie Reviews**
- 68 Programme Schedule**



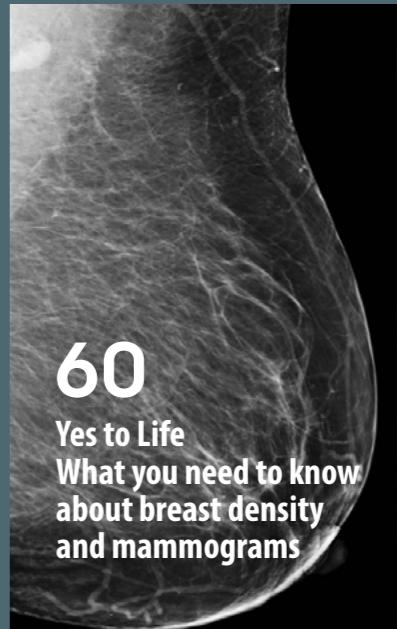
**52**

**Addiction:  
AA Step by Step**



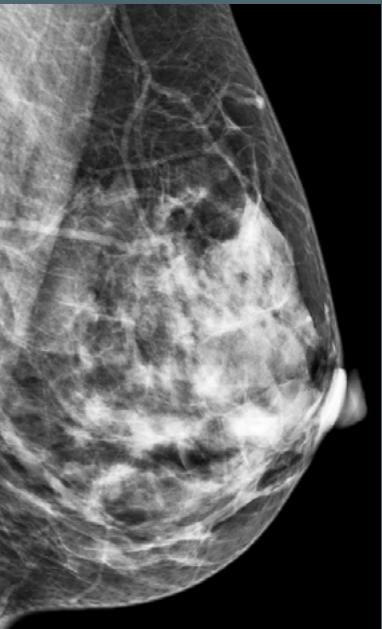
**48**

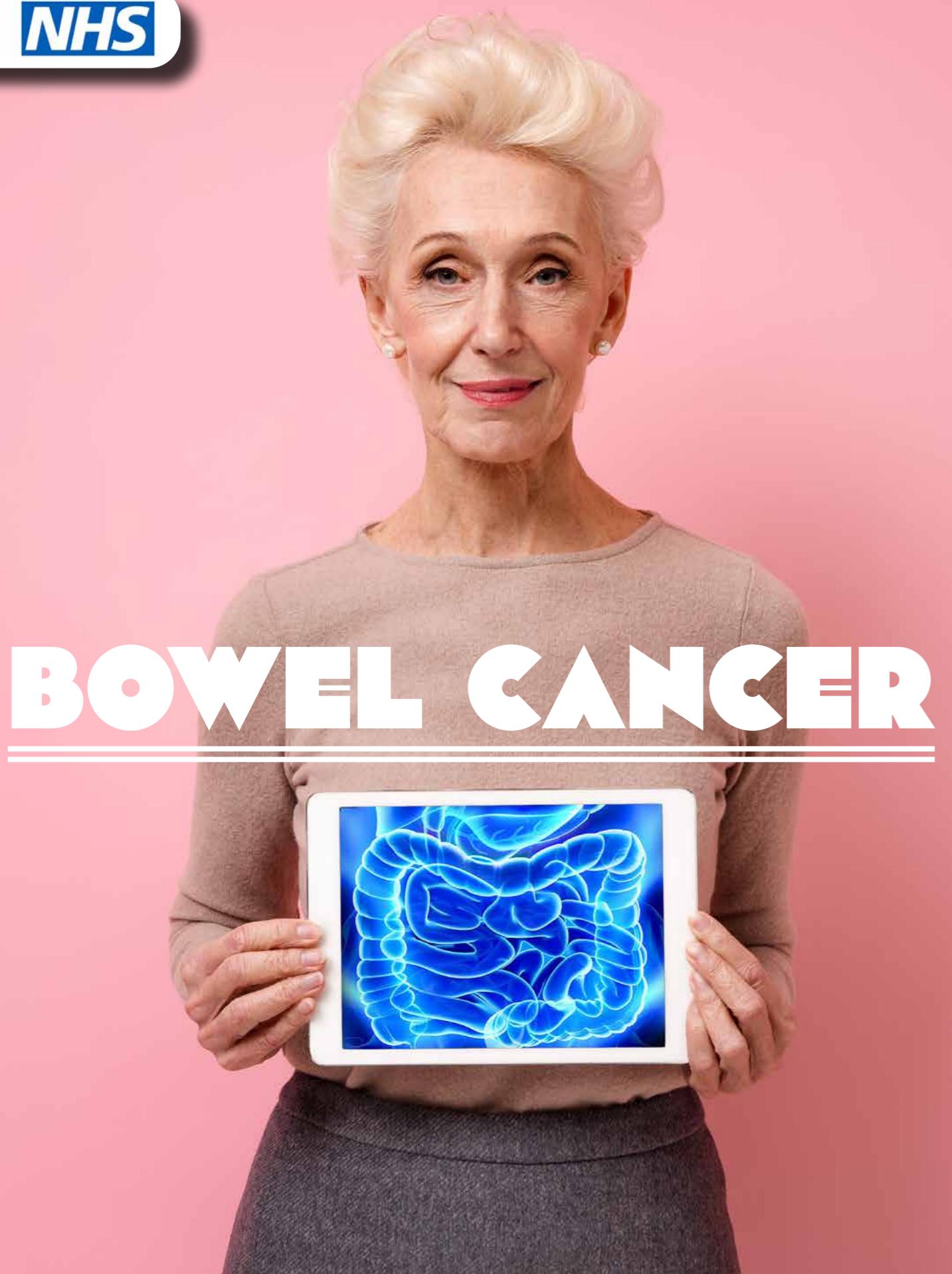
**Business Health:  
The mind of a true entrepreneur - Do you fit?**



**60**

**Yes to Life  
What you need to know about breast density and mammograms**





# BOWEL CANCER

# B

owel cancer is a general term for cancer that begins in the large bowel. Depending on where the cancer starts, bowel cancer is sometimes called colon or rectal cancer.

Bowel cancer is one of the most common types of cancer diagnosed in the UK. Most people diagnosed with it are over the age of 60.

## SYMPOMTS OF BOWEL CANCER

The 3 main symptoms of bowel cancer are:

- **persistent blood in your poo** – that happens for no obvious reason or is associated with a change in bowel habit
- **a persistent change in your bowel habit** – which is usually having to poo more and your poo may also become more runny
- **persistent lower abdominal [tummy] pain, bloating or discomfort** – that's always caused by eating and may be associated with loss of appetite or significant unintentional weight loss

Most people with these symptoms do not have bowel cancer. Other health problems can cause similar symptoms. For example:

- blood in the poo when associated with pain or soreness is more often caused by piles [haemorrhoids]
- a change in bowel habit or abdominal pain is usually caused by something you've eaten
- a change in bowel habit to going less often, with harder poo, is not usually caused by any serious condition – it may be worth trying laxatives before seeing a GP

These symptoms should be taken more seriously as you get older and when they persist despite simple treatments.

## WHEN TO GET MEDICAL ADVICE

See a GP If you have any of the symptoms of bowel cancer for 3 weeks or more.

The GP may decide to:

- examine your tummy and bottom to make sure you have no lumps
- arrange for a simple blood test to check for iron deficiency anaemia – this can show whether there's any bleeding from your bowel that you have not been aware of
- arrange for you to have a simple test in hospital to make sure there's no serious cause of your symptoms

Make sure you see a GP if your symptoms persist or

## ▲ Health Focus

keep coming back after stopping treatment, regardless of their severity or your age. You'll probably be referred to hospital.

## CAUSES OF BOWEL CANCER

The exact cause of bowel cancer is not known, but there are a number of things that can increase your risk, including:

- age – almost 9 in 10 people with bowel cancer are aged 60 or over
- diet – a diet high in red or processed meats and low in fibre can increase your risk
- weight – bowel cancer is more common in overweight or obese people
- exercise – being inactive increases your risk of getting bowel cancer
- alcohol – drinking alcohol might increase your risk of getting bowel cancer
- smoking – smoking may increase your chances of getting bowel cancer
- family history – having a close relative [mother or father, brother or sister] who developed bowel cancer under the age of 50 puts you at a greater lifetime risk of developing the condition; screening is offered to people in this situation, and you should discuss this with a GP

Some people also have an increased risk of bowel cancer because they've had another condition, such as extensive ulcerative colitis or Crohn's disease in the colon for more than 10 years.

Although there are some risks you cannot change, such as your age or family history, there are several ways you can lower your chances of developing the condition.

## BOWEL CANCER SCREENING

To detect cases of bowel cancer sooner, everyone aged 60 to 74 who is registered with a GP and lives in England is automatically sent a bowel cancer screening home test kit every 2 years.

If you're 75 or over, you can ask for a kit every 2 years by phoning the free bowel cancer screening helpline on 0800 707 60 60.

The programme also includes 56 year olds.

For the screening test, you use a home test kit to collect a small sample of poo and send it to a lab. This is

checked for tiny amounts of blood.

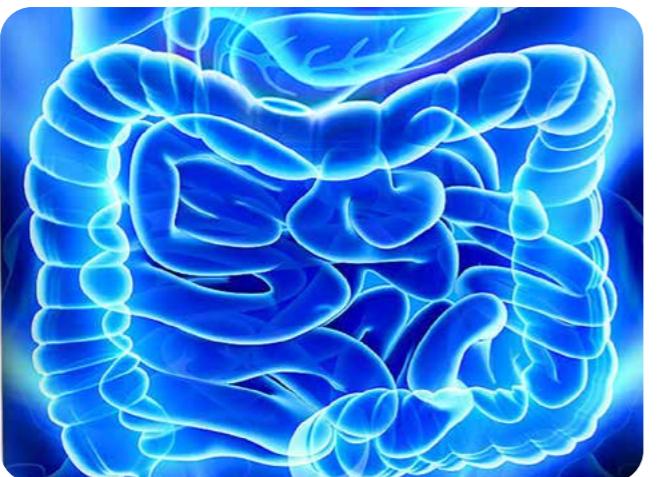
Blood can be a sign of polyps or bowel cancer. Polyps are growths in the bowel that may turn into cancer over time.

### TREATMENT FOR BOWEL CANCER

Bowel cancer can be treated using a combination of different treatments, depending on where the cancer is in your bowel and how far it has spread.

The main treatments are:

- surgery – the cancerous section of bowel is removed; it's the most effective way of curing bowel cancer and in many cases is all you need
- chemotherapy – where medicine is used to kill cancer cells
- radiotherapy – where radiation is used to kill cancer cells
- targeted therapies – a newer group of medicines that increases the effectiveness of chemotherapy and prevents the cancer spreading



As with most types of cancer, the chance of a complete cure depends on how far it's spread by the time it's diagnosed. If the cancer is confined to the bowel, surgery is usually able to completely remove it.

Keyhole or robotic surgery is being used more often, which allows surgery to be performed with less pain and a quicker recovery.

### LIVING WITH BOWEL CANCER

Bowel cancer can affect your daily life in different ways, depending on what stage it's at and the treatment you're having.

How people cope with their diagnosis and treatment varies from person to person. There are several forms of support available if you need it:

- talk to your friends and family – they can be a powerful support system

- communicate with other people in the same situation – for example, through bowel cancer support groups
- find out as much as possible about your condition
- do not try to do too much or overexert yourself
- make time for yourself

You may also want advice on recovering from surgery, including diet and living with a stoma, and any financial concerns you have.

If you're told there's nothing more that can be done to treat your bowel cancer, there's still support available. This is known as end of life care.

### TALK TO OTHERS

A GP or nurse may be able to reassure you if you have questions, or you may find it helpful to talk to a trained counsellor, psychologist or specialist telephone helpline operator. Your GP surgery will have information on these. Some people find it helpful to talk to others with bowel cancer at a local support group or through an internet chat room.

**Bowel Cancer UK** offers support to people with bowel cancer.

They have an **Ask the nurse** service where specialist nurses give information and signpost you to further support. Email [nurse@bowelcanceruk.org.uk](mailto:nurse@bowelcanceruk.org.uk).

**Bowel Cancer UK** also has an online forum for anyone affected by **bowel cancer**.

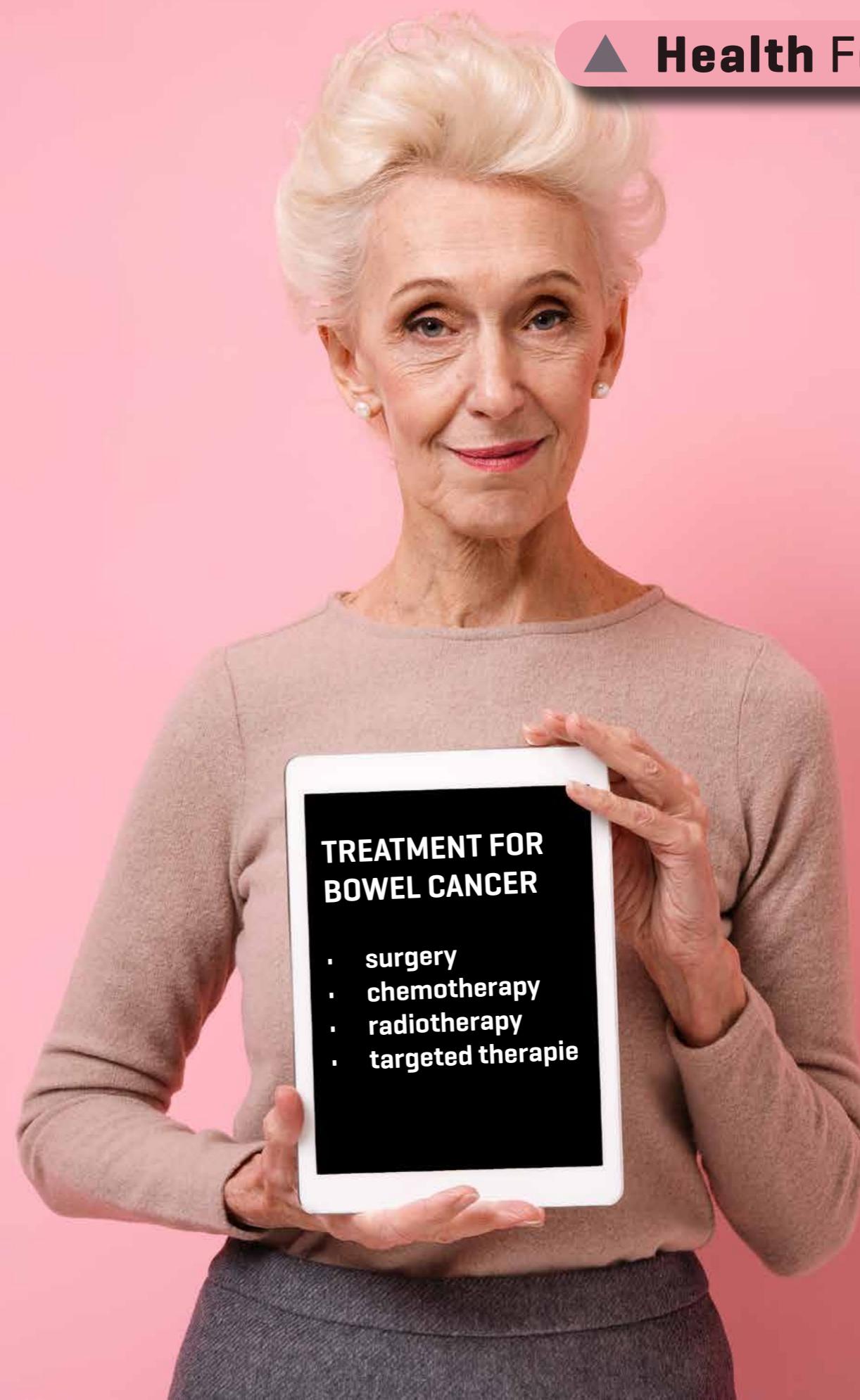
**Macmillan Cancer Support** also has more information about **cancer support groups**.

### YOUR EMOTIONS

Having cancer can cause a range of emotions. These may include shock, anxiety, relief, sadness and depression.

Different people deal with serious problems in different ways. It's difficult to predict how knowing you have cancer will affect you.

However, you and your loved ones may find it helpful to know about the feelings that people diagnosed with



cancer have reported.

Macmillan Cancer Support has more information about the **emotional effects of cancer**.

### RECOVERING FROM SURGERY

Surgeons and anaesthetists have found using an **enhanced recovery programme** after bowel cancer surgery helps patients recover more quickly.

Most hospitals now use this programme. It involves giving you more information about what to expect before the operation, avoiding giving you strong laxatives to clean the bowel before surgery, and in some cases giving you a sugary drink 2 hours before the operation to give you energy.

During and after the operation, the anaesthetist carefully controls the amount of intravenous fluid you need. After the operation, you'll be given painkillers that allow you to get up and out of bed by the next day.

Most people will be able to eat a light diet the day after their operation.

To reduce the risk of blood clots in the legs (**deep vein thrombosis**), you may be given compression stockings that help prevent blood clots, or a regular injection with a blood-thinning medication called heparin until you're fully mobile.

A nurse or physiotherapist will help you get out of bed and regain your strength so you can go home within a few days.

With the enhanced recovery programme, most people are able to go home within a week of their operation. The exact timing depends on when you and the doctors and nurses looking after you agree you're well enough to go home.

You'll be asked to return to hospital a few weeks after your treatment has finished so tests can be carried out to check for any remaining signs of cancer.

You may also need routine check-ups for the next few years to look out for signs of the cancer returning. It's becoming increasingly possible to cure cancers that reoccur after surgery.

### DIET AFTER BOWEL SURGERY

If you've had part of your colon removed, it's likely you'll experience some diarrhoea or frequent bowel movements.

One of the functions of the colon is to absorb water from poo and empty when going to the toilet.

After surgery, the bowel initially does not empty as well, particularly if part of the rectum has been removed.

Tell your care team if this becomes a problem, as medicine is available to help control these problems.

You may find some foods upset your bowels, particularly during the first few months after your operation.

Different foods can affect different people, but food and drink known to cause problems include fruit and vegetables that are high in fibre, such as beans, cabbages, apples and bananas, and fizzy drinks, such as cola and beer.

You may find it useful to keep a food diary to record the effects of different foods on your bowel.

Contact your care team if you keep having problems with your bowels as a result of your diet, or you're finding it difficult to maintain a healthy diet. You may be referred to a dietitian for further advice.

### LIVING WITH A STOMA

If you need a temporary or permanent stoma with an external bag or pouch, you may feel worried about how you look and how others will react to you.

For more information and advice about living with a stoma – including stoma care, stoma products and stoma-friendly diets – see the **ileostomy** and **colostomy** topics.

For those who want further information about living with a stoma, there are patient support groups that provide support for people who may have had, or are due to have, a stoma.

You can get more details from your stoma care nurse, or visit support groups online for further information:

- **Colostomy UK**
- **Ileostomy & Internal Pouch Association** – this organisation provides a unique visiting service for anyone who wants to speak with someone who has had similar surgery.

# FOOTNOTES

by Peter Allton

### This Valentine's Day – Fall in love with your Feet

Here's 20 reasons to make your feet the love of your life.



## Awards 2022



**Integrative Health Convention** 11 February, a virtual event, supported by **UK Health Radio**, the **College of Medicine** and the **Integrated Medicine Alliance**.

The chance to hear from our international line-up of speakers to understand how complementary therapies and lifestyle/wellness services are integrating with conventional medicine to enhance patient care. Topics include:

- Keynote: Integrated health - the new imperative post Covid: **Dr Michael Dixon**, Chair, College of Medicine
- **Paul McKenna**, behavioural scientist and hypnotist
- The Mind Body connection: **Dr John Demartini**, human behaviour expert, author, global educator and the founder of the Demartini Method
- Finding your voice: **Carrie Grant MBE**, broadcaster, vocal and leadership coach and campaigner
- Movement Pharmacy®: **Frances Collier**, physical consultant [body specialist, movement coach, dancer] Bodylistics®
- Breathwork: **Dr Anthony Abbagnano**, founder, Alchemy of Breath
- Nutrition and fasting as a possibility to protect, treat & heal: **Dr Harald Stossier**, author and director, VIVAMAYR Maria Worth clinic
- How lifestyle medicine is taking off in the UK: **Dr Angela Goyal**, founder, Inspired Medics
- Conversations on integrative health: tips and techniques we use in 10 minutes! **Dr Toh Wong & Dr Naveed Akhtar**, both GPs, hypnotherapists, acupuncturists, NLP & NLH Trainers & convention organisers

The winners of the **Complementary Therapy Awards 2022** will be announced at the Integrative Health Convention – you can take a look at [the shortlist here](#).

To book your place at the Integrative Health Convention and Complementary Therapy Awards celebration at just £47 please visit our website [www.integrativehealthconvention.co.uk](http://www.integrativehealthconvention.co.uk) or click [HERE](#) now.

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Carrie Grant MBE



Anthony Abbagnano



Dr Angela Goyal



Dr John Demartini



Frances Collier



Dr Michael Dixon



Dr Harald Stossier



Paul McKenna



## Self Care

# Complete Your Past to Create Your Future

by Danielle Sax



**F**

irst month of the year 2022 is over... For many of us our resolutions for this year are already thrown in the bin and we tend to repeat our old patterns again.

I see it in my practice every day how people truly have the best intentions and how those are overruled by our subconscious conditioning.

If we do not complete the past, we repeat the past over and over again.

Without any doubt:

**"If you do not complete your past,  
you will repeat your past."**

So often I was told to release the past when I was ill, but it wasn't until I went into my subconscious mind with hypnosis that I could actually do that...

by Janey Lee Grace

# sober support

[www.thesoberclub.com/coach-training](http://www.thesoberclub.com/coach-training)



# Cleaner Beauty for 2022

by Natalie Elliott, host of **The Natural Beauty Show** on UK Health Radio.  
Founder of award-winning clean beauty brand **Sakrid**.

▲ Natural Beauty



# HOW TO SUPPORT YOUR BODY AFTER VACCINATION

by Tony Beverley  
Natural Medicine Consultant



As with most allopathic drugs, vaccines have side effects and these can be mitigated with homoeopathy and supplements. With the current promotion of vaccines for Covid, many people are concerned about the side effects from products which have not been subjected to the usual research and testing procedures. The vaccines being used for Covid have emergency use authorisation but in effect are still in the trial phase.

There have been cases of blood clotting following vaccination and according to Dr. Vladimir Zelenko the mRNA vaccines produce a spike protein in every cell of the body. This spike protein is toxic and can cause inflammation including myocarditis. Another complication with the Covid vaccines is that they have been found to contain nano particles of graphene oxide which are also toxic and lead to inflammation in the vascular system...

▲ Post Vaccination



## The mind of a true Entrepreneur **DO YOU FIT?**

by Paul Rees



Over the years I have read an abundance of quotes and countless articles with the words “manifestation” and “Universal attraction” being quoted as part of a new positive direct thought pattern to success, and if the thought process is understood will have a very powerful return. But for most, the early bird and even the seasoned entrepreneur fail to manifest productively due to being unprepared and uneducated to its truest understanding of healthy think use...

▲ Business Health

# Hybrid Work / Life

## How can it be balanced?

by Jenni Russell



▲ Healthy Intent

I remember in my early thirties going to a leisure centre to do a conditioning class, yet being mesmerised by another named 'bust-a-gut.' By definition the class was a high-intensity - high stress class and it was packed. Held in the sports hall with what was believed ...

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