

Health Triangle

The official e-mag of
UK Health Radio



Health Focus:
Obsessive
Compulsive
Disorder /OCD

Type 1, Type 2
& Gestational
Diabetes

**THE HEALING
POWER OF
NATURE FOR
PEOPLE LIVING
WITH CANCER**

**Sustainable
Beauty**

*Save our
Knickers!*

**Spirited
& Sober**

by Janey Lee Grace

**BECOME IMMUNE
TO POISON**

by Catherine Carrigan





“Sometimes,
your pet
picks you.”
Julie Wenzel

UK Health Radio's e-magazine
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Health
Triangle

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Editor's Note:

This Month ▲

“Look deep into nature and then you will understand everything better.”

- ALBERT EINSTEIN -

Perhaps it is the approach of Spring. This month's magazine is bubbling with a lot of natural optimism. In some cases the clue is in the title itself - **Natural Healing, Natural Beauty, Yes to Life!** In others the optimism is there in the text - evidence of dealing with the difficulties that life presents to us. Right-sizing reality and embracing it with gratitude, even grief and loss. My own three months in South Africa has been a wonderful but humbling experience. I am embarrassed by the ignorance of my preconceptions and awe struck by my discovery of amazing natural beauty and fascinating people. My evening under the stars in the private Nature Reserve at Brackenburn made me think of the quote from Vincent Van Gogh, which I share with you now: “For my part I know nothing with certainty but the sight of the stars makes me dream.”

Reg Starkey
Editor





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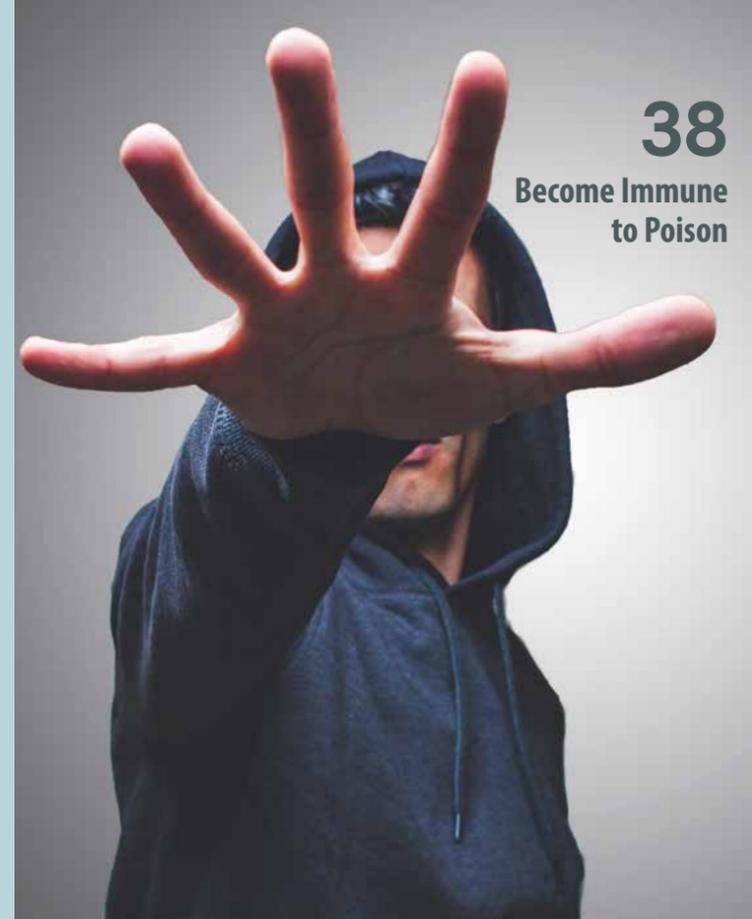
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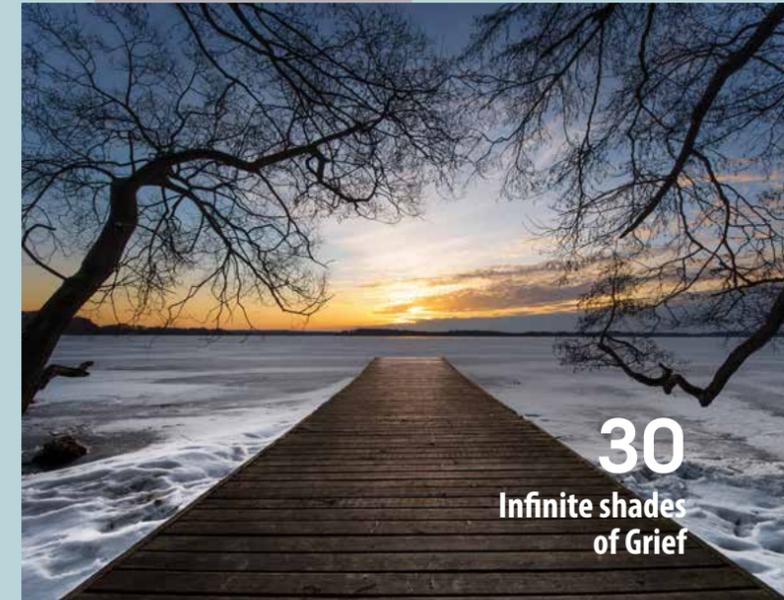
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Obsessive Compulsive Disorder



Obsessive compulsive disorder (OCD) is a common mental health condition where a person has obsessive thoughts and compulsive behaviours.

OCD can affect men, women and children. Some people start having symptoms early, often around puberty, but it usually starts during early adulthood. OCD can be distressing and significantly interfere with your life, but treatment can help you keep it under control.

SYMPTOMS OF OBSESSIVE COMPULSIVE DISORDER (OCD)

If you have OCD, you'll usually experience frequent obsessive thoughts and compulsive behaviours.

- An obsession is an unwanted and unpleasant thought, image or urge that repeatedly enters your mind, causing feelings of anxiety, disgust or unease.
- A compulsion is a repetitive behaviour or mental act that you feel you need to do to temporarily relieve

the unpleasant feelings brought on by the obsessive thought.

For example, someone with an obsessive fear of being burgled may feel they need to check all the windows and doors are locked several times before they can leave their house.

Women can sometimes have OCD during pregnancy or after their baby is born. Obsessions may include worrying about harming the baby or not sterilising feeding bottles properly. Compulsions could be things such as repeatedly checking the baby is breathing.

GETTING HELP FOR OBSESSIVE COMPULSIVE DISORDER (OCD)

People with OCD are often reluctant to seek help because they feel ashamed or embarrassed. OCD is a health condition like any other, so there's nothing to feel ashamed or embarrassed about. Having OCD does not mean you're "mad" and it's not your fault you have it.

There are 2 main ways to get help:

- refer yourself directly to a psychological therapies service – find a psychological therapies service in your area
- see a GP – they'll ask about your symptoms and can refer you to a local psychological therapies service if necessary

If you think a friend or family member may have OCD, try talking to them about your concerns and suggest they get help.

It's unlikely OCD will get better without proper treatment and support.

TREATMENTS FOR OBSESSIVE COMPULSIVE DISORDER (OCD)

There are some effective treatments for OCD that can help reduce the impact it has on your life.

The main treatments are:

PSYCHOLOGICAL THERAPY – usually cognitive behavioural therapy (CBT), which helps you face your fears and obsessive thoughts without "putting them right" through compulsions

- **MEDICINE** – usually a type of antidepressant medicine called selective serotonin reuptake inhibitors (SSRIs), which can help by altering the balance of chemicals in your brain

CBT will usually have an effect quite quickly. It can take several months before you notice the effects of

treatment with SSRIs, but most people will eventually benefit.

If these treatments do not help, you may be offered an alternative SSRI or be given a combination of an SSRI and CBT.

Some people may be referred to a specialist mental health service for further treatment.

CAUSES OF OBSESSIVE COMPULSIVE DISORDER (OCD)

It's not clear what causes OCD. A number of different factors may play a part, including:

family history – you're more likely to develop OCD if a family member has it, possibly because of your genes

- differences in the brain – some people with OCD have areas of unusually high activity in their brain or low levels of a chemical called serotonin
- life events – OCD may be more common in people who have been bullied, abused or neglected, and it sometimes starts after an important life event, such as childbirth or a bereavement
- personality – neat, meticulous, methodical people with high personal standards may be more likely to develop OCD, also people who are generally quite anxious or have a very strong sense of responsibility for themselves and others

SUPPORT GROUPS

Living with OCD can be difficult. In addition to getting medical help, you might find it helps to contact a support group or other people with OCD for information and advice.

The following websites may be useful sources of support:

- **OCD Action**
- **OCD-UK**
- **TOP UK**
- **HealthUnlocked OCD forum**

SOCIAL CARE AND SUPPORT GUIDE

The social care and **support guide** has advice about where you can get support if you:

- need help with day-to-day living because of illness or disability
- care for someone regularly because they're ill, elderly or disabled, including family members

Not enough time for you TO DO EVERYTHING?

4 Tips on Time-Management

by Danielle Sax



These winter months are often the busiest months of the year in business and life as we try to put so much in one day that we feel out of control of time. In my practice most people come to me with overwhelm and not enough time to do what they want or need to do.

So here are some quotes that have inspired me over the years about time-management. I know from experience that the person who learns to manage and master himself is the one with the best management of time as well...

▲ **Self Care**

BREAKING NEWS

Michael Rosen becomes first ambassador for the Thyroid Trust

Michael Rosen, the well-known children's author and BBC broadcaster, is ideally qualified for the role of Ambassador for the **Thyroid**

Trust, the Charity which is committed to helping people understand and deal with Thyroid conditions. Michael Rosen himself spent over 10 years of his life with hyper-thyroidism, undiagnosed and untreated, or rather misdiagnosed and mis-treated. The absence of appropriate treatment over this extended period took him to an extremely vulnerable position. In fact, one specialist who examined him after his condition had been identified by chance by a specialist in another field, was amazed that he was still alive. Treated with appropriate medication and adjusted to an optimum level, Michael Rosen's thyroid condition is not so much cured as satisfacto-

rily managed. He is glad to be alive and to be able to function effectively. He is a survivor! Last year Michael Rosen was struck down with a life-threatening bout of Covid. He was saved by the use of a medically

induced coma and lives to tell his tales, in his unique articulate style. You can hear an interview with Michael Rosen by using this link.

UK Health Radio and Health Triangle Magazine would like to take this opportunity to wish Michael Rosen and the Thyroid Trust every success in raising public awareness of Thyroid issues and helping to provide a far better understanding of best practice in this often neglected area.



Watch 24 Questions with Michael Rosen
www.youtube.com/watch?v=dBmwRpsUPQM

www.thyroidtrust.org

The
Thyroid
Trust

BREAKING NEWS ++BREAKING NEWS++BREAKING NEWS ++BREAKING NEWS++

▲ Qigong



WITH ENERGY BILLS RISING, CAN WE RAISE OUR PERSONAL ENERGY TO RESOURCE US?

by Clara Apollo

At 33, I was a single mum in London with a young son, working all hours as a costume designer. Not surprisingly, I burned out. I woke up most mornings feeling so old and weary, knowing something had to shift, but I had no energy to initiate anything. I felt literally floored.

A parent of one of my son's friends offered me some healing, which I was more than happy to accept, and here is where my life changed for the very much better.

I can honestly say that in that healing session, I had never felt so relaxed in my entire life! In fact, I'd veered away from doing so because it felt like giving up. Lying on the massage couch, listening to birds twittering outside, I began to surrender, letting myself receive and experience how it feels to really pause, relax and accept restorative energy, for myself.

The healer friend was a CranioSacral practitioner and Qigong teacher. I had no idea how these practices could help me, but I was curious...

▲ Sobriety

SPIRITED & SOBER

by Janey Lee Grace

You'll have noticed, I am sure, that CBD is everywhere, from sweets, chocolate, even skincare infused with CBD, but now sitting beautifully alongside the trend for low and no alcohol drinks I introduce you to Spirited Euphoria. Jean-Éric Vergne and Alexander Jakobi they founded the **Endorphin Dealer Institute – Edi**, a desire to enjoy a drink, and a bit of a release, without the need for alcohol...





Image: Kino MacGregor



Meditation: The Architecture of Your Yoga Practice

by Kino MacGregor
www.kinoyoga.com

THE LIFE WITHIN...A TOUR OF YOUR MICROBIOME

by **Dr Carol Granger**, DProf MSc MRSB FBANT

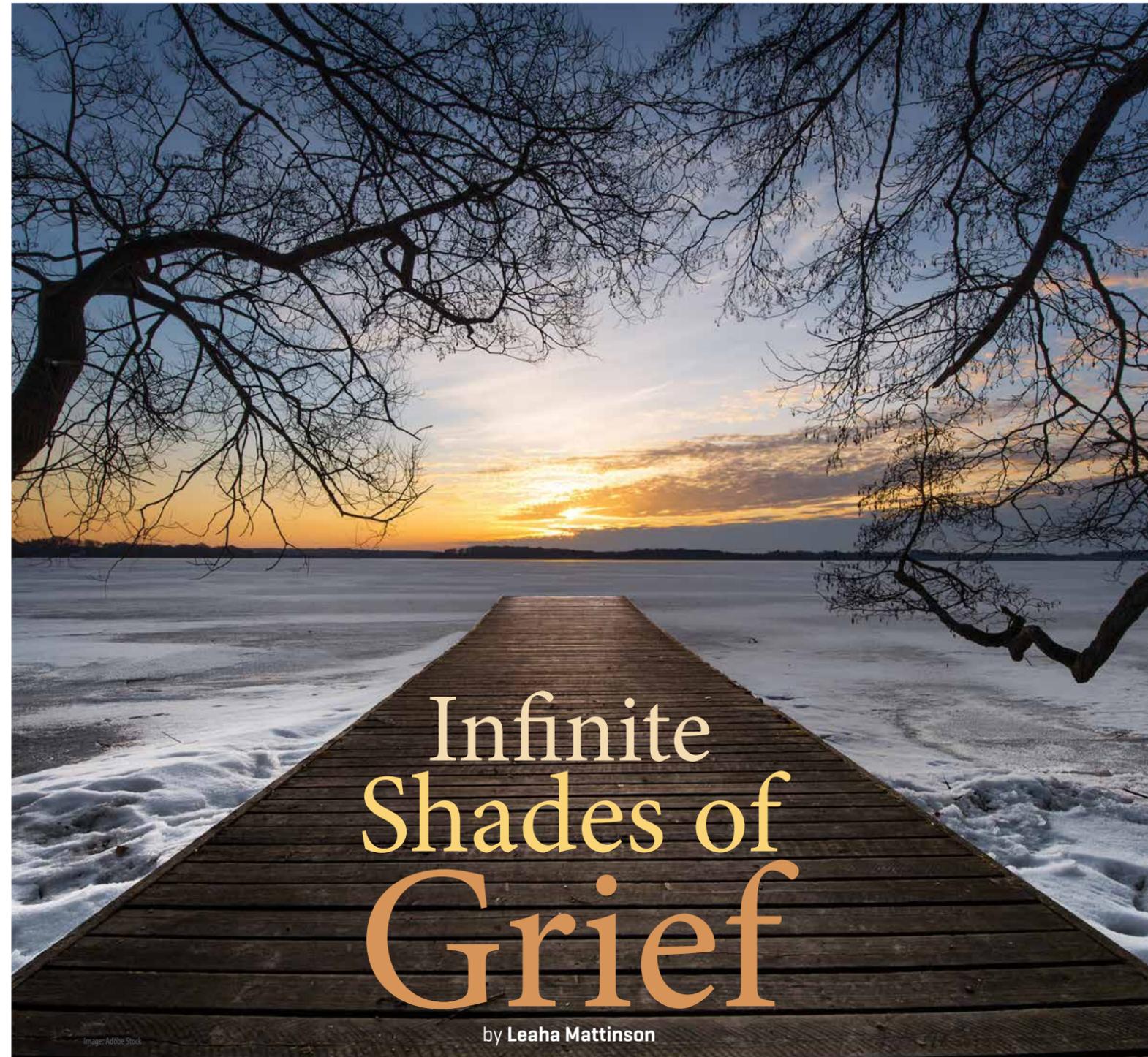
It's one of the hottest topics in life science research, and of some importance for people with a cancer diagnosis, so allow me to introduce you to your microbiome. Spread within and on the human body (and all other living organisms), the microbiome is a community of microscopic organisms including bacteria, yeasts, viruses and parasites. Your microbiome may be as individual as your fingerprints. However, unlike your fingerprints which remain unchanged, your microbiome evolves with age, diet and lifestyle, and other factors including health conditions...



BECOME IMMUNE TO POISON

by Catherine Carrigan

...From an energetic point of view, when your mind and soul agree to the platitudes you hear from your family of origin, your culture or society at large that's what is called "Buy In." You "buy in" to these mental programs and they run your life – even if you fail to take the time to stop and consider whether or not they help you. Here's some examples of thoughts and beliefs you may have bought into:...



Infinite Shades of Grief

by Leaha Mattinson

In late December, I woke up to a cold winter morning and the news of my father's passing. He was a wonderful man who had lived a rich, full life and had seen many of his great-grandchildren. He had also lived with Huntington's Disease, a genetic neurodegenerative disorder that runs in my family. I had been raised by him to love life, and I had also cared for him in the last few years.

Step by Step

Step 2 in the 12 step process can prove a problem for many people. Why?

by Louise F.



▲ **Addiction**



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