

Health

100/April 2022

Triangle

The official e-mag of
UK Health Radio



RECOVERY AFTER SURGERY

Diabetes
Corner

Health Focus:
Mental Health
support for LGBTQ+

*Could
Ivermectin
have saved
literally
thousands
of lives
worldwide?*

100th
Issue

“Each day offers a reason to celebrate. Find it and experience true bliss.”
Amy Leigh Mercree

UK Health Radio's e-magazine
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Triangle

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Editor's Note:

This Month ▲

THE POWER OF PURPOSE!

In case you missed the subtle message on the cover, this is the **100th Edition** of Health Triangle Magazine. And that we believe is something worth celebrating! We have all come through an extraordinarily challenging experience. As human beings, our primary purpose has simply been surviving the pandemic as best we can, without damaging others or ourselves. In business, the key objective has been to stay in business. In simple terms, staying alive and/or staying afloat. Now we need to acknowledge that life will never be the same again. It has changed forever! But pessimism is counter-productive. Stress is actively debilitating. That's why our 100th edition is bursting with optimism! Even Poetry Corner features the words of **Astrid Mundie**, a fully-fledged optimist, if ever I saw one! We also have a page of good news from around the world. And our first introduction to **Zero Zilch Zip**, a curator of alcohol-free drinks! It's still a wonderful world - even for centenarians!

Reg Starkey
Editor





6

Health Focus:
Mental Health
support for LGBTQ+



10
Breaking
News



12
Self Care

▲ Contents

Issue 100 / April 2022

- 3 Editorial
- 6 **Health Focus:** Mental Health support if you are lesbian, gay, bisexual or trans (LGBTQ+)
- 10 **Breaking News: Could Ivermectin have saved literally thousands of lives worldwide?**
- 12 **Self Care: From hard to heart** by Danielle Sax
- 14 **The power of colour** by Janey Lee Grace
- 16 **Yoga with Kino: Meditation - Use Ahimsa to understand the Russian-Ukrainian Conflict** by Kino MacGregor
- 18 **Rewilding, Part Two** by Julie Carlisle
- 22 **We meet the founder of alcohol-free disruptor Zero.Zilch.Zip.**
- 24 **Yes to Life** Robin Daly's recent guests on the Yes to Life Show
- 33 **Poetry Corner: Today** by Astrid Mundie
- 34 **Recovery after surgery** by Natalia Kotowska
- 36 **Global Good News**
- 38 **Recovery Road : What makes life worth celebrating?** by Leaha Mattinson



16
Yoga with Kino

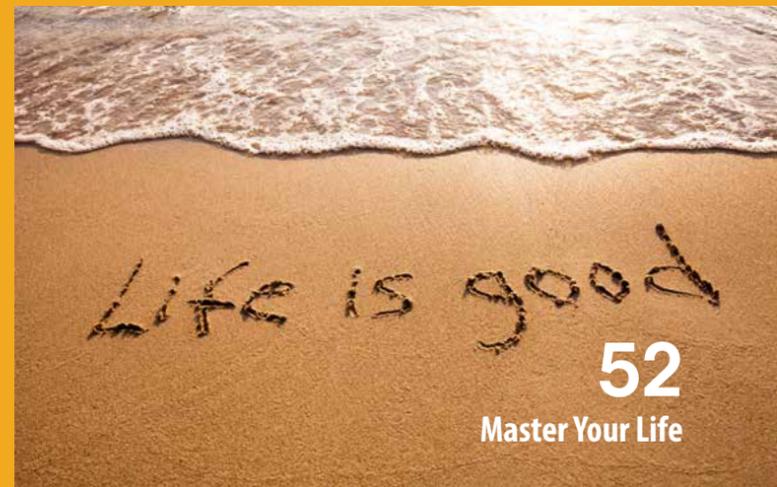


24
Yes To Life

- 40 **The Janey Loves Platinum Awards 2022** by Janey Lee Grace
- 42 **Diabetes Corner: Increasing rates of diabetes/pre-diabetes post pandemic** by Maureen Sullivan
- 43 **Medical Marvel Moments, Weird & Wonderful Facts** by Amanda Thomas
- 44 **Planting Time** by Cindy Hurn
- 46 **Shoulder Damage** by Reg Starkey
- 48 **Addiction: AA Step by Step - Tradition 3** by Louise F.
- 50 **Qigong: Celebrating the miracle of balance** by Clara Apollo
- 52 **Honour your life by treating it right** by Leaha Mattinson
- 56 **TV & Movie Reviews**
- 58 **Programme Schedule**



40
The Janey Loves
Platinum Awards
2022



52
Master Your Life



34
Recovery after
surgery

Mental Health support if you're lesbian, gay, bisexual or trans (LGBTQ+)

Mental health problems such as depression or self-harm can affect any of us, but they're more common among people who are lesbian, gay, bisexual and trans (LGBT).

This may be linked to LGBT people's experience of discrimination, homophobia or transphobia, bullying, social isolation, or rejection because of their sexuality.

Other things, such as their age, religion, where they live, and their ethnicity can add extra complications to an already difficult situation.

HOW TALKING THERAPY CAN HELP

It might not be easy, but getting help with issues you're struggling to deal with on your own is one of the most important things you can do.

Talking with a therapist who's trained to work with LGBT people may help with issues such as:

- difficulty accepting your sexual orientation
- coping with other people's reactions to your sexuality
- feeling your body does not reflect your true gender [gender dysphoria]
- transitioning
- [low self-esteem](#)
- [self-harm](#)
- [suicidal thoughts](#)
- [depression](#)
- coping with bullying and discrimination
- anger, isolation or rejection from family, friends or your community
- fear of violence

Read about [different types of talking therapy](#) and how they can help.

WHEN TO GET HELP

Do not suffer in silence. You should get help as soon as you feel you need it. It's never too late to get help, no matter how big or small your problems might seem. You could benefit from a talking therapy if you:

- feel tired or lack energy
- feel tearful
- shut yourself away from people
- no longer want to do things you used to enjoy
- use alcohol or drugs to help you cope with your feelings
- harm yourself or have thoughts about self-harming
- think about suicide

If you're struggling to cope right now, contact [Samaritans](#):

- call 116 123 (open 24 hours, every day)
- email jo@samaritans.org

Samaritans offers a safe place for you to talk about whatever's on your mind, at any time.

WHERE TO GET HELP

Speak to a GP

Consider talking to a GP. They'll know what help is available locally and can help you decide which treatment is best for you.

When discussing your situation, try to be as honest as possible with the GP so they can suggest the best type of support for you.



SUPPORT ORGANISATIONS

These organisations offer mental health advice, support and services for LGBT people.

• [GENDERED INTELLIGENCE](#)

The organisation runs youth groups in London, Leeds and Bristol for trans, non-binary and questioning young people. It also runs a peer-led support group in London for people aged 18 to 30.

• [IMAAAN](#)

Imaan is a charity that supports lesbian, gay, bisexual, trans, queer or questioning (LGBTQ) Muslims, providing an online forum where people can share experiences and ask for help.

• [CONSORTIUM](#)

This membership organisation work to support LGBT+ organisations and projects around the country. Use the site's [Member's Directory](#) to find local mental health services.

• [LGBT FOUNDATION](#)

The LGBT Foundation offers information, advice, and support services, including a [Talking Therapies Programme](#) to LGBT people.

• [LONDON FRIEND](#)

London Friend offers support groups and services, such as counselling and drug and alcohol support, to LGBT people in and around London.

• [MIND LGBTQ](#)

Get information about mental health support for people who are lesbian, gay, bisexual, trans, intersex, non-binary, queer or questioning (LGBTIQ).

• [PINK THERAPY](#)

Pink Therapy has an [online directory](#) of therapists who work with people who are lesbian, gay, bisexual, transgender, intersex and queer or questioning (LGBTIQ), and people who are gender- and sexual-diverse (GSD).

• [STONEWALL](#)

Find LGBT mental health services near you using Stonewall's ["What's in my area?"](#) search box.

• [SWITCHBOARD LGBT+ HELPLINE](#)

Switchboard provides a listening service for LGBT+ people over the phone, via email and online chat. It can provide you with contact details of an LGBT-friendly therapist.

www.nhs.uk

Save an additional 5% with the code **HEALTH5** on top of any existing on-site deals

Welcome to a world of alcohol freedom

It used to be hard to find the world's finest alcohol-free beers, wines and spirits. Not any more. Visit ZeroZilchZip.co.uk to cut through the clutter and browse the best of the best.

Perfect for:

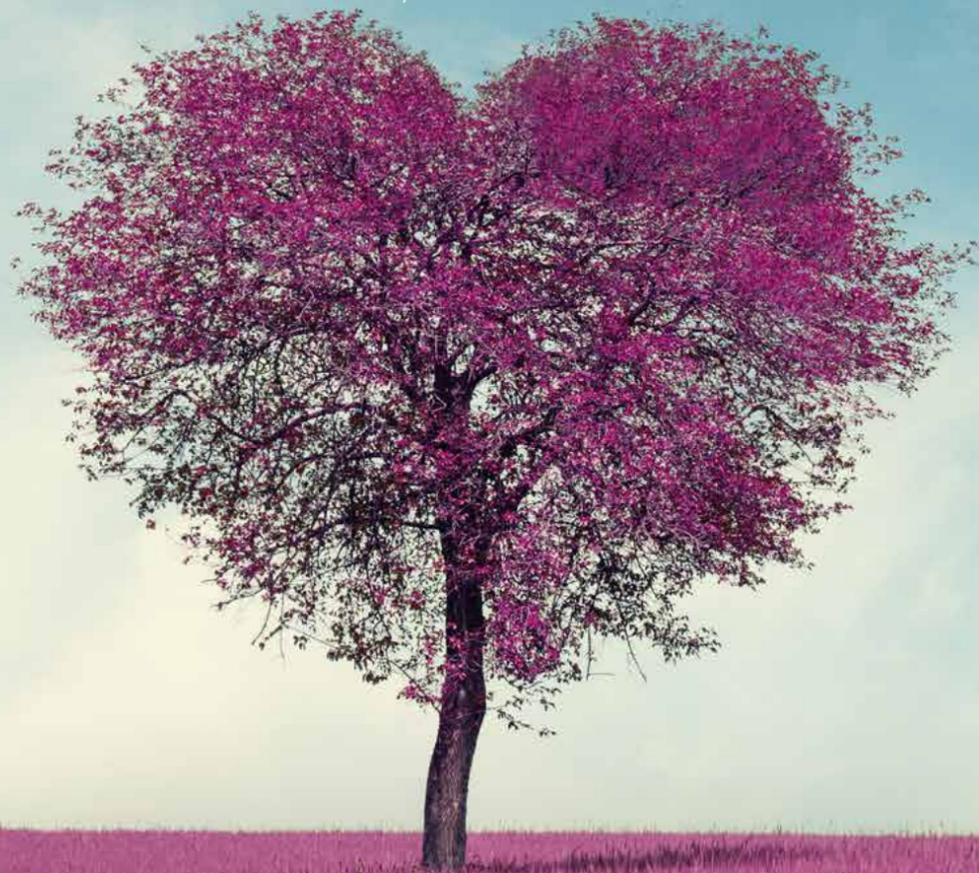
Health Fitness Religion Pregnancy Lifestyle Liberation

Zero.Zilch.Zip.

ZeroZilchZip.co.uk

From Hard to Heart

Celebrating life from the inside out
by Danielle Sax



Spring is knocking on our door and this is a special celebration moment for Health Triangle Magazine as you see. It has been an honour to have been a part of this amazing Magazine for more than 3 years now and I truly love its content, its design and its spirit! That is why I intend to give it my all in this article and talk about the “real” stuff.

If you had asked me 30 years ago how I would “celebrate life”, I would have told you that I would celebrate all that I “have” in this life.

Although I was a highly sensitive youngster with lots of dreams and the feeling that there was a deeper purpose for me, I lived those first 35 years mostly for the outside world. That was what I was told to do in my education and in society. Be nice to others, look how others live their life, study a profession and get a house & car. Socialise in the circles that give you more prestige and help you climb the ladder and achieve [outside] success.

For example: Although I did follow my heart and married the man that I felt was my soulmate ...

Shoulder Damage

The road to Hell is paved with good intentions - some personal experience.

by Reg Starkey



When you turn off the N2 Garden Route beside the Bitou bridge towards Widriff, it all looks absolutely idyllic. Typically, you will see someone fishing as the sun goes down behind them in the west.

One sunny South African summer evening, earlier this year, my daughter and I set off optimistically with chairs, rod and bait. On arrival, we discovered there was a far bigger gap between the bank and the river itself. Undeterred, I remained optimistic that I could cast within reach of a massive unseen fish. It was not to be...



Image: Kino MacGregor

Use Ahimsa to Understand the Russian-Ukrainian Conflict

by Kino MacGregor
www.kinoyoga.com

Recovery after surgery

How to handle it mentally and physically

by Natalia Kotowska



Surgery is a scary word, for me it was and somehow still is. Last month I kept hearing the words 'knee surgery' over and over and though I needed it after my accident whilst teaching dance, it's not something I was keen on.

I tried to give my knee enough time hoping I will recover without needing surgery, months of rest and physiotherapy unfortunately did not bring expected results so the idea of surgery became my reality.

Even if your surgery is the most minor one, it really can be an emotionally and physically draining experience. Just the fact that you will be in full anaesthetic, spending possibly up to three days in hospital; and with covid rules still being in place- being alone just adds to the anxiety and pent up emotions.

I went into my knee surgery with a positive attitude, excited at the idea of treating my knee and getting back to feeling and doing everything at my usual capacity. I was even counting down the days to get it over ...

Honour Your Life by Treating it Right

by Leah Mattinson

Life is good

There is so much about life to celebrate - the warm morning sun, a cool rivulet of a breeze on a hot day, fresh air, fragrant flowers and the glory of nature. The pandemic has made us reflect on life differently - with the lives being lost and the quality of lives being compromised physically, mentally and emotionally, where do we stand now in the joy we take from our celebration of life?...

Step by Step

Tradition 3

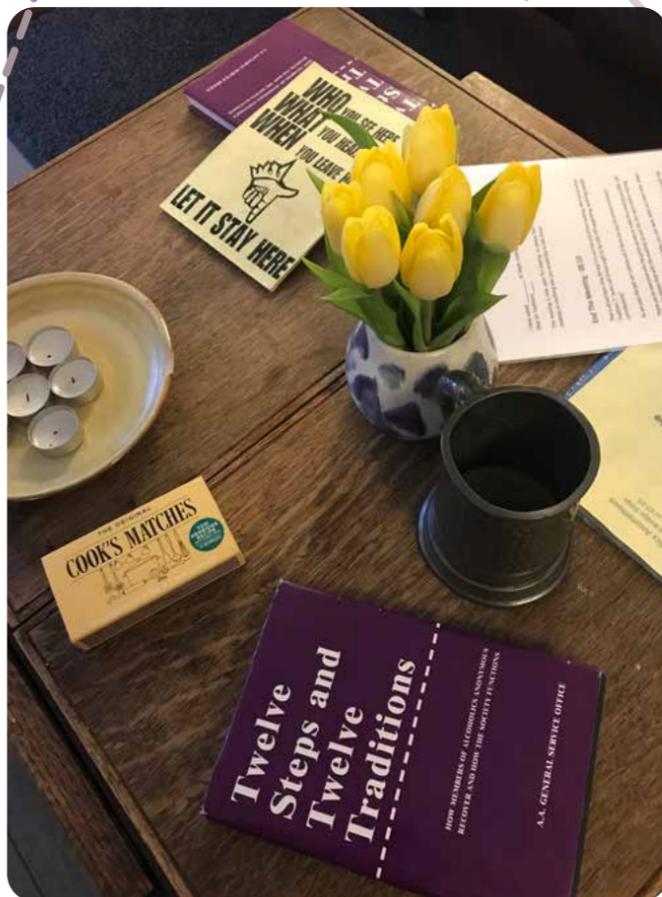
“The only requirement for AA membership is a desire to stop drinking.”

by **Louise F.**

The concept of a 12 Step programme is widely known, if not in any detail. But the far less well-known fact is that AA also has 12 Traditions. These Traditions reduce to words the principles on which the organisation is run on a daily basis. Arguably, they represent an excellent and unambiguous guide to what in the commercial world would be called ‘corporate governance.’

Tradition 3 is a perfect example of simplicity and clarity. Anyone who has a desire to stop drinking is welcome to join. You don’t have to be certified by anyone else in order to qualify for membership. You just have to want to stop drinking, however much – or however little! – alcohol you currently consume.

No one in AA has any right to say that you are only welcome if you currently drink at least 8 pints of beer every evening, or a bottle of wine or two every lunch time, or excessive spirits every weekend. If you decide you’d like explore life without any alcohol at all, you are welcome at any AA meeting anywhere the world...



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