

# Health

108/December 2022  
January 2023

# Triangle

The official e-mag of  
UK Health Radio



## Health Focus: Sinusitis

How To Manage  
Erectile Dysfunction  
And Regain Confidence

Winter  
Skin Care

**A CURE FOR  
CROHN'S: THE  
UNTOLD CAUSE &  
EMERGING  
TREATMENT FOR  
CROHN'S  
DISEASE**

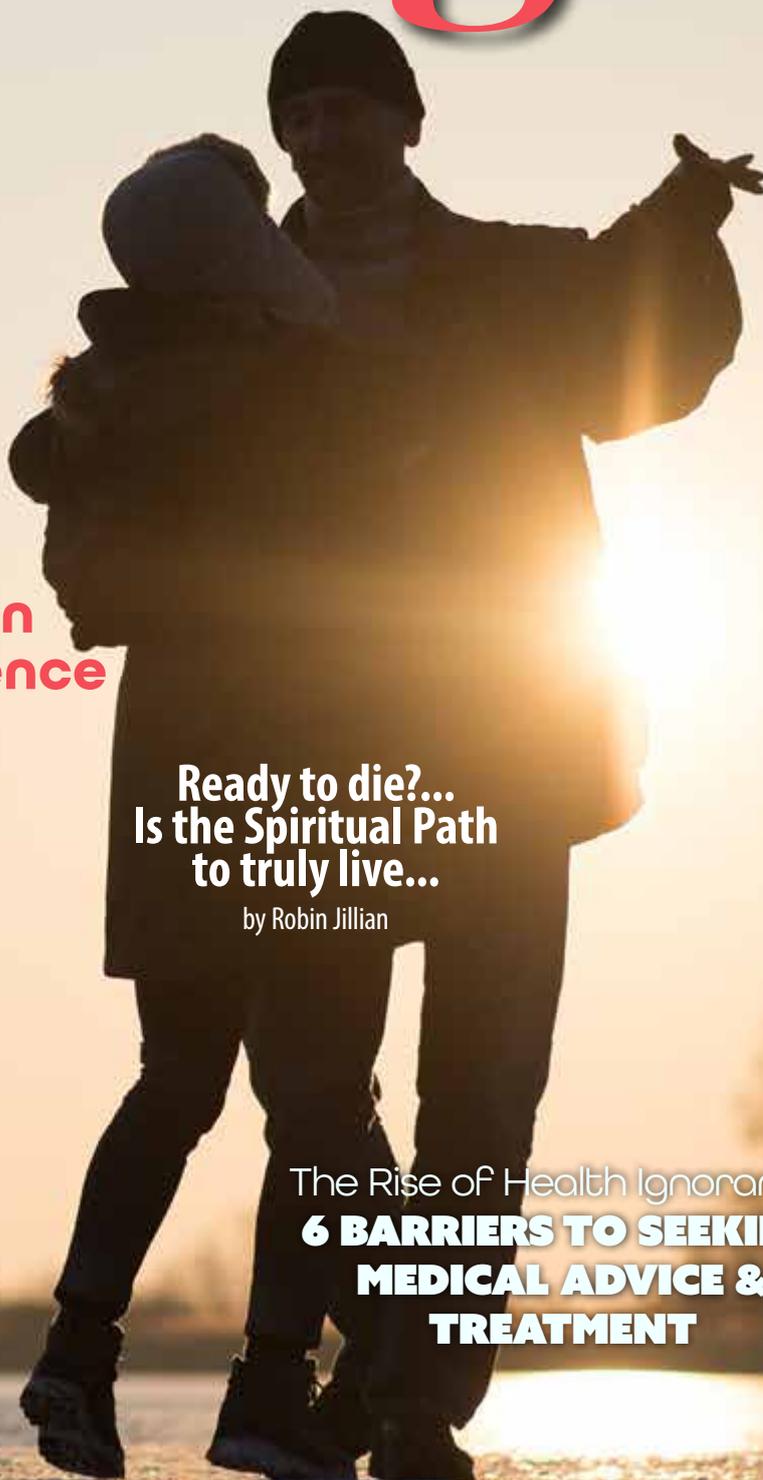
by Dr. David Armstrong

**"IT'S THE FIRST  
DRINK THAT DOES  
THE DAMAGE."**

Ready to die?...  
Is the Spiritual Path  
to truly live...

by Robin Jillian

The Rise of Health Ignorance:  
**6 BARRIERS TO SEEKING  
MEDICAL ADVICE &  
TREATMENT**



“And now we  
welcome the new  
year. Full of things  
that have never  
been.”

- Rainer Maria Rilke -

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Health  
**Triangle**

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Editor's Note:

## This Month ▲

**T**his bumper issue of Health Triangle celebrates 10 years of literally non-stop broadcasting by UK Health Radio - and the start of a new era of global podcasting on 20 well-established platforms connecting with some 850 million listeners worldwide! Impossible to imagine given the limited life expectancy predicted for UKHR founder Johann Ilgenfritz at the end February 2012. In his podcast interview with Chris Grimes, Johann chooses a quote from Mark Twain: "The two most important days in your life are the day you are born - and the day you discover what to do with it!" For Johann, that meant letting go of a glamorous international career in fashion photography and pioneering an unmapped journey in global health! For Niki Cassar, it meant letting go of a successful business making TV commercials and developing instead her passion for hypnotherapy and past life regression. For Sam Pope, it meant letting go of a family business, getting a degree in Psychology and pioneering a new technique using tarot cards as psychological levers. For Wolfgang Sonnenburg, it meant letting go of a conventional career as a successful lawyer in Hamburg. Wolfgang Sonnenburg's success today as a human being is all about 'getting real and working for the ideal.'

When Nelson Mandela stopped being a prisoner and became instead South Africa's first Black President, his inaugural speech attributes this quote to him: "Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure." In fact, they came from Marianne Williamson!

This bumper issue of Health Triangle magazine provides a fascinatingly diverse smorgasbord of ideas and information for your consideration and delight. It's not a race. Take your time. A new year and new challenges are certainly coming your way. Just remember the words of Marianne Williamson: "You are powerful beyond measure!"



**Reg Starkey**  
Editor





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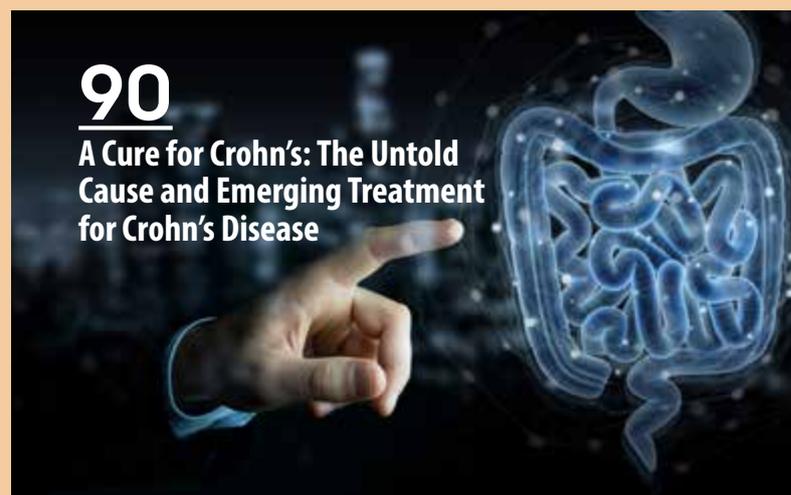
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# Sinusitis

**S**inusitis is swelling of the sinuses, usually caused by an infection. It's common and usually clears up on its own within 2 to 3 weeks. But medicines can help if it's taking a long time to go away.

## CHECK IF YOU HAVE SINUSITIS

Sinusitis is common after a cold or flu. Symptoms of sinusitis include:

- **pain, swelling and tenderness around your cheeks, eyes or forehead**

- a blocked nose
- a reduced sense of smell
- green or yellow mucus from your nose
- a sinus headache
- a high temperature
- toothache
- bad breath
- **Signs of sinusitis in young children may also include irritability, difficulty feeding, and breathing through their mouth.**



## WHAT ARE THE SINUSES?

The sinuses are small, empty spaces behind your cheekbones and forehead that connect to the inside of the nose.

Sinusitis causes the lining of the sinuses to swell up. This stops mucus draining into your nose and throat properly, making you feel blocked up.

## HOW YOU CAN TREAT SINUSITIS YOURSELF

You can often treat mild sinusitis without seeing a GP by:

- **getting plenty of rest**
- **drinking plenty of fluids**
- **taking painkillers, such as paracetamol or ibuprofen (do not give aspirin to children under 16)**
- **avoiding allergic triggers and not smoking**
- **cleaning your nose with a salt water solution to ease congestion**

If you have a high temperature or you do not feel well enough to do your normal activities, try to stay at home and avoid contact with other people until you feel better.

How to clean your nose with a homemade salt water solution:

1. Boil a pint of water, then leave it to cool.
2. Mix 1 teaspoon of salt and 1 teaspoon of bicarbonate of soda into the water.
3. Wash your hands.
4. Stand over a sink, cup the palm of 1 hand and pour a small amount of the solution into it.
5. Sniff the water into 1 nostril at a time. Breathe through your mouth and allow the water to pour back into the sink. Try not to let the water go down the back of your throat.
6. Repeat the first 5 steps up to 3 times a day until your nose feels more comfortable.

You do not need to use all of the solution, but make a fresh solution each time you clean your nose.

## A PHARMACIST CAN HELP WITH SINUSITIS

A pharmacist can advise you about medicines that can help, such as:

- decongestant nasal sprays or drops to unblock your nose [decongestants should not be taken by children under 6]
- salt water nasal sprays or solutions to rinse out the

inside of your nose

You can buy nasal sprays without a prescription, but they should not be used for more than 1 week.

## SEE A GP IF:

- **your symptoms are severe**
- **painkillers do not help or your symptoms get worse**
- **your symptoms do not improve after 1 week**
- **you keep getting sinusitis**

## TREATMENT FOR SINUSITIS FROM A GP

If you have sinusitis, a GP may be able to recommend other medicines to help with your symptoms, such as:

- steroid nasal sprays or drops – to reduce the swelling in your sinuses
- antihistamines – if an allergy is causing your symptoms
- antibiotics – if a bacterial infection is causing your symptoms and you're very unwell or at risk of complications [but antibiotics are often not needed, as sinusitis is usually caused by a virus]

You might need to take steroid nasal sprays or drops for a few months. They sometimes cause irritation, sore throats or nosebleeds.

A GP may refer you to an ear, nose and throat (ENT) specialist if, for example, you:

- still have sinusitis after 3 months of treatment
- keep getting sinusitis
- only have symptoms on 1 side of your face

They may also recommend surgery in some cases.

## SURGERY FOR SINUSITIS

Surgery to treat chronic sinusitis is called functional endoscopic sinus surgery (FESS).

FESS is carried out under general anaesthetic [where you're asleep].

The surgeon can widen your sinuses by either:

- removing some of the blocked tissue
- inflating a tiny balloon in the blocked sinuses, then removing it

You should be able to have FESS within 18 weeks of your GP appointment.





**The first**

**10**

**Years**

## UK Health Radio - the first 10 years...

Truth stranger than fiction!

by **Reg Starkey**

**N**ine months and one week after Johann was told he had only 12 months left to live, Johann Ilgenfritz launched UK Health Radio.

That was 10 years ago and Johann can be certain of the dates because the oncologist's forecast of his likely life expectancy in 2012 coincided with his wife Raphaela's birthday, February 25. It came as a dreadful shock as this was the same specialist who had told him that the radiotherapy had worked its wonders, that the cancer was contained and in remission. Now, suddenly, apparently, it had spread everywhere and was allegedly irreversible - like the trick of the tide that appears to retreat completely before the tsunami itself arrives. Johann focused single-mindedly on finding a solution, for himself, his wife and family; searching and researching tirelessly day after day. After 7 months, he discovered a German Nobel Prize-winner from the 1930s whose oxygenated alkaline vegan diet dealt slowly but directly and effectively with the cancer. It took Johann 2 1/2 years and a radical change of lifestyle to claim victory ... But where once it took him 20 minutes to climb two flights of stairs, now he happily runs for miles, alone with his thoughts, every morning, on a daily basis. No music, no podcasts, just up to 12km of open road and with only ambient sounds as background for his running meditation.

But back to December 2 2012. Day one for UK Health Radio. Johann's vision was similar to Kevin Costner's in the classic movie 'Field of Dreams': "If you build it, they will come."

On day one Johann had one presenter - Robert Scott Bell - and one known listener, himself! [Two, if you added in Raphaela.]

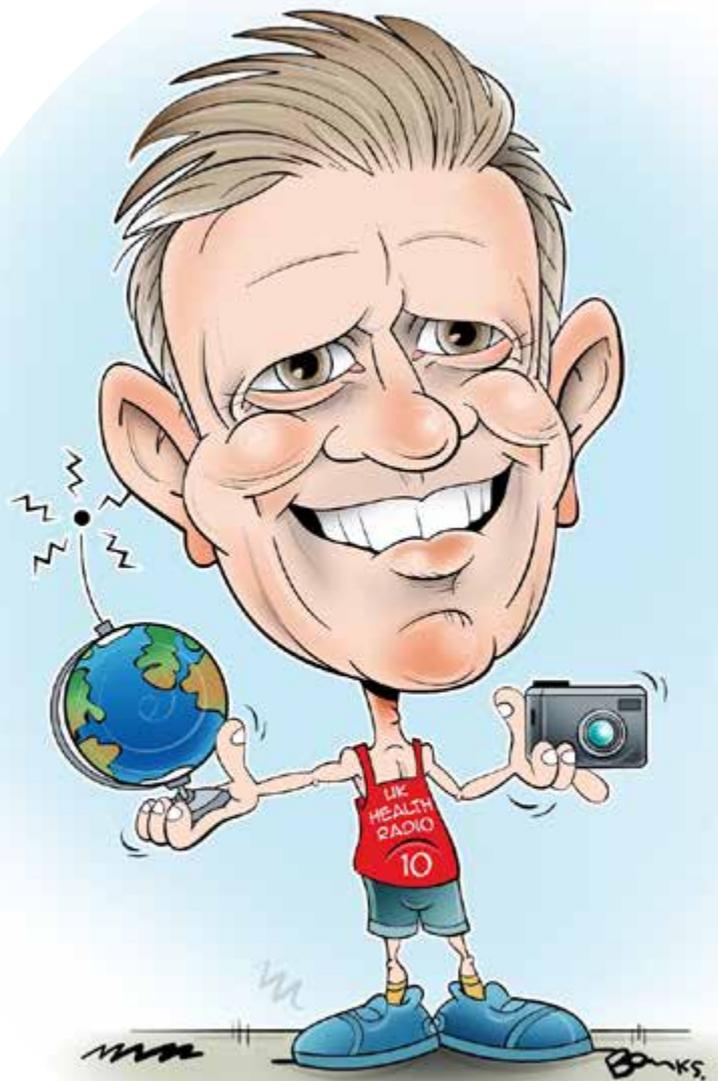


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# Thank You



Today UK Health Radio has well over 3 dozen different presenters - including the tireless Robert Scott Bell. Together they provide over 40 different shows every single week, broadcasting 24 hours a day, 365 days a year - with an extra 24 hours on air every Leap Year! All about health and well-being, directly or indirectly. Together with an online magazine called Health Triangle, UKHR and HTM provide the constant stream of good information that Johann wished had been available to him when his own health ran into an existential crisis.

Johann built UKHR and sure enough, in time they came - in droves! Today UKHR has some 1.3 million regular listeners every month. And from this month onwards [December] UK Health Radio will also be carried on no fewer than 20 of the world's most popular podcast platforms, immediately increasing the potential audience for UKHR content to an amazing 850 MILLION existing, English-speaking subscribers!

With the world population now topping 8 billion for the first time ever, this is an encouraging opportunity for truly global reach - which is what Johann has always dreamed of. Perhaps Johann's iconic father encouraged him to "Make no small plans". What is certainly true is that Johann positively envisions a constant and free access point to UK Health Radio in every single dwelling on earth!

As they sang in South Pacific : "If you don't have a dream, how you gonna have a dream come true?"



## ▲ Personal Performance Issues

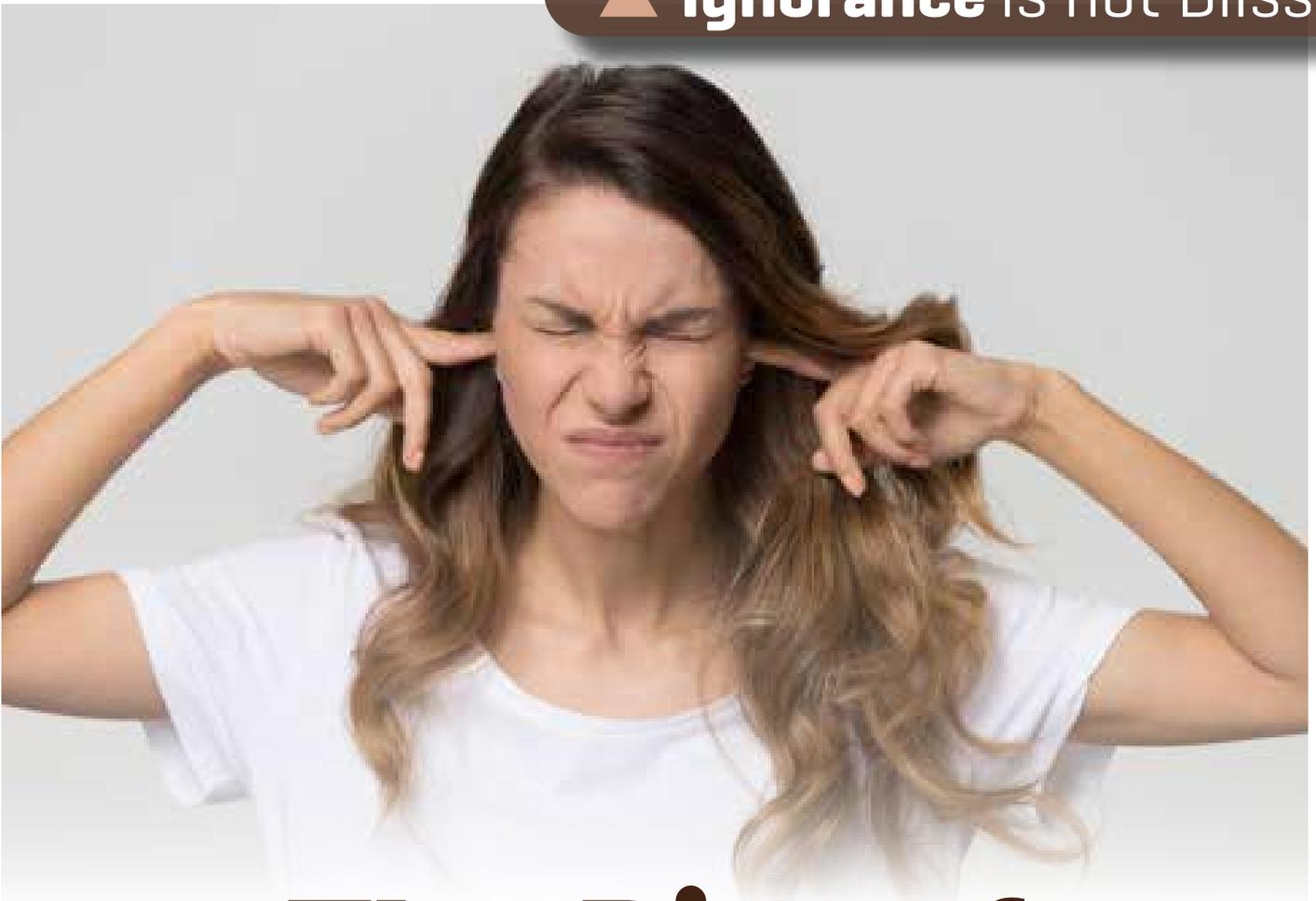


**C**oping with erectile dysfunction, also known as impotence or ED, can be exceptionally difficult for men and can have **a severe negative impact on their confidence** and sense of self.

At the same time, it is a topic that men usually prefer not to discuss, as it can cause misplaced feelings of shame and guilt. This is because, for many men, being able to achieve and maintain an erection is linked to their idea of masculinity and they feel somehow lessened if they cannot 'perform' as they feel they should...

# HOW TO MANAGE ERECTILE DYSFUNCTION AND REGAIN CONFIDENCE

▲ Ignorance is not Bliss



# The Rise of Health Ignorance

## 6 Barriers to Seeking Medical Advice & Treatment

**W**hen it comes to looking after our health, statistics reveal that many of us are ignoring the warning signs, don't know what to look out for or aren't checking for them in the first place. For example, a **YouGov** survey found that in 2021 at least 1 in 5 women had not checked themselves for signs of breast cancer in the past year.

There is truth to the saying prevention is the best medicine. Catching serious illnesses early is often one of the best ways to get treatment for and/or manage the illness. However, it's clear that there are several barriers that stop people from seeking medical advice and treatment. This can lead to potentially serious consequences for health, both physical and mental, including delayed diagnosis and worse outcomes.

With some insights from Jonjo Hancock-Fell, at private health cover provider: **Westfield Health**, let's take a closer look at some of the reasons why people could be ignoring their symptoms...

▲ **Emerging Treatment**

# A CURE FOR CROHN'S: The Untold Cause and Emerging Treatment for Crohn's Disease

Exposing the hidden connection between a debilitating  
intestinal condition and MAP bacteria  
by **Dr. David Armstrong**

**T**he book "**A Cure for Crohn's**" is about Crohn's disease, a debilitating intestinal condition afflicting over five million people worldwide, including hundreds of thousands in the UK.

This painful condition causes inflammation of the digestive tract, which triggers abdominal pain, severe diarrhea, fatigue, weight loss, and malnutrition. It can lead to life-threatening complications including severe infections and colorectal cancer.

Sadly, there is no cure for Crohn's disease. But through my personal experience growing up on a farm in Yorkshire, as well as my professional experience as a colorectal surgeon in Atlanta, Ga., I undertook a thorough exploration of the causes and explored emerging treatments...





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