

# Health

116/September 2023

# Triangle

The official e-mag of  
UK Health Radio



**Health Focus:**  
Night terrors  
& Nightmares

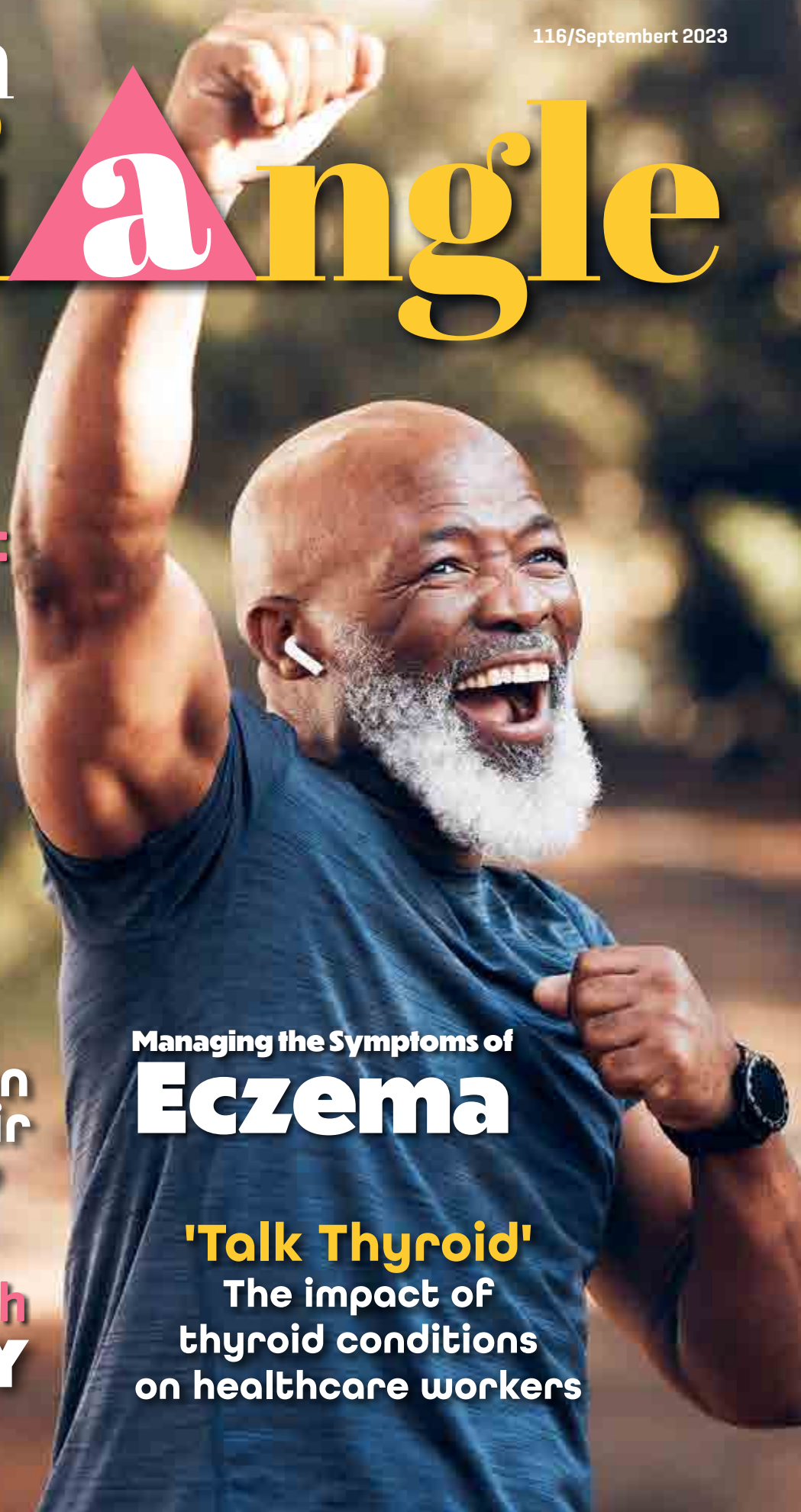
**BREAKING  
NEWS**  
VACCINE-INDUCED  
DEATHS FROM  
MYOCARDITIS

How Men Can  
Improve Their  
Confidence

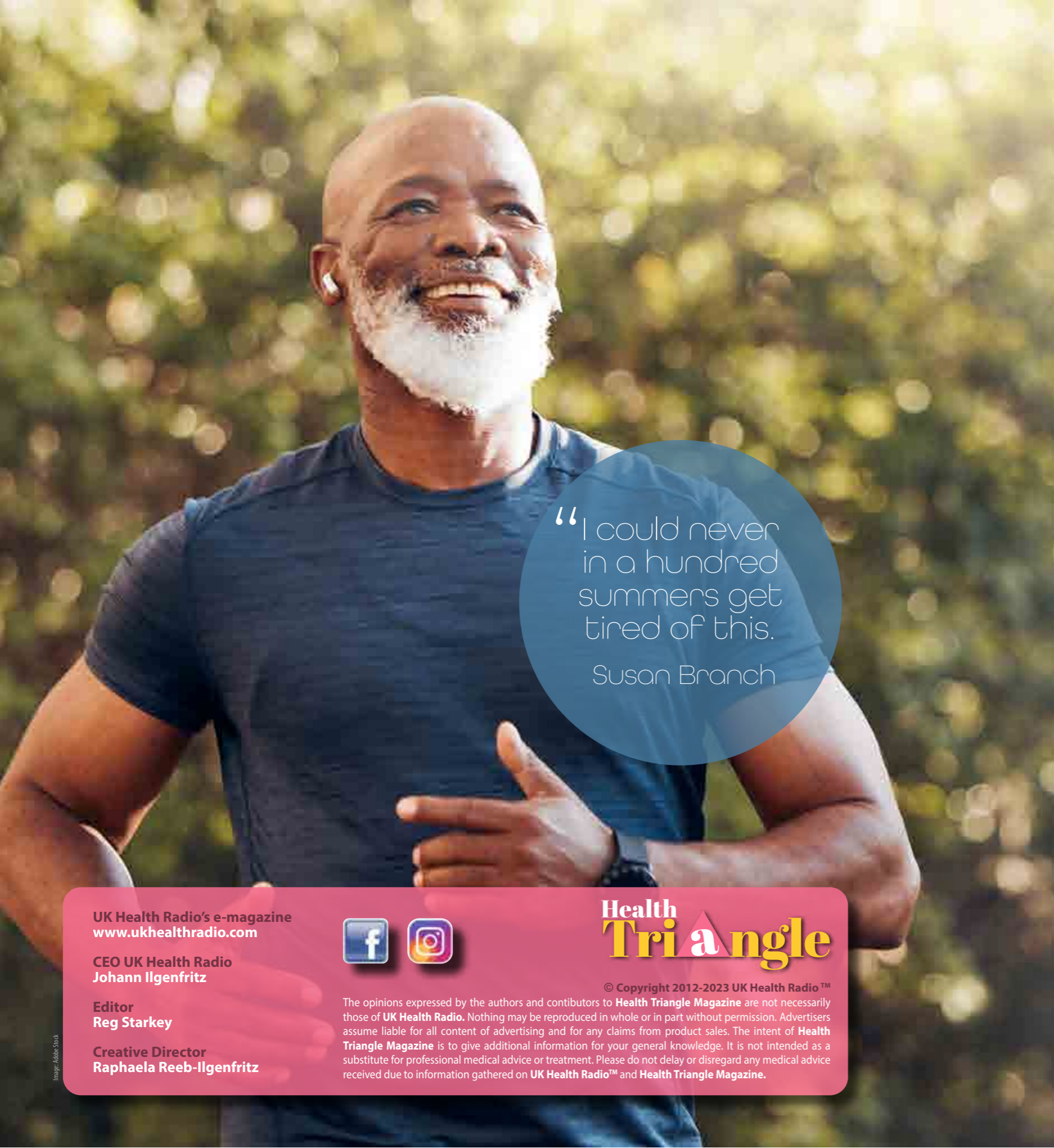
**Vaginal Health**  
**FERTILITY**

Managing the Symptoms of  
**Eczema**

**'Talk Thyroid'**  
The impact of  
thyroid conditions  
on healthcare workers

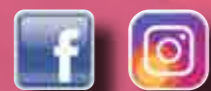






“I could never in a hundred summers get tired of this.  
Susan Branch

UK Health Radio's e-magazine  
[www.ukhealthradio.com](http://www.ukhealthradio.com)



Health  
**Triangle**

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Editor's Note:

## This Month

“NIGHT TERRORS AND NIGHTMARES”

This is the specific topic for the NHS feature in this month's edition of Health Triangle Magazine. Yet it could be an over-arching theme for the world in which we all now find ourselves - internationally with war in Europe and the threat of war with China, locally with the potential impact of Climate Change and the possible collapse of traditional law and order.

Unlike mainstream media, Breaking News looks objectively at an independently established link between mRNA and excess deaths from myocarditis. The key point is that there is no point in losing sleep over things we cannot change - like the war in Ukraine or the tensions around Taiwan. Our responsibility is primarily to ourselves alone. This is the only area in which we have real control. What we think, what we eat, what exercise we take. What we put on our skin, into our heads or into our bodies.

From the cover onwards, you can see that we are 100% in favour of optimism. How can we make the best of our own reality? That is the question we need to focus on and here you have a variety of sincere opinions. We are not asking you to accept them all unconditionally, word for word. We are asking you to consider them all, with an open mind. Contempt prior to investigation is neither scientific nor rational. The test may come if the World Health Organisation declares a new global emergency. Will you still accept that mRNA injections really are as safe and effective as Dr Fauci once claimed? Or that there is any conclusive evidence for the benefits of wearing masks?

UK Health Radio is an independent information-station. Health Triangle Magazine reflects that independent freedom-of-speech principle. We simply want our readers to be well informed on any topic before they make their own independent individual opinion.

**Reg Starkey**  
Editor



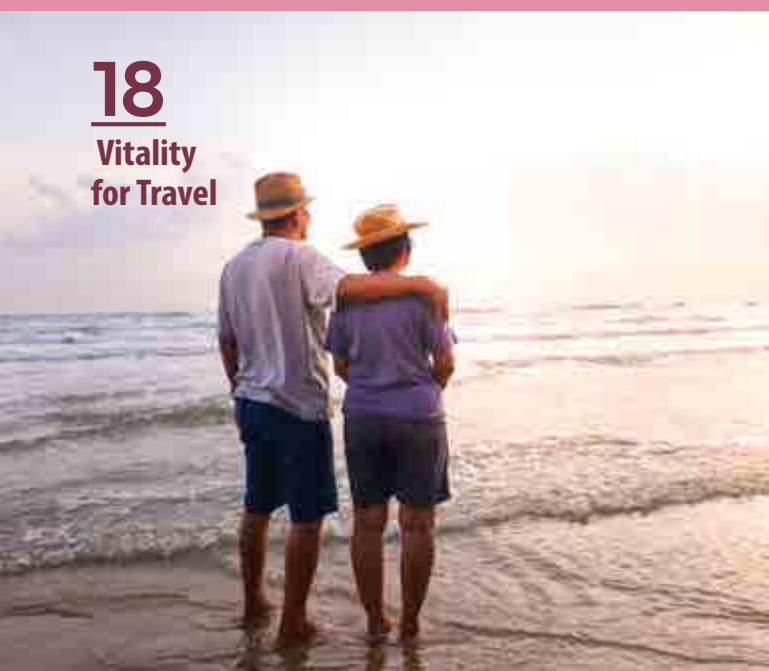




**6**  
Health Focus:  
Night terrors and  
nightmares



**16**  
Spirituality:  
From Theory to  
Direct Experience

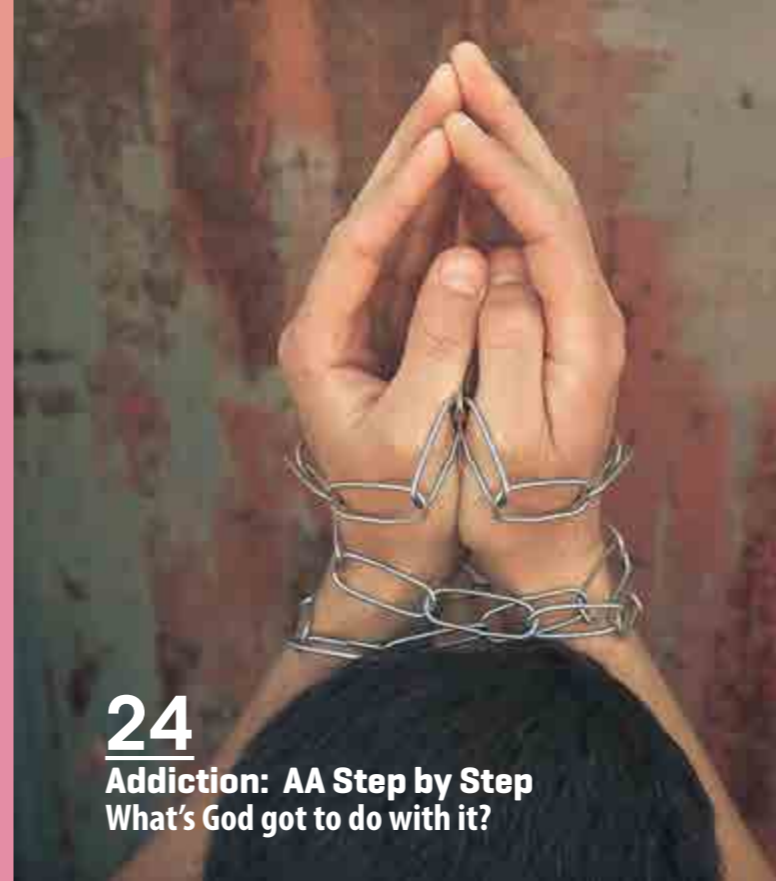


**18**  
Vitality  
for Travel

# ▲ Contents

Issue T16  
September 2023

- 3 **Editorial**
- 6 **Health Focus: Night terrors and nightmares**
- 8 **Self Care: 4 top ROI investments for an abundant life** by Danielle Sax
- 10 **Your Future Life** by Janey Lee Grace
- 12 **Winspiration: Unlocking the liquid language of water** by Wolfgang Sonnenburg with Greta Gericke
- 14 **Breaking News: New research suggests a 'high likelihood' of vaccine-induced deaths from myocarditis**
- 16 **Spirituality: From Theory to Direct Experience** by Giulio Consiglio
- 18 **Ageing is a choice - Part 8: Vitality for Travel** by Robert Manni
- 20 **Talk Thyroid: The impact of thyroid conditions on healthcare workers** by Ahmad Alsharrah
- 23 **Medical Marvel Moments, Weird & Wonderful Facts** by Amanda Thomas
- 24 **Addiction: AA Step by Step - What's God got to do with it?** by Louise F.
- 26 **Excavating Your Authentic Self...you are not who you think you are...** by Robin Jillian
- 30 **Unlocking Natural Wellness: Discover These Innovative Products for Your Health** by Janey Lee Grace
- 32 **Don't Itch! 3 At-Home Remedies for Managing the Symptoms of Eczema**
- 34 **I AM WELLness Moments Podcast at a glance...** by Carly Chamberlain



**24**  
Addiction: AA Step by Step  
What's God got to do with it?

- 36 **4 ways your vaginal health can be limiting your fertility** by ScreenMe
- 39 **Poetry Corner: If I can stop one heart from breaking** by Emily Dickinson
- 40 **Critically Important Health Services That Your Pharmacist Could Help You With**
- 42 **FEAR - an acronym for False Evidence Appearing Real** by Niki Cassar
- 44 **How Men Can Improve Their Confidence: 4 Tips**
- 46 **Alla Hennessy the Creative Cake maker** by Reg Starkey
- 48 **Good Listening To - LIVE on Stage**
- 50 **Meet the Team - New show by The Elliott Sisters - Confessions of a Reluctant Caregiver**
- 52 **Yes to Life** Robin Daly's recent guests on the Yes to Life Show
- 58 **TV & Movie Reviews**
- 62 **Programme Schedule**



**30**  
Unlocking Natural  
Wellness: Discover  
These Innovative  
Products for Your  
Health



**46**  
Alla Hennessy  
the Creative  
Cakemaker



**26**  
Excavating Your  
Authentic Self



# NIGHT TERRORS AND NIGHTMARES

**M**any children have nightmares and night terrors, but most grow out of them. Some adults also can also have them.

## CHECK IT'S A NIGHT TERROR OR NIGHTMARE

- Night terrors and nightmares are different and happen at different stages of sleep.
- During a night terror you may talk and move about but are asleep. It's rare to remember having a night terror.
- Nightmares are bad dreams you wake up from and can remember.
- Night terrors are most common in children between the ages of 3 and 8, while nightmares can affect both children and adults.

### DIFFERENCES BETWEEN NIGHT TERRORS AND NIGHTMARES

#### NIGHT TERRORS

- Mainly affect children
- Scream, shout, thrash about, jump out of bed, eyes open but not awake, will not remember it
- Happen in the early part of the night, sometimes more than once, lasting up to 15 minutes

#### NIGHTMARES

- Affect both children and adults
- Strong feelings of fear, child may wake up and be able to remember the dream
- Happen later in the night

If you cannot move or speak as you wake up or fall asleep, you may have sleep paralysis. This is not the same as having a night terror.

### CAUSES OF NIGHT TERRORS AND NIGHTMARES

#### Common causes of night terrors and nightmares include:

- being very tired or unwell
- sudden noises at night or needing to pee during the night (which can affect your deep sleep)
- something that's frightened you (such as watching a scary film) or made you stressed, anxious or worried

#### They can also be caused by:

- taking certain medicines, such as antidepressants
- conditions that affect sleep, such as restless legs syndrome or sleep apnoea
- mental health conditions, such as post-traumatic stress disorder (PTSD)
- conditions that affect the brain, such as dementia
- Night terrors are more common in people with family members who have had night terrors or who sleepwalk.

### Non-urgent advice:

#### SEE A GP IF:

- your child has night terrors several times a night or has them most nights
- your child has lots of nightmares about the same thing
- you're having regular nightmares that are affecting your sleep and everyday life

How to help a child who has night terrors or nightmares. For most people, night terrors and nightmares get better on their own.

If your child is having night terrors or nightmares, there are things you can try to help.

#### DO

- try having a relaxing bedtime routine
- keep a sleep diary (including things you did during the day and evening, how you were feeling and how you slept) to help identify any causes
- try to deal with things that might be causing stress or anxiety

### HOW TO HELP SOMEONE HAVING NIGHT TERRORS

#### During a night terror, you should:

- stay calm and wait for the person to calm down
- do not talk to them or try to stop them moving about, unless there's a risk they could hurt themselves or someone else
- do not try to wake them – they may not recognise you and may get more upset if you try to comfort them
- If they're having a night terror at the same time every night, try waking them up 15 minutes before the night terror every night for a week. This can sometimes stop the night terrors happening.

### TREATMENTS FOR NIGHT TERRORS AND NIGHTMARES

Treatment for nightmares in adults depends on what may be causing them.

If you're having nightmares caused by a traumatic event, a GP may recommend psychological treatment such as counselling.

If you have a condition that affects your sleep, treatment will usually involve trying to manage the condition better.

# AGEING IS A CHOICE VITALITY FOR TRAVEL

by Robert Manni

**H**ave you ever come back from a great trip only to get sick once you're home? Just recently, a friend went abroad traveling through different countries, going on excursions, eating and drinking with gusto only to spend the next two weeks sick as a dog—and it wasn't just him, but his entire family! I can't tell you how many times I've encountered this common phenomenon. Our bodies hang on so we can do all the fun things we want to do during our trip, then the fatigue hits our bodies like a pile of bricks. Down we go with the flu, cold, body aches, you name it. Our bodies will find some reason to shut down and recover. Fortunately, there are things we can do to maintain our health during and following our travels...

“Travel to new places is a novel experience...”



## The impact of thyroid conditions on healthcare workers



The Thyroid Trust is a UK registered thyroid charity led by patients but who work closely with medics and researchers.

**H**ealthcare providers work tirelessly to deliver the highest quality of healthcare to their patients and continue to do so on a day-to-day basis. This umbrella of workers can include doctors, nurses, psychiatrists, and occupational therapists. Their responsibilities typically involve heavy workloads under immense stress, often over long working hours to provide adequate healthcare to their patients. Considering this, healthcare workers and their physical, mental, and emotional wellbeing are often overlooked in their profession, as one must display immense resilience and determination to complete their duties to a high standard. When talking about ...





# Unlocking Natural Wellness:

Discover These Innovative Products for Your Health

by Janey Lee Grace

Check out these innovative entries into the **Platinum Awards** and please vote for them!

[www.janyleegrace.com/your-vote/](http://www.janyleegrace.com/your-vote/)



According to data from the British Skin Foundation, around 60% of the UK population have or have had a skin condition – one of the most prevalent being eczema. Eczema is characterised by dry, itchy, and inflamed skin, which can be uncomfortable and frustrating for the host; however, while incurable, it can be managed with at-home remedies and medication from a private GP in West London and surrounding areas...

## Don't Itch!

3 At-Home Remedies for Managing the Symptoms of

# Eczema

# BREAKING NEWS

## NEW RESEARCH SUGGESTS A 'HIGH LIKELIHOOD' OF VACCINE-INDUCED DEATHS FROM MYOCARDITIS

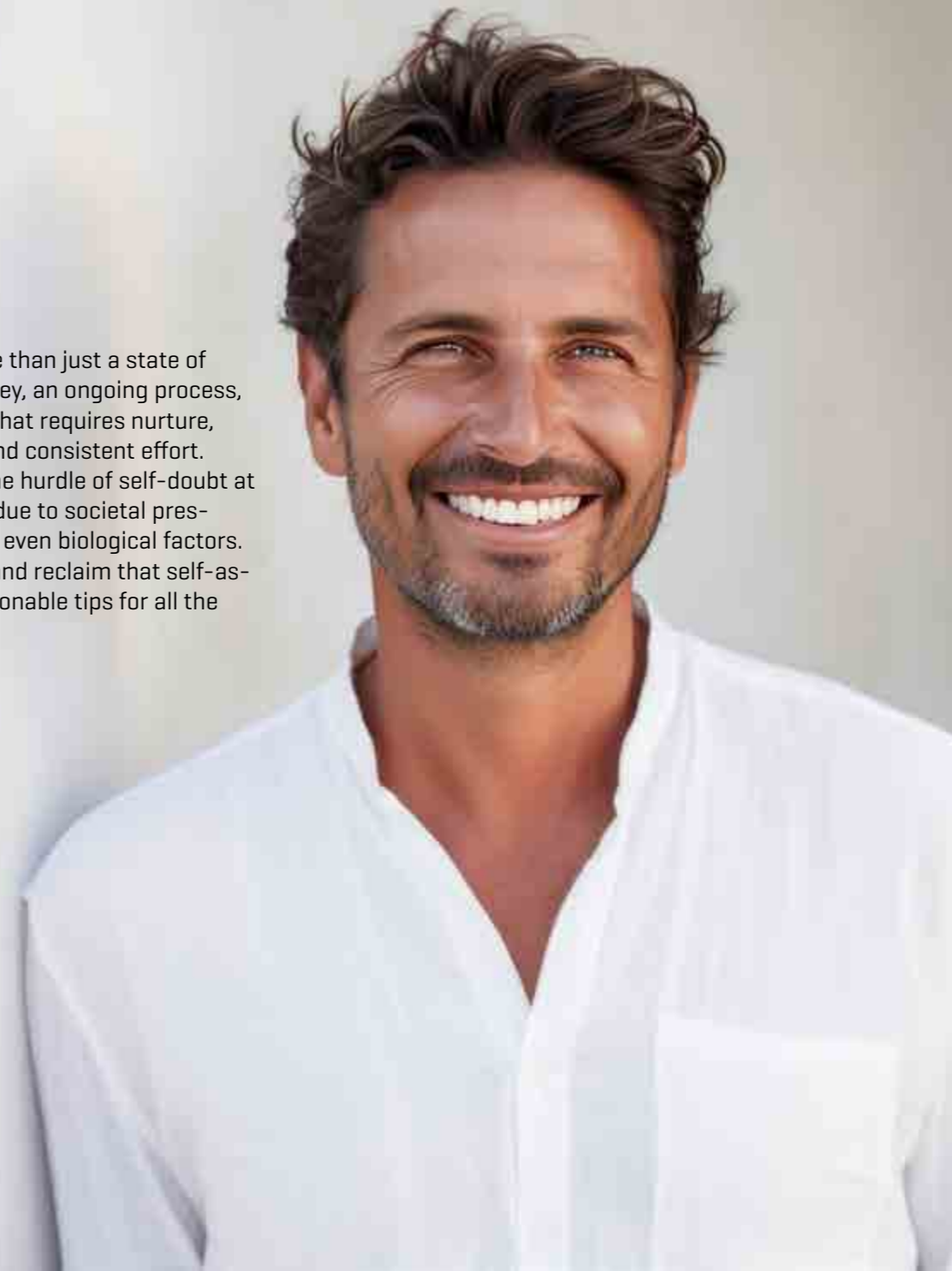
Many fit young men have died unexpectedly within days of mRNA vaccination. Since the mass distribution and injection of mRNA vaccines, friends and families of those suffering the significant shock of completely unexpected deaths have, in effect, been told that it is simply the 'bad luck' that scientists expect as statistical probability, given the huge numbers globally involved...



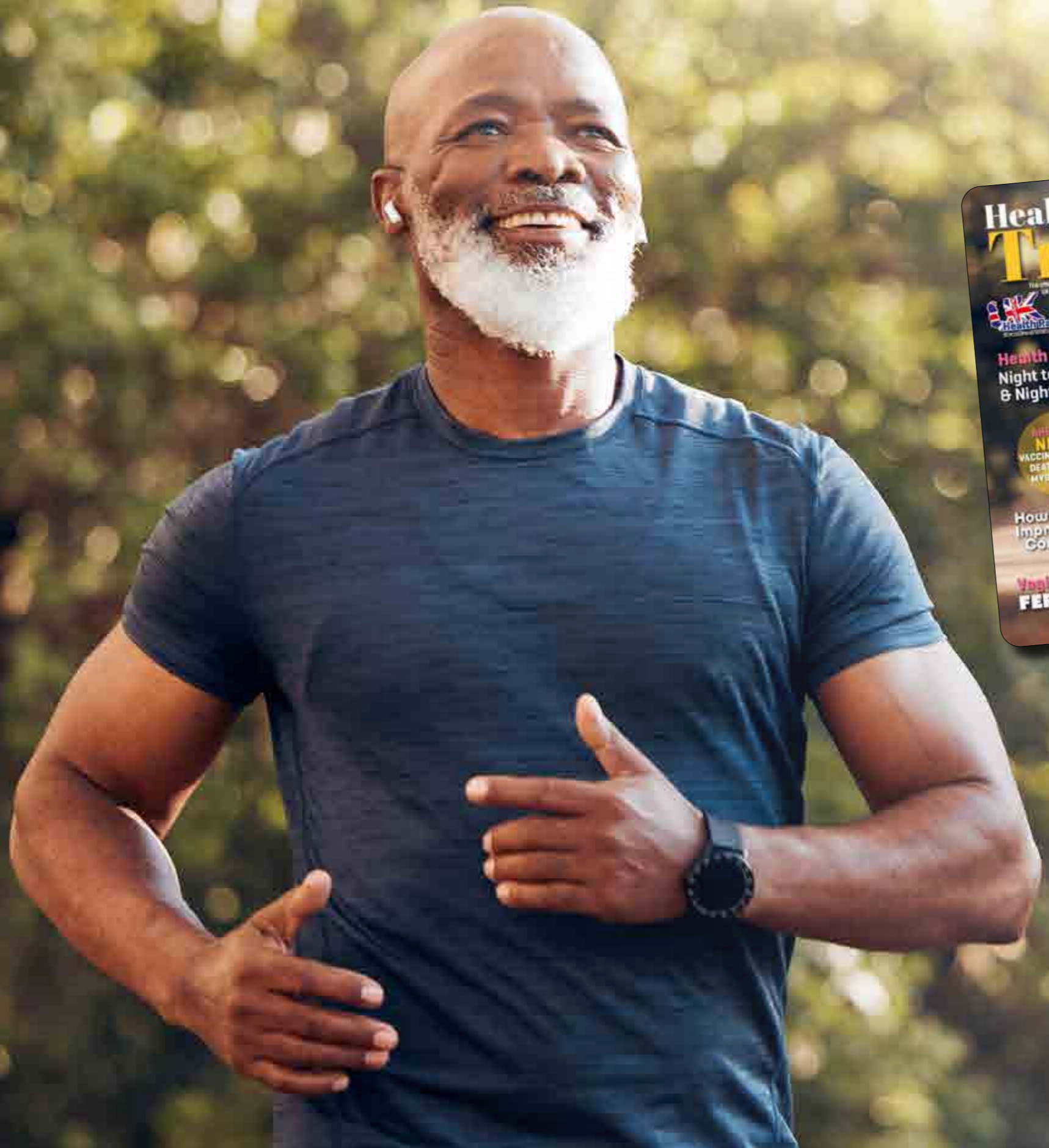
## ▲ Confidence Boosters

## How Men Can Improve Their Confidence: 4 Tips

Confidence is more than just a state of mind—it's a journey, an ongoing process, and an attribute that requires nurture, understanding, and consistent effort. Many men face the hurdle of self-doubt at different junctures in life, be it due to societal pressures, personal experiences, or even biological factors. To help navigate these waters and reclaim that self-assured spirit, here are some actionable tips for all the men out there...







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