

Health Triangle

The official e-mag of
UK Health Radio



Transform
emotional pressure
into freedom

Health Focus: Seasonal Affective Disorder

Talk Thyroid
Is thyroid cancer the
“good cancer”?

AGING WELL STARTS YOUNG

**BREAKING
NEWS**
PROHIBITION
PLANNED FOR
ENGLISH
SMOKERS

**Redefining Masculinity:
Promoting Openness
About Men's Health**



"November
at its best –
with a sort
of delightful
menace in
the air."

Anne Bosworth
Greene

UK Health Radio's e-magazine
www.ukhealthradio.com

CEO UK Health Radio
Johann Ilgenfritz

Editor
Reg Starkey

Creative Director
Raphaela Reeb-Ilgenfritz



Health
Triangle

© Copyright 2012-2023 UK Health Radio™

The opinions expressed by the authors and contributors to **Health Triangle Magazine** are not necessarily those of **UK Health Radio**. Nothing may be reproduced in whole or in part without permission. Advertisers assume liable for all content of advertising and for any claims from product sales. The intent of **Health Triangle Magazine** is to give additional information for your general knowledge. It is not intended as a substitute for professional medical advice or treatment. Please do not delay or disregard any medical advice received due to information gathered on **UK Health Radio™** and **Health Triangle Magazine**.

Editor's Note:

This Month▲

"O MARTYRED YOUTH AND MANHOOD OVERTHROWN
THE BURDEN OF YOUR WRONGS IS ON MY HEAD."

When Siegfried Sassoon wrote these words over 100 years ago, they referred to the 'war to end all wars.' If only...!

The Heroes feature in this edition confirms that was only wishful thinking around the end of the so-called Great War. At around the same time, **Dr Ita Wagman** was proving the healing power of mistletoe.

In the first quarter of the last century, the human race, which had relied on plants for thousands of years, switched direction in favour of pharmaceuticals and surgery.

Today **sofi.health**, a newcomer to **UK Health Radio**, is applying rigorous discipline in order to present 'Nature's science for modern medicine', with regular individual feedback from an online community some 15,000 strong!

Since the global pandemic in recent years, health has become everyone's single biggest issue - physical health and mental health and the synergy between the two.

The power of the mind is acknowledged time and time again in this issue. **Joanne-Divine Life Yogini** offers optimism in her passionate 'dark night of the soul' article. **Niki Cassar** and others acknowledge that the power to heal all our dis-ease is available within us.

Dr Spiegel and others believe we can and should access it ourselves. How better to deal with potentially debilitating stress or anxiety than by identifying it clearly? And perhaps recording it on a daily basis in a personal journal?

Our only indisputable power is over our own attitudes towards the problems which confront us. And the behaviour which is born of those attitudes. It is not realistic to imagine any individual among us can solve the war in Ukraine or in Gaza or anywhere else on earth.

In Henry V, Shakespeare glorifies war with the idea that the 'youth of England is on fire.'

More realistically he says: 'Now thrive the armourers!' And the Funeral directors, too, of course.

Reg Starkey
Editor





6
Health Focus:
Seasonal
Affective Disorder



12
Redefining Masculinity:
Promoting Openness
About Men's Health

▲ Contents

Issue 118
November 2023

- 3 **Editorial**
- 6 **Health Focus: Seasonal Affective Disorder**
- 10 **Transform emotional pressure into freedom** by Wolfgang Sonnenburg with Greta Gericke
- 12 **Redefining Masculinity: Promoting Openness About Men's Health**
- 14 **Self Care: One Simple Way to Find Calm** by Danielle Sax
- 16 **Breaking News: Prohibition planned for English smokers**
- 18 **Nature's medicine for modern living -a people and plants dialogue hosted by sofi.health**
- 20 **Beating the Bloat: A Path to Wellness with Trish Tucker-May** by Janey Lee Grace
- 22 **Talk Thyroid: s thyroid cancer the "good cancer"?** by Judith Taylor
- 26 **Let's tear off those labels!** by Niki Cassar
- 28 **Ageing is a choice - Part 10: Being an Older Dad Keeps Me Young ...** by Robert Manni
- 31 **Medical Marvel Moments, Weird & Wonderful Facts** by Amanda Thomas
- 32 **Heroes Caring for Heroes** by The Elliott Sisters
- 36 **Addiction: "What your mind can conceive - and believe! - it can achieve."** by Louise F.
- 38 **Pelvic health, PID and your vaginal microbiome** by ScreenMe
- 42 **Ego & Soul: Knowing the Differences** by Giulio Consiglio
- 45 **Self hypnosis for behaviour change** by Janey Lee Grace



58
Aging Well
Starts Young

- 46 **I AM WELLness Moments Podcast at a glance...** by Carly Chamberlain
- 48 **Why you lie to yourself...the soul knows...** by Robin Jillian
- 52 **Poetry Corner: War Poem** by Siegfried Sassoon
- 54 **Fear Free Childbirth** by Alexia Leachman
- 56 **Importance of Keeping Commitments** by Ken D Foster
- 58 **Aging Well Starts Young** by JJ Stenhouse
- 60 **Homeopathy is in this family's genes** by Trish Beaver
- 64 **Dark night of the soul-Delving into our shadow** by Joanne-Divine Life Yogini
- 68 **Meet the Team - New show by sofi.health: Nature's Medicine for Modern Living**
- 70 **Yes to Life** Robin Daly's recent guests on the Yes to Life Show
- 78 **TV & Movie Reviews**
- 82 **Programme Schedule**



28
Being an Older Dad
Keeps Me Young



48
Why you lie
to yourself...
the soul knows...



70
Yes to Life

Seasonal Affective Disorder

Seasonal affective disorder [SAD] is a type of depression that comes and goes in a seasonal pattern.



SAD is sometimes known as "winter depression" because the symptoms are usually more apparent and more severe during the winter.

Some people with SAD may have symptoms during the summer and feel better during the winter.

SYMPTOMS OF SAD

Symptoms of SAD can include:

- **a persistent low mood**
- **a loss of pleasure or interest in normal everyday activities**
- **irritability**
- **feelings of despair, guilt and worthlessness**
- **feeling lethargic (lacking in energy) and sleepy during the day**
- **sleeping for longer than normal and finding it hard to get up in the morning**
- **craving carbohydrates and gaining weight**
- **difficulty concentrating**
- **decreased sex drive**

For some people, these symptoms can be severe and have a significant impact on their day-to-day activities.

WHEN TO SEE A GP

You should consider seeing the GP if you think you might have SAD and you're struggling to cope.

The GP can carry out an assessment to check your mental health. They may ask you about your mood, lifestyle, eating habits and sleeping patterns, plus any seasonal changes in your thoughts and behaviour.

WHAT CAUSES SAD?

The exact cause of SAD is not fully understood, but it's often linked to reduced exposure to sunlight during the shorter autumn and winter days.

The main theory is that a lack of sunlight might stop a part of the brain called the hypothalamus working properly, which may affect the:

- **production of melatonin** – melatonin is a hormone that makes you feel sleepy; in people with SAD, the body may produce it in higher than normal levels
- **production of serotonin** – serotonin is a hormone that affects your mood, appetite and sleep; a lack of sunlight may lead to lower serotonin levels, which is linked to feelings of depression
- **body's internal clock** [circadian rhythm] – your body uses sunlight to time various important functions, such as when you wake up, so lower light levels during the winter may disrupt your body clock and lead to symptoms of SAD.

It's also possible that some people are more vulnerable to SAD as a result of their genes, as some cases appear to run in families.

TREATMENTS FOR SAD

A range of treatments are available for SAD. The GP will recommend the most suitable treatment programme for you.

The main treatments are:

- **lifestyle measures** – including getting as much natural sunlight as possible, exercising regularly and managing your stress levels
- **light therapy** – where a special lamp called a light box is used to simulate exposure to sunlight
- **talking therapies** – such as cognitive behavioural therapy [CBT] or counselling
- **antidepressant medicine** – such as selective serotonin reuptake inhibitors [SSRIs]

TREATMENT

A number of treatments are available for seasonal affective disorder [SAD], including cognitive behavioural therapy [CBT], antidepressants and light therapy. A GP will recommend the most suitable treatment option for you, based on the nature and severity of your symptoms. This may involve using a combination of treatments to get the best results.

NICE RECOMMENDATIONS

The National Institute for Health and Care Excellence [NICE] recommends that SAD should be treated in the same way as other types of **depression**.

This includes using talking therapies, such as cognitive behavioural therapy [CBT] or medicine, such as antidepressants.

Light therapy is also a popular treatment for SAD, although NICE says it's not clear whether it's effective.

THINGS YOU CAN TRY YOURSELF

There are a number of things you can do to help improve your symptoms:

- **try to get as much natural sunlight as possible – even a brief lunchtime walk can be beneficial**
- **make your work and home environments as light and airy as possible**
- **sit near windows when you're indoors**
- **take plenty of regular exercise, particularly outdoors and in daylight – read more about exercise for depression**
- **eat a healthy, balanced diet**
- **if possible, avoid stressful situations and take steps to manage stress**

It can also be helpful to talk to your family and friends about SAD, so they understand how your mood changes during the winter. This can help them to support you more effectively.

TALKING THERAPIES

Talking therapies focus on both psychological aspects (how your brain functions) and social aspects (how you interact with others).

COGNITIVE BEHAVIOURAL THERAPY

Cognitive behavioural therapy (CBT) is a talking therapy based on the idea that the way we think and behave affects the way we feel. Changing the way you think about situations and what you do about them can help you feel better.

If you have CBT, you'll have a number of sessions with a specially trained therapist, usually over several weeks or months. Your programme could be:

- **an individual programme of self-help**
- **a programme designed for you and your partner (if your depression is affecting your relationship)**
- **a group programme that you complete with other people in a similar situation**
- **a computer-based CBT programme tailored to your needs and supported by a trained therapist**

COUNSELLING AND PSYCHODYNAMIC PSYCHOTHERAPY

Counselling is another type of talking therapy that involves talking to a trained counsellor about your worries and problems.

During psychodynamic psychotherapy you discuss how you feel about yourself and others and talk about experiences in your past. The aim of the sessions is to find out whether anything in your past is affecting how you feel today.

It's not clear exactly how effective these 2 therapies are in treating depression.

ANTIDEPRESSANTS

Antidepressants are often prescribed to treat depression and are also sometimes used to treat severe cases of SAD, although the evidence to suggest they're effective in treating SAD is limited.

Antidepressants are thought to be most effective if taken at the start of winter before symptoms appear, and continued until spring.

Selective serotonin reuptake inhibitors (SSRIs) are the

preferred type of antidepressant for treating SAD. They increase the level of the hormone serotonin in your brain, which can help lift your mood.

If you're prescribed antidepressants, you should be aware that:

- **it can take up to 4 to 6 weeks for the medicine to take full effect**
- **you should take the medicine as prescribed and continue taking it until advised to gradually stop by your doctor**
- **some antidepressants have side effects and may interact with other types of medicine you're taking**

Common side effects of SSRIs include feeling agitated, shaky or anxious, an upset stomach and diarrhoea or constipation. These symptoms should improve after a few weeks. Check the information leaflet that comes with your medicine for a full list of possible side effects.

LIGHT THERAPY

Some people with SAD find that light therapy can help improve their mood considerably. This involves sitting by a special lamp called a light box, usually for around 30 minutes to an hour each morning.

Light boxes come in a variety of designs, including desk lamps and wall-mounted fixtures. They produce a very bright light. The intensity of the light is measured in lux – the higher lux, the brighter the light.

The light produced by the light box simulates the sunlight that's missing during the darker winter months.

It's thought the light may improve SAD by encouraging your brain to reduce the production of melatonin (a hormone that makes you sleepy) and increase the production of serotonin (a hormone that affects your mood).

Sunrise alarm clocks, which gradually light up your bedroom as you wake up, may also be useful for some people.

WHO CAN USE LIGHT THERAPY?

Most people can use light therapy safely. The recommended light boxes have filters that remove harmful ultraviolet (UV) rays, so there's no risk of skin or eye damage for most people.

However, exposure to very bright light may not be suitable if you:

- have an eye condition or eye damage that makes your eyes particularly sensitive to light
- are taking medication that increases your sensitivity to light, such as certain antibiotics and antipsychotics, or the herbal supplement St John's Wort

Speak to a GP if you're unsure about the suitability of a particular product.

TRYING LIGHT THERAPY

Light boxes are not usually available on the NHS, so you'll need to buy one yourself if you want to try light therapy.

Before using a light box, you should check the manufacturer's information and instructions regarding:

- **whether the product is suitable for treating SAD**
- **the light intensity you should be using**
- **the recommended length of time you need to use the light**

Make sure that you choose a light box that is medically approved for the treatment of SAD and produced by a fully certified manufacturer.

DOES LIGHT THERAPY WORK?

There's mixed evidence regarding the overall effectiveness of light therapy, but some studies have concluded it's effective, particularly if used first thing in the morning.

It's thought that light therapy is best for producing short-term results. This means it may help relieve your symptoms when they occur, but you might still be affected by SAD next winter.

When light therapy has been found to help, most people noticed an improvement in their symptoms within a week or so.

SIDE EFFECTS OF LIGHT THERAPY

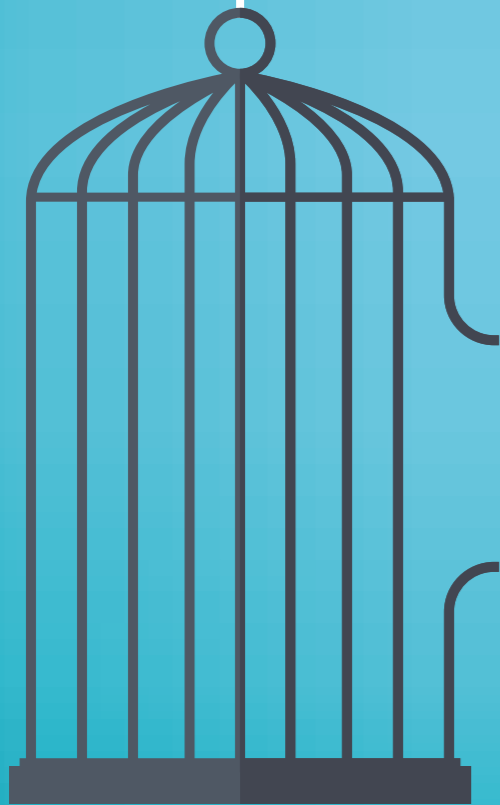
It's rare for people using light therapy to have side effects. However, some people may experience:

- **agitation or irritability**
- **headaches or eye strain**
- **sleeping problems (avoiding light therapy during the evening may help prevent this)**
- **tiredness**
- **changes to your sight, including blurred vision**

These side effects are usually mild and short-lived, but you should visit a GP if you experience any particularly troublesome side effects while using light therapy.

Transform emotional pressure into freedom

by **Wolfgang Sonnenburg**
with **Greta Gericke**



In the hustle and bustle of modern life, it's easy to overlook the reservoir of wisdom that resides deep within us, alongside a complex web of emotional pressures. These pressures can trigger rapid reactions to the challenges life throws at us. But what if we told you there's a way to transform this inner pressure into a source of freedom? In this article, we will explore the art of nurturing your inner self and forging a path towards authenticity and emotional resilience...

Image: Adobe Stock

BREAKING NEWS

PROHIBITION PLANNED FOR ENGLISH SMOKERS

Prime Minister Rishi Sunak used his speech at the Conservative Party conference to reveal his intention to raise the entry point for the legal purchase of cigarettes by one year every year until the cigarette is eventually excluded completely from the UK market.

Critics immediately labelled it more evidence of the intrusion of the Nanny State on individual liberties, while supporters recognised it as a courageous intervention in avoidable self-harm.



Nature's medicine for modern living a people and plants dialogue, hosted by **sofi.health**

Join us as we explore the ancient world of plant medicine and reimagine it for the connected age. Hear directly from our community of international Pioneers who are validating this new health paradigm and improving how they feel, sleep, and cope with daily stressors, naturally.

At **sofi** we love to bring together experts who rarely cross paths in our mission to reconnect people and plants. Join **Kaveh**, founder of **sofi**, inventor of 113 patents, with 21 years experience of tech startups; **Pamela** medical herbalist, writer, educator and expert herbal advisor to industry leaders including Twinings global; and **Vincent**, founder of Standing on Giant's most successful online communities for the likes of PlayStation, giffgaff and Airbnb.

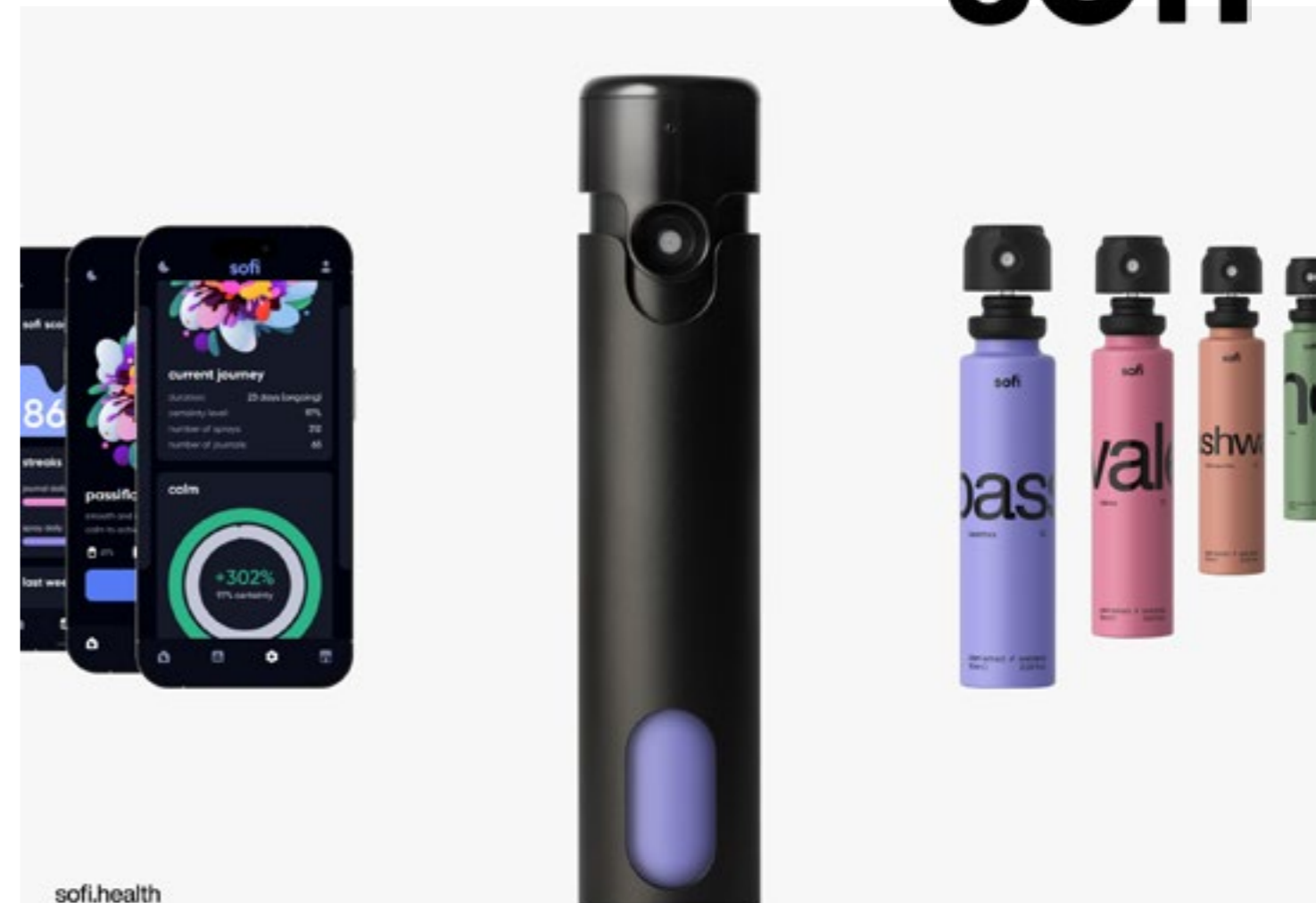
sofi's current mission is to help over one million people achieve better sleep and stress levels using plants. To do so, we've collaborated with an online community of over 15,000 Pioneers, each embarking on a personalised journey to discover exactly which natural, plant-based solutions work for them. Using

AI technology and machine learning, **sofi** can analyse each unique experience with traditional therapeutic herbs such as valerian, passiflora, and ashwagandha, and in turn has generated millions of data points on the complex interaction between people and plants.

We are now opening up our conversations with scientists and designers, herbalists and professors of medicine, ethnobotanists and psychologists to unravel the complexity further and we're inviting you to join in as we learn from the inspiring steps our guests have taken to evolve the current health paradigm. Curious to explore the obstacles that block innovation within mainstream healthcare? How the power of the digital age can elevate plant medicine to better serve our health? Or how we move from disease management to health optimisation?

Journey with us on this exploration of new boundaries of digital personalised medicine with deep roots in the natural world.

www.sofi.health



sofi.health
speakers

kaveh memari
founder



pamela spence
herbalist



vincent boon
evangelist



Is Thyroid Cancer the “GOOD CANCER”



by **Judith Taylor**



One of the most frequent complaints on thyroid cancer forums is from patients who say they've been told that thyroid cancer is a “good cancer”. Of course it is meant to be reassuring. But it can mean that family and friends are dismissive of the symptoms and side effects. Thyroid cancer is still cancer, and although it is highly treatable, there are still a small number of cases that are more difficult to treat – and in rare cases, fatal. Fortunately the latest guidelines issued in December 2022 by the **National Institute for Health and Care Excellence** [NICE] advise doctors when giving a diagnosis of thyroid cancer: Do not refer to thyroid cancer as a 'good cancer' because many people do not find this reassuring and it can cause them to feel that their diagnosis is unimportant.” ...

AGEING IS A CHOICE **BEING AN OLDER DAD** **KEEPS ME YOUNG**

by **Robert Manni**

PART 10



“... my son is my greatest teacher & my secret weapon for managing the aging process..”

When my son celebrated his first birthday, I submitted an article to the Huffington Post about the joys of being an older father. The response was predominantly positive, but I was surprised by a few negative, finger-wagging posts deeming me selfish, stupid, and irresponsible for becoming a parent in my mid-fifties.

A year later, it looked like they were right. I experienced a painful kidney stone which led to a diagnosis of growths on both my kidneys. I was told that if left untreated, over time, it could lead to my demise. But I had ...



Subscribe
to the current & all
previous issues
by clicking
HERE