

Health

119/December 2023  
January 2024

# Triangle

The official e-mag of  
UK Health Radio



## Health Focus: **FOOD ALLERGY?**

**BREAKING  
NEWS**  
JFK - WHAT THE  
DOCTORS SAW

## **New Year's Resolutions**

by Howard Rankin Ph.D.

## **Purity of Plant**

Why Plant Quality  
is Essential to Health  
by [sofi.health](http://sofi.health)

## **Seasonal Living**

by Pamela Spence

## **Talk Thyroid** Thyroid Dysfunctions

Janey Lee Grace  
**Nurturing  
Yourself through  
the Holidays and  
Beyond:**  
A Self-Care Guide  
for the Soul



"Live each season  
as it passes;  
breathe the air,  
drink the drink,  
taste the fruit, and  
resign yourself to  
the influences  
of each."  
*Henry David  
Thoreau*



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

CEO UK Health Radio  
Johann Ilgenfritz

Editor  
Reg Starkey

Creative Director  
Raphaella Reeb-Ilgenfritz



Health  
**Triangle**

© Copyright 2012-2024 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▲

MARY OLIVER FAMOUSLY ASKED:

"TELL ME, WHAT IS IT YOU PLAN TO DO WITH YOUR ONE  
WILD AND PRECIOUS LIFE?"

As 2023 draws to a close in the western world, this edition of **Health Triangle Magazine** focuses far more on the present and the future than on the past.

The tone is optimistic. But realistic.

Plants feature prominently. But not uncritically. **Sofi** health reveal how they rely on the Royal Botanical Gardens in Kew to provide them with independent quality control.

**Kirsten Hartvig's** new book entitled 'Food as Medicine' is clear in its presentation of plants amazing strengths but also their occasional weaknesses.

New broadcaster on **UK Health Radio** and new contributor to the magazine, **Dr Howard Rankin**, makes the case for getting real when it comes to making New Year resolutions. Historical experience shows that making lasting changes to old habits requires much more than just wishful thinking!

Another new radio show presenter sharing her truth, in written form for the first time, is our very own **Raphaella Ilgenfritz**. Hers is not an easy story but **Trish Beaver** has told it simply and clearly, in good and honest style.

Likewise **Johann Ilgenfritz** joined other CEOs in spending a November night sleeping rough in central London. In doing so, he raised both Awareness and Funds.

We cannot change a single second of what is past. But one new day at a time, we all have a fresh chance with what Mary Oliver once described as our 'one wild and precious life'.

Lots of luck!

Lots of love and all good wishes for what's left of 2023 and the whole of 2024 - and beyond...!

Reg Starkey  
Editor





**6**  
Health Focus:  
Food Allergy?



**10**  
Seasonal  
Living

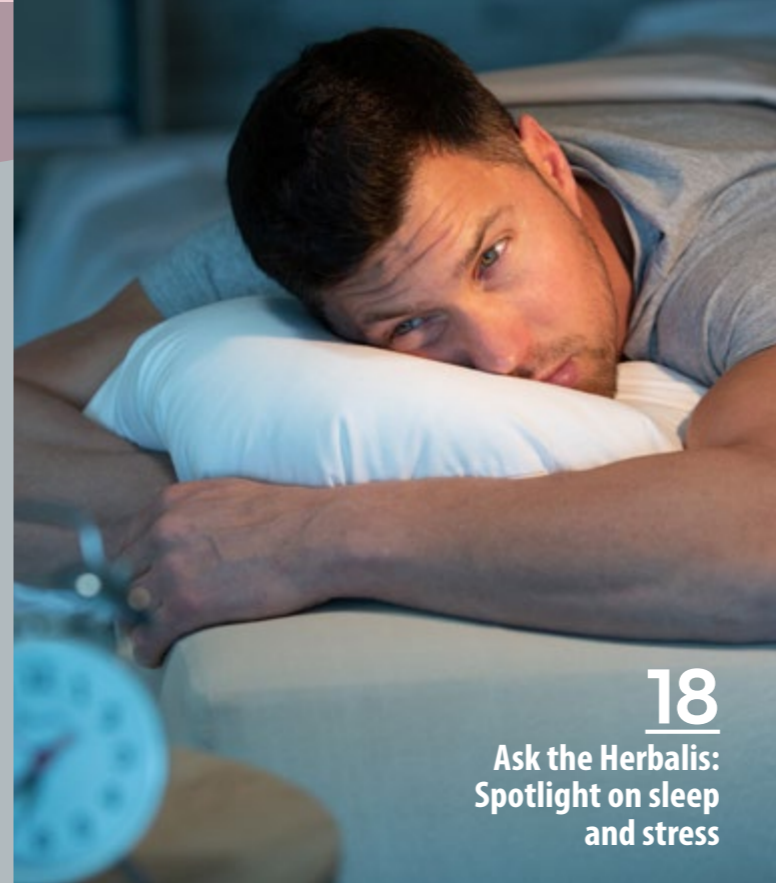


**24**  
Christmas is like caviar –  
love it or hate it

# ▲ Contents

Issue 119  
December 2023 / January 2024

- 3 **Editorial**
- 6 **Health Focus: Food allergy?**
- 10 **Seasonal Living** by Pamela Spence
- 12 **Self Care: Welcome 2024: Where True Fulfilment Lies Beyond All Accumulation** by Danielle Sax
- 14 **Breaking News: JFK - What the Doctors saw**
- 16 **Nurturing Yourself through the Holidays and Beyond: A Self-Care Guide for the Soul** by Jeney Lee Grace
- 18 **Ask the Herbalist Q&A: Spotlight on sleep and stress** by Pamela Spence
- 20 **Talk Thyroid: 'Thyroid Dysfunctions and the Labour Market: Bridging the Gender Gap'** by Catia Montagna and Alexandros Zangelidis
- 24 **Christmas is like caviar – love it or hate it** by Niki Cassar
- 26 **Ageing is a choice - Part 11: Keeping Your Mind Young** by Robert Manni
- 29 **Medical Marvel Moments, Weird & Wonderful Facts** by Amanda Thomas
- 30 **Purity of Plant: why plant quality is essential to health** by Pamela Spence
- 32 **Turning lemons into lemonade** by Trish Beaver
- 36 **Addiction: AA Step by Step -God rest ye Merry Gentlemen** by Louise F.
- 38 **Mycoplasma genitalium** by ScreenMe
- 40 **New Year's Resolutions** by Howard Rankin Ph.D.
- 42 **Book Review bu Rege Starkey: Food as Medicine, a handbook of natural nutrition**
- 43 **Poetry Corner: The Wayfarers** by Rupert Brooke
- 44 **Breathe In, Bliss Out: Unveiling the Magic of Breathwork** by Janey Lee Grace
- 46 **It's OUR problem - don't look away** by Trish Beaver

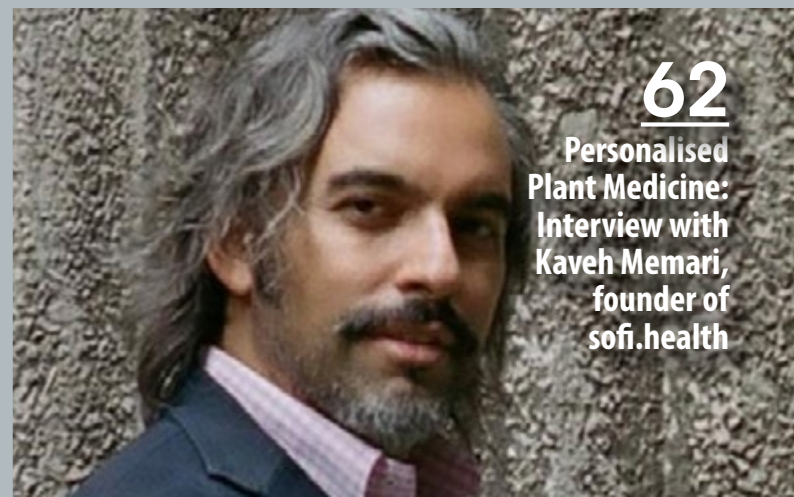


**18**  
Ask the Herbalis:  
Spotlight on sleep  
and stress

- 48 **Importance of Introspection** by Ken D Foster
- 52 **I AM WELLness Moments Podcast at a glance...** by Carly Chamberlain
- 54 **Pioneer stories** by sofi.health - Miss TQ, 54, from Cheshire
- 58 **When Fainting Goats Sing: Finding Your Song to Relieve Everyday Stress and Anxiety** by JJ Elliott Hill, Natalie Elliott Handy & Emilie Elliott
- 60 **It Ain't Over Till It's Over..... what about your Soul Contracts?** by Robin Jillian
- 62 **Personalised Plant Medicine interview with Kaveh Memari, founder of sofi.health**
- 66 **Meet the Team - New show** by Howard Rankin Ph.D. 'The Miracle Within You'
- 68 **Yes to Life** Robin Daly's recent guests on the Yes to Life Show
- 78 **Research: Women at risk of death from heart disease due to consistent lack of preventative treatment** by The University of Aberdeen
- 80 **TV & Movie Reviews**
- 84 **Programme Schedule**



**34**  
AA Step by Step:  
God rest ye Merry  
Gentlemen



**62**  
Personalised  
Plant Medicine:  
Interview with  
Kaveh Memari,  
founder of  
sofi.health



**48**  
Yes to Life: EFT Emotional  
Freedom Techniques  
A Perfect Tool for  
Integrative Cancer Care



# Food Allergy?

**A** food allergy is where your body reacts to certain foods. It's often mild, but can be very serious for some people.

## CHECK IF IT'S A FOOD ALLERGY

Symptoms of a food allergy can affect any part of the body, including different parts of the body at the same time.

Common symptoms of a food allergy include:

- **feeling dizzy or lightheaded**
- **itchy skin or a raised rash (hives)**
- **swelling of the lips, face and eyes (angioedema)**
- **coughing, wheezing, breathlessness, noisy breathing or a hoarse voice**
- **sneezing or an itchy, runny or blocked nose**
- **feeling sick or being sick**
- **tummy pain**
- **diarrhoea**

You may get symptoms straight after eating the food you're allergic to, or days later.

**A food allergy is different from having a food intolerance, which causes symptoms such as bloating and tummy pain, usually a few hours after eating the food you're intolerant to.**

## IMMEDIATE ACTION REQUIRED: Call 999 if:

- **your lips, mouth, throat or tongue suddenly become swollen**
- **you're breathing very fast or struggling to breathe (you may become very wheezy or feel like you're choking or gasping for air)**
- **your throat feels tight or you're struggling to swallow**
- **your skin, tongue or lips turn blue, grey or pale (if you have black or brown skin, this may be easier to see on the palms of your hands or soles of your feet)**
- **you suddenly become very confused, drowsy or dizzy**
- **someone faints and cannot be woken up**
- **a child is limp, floppy or not responding like they normally do (their head may fall to the side, backwards or forwards, or they may find it difficult to lift their head or focus on your face)**

You or the person who's unwell may also have a rash that's swollen, raised or itchy.

These can be signs of a serious allergic reaction and may need immediate treatment in hospital.

## IF YOU HAVE AN ADRENALINE AUTO-INJECTOR

If you or someone you're with is having a serious allergic reaction and has an adrenaline auto-injector (such as an EpiPen), you should use it immediately.

Instructions are included on the side of the injector if you forget how to use it or someone else needs to give you the injection.

Call 999 for an ambulance after using the injector, even if you or the person you're with seems to be feeling better.

## SEE A GP IF:

you think you or your child may have a food allergy

## CAUSES OF FOOD ALLERGY

A food allergy is caused by your immune system overreacting to certain types of food. It's not clear why this happens, but certain foods are more likely to cause an allergic reaction in some people.

The most common allergic foods include:

- **cows' milk**
- **eggs**
- **peanuts, soybeans, peas and chickpeas**
- **tree nuts, such as walnuts, almonds, hazelnuts, pecans, cashews, pistachios and Brazil nuts**
- **shellfish, such as prawns, crab and lobster**
- **wheat**

But you can be allergic to any type of food, including celery, mustard, sesame seeds and lupin flour found in some baked goods.

You have a slightly higher chance of getting a food allergy if you or a close family member have other allergies, asthma or eczema.

## ORAL ALLERGY SYNDROME

Some people get an itchy mouth and throat after eating raw fruit or vegetables. This is called oral allergy syndrome.

It's not usually serious and eating fruit and vegetables that have been well cooked helps.

[Find out more about oral allergy syndrome on Allergy UK](#)

# Seasonal Living

by Pamela Spence, Medical Herbalist

Pamela on the art of living seasonally. New Year's resolutions and why they don't work. Alternative view of embracing the season, taking small steps and building up to spring makes the most sense. New Year's detox for those who feel the need. Pick one thing and stick to it - make it congruent with the season.



**W**inter, in my work, is what I call one of the destination seasons - the other is summer. These are flanked by the transition seasons of spring and autumn. Spring and autumn bring big changes, we feel them as the weather heats up, or cools down. As the plants grow and flower, or set seed and retreat underground. We know when we've arrived at summer as school term ends, holidays begin and in the UK we to fret about whether we'll get a spell of decent weather. Come autumn when the growing season is done, we look back over the year and see what worked, and what didn't. Gardeners know this - it's when you check the plants that flourished and those that need moved, you prepare the garden for dormancy. You evaluate, and decide what to let go of, like the trees let go of their leaves...

# AGEING IS A CHOICE KEEPING YOUR MIND YOUNG

by Robert Manni

PART 11

**H**ave you heard people say "it's all in your mind" when you feel nervous about acing a presentation or when you want to make a good first impression? Ever have friends remind you your frame of mind is to blame for creating the situations you find yourself in? Well, I'm here to say, our minds influence how we age as well. The way we view our chronological age is directly influenced by our mental age, or the sum of our thoughts, beliefs, and practices. Over the years, I've found it super helpful to regularly incorporate various protocols to keep my mind sharp and my outlook youthful. I can honestly say, my intellectual acuity has held steady, and in some areas, even improved...



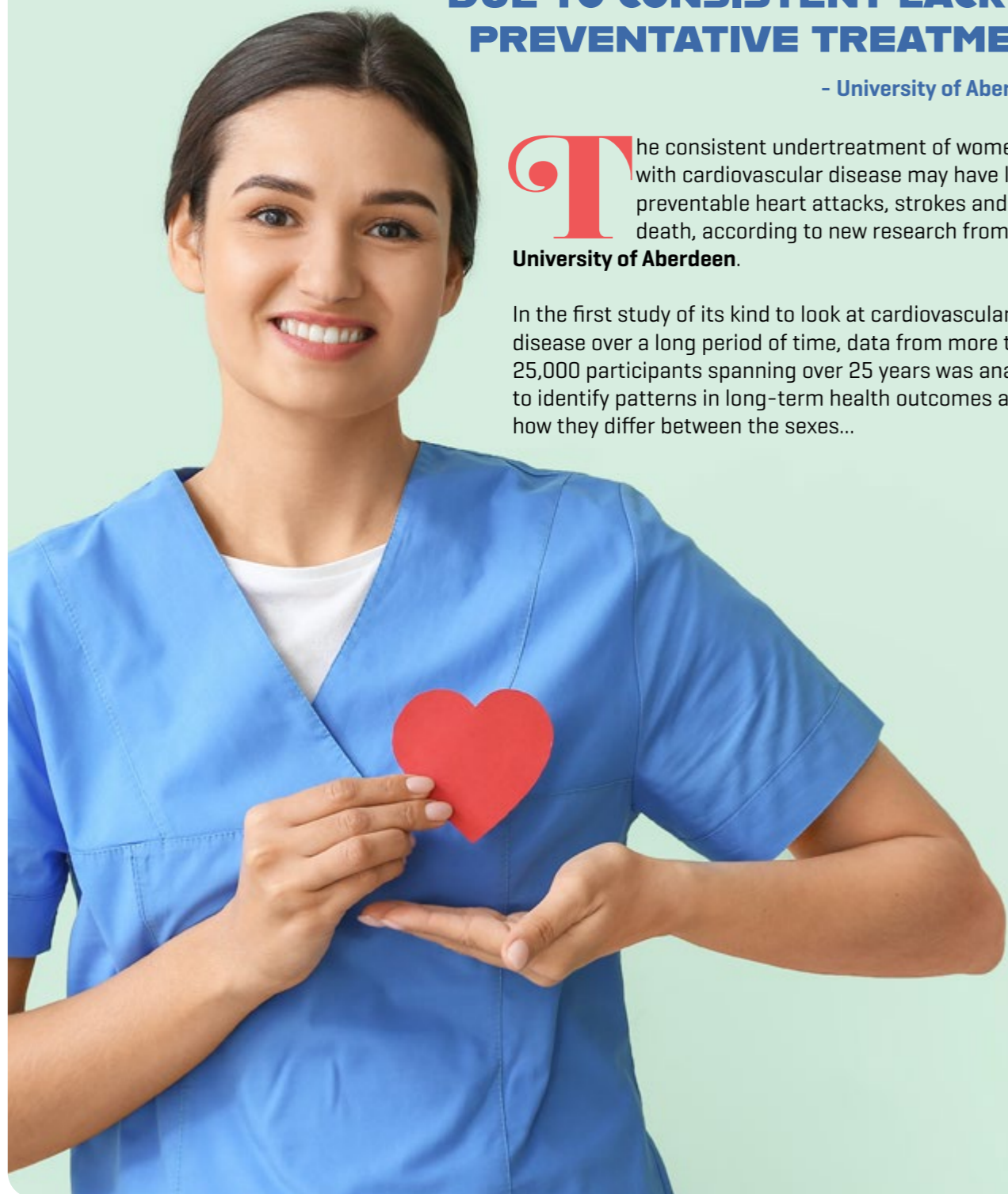
# WOMEN AT RISK OF DEATH FROM HEART DISEASE

## DUE TO CONSISTENT LACK OF PREVENTATIVE TREATMENT

- University of Aberdeen -

**T**he consistent undertreatment of women with cardiovascular disease may have led to preventable heart attacks, strokes and even death, according to new research from the University of Aberdeen.

In the first study of its kind to look at cardiovascular disease over a long period of time, data from more than 25,000 participants spanning over 25 years was analysed to identify patterns in long-term health outcomes and how they differ between the sexes...



# SPOTLIGHT ON SLEEP & STRESS

by Pamela Spence, Medical Herbalist



**Q1:** I find that I can get to sleep ok but I wake many times during the night. How can I get a better night's sleep?

**A1:** The key reasons for light sleep tend to be - a busy head, physical discomfort, or that your digestion hasn't settled for the night. At certain times of life, like menopause, flushes can wake women too. Partner's snoring is also a key reason!

If you think your digestion is the issue, try to eat earlier and drink some peppermint or ginger tea in the evening. If it's physical discomfort, investigating ways to reduce pain is the way. If it's a busy head, then think about ways to reduce anxiety and stress levels - and to be working on this all day. Herbs like valerian and Passiflora are very helpful at relaxing the body and calming the mind, allowing us to drop into a deeper sleep. If this is not enough, think about reducing stimulants like caffeine - or cutting out altogether...

# Purity of Plant

why plant quality  
is essential to health

by **Pamela Spence**

**P**lant chemistry is complex. There are hundreds of chemical compounds in each plant, working in synergy. In the case of those we use as herbal medicines, there will be some compounds that are more active than others. The question is - how do we know which compounds are the most important? It is not always as clear cut as you may think.

Add to that the fact that the concentration of chemicals changes from one harvest to the next and it starts to feel like an overwhelming task to pin down what chemicals are active and how much of them we need to have a beneficial effect...



# Thyroid Dysfunctions and the Labour Market: Bridging the Gender Gap

by **Catia Montagna** and **Alexandros Zangelidis**,  
Professors of Economics at the University of Aberdeen Business School



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

**T**hyroid dysfunctions, particularly prevalent among women, have long been recognized as a health concern. However, recent research by Catia Montagna and Alexandros Zangelidis sheds light on the significant intersection between thyroid health and gender disparities in the labour market. In their study, published in *Economics & Human Biology* [2023] [Available at: <https://doi.org/10.1016/j.ehb.2023.101247>], Catia and Alexandros explore the implications of thyroid dysfunctions, specifically undiagnosed hypothyroidism, on the workforce.

Analysing a UK sample of nearly 240,000 individuals, Catia and Alexandros reveal a 13% wage gap between men and women with no thyroid dysfunctions. However, for women with undetected hypothyroidism, this gap widens by an additional 5%. Upon diagnosis, such wage penalties gradually diminish, indicating the crucial role of early detection in mitigating economic disparities...

# Breathe In, Bliss Out:

Unveiling the Magic of Breathwork  
by Janey Lee Grace



**I**n the whirlwind of our hectic lives, there exists a secret weapon against stress, anxiety, and the general chaos of the world: the simple act of breathing. The transformative power of breathwork can calm your mind, reduce anxiety, and bring you back to a place of centered bliss. **Christina Rae Almeida** [a.k.a. the breathwork queen] is a breathwork and empowerment coach, sobriety and recovery advocate, and founder and CEO of Rae Rituals, a membership community offering live and on-demand breathwork, health, and wellness rituals to support mindfulness, healing, and recovery...

# New Year's Resolutions

by Howard Rankin Ph.D.

**S**everal years ago I was a guest on the American show The View talking about how and why not to make New Year's Resolutions. At the end of the show, host Meredith Vieira, asked what were my resolutions for the new year. For a split second, I thought about what mine would have been if I had any – a commitment to physical exercise. However, consistent with the message I was trying to convey I answered, "I don't make new year's resolutions." Meredith then looked into the camera and ended the show by sarcastically saying, "We always have the best guests on this show."...







*Happy  
Holidays*

— and a —  
JOYFULL NEW YEAR

from the Health Triangle and  
UK Health Radio Team,  
to all our readers and listeners.  
Thank you for your support.



Subscribe  
to the current & all  
previous issues  
by clicking  
**HERE**