

# Health Triangle

The official e-mag of  
UK Health Radio



## Health Focus: LACTOSE INTOLERANCE

SAVOUR  
NUTRITIOUS EATING:  
Spring Recipes for  
National Nutrition Month

**March into  
Fitness:**  
Effective Workouts  
to Shake Off  
Winter Sluggishness

**Talk  
Thyroid**

Navigating  
ALLERGY  
SEASON

**Celebrating  
Mother's Day:**  
Honouring the  
Origins & Meaning

**FAYE  
LOUISE:**  
Overcoming  
Rare Cancer &  
Embracing  
Resilience





"In March winter  
is holding back  
and Spring is  
pulling forward.  
Something holds  
and something pulls  
inside of us too."

*Jean Hersey*

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CEO UK Health Radio  
Johann Ilgenfritz

Editor  
Reg Starkey

Creative Director  
Raphaella Reeb

Cover Photo  
Joanna Andr & Richard Leppard  
@ jorifocusportraits on IG



Health  
**Triangle**

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Editor's Note:

## This Month ▲

ONCE AGAIN, AS EXPECTED, SPRING HAS SPRUNG!

And what a busy month we have ahead - with Mother's Day and International Women's Day, as well as Allergy Month, Women's History Month, National Kidney Month, plus Ramadan and Easter! And all this in the second month of the Chinese Year of the Dragon, the first Wooden Dragon for 60 years! Exciting times, some of which are reflected in this new edition, with recipes to match:

Brave cover girl **Faye Louise** tells her own extraordinary 'inside' story.

Exercise gets significant academic approval from Australia and from this issue on recommended Workouts.

**Susiebnash** shares a moving poetic tribute to her late husband, Robin Nash, who died over a year ago with Cancer.

Nom de plume **Anne Godfrey** reveals how a legitimate and medically prescribed 5 mg of the then new 'wonder drug' Benzodiazepine turned into an illegitimate 100 mg acquisition from an unknown commercial source on the Internet - such is the power of dependency and addiction. **Janey Lee Grace** introduces FAB, a preventative method for more common risk situations.

As always **Niki Cassar** promotes the power of the mind, Robert Manni defies ageing and **Robin Daly** introduces relevant new information, including the benefits of Prehabilitation. For a change, this month's movie reviews all cover films that have already won awards at BAFTA and other international festivals. Now they line up again in Hollywood for the OSCARS...

We invite you to believe that the Best is Yet to Come!

**Reg Starkey**  
Editor



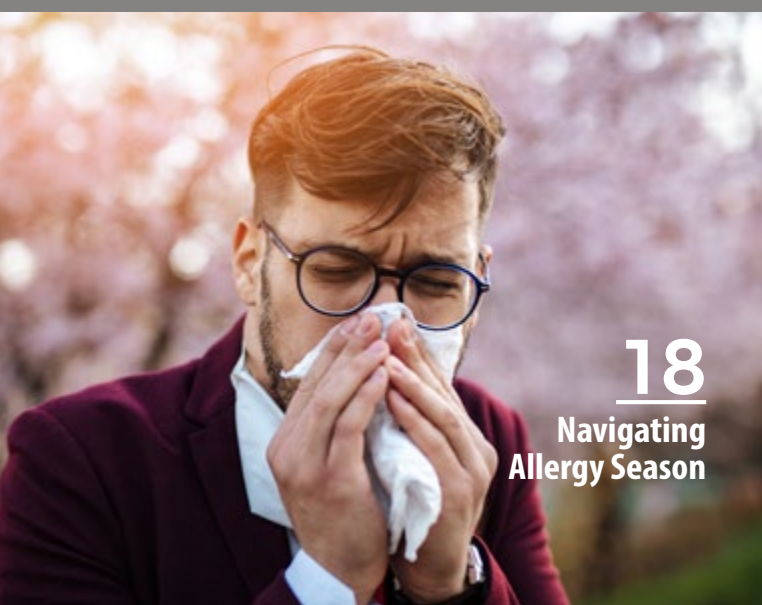




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# LACTOSE INTOLERANCE



**L**actose intolerance is when you get symptoms, such as tummy pain, after eating food containing lactose, a sugar found in dairy products. The symptoms can be prevented by eating smaller portions of foods that contain lactose or avoiding them completely.

### CHECK IF YOU HAVE LACTOSE INTOLERANCE

Symptoms of lactose intolerance can start a few minutes, or a few hours, after having food or drink containing lactose.

Common symptoms include:

- **tummy pain or discomfort**
- **bloating**
- **farting**
- **diarrhoea or constipation**
- **feeling sick or being sick**

You may also have longer lasting symptoms including a rash [eczema], headaches, joint pain, feeling tired, and finding it hard to concentrate.

### FOODS THAT CONTAIN LACTOSE

Lactose is found in foods containing animal milk [dairy products], includes milk from cows, goats and sheep.

Dairy products include:

- **milk**
- **butter**
- **cheese**
- **cream**
- **yoghurt**
- **ice cream**

Many processed foods can also contain lactose, including:

- **cereals**
- **baked foods like bread, crackers, cakes, biscuits, and pastry**
- **sauces and salad dressings**
- **diet and protein shakes**

### FOOD ALLERGY

A food intolerance is different from having a food allergy, which can cause symptoms such as struggling to breathe, itchy skin, and swelling of the lips, face and eyes. A food allergy can be life threatening.

### SEE YOUR GP/DOCTOR IF:

You have symptoms of lactose intolerance and:

- **your symptoms keep coming back and often happen after eating**
- **you've noticed changes in your poo that are not usual for you, such as looser poo, pooing more often, or constipation for 3 weeks**
- **you've have blood in your poo for 3 weeks**
- **you've had tummy bloating and discomfort for 3 weeks**
- **you've been losing weight**

### 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.



### TESTS FOR LACTOSE INTOLERANCE

If your GP thinks you have lactose intolerance, you may:

- **be asked to follow a lactose elimination diet – where you stop eating foods containing lactose to see if your symptoms improve**
- **have blood tests**
- **do a hydrogen breath test – where hydrogen gas in your breath is measured to find out how well you digest lactose**

If your symptoms are severe and do not get better, you may need a gastroscopy. This is where a long, thin, flexible tube is passed into your mouth and down into your stomach. A very small sample of cells may be taken from your small intestine so it can be tested. Before the test, you may be given painkillers to help with any discomfort, and a sedative to help you relax.

### TREATMENT FOR LACTOSE INTOLERANCE

For most people with lactose intolerance, the symptoms can be prevented by reducing the amount of food you eat that contains lactose, or by avoiding these foods completely.

If you think your child is lactose intolerant, see your GP

before removing dairy products from their diet. Taking a lactase supplement before having food or drink containing lactose may reduce or prevent symptoms for some people.

In some people, lactose intolerance is caused by another health condition, such as coeliac disease. Treating the underlying cause should help.

### CAUSES OF LACTOSE INTOLERANCE

The most common cause of lactose intolerance is when the body does not make enough of an enzyme called lactase, which helps you digest lactose.

Lactose intolerance can start at any age and can also be caused by:

- **conditions such as inflammatory bowel disease and Coeliac disease**
- **bowel infections**
- **bowel surgery**
- **an injury to the bowel**

Some premature babies are unable to digest lactose because their bowel has not developed enough, but this usually gets better as your baby gets older.

Some people do not make any lactase at all, but this is very rare.

[www.nhs.uk](http://www.nhs.uk)





# Celebrating Mother's Day

Honouring the Origins and Meaning



**M**other's Day, a beloved occasion celebrated worldwide, holds profound significance as a day to honour and appreciate maternal figures. As we prepare to celebrate this special day, it's essential to reflect on its origins and meaning, understanding the rich history behind this heartfelt tradition.

#### ORIGINS OF MOTHER'S DAY:

The roots of Mother's Day can be traced back to ancient civilisations, where festivals were held to honour mother goddesses such as Rhea in Greek mythology and Cybele in Roman culture. These celebrations, characterised by feasting and offerings, paid tribute to the divine feminine and fertility. In its modern form, Mother's Day emerged in the early 20th century, thanks to the efforts of Anna Jarvis, an American activist who ...

# AGEING IS A CHOICE

## INTERMITTENT FASTING FOR LONGEVITY

by Robert Manni

PART 13



**L**et's face facts. Our western diet is nutritionally deficient, our food supply is suspect, we eat too many processed foods, and we eat far more food than our bodies need. We don't eat to live, rather we live to eat. And if there were a price to pay for our indulgences, we kid ourselves that it will be some time in the distant future. So, what's an increasingly more sedentary Boomer to do? This is where the benefits of fasting can profoundly surprise you ...

"Fasting does not require starving or punishing yourself to gain its many health benefits."



## ▲ March into Fitness

# Effective Workouts to Shake Off Winter Sluggishness

**A**s winter fades away and the promise of spring beckons, many of us find ourselves emerging from the cozy hibernation of the colder months, ready to shed those extra layers and revitalize our bodies. March presents the perfect opportunity to kick-start your fitness journey and shake off any lingering winter sluggishness. Whether you're a seasoned gym-goer or a beginner looking to make a positive change, incorporating effective workouts into your routine can help you feel energized, revitalized, and ready to take on the world.

### **BENEFITS OF REGULAR EXERCISE:**

Regular exercise offers a multitude of benefits for both physical and mental health. From boosting mood and reducing stress to enhancing cardiovascular health and promoting weight management, the advantages of staying active are endless. Engaging in consistent workouts not only strengthens muscles and improves flexibility but also increases endurance and overall fitness levels. Additionally, exercise stimulates the release of endorphins, those feel-good neurotransmitters that leave you with ...

## ▲ No Evidence of Disease

# Unexpected Diagnosis:

Confronting Rare Cancer and Embracing Life's Resilience

From Survivor  
to Cover Star:  
A Story of  
Courage  
and Strength

**B**eing told "You have cancer" is a phrase that one never expects to hear in their lifetime, yet there I was, facing this harsh reality. On August 8th, 2023, I received a diagnosis of a highly uncommon form of cancer known as **Pseudomyxoma peritonei (PMP)**, affecting just 2 in 1 million individuals annually.

Despite maintaining a healthy and active lifestyle, never having smoked and only indulging in occasional drinks at birthdays and gatherings, I found myself confronted with this unexpected diagnosis. It all began with the discovery of a large ovarian cyst, ...





## ▲ March's Kitchen Creations

# Embracing Spring:

A Seasonal Guide to Nutritious Eating for National Nutrition Month



**A**s we celebrate **National Nutrition Month** this March, there's no better time to focus on nourishing our bodies with wholesome, seasonal foods that promote health and well-being. With spring on the horizon, we have the perfect opportunity to revitalise our diets and embrace the abundance of fresh, vibrant produce available this season. In this article, we'll explore the benefits of seasonal eating, share healthy eating tips for weight management, and delight your taste buds with two delectable spring recipes, including one meat-based option ...

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# Accidental Addicts

The benzodiazepine epidemic

by Anne Godfrey\*

**B**enzodiazepines (benzos) are one of the most prescribed drugs in the world, prescribed by doctors in the USA and other parts of the world, they help with insomnia and anxiety. But the shadow side of this medication, is that it creates such a strong physical dependence – making it extremely difficult to stop taking.

According to rehabilitation centres, they are apparently more addictive than heroin to stop. Over prescription of these drugs in an age where most people are plagued by some kind of anxiety has meant a growing wave of silently addicted users. One of the problems is that the pharmaceutical brand names do not raise any red flags – but on closer inspection they all have the same basic ingredient – benzodiazepine.

Abused by ordinary people benzodiazepines do not raise flags like the street drugs used by typically addictive personalities – those who take recreational drugs to experience a thrill or an escape. These allegedly innocuous pills are prescribed to high functioning people at all levels of society. It is only when they try to stop taking the benzodiazepines that they realise the full horror of addiction. They are trapped.

I was one of them – an accidental addict. To face this fact was a huge step. I had built denial into the fabric of my existence. My rationale was – it's a registered drug and a doctor prescribed them.

The Beginning - I went to the GP about eight years ago looking for something to help me sleep. I had been retrenched and I was anxious about finding work and getting a new income. The doctor prescribed me some tablets [25mg alprazolam], a generic benzodiazepine, and I vaguely remember her saying, "Be careful they can be addictive ..."



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