

Health Triangle

122/April 2024

The official e-mag of
UK Health Radio



Health Focus:
**SELF-HELP
TIPS TO FIGHT
TIREDNESS**

**Talk
Thyroid**

AGEING IS A CHOICE
Meditation
and Ageing

GARDENING FOR HEALTH:
The Therapeutic Benefits
of Growing Your Own Food

**Spring Clean
Your Diet:**
Tips for Healthy
Eating After Winter

**CELEBRATING
INTERNATIONAL
MOTHER EARTH DAY:**
Promoting Harmony
and Sustainability

**BREAKING
NEWS**
**MARTHA'S
RULE**

designed to reduce
150 preventable
deaths every week
in NHS!



“April is like a secret whispered in the woods, a hush of green and bustling life.”

Sarah L. Wildes



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

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Health
Triangle

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Editor's Note:

This Month ▲ OF THE EARTH, EARTHY.

This is a particularly down-to-earth edition of Health Triangle magazine.

As always, there is universal concern for planet Earth itself - including Awakening to Earth's Call, Mother Earth Day and Global Youth Service Day.

However, closer to home there are also features on more immediate opportunities - and threats. Like clearing your clutter, physically as well as mentally, how to deal with stress better, how to sleep better, how to cook and eat better - and how to make the most of your garden, in particular how to grow your own healthy vegetables.

Even Poetry Corner has an earthy poem by **Sylvia Plath** entitled 'Sheep in Fog' - a title that could conceivably be applied to the general public recently in relation to the cancer diagnoses of **King Charles** and the **Princess of Wales**.

In **Robin Daly's** regular feature 'Yes to Life', **Beverley de Valois**, the author of a new book on Acupuncture and Cancer Survivorship, provides evidence of the contribution the ancient Chinese art of acupuncture can make to the quality of life of cancer survivors - whether they are paupers or princesses, cancer does not discriminate.

Jane Hutchinson, co-founder of Hello Love, tells how in her personal breast cancer case the surgeon was originally planning to operate on the wrong breast! It is always worth watching out for human error.

13 year old **Martha Mills** was not so lucky. Despite the concerns expressed by her parents, the doctors responsible for her care failed to recognise the sepsis that eventually killed her.

Martha's tragic story is at the core of '**Breaking News**' and the arrival of 'Martha's Rule'.

Know your rights! Take responsibility for your own health. Ask questions.

Your life could depend on it - or the life of a loved one.

Reg Starkey
Editor



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Yes to Health,
Yes to Wellness,
Yes to Life!



Self-help tips to fight tiredness



Many cases of tiredness are due to stress, not enough sleep, poor diet and other lifestyle factors. Try these self-help tips to restore your energy levels.

If you feel you're suffering from fatigue, which is an overwhelming tiredness that isn't relieved by rest and sleep, you may have an underlying medical condition. Consult a GP for advice.

EAT OFTEN TO BEAT TIREDNESS

A good way to keep up your energy through the day is to eat regular meals and healthy snacks every 3 to 4 hours, rather than a large meal less often.

GET MOVING

You might feel that exercise is the last thing on your mind. But, in fact, regular exercise will make you feel less tired in the long run, so you'll have more energy.

Even a single 15-minute walk can give you an energy boost, and the benefits increase with more frequent physical activity.

Start with a small amount of exercise. Build it up gradually over weeks and months until you reach the recommended goal of 2 hours 30 minutes of moderate-intensity aerobic exercise, such as cycling or fast walking, every week.

LOSE WEIGHT TO GAIN ENERGY

If your body is carrying excess weight, it can be exhausting. It also puts extra strain on your heart, which can make you tired. Lose weight and you'll feel much more energetic.

Apart from eating healthily, the best way to lose weight and keep it off is to be more active and do more exercise.

SLEEP WELL

Many people don't get the sleep they need to stay alert through the day.

The website of the Royal College of Psychiatrists has information on **sleeping well**.

Tips for sleeping well include:

- going to bed and getting up in the morning at the same time every day
- avoiding naps in the day
- taking time to relax before you go to bed

REDUCE STRESS TO BOOST ENERGY

Stress uses up a lot of energy. Try to introduce relaxing activities into your day. This could be:

- working out at the gym
- yoga or tai chi
- listening to music or reading
- spending time with friends

Whatever relaxes you will improve your energy.



TALKING THERAPY BEATS FATIGUE

There's some evidence that talking therapies such as **counselling** or **cognitive behavioural therapy (CBT)** might help to fight fatigue, or tiredness caused by stress, anxiety or low mood.

See a GP for a referral for talking treatment on the NHS, or for advice on seeing a private therapist.

CUT OUT CAFFEINE

Caffeine is a stimulant which means it makes you feel more awake. But it can also disrupt your usual sleep rhythms, leading to problems sleeping and then daytime tiredness.

Products that caffeine is found include:

- coffee
- tea
- fizzy drinks
- energy drinks
- some painkillers and herbal remedies

The effects of caffeine on the body can last up to 7 hours, so you may want to avoid it in the evening if you are having trouble sleeping.

If you do want to cut caffeine out of your diet completely then the charity The Sleep Charity recommends you reduce your intake gradually. Trying to suddenly stop can lead to insomnia and headaches.

DRINK LESS ALCOHOL

Although a couple of glasses of wine in the evening can help you fall asleep, you sleep less deeply after drinking alcohol. The next day you'll be tired, even if you sleep a full 8 hours.

Cut down on alcohol before bedtime. You'll get a better night's rest and have more energy.

The NHS recommends that men and women should not regularly drink more than 14 units a week and should try to have several alcohol-free days each week.

DRINK MORE WATER FOR BETTER ENERGY

Sometimes you feel tired simply because you're mildly dehydrated. A glass of water will do the trick, especially after exercise.

www.nhs.uk



▲ Spring Clarity

Mindful Spring Cleaning: Decluttering Your Home and Mind

As the days grow longer and the warmth of spring breathes new life into the world, many of us feel inspired to embark on a fresh start. Spring is not only a time for renewal in nature but also an opportunity for us to rejuvenate our living spaces and, in turn, our minds. In this article, we'll explore the profound connection between a tidy home and mental well-being, and how incorporating mindfulness into our spring cleaning routines can bring clarity and calm to both our physical and mental spaces.

THE CONNECTION BETWEEN TIDINESS AND MENTAL WELL-BEING

It's no secret that a cluttered living space can lead to feelings of stress, anxiety, and overwhelm. Research has shown that a tidy home can have a positive impact on mental well-being, promoting feelings of calm, clarity, and focus. When our surroundings are organised and clutter-free, we're better able to relax and unwind, leading to improved mood and overall happiness...

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▲ **Earthly** Harmony

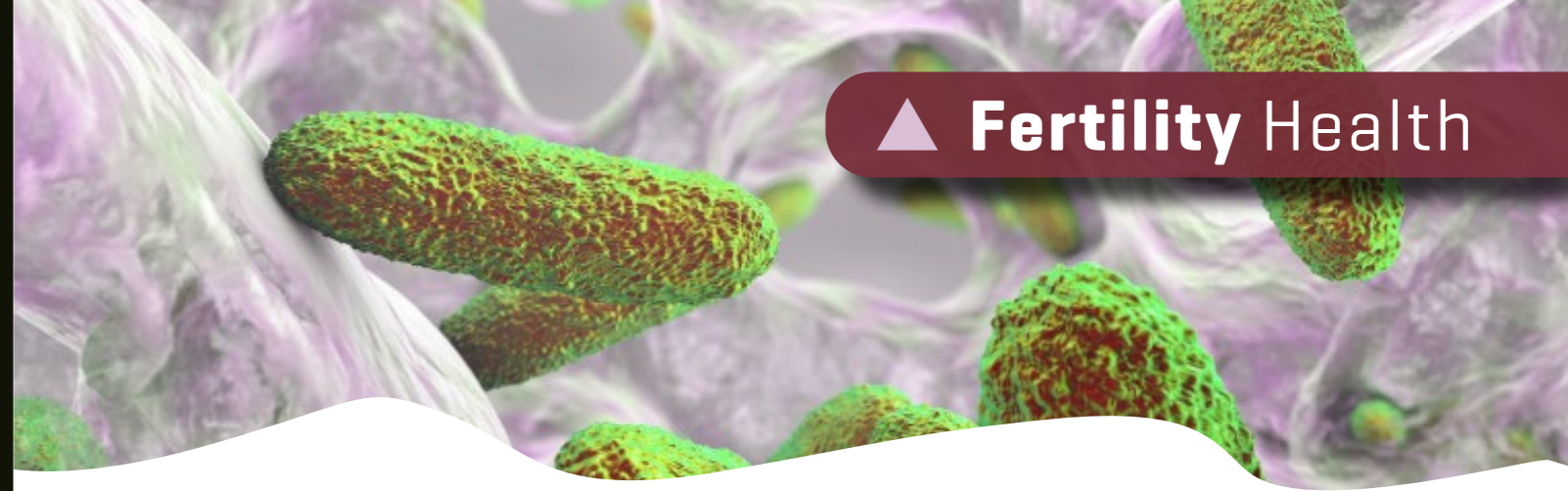
Celebrating International Mother Earth Day:

Promoting Harmony and Sustainability



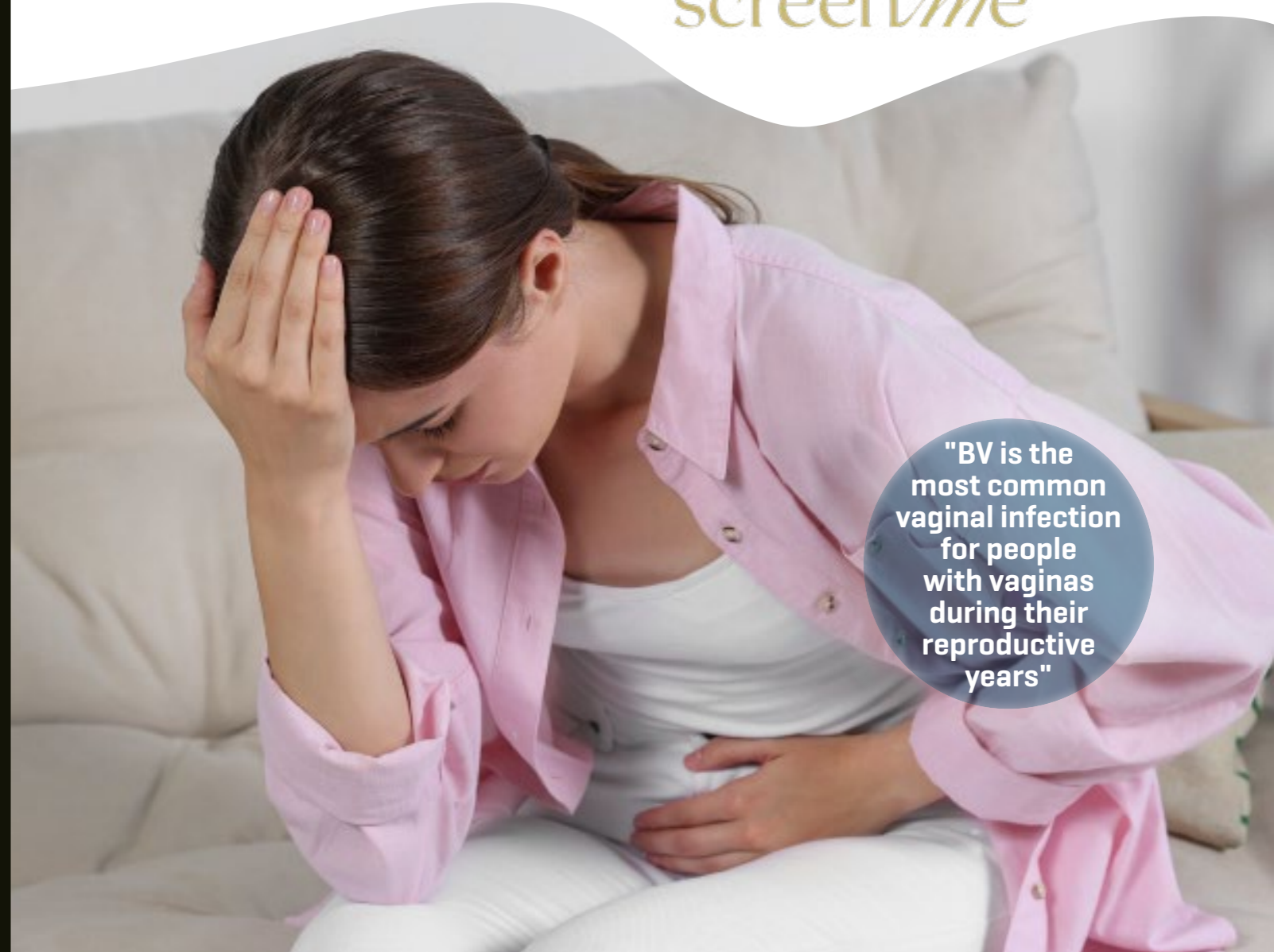
Every year on **April 22nd**, people around the world come together to celebrate **International Mother Earth Day**. This important observance serves as a reminder of our interconnectedness with nature and the vital importance of protecting our planet for future generations. **International Mother Earth Day** emphasises the need for sustainable development and environmental stewardship, urging individuals and communities to take action to promote harmony with the Earth...

▲ **Fertility** Health



Recurrent BV? Biofilms may be to blame...

screen*me*



"BV is the most common vaginal infection for people with vaginas during their reproductive years"

Finding Equilibrium: My Journey with Hypothyroidism and Fitness

by **Emma Law**

The
Thyroid
Trust

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

This month's article has been kindly written for the Thyroid Trust by our resident volunteer 'Fitness and wellbeing Q&A post author', Thyroid Patient, Qualified level 3 personal trainer, advanced Fitness Instructor and certified Life Coach, **Emma Law**. Emma shares her personal journey with Hypothyroidism and exercise.

I was diagnosed with hypothyroidism in my late twenties. I had been putting on weight literally daily, my hair and nails were in awful condition, and oh the fatigue!! ...

April

Introducing Our Monthly Gardener's Diary:
Your Essential Guide to Seasonal Cultivation

No that the chill of winter fades away, April heralds the beginning of a new gardening season filled with promise and potential. In this edition of our **Gardener's Diary**, we embark on a journey through the month of April, offering valuable insights and practical tips to help you make the most of your vegetable garden.

Week by week, we'll guide you through essential tasks to ensure your garden beds are primed for success. From assessing soil conditions to starting seeds indoors, each step is designed to set the stage for a fruitful harvest.

WEEK 1:

- **Assess garden beds:** Take stock of your vegetable garden beds and assess their condition after winter. Remove any debris, weeds, or dead plant material ...

The Importance of Collective Strength and Collaboration

by Prof. Dr. Anabel Ternès

In an era marked by complex global challenges, the significance of collective action and collaboration cannot be overstated. From combating climate change to addressing socioeconomic disparities, the interconnected nature of our world demands unified efforts towards sustainable solutions. Harnessing the collective power of diverse stakeholders - including governments, businesses, non-profit organisations, and communities - is essential for driving meaningful change...



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