

# Health Triangle

The official e-mag of  
UK Health Radio



**Health Focus:**  
Eating disorders

**VALENTINE'S DAY:**  
A Timeless  
Tradition or a  
Commercialised  
Relic?

**MINERAL  
DEFICIENCIES?**

by Dr Zouë Lloyd-Wright

The Evolution of  
Sustainability

by Jarvis Smith

**A Global Call to Action  
Against Cancer**

**RARE  
DISEASE DAY:**  
Awareness &  
Advocacy for  
Better Treatment

**BREAKING  
NEWS  
Corridor  
Care**

“To love is nothing. To be loved is something. But to love and be loved, that’s everything.”

- T. Tolis -



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Health  
**Triangle**

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Editor's Note:

## This Month▲

THESE ARE THE DAYS, MY FRIENDS...

2025 is underway and already we have had World Cancer Day and Holocaust Memorial Day. In February, we have Rare Diseases Day and of course, Valentine's Day. Thank goodness, we have Free Will and can choose to adopt a personal point of view on anything and everything. Yet the feature on Biological Decoding suggests that present illness is widely caused by past emotional trauma.

Regression Therapy suggests that the first five years of our lives significantly affect our attitudes to the whole of our lives. Practically speaking, there are things to do in the garden now, in preparation for Spring. Practically speaking, there are dishes to cook in the kitchen now that will nourish and delight anyone lucky enough to eat them.

Coincidentally, the 4 movie reviews, all good, contain no fewer than 3 which are OSCAR-nominated, including one which is holocaust-related and highly recommended.

The Chinese Year of the wood Snake has recently started, with its traditional focus on challenge and innovation.

There is certainly plenty to read about and think about in this New Year Edition of Health Triangle Magazine.

February is the shortest month. Seize the days!

A handwritten signature in black ink that reads "Reg Starkey".

**Reg Starkey**  
Editor





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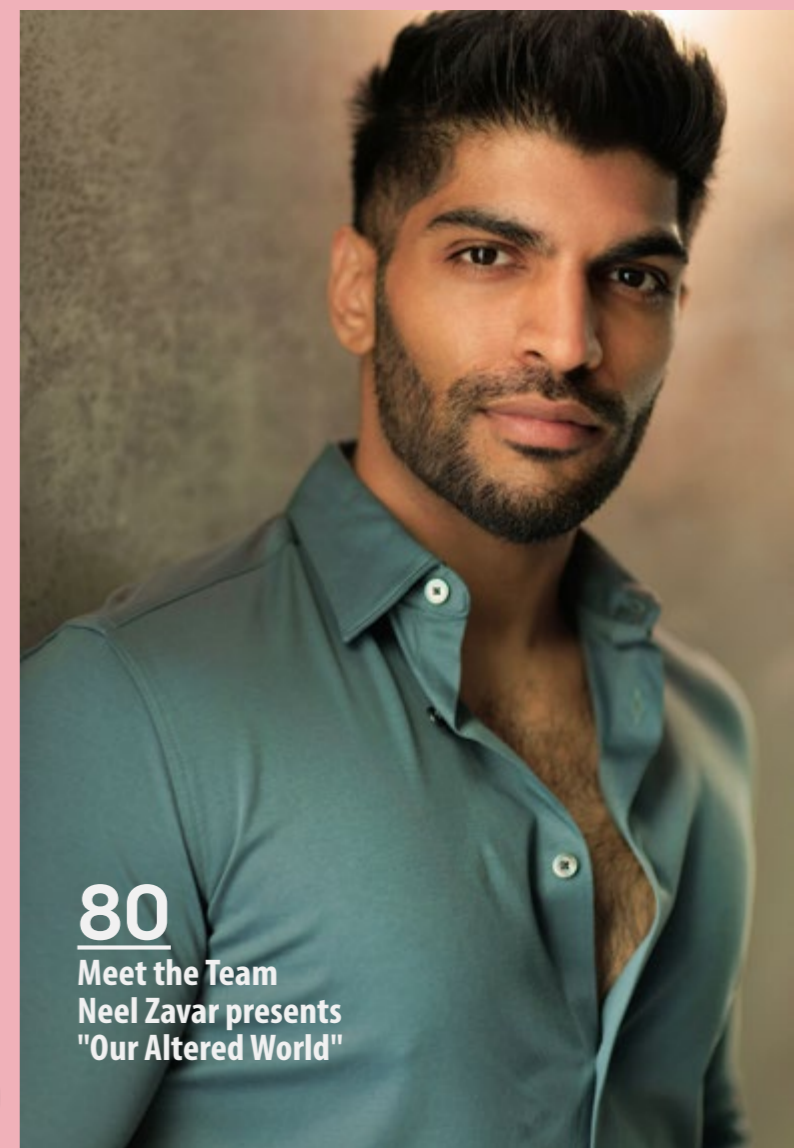


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"... It can be very difficult to identify that a loved one or friend has an eating disorder..."

# EATING DISORDERS

**A**n eating disorder is a mental health condition where you use the control of food to cope with feelings and other situations. Unhealthy eating behaviours may include eating too much or too little or worrying about your weight or body shape. Anyone can get an eating disorder, but teenagers and young adults are mostly affected. With treatment, most people can recover from an eating disorder.

## TYPES OF EATING DISORDERS

The most common eating disorders are:

- **anorexia nervosa** (often called anorexia) – trying to control your weight by not eating enough food, exercising too much, or doing both
- **bulimia** – losing control over how much you eat and then taking drastic action to not put on weight
- **binge eating disorder** (BED) – eating large portions of food until you feel uncomfortably full

## Other specified feeding or eating disorder (OSFED)

A person may have an OSFED if their symptoms do not exactly fit the expected symptoms for any specific eating disorders.

OSFED is the most common eating disorder.

## Avoidant/restrictive food intake disorder (ARFID)

ARFID is when someone avoids certain foods, limits how much they eat or does both.

Beliefs about weight or body shape are not reasons why people develop ARFID.

Possible reasons for ARFID include:

- **negative feelings over the smell**, taste or texture of certain foods
- **a response to a past experience with food** that was upsetting, for example, choking or being sick after eating something
- **not feeling hungry** or just a lack of interest in eating

## CHECK IF YOU HAVE AN EATING DISORDER

If you or people around you are worried that you have an unhealthy relationship with food, you could have an eating disorder.

## Symptoms of eating disorders include:

- spending a lot of time worrying about your weight and body shape
- avoiding socialising when you think food will be involved
- eating very little food
- making yourself sick or taking laxatives after you eat
- exercising too much
- having very strict habits or routines around food
- changes in your mood, such as being withdrawn, anxious or depressed

## You may also notice physical signs, including:

- feeling cold, tired or dizzy
- pains, tingling or numbness in your arms and legs [poor circulation]
- feeling your heart racing, fainting or feeling faint
- problems with your digestion, such as bloating, constipation or diarrhoea
- your weight being very high or very low for someone of your age and height
- not getting your period or other delayed signs of puberty



“... It can be very hard to admit you have a problem and ask for help....”

### WARNING SIGNS OF AN EATING DISORDER IN SOMEONE ELSE

It can be very difficult to identify that a loved one or friend has an eating disorder.

#### Warning signs to look out for include:

- dramatic weight loss
- lying about how much they've eaten, when they've eaten, or their weight
- eating a lot of food very fast
- going to the bathroom a lot after eating
- exercising a lot
- avoiding eating with others
- cutting food into small pieces or eating very slowly
- wearing loose or baggy clothes to hide their weight loss

### GETTING HELP FOR AN EATING DISORDER

If you think you may have an eating disorder, see a GP as soon as you can.

A GP will ask about your eating habits and how you're feeling, plus check your overall health and weight.

They may refer you to an eating disorder specialist or team of specialists.

It can be very hard to admit you have a problem and ask for help. It may make things easier if you bring a friend or loved one with you to your appointment.

You can also talk in confidence to an adviser from eating disorders charity **Beat** by calling the Beat helpline on 0808 801 0677.

### GETTING HELP FOR SOMEONE ELSE

It can be difficult to know what to do if you're worried that someone has an eating disorder.

They may not realise they have an eating disorder. They may also deny it, or be secretive and defensive about their eating or weight.

Let them know you're worried about them and encourage them to see a GP. You could offer to go along with them.

Read more about talking to your child about eating disorders and supporting someone with an eating disorder.

The eating disorder charity **Beat** also has information and advice:

- **Beat: what to do if you're worried about a friend or family member**
- **Beat: what to do if you're worried about a colleague**

### TREATMENT FOR EATING DISORDERS

You can recover from an eating disorder, but it may take time and recovery will be different for everyone. If you're referred to an eating disorder specialist or team of specialists, they'll be responsible for your care. They should talk to you about the support you might need, such as for other conditions you have, and include this in your treatment plan.

Your treatment will depend on the type of eating disorder you have, but usually includes a talking therapy.

You may also need regular health checks if your eating disorder is having an impact on your physical health. Your treatment may also involve working through a guided self-help programme if you have bulimia or binge eating disorder.

Most people will be offered individual therapy, but those with binge eating disorder may be offered group therapy.

Treatment for other specified feeding or eating disorder [OSFED] will depend on the type of eating disorder your symptoms are most like.

For example, if your symptoms are most like anorexia, your treatment will be similar to the treatment for anorexia.

### WHAT CAUSES EATING DISORDERS?

The exact cause of eating disorders is unknown. You may be more likely to get an eating disorder if:

- **you or a member of your family has a history of eating disorders, depression, or alcohol or drug misuse**
- **you've been criticised for your eating habits, body shape or weight**
- **you're really worried about being slim, particularly if you also feel pressure from society or your job, for example, ballet dancers, models or athletes**
- **you have anxiety, low self-esteem, an obsessive personality or are a perfectionist**
- **you've been sexually abused**

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



## ▲ Digital Disconnect



# How Unsocial Media Affects Development

by Howard Rankin PhD

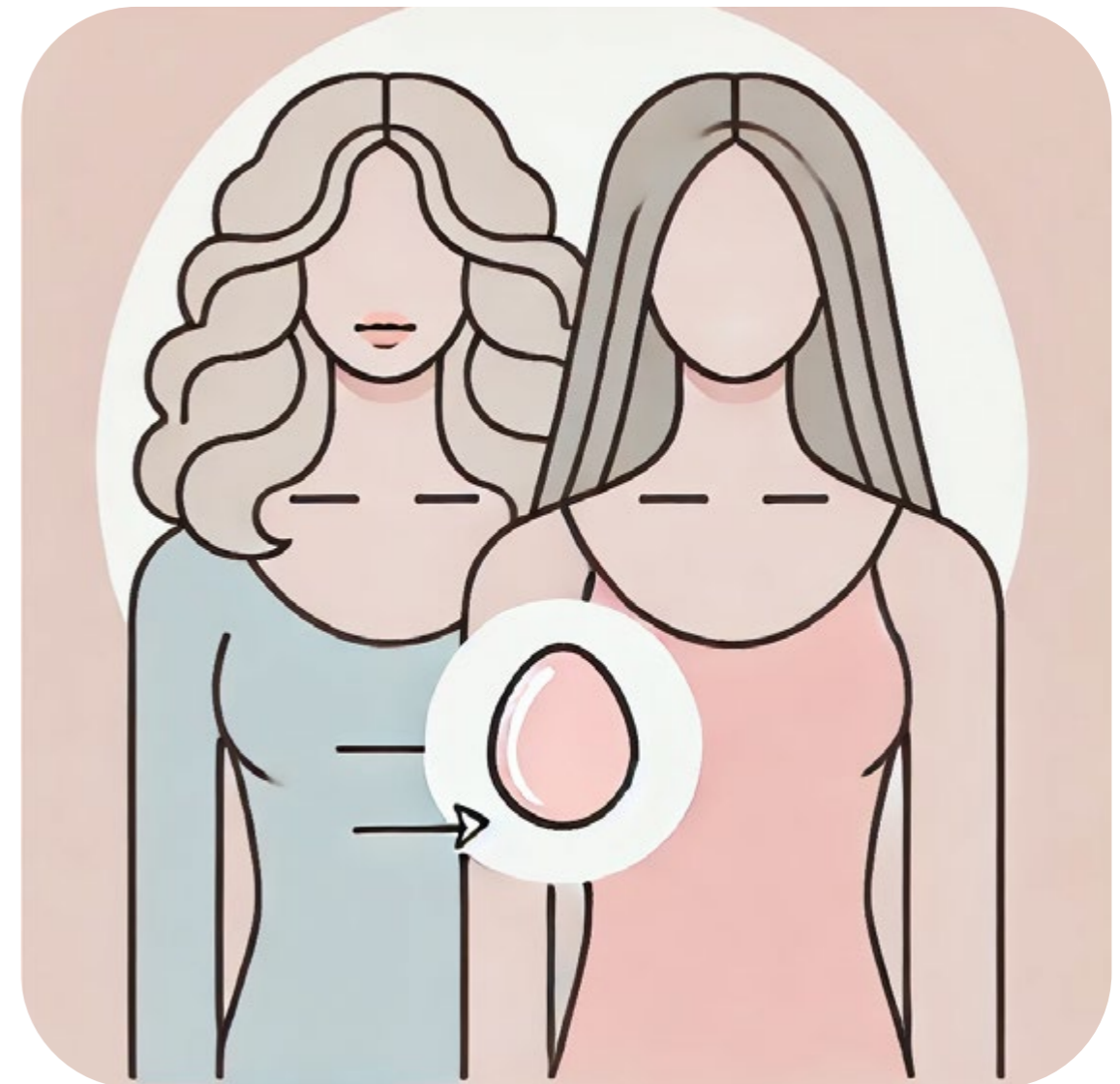
**T**he advent of social media seemed to offer great opportunities. Keeping in touch with your friends and family, connecting with people in different countries and virtual interaction allowing for business interactions. It has indeed changed the world. Some of the effects have been advantageous but some of it has been brutal.

The reality is that social media is not really social. Imagine watching a plane crash on a video. Now imagine watching that same plane crash in person. The brain will interpret those events differently. Research has shown that when we are in real interaction our brain, mostly through its mirror neuron system, is emotionally reacting. It is sensing what ...

## ▲ Shared Motherhood

# UK Sees Booming Demand After Danish Law Change

**I**n 1 January 2025, a new law comes into effect in Denmark enabling lesbian couples to donate eggs to each other. A Danish fertility clinic is already experiencing a great increase in demand from British couples. Up until now, lesbian couples in Denmark have not been allowed to donate eggs to each other through the ROPA method (Reception of Oocytes from PArtner) without a health professional first deeming it necessary. The method is also known as shared motherhood or reciprocal IVF. However, starting on 1 January 2025, a law change in Denmark permits a woman to donate eggs to her partner without obtaining a medical certificate. Danish fertility clinic Diers Fertility Clinic is already feeling the impact of the legislative change...



# February

## Essential Tasks for a Thriving Garden

February may still feel like the depths of winter, but signs of spring are beginning to emerge. For keen gardeners, it's a pivotal month to prepare for the growing season while keeping winter maintenance in check. With each week of February offering different opportunities to nurture your garden, here's a week-by-week guide to ensure your outdoor space thrives as the seasons transition.

### WEEK 1: TIDYING AND PREPPING

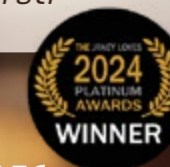
- **Clear Debris:**  
Start the month by cleaning up your garden. Remove fallen leaves, twigs, and other debris from flower beds, borders, and paths. This will prevent diseases and pests from taking hold.
- **Prune Deciduous Trees and Shrubs:**  
It's the perfect time to prune dormant trees and shrubs, particularly fruit trees like apples and pears. Remove dead or damaged branches and shape the tree to improve air circulation and encourage healthy growth in spring.
- **Check Overwintering Plants:**  
Inspect plants overwintering in greenhouses or cold frames. Remove any yellowed or dead leaves to prevent fungal diseases and ensure they're well-ventilated on milder days.
- **Inspect Tools and Supplies:**  
Sharpen your garden tools, oil hinges, and ensure your supplies are in good condition. Stock up on compost, seeds, and any equipment needed for the coming months...



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▲ Empowered Choice

# What Is Free Will?

by Ken D Foster



"...At its core, free will enables us to act with intention by linking past experiences and future aspirations...."

**F**ree will is a cornerstone of human experience, allowing us to make intentional choices that shape our lives. While we often view it as an abstract concept, scientific research reveals that free will is a practical tool for navigating personal challenges, enhancing decision-making, and improving well-being.

Understanding and applying free will help individuals overcome obstacles, create meaningful change, and lead more intentional lives...

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