

Health Triangle

137/August 2025

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UK Health Radio



Health Focus
Sugar: Time
to Cut Back?

The story behind:
ZERO LIMITS

by Dr. Joe Vitale

Psychedelic
Medicine for People
with Cancer

by Professor Jo Neill

AGEING IS A
CHOICE

Dating Over 50:
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Meet Offline

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BEING
AUTHENTIC IS
THE ACE UP
YOUR SLEEVE

by Dee Blick

BREAKING
NEWS

If you bet the
farm, you may
lose the farm.



ZERO LIMITS

The Real Secret to Attracting Miracles



ON FILM PRODUCED BY DR. KASIA WEZOWSKI & PATRYK WEZOWSKI
KASIA WEZOWSKI & JUSTY FELIX MENDOZA
OBESON DR. MARY RZESUTCHY DEBRA CHODORO HELEN EARLE
R. JOE VIGALE ROB WHITE
DR. KASIA WEZOWSKI

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CEO UK Health Radio
Johann Ilgenfritz

Editor
Reg Starkey

Creative Director
Raphaella Reeb



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Editor's Note:

This Month ▲

ILLEGAL, IMMORAL OR FATTENING

In my youth, I remember the complaint that all the most pleasurable things in life were covered by these three words.

The current edition of Health Triangle touches on at least two of them!

Take sugar, for example. A book was published in the last century with the provocative title: 'Pure, white and deadly.'

Investigating his own increasing weight, a retired detective I knew identified sugar as the prime suspect, revealing its ubiquitous presence in 'healthy' choices like fruit and smoothies. The NHS feature spells it all out for you here, in great detail.

'Psychodelics' to deal with the existential side-effects of a cancer diagnosis or even a successful treatment, takes us to the very edge of what the law currently allows.

Are we at last approaching a turning point?

Sleep Tourism is a new idea to me.

I have long acknowledged the genuine value of good sleep, like good weather - but never considered it as critical when planning a holiday.

But as **Burnout** becomes a much more common problem, better quality sleep becomes an ever more relevant factor in recharging your personal batteries.

Lots of practical and mystical text for you to read; lots of thoughtful and thought-provoking pages, also.

Take your time. Savour them all. Relax. It's not a race!

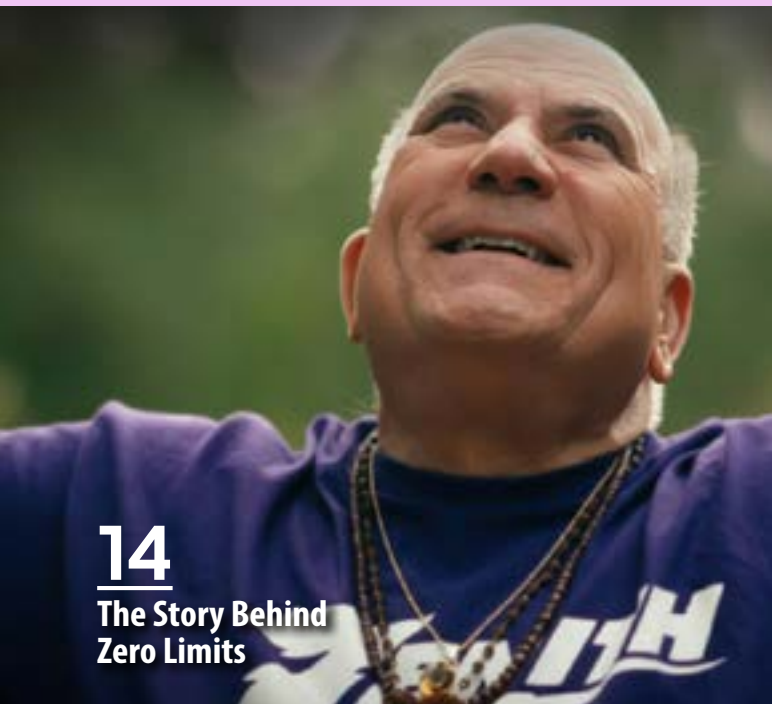
Reg Starkey

Reg Starkey
Editor

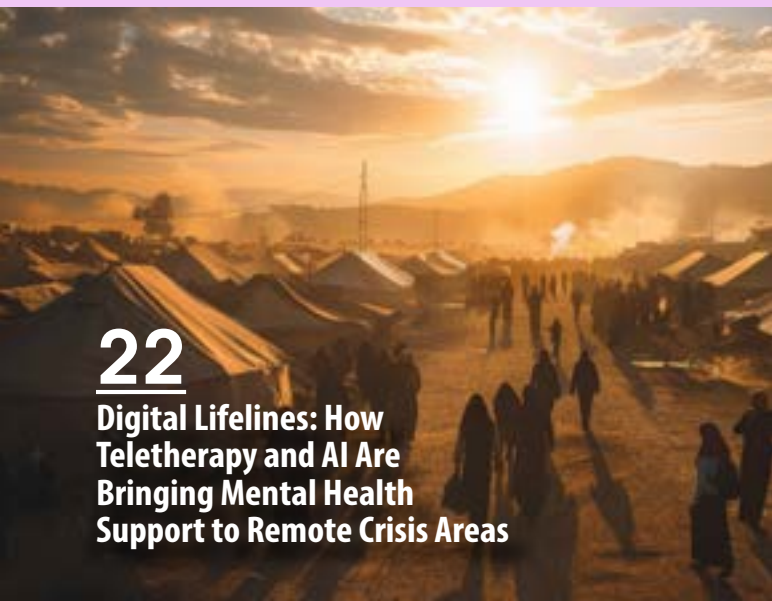




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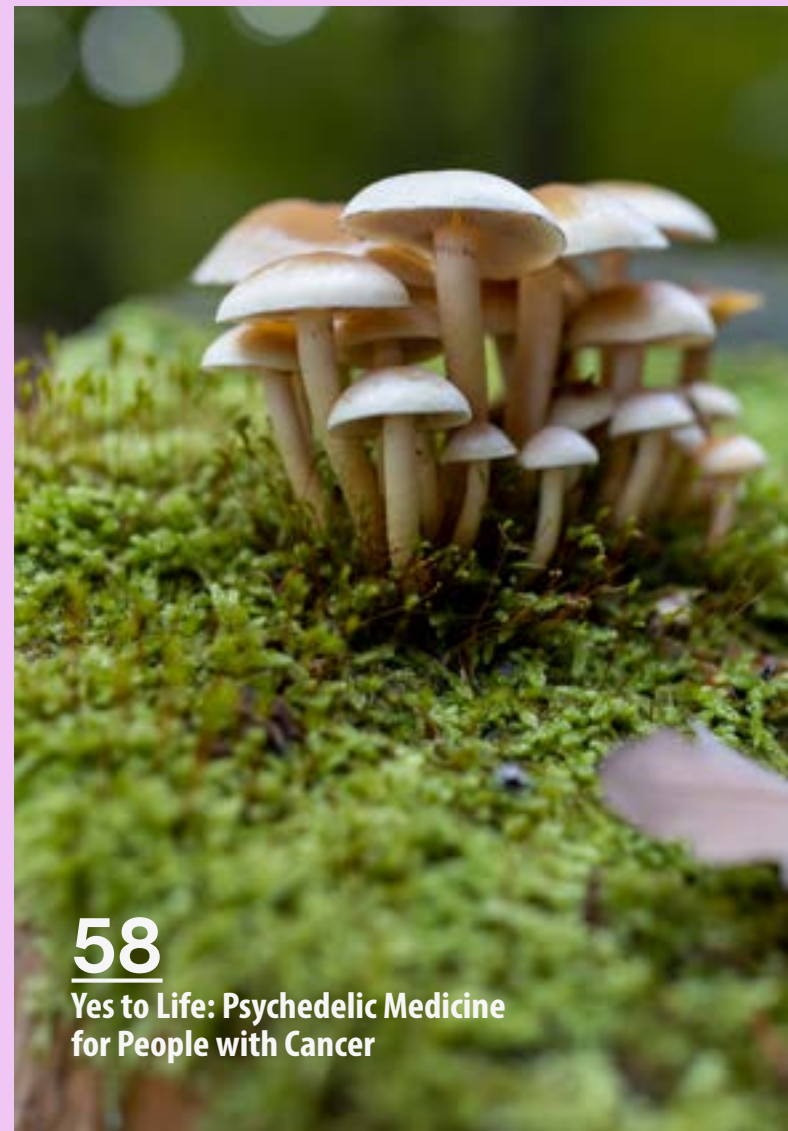


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Yes to Life: Psychedelic Medicine
for People with Cancer

HOW TO CUT DOWN ON SUGAR IN YOUR DIET

Added sugars, such as table sugar, honey and syrups, should not make up more than 5% of the energy you get from food and drink each day. That's about 30g a day for anyone aged 11 and older.

SUGAR'S MANY GUISES

There are lots of different ways added sugar can be listed on ingredients labels:

- **sucrose**
- **glucose**
- **fructose**
- **maltose**
- **fruit juice**
- **molasses**
- **hydrolysed starch**
- **invert sugar**
- **corn syrup**
- **honey**

Food labels tell you how much sugar a food contains:

- **high in sugar – 22.5g or more of total sugar per 100g**
- **low in sugar – 5g or less of total sugar per 100g**

Some packaging uses a colour-coded system that makes it easy to choose foods that are lower in sugar, salt and fat. Look for more "greens" and "ambers", and fewer "reds", in your shopping basket.

BREAKFAST

Many breakfast cereals are high in sugar. Try switching to lower-sugar cereals or those with no added sugar, such as:

- **plain wheat biscuit cereal**
- **plain shredded wholegrain cereal**
- **no-added-sugar muesli**
- **plain porridge**
- **wholemeal toast**
- **plain natural yoghurt topped with chopped fruit**

Porridge oats are cheap and contain vitamins, minerals and fibre. Make porridge with semi-skimmed, 1% or skimmed milk, or water.

If you usually add sugar to your porridge, try adding a few chopped dried apricots or a sliced or mashed banana instead.

For a more gradual approach, you could eat sugary cereals and plain cereals on alternate days, or mix both in the same bowl.

If you add sugar to your cereal, you could try adding less. Or you could eat a smaller portion and add some chopped fruit, such as a pear or banana, which is an easy way of getting some of your 5 A Day.

If toast is your breakfast staple, try wholemeal or granary bread, which is higher in fibre than white bread, and see if you can get by with a little less of your usual spreads like jam, marmalade, honey or chocolate. Or you could try sugar-free or lower-sugar options.

MAIN MEALS

Many foods that we do not consider to be sweet contain a surprisingly large amount of sugar. Some ready-made soups, stir-in sauces and ready meals can also be higher in sugar than you think.

When eating out or buying takeaways, watch out for dishes that are typically high in sugar, such as sweet and sour dishes, sweet chilli dishes and some curry sauces, as well as salads with dressings like salad cream, which can also be high in sugar.

Condiments and sauces such as ketchup can have as much as **23g of sugar in 100g – roughly half a teaspoon per serving**. These foods are usually served in small quantities, but the sugar count can add up if eaten every day.

SNACKS

Healthier snack options are those without added sugar, such as fresh or tinned fruit (in juice, not syrup), unsalted mixed nuts, plain popcorn, rice cakes, crackers topped with lower-fat cheese or lower-sugar yoghurts.

▲ Health Focus

If you are not ready to give up your favourite flavours, you could start by having less. Instead of 2 biscuits in 1 sitting, try having 1. If your snack has 2 bars, have 1 and share the other, or save it for another day. If you're an "all-or-nothing" type person, you could find something to do to take your mind off food on some days of the week. When shopping, look out for lower-sugar (and lower-fat) versions of your favourite snacks. Buy smaller packs, or skip the family bags and just go for the normal-sized one instead.

Here are some **lower-calorie substitutes** for popular snacks:

- **cereal bars** – despite their healthy image, many cereal bars can be high in sugar and fat. Look out for bars that are lower in sugar, fat and salt.
- **chocolate** – swap for a lower-calorie hot instant chocolate drink. You can also get chocolate with coffee and chocolate with malt varieties.
- **biscuits** – swap for oatcakes, oat biscuits, or unsalted rice cakes, which also provide fibre.
- **cakes** – swap for a plain currant bun, fruit scone, or malt loaf. If you add toppings or spreads, use them sparingly or choose lower-fat and lower-sugar varieties.

Dried fruit, such as raisins, dates and apricots, is high in sugar and can be bad for your dental health because it sticks to your teeth.

To prevent tooth decay, dried fruit is best enjoyed at mealtimes – as part of a dessert, for example – rather than as a snack.

DRINKS

Nearly a quarter of the added sugar in our diets comes from sugary drinks, such as fizzy drinks, sweetened juices, milkshakes and cordials.

A can of regular cola contains **7 teaspoons of sugar (35g)**. Try swapping to water, sugar-free or no-added-sugar drinks or lower-fat milks.

If you take sugar in tea or coffee, gradually reduce the amount until you can cut it out altogether, or try swapping to sweeteners instead. Try some new flavours with herbal teas, or make your own with hot water and a slice of lemon or ginger.

Like some fizzy drinks, fruit juice can be high in sugar. When juice is extracted from the whole fruit to make fruit juice, sugar is released, and **this can damage your teeth**.

Your combined total of drinks from fruit juice, vegetable juice and smoothies should not be more than 150ml a day – which is a small glass. For example, if you have 150ml of orange juice and 150ml smoothie in one day, you'll have exceeded the recommendation by 150ml. Fruit juices and smoothies do contain vitamins and minerals and can count towards your 5 A Day. However they can only ever count as a maximum of 1 portion of your 5 A Day. For example, if you have 2 glasses of fruit juice and a smoothie in 1 day, that still only counts as 1 portion.

You could try flavouring water with a slice of lemon, lime, or a splash of fruit juice. But watch out for the sugar content in squash or cordials with added sugar. Some can contain up to **3 teaspoons of sugar** in each glass.

DESSERT

Work out some ground rules. Do you need to have dessert every day? How about only having dessert after your evening meal, or only eating dessert on odd days of the month, or only on weekends, or only at restaurants?

Do you have to have chocolate, biscuits, and cake every day? If you had this type of sugary snack less often, would you actually enjoy it more?

Less sugary desserts include fruit – fresh, frozen, dried, or tinned, but choose those canned in juice rather than syrup – as well as lower-fat and lower-sugar rice pudding, and plain lower-fat yoghurt. However, lower fat does not necessarily mean low sugar. Some lower-fat yoghurts can be sweetened with refined sugar, fruit juice concentrate, glucose, and fructose syrup.

If you're stuck between choosing 2 desserts at the supermarket, why not compare the labels on both packages and go for the one with the lower amount of sugar.



The Story Behind ZERO LIMITS

by Dr. Joe Vitale

How Ho'oponopono Changed My Life and Sparked a Movement



Image: Jeremy Sipes

▲ Healing Within

It started with a whisper. Not from a guru on a mountaintop, or a booming voice from the clouds—but from a simple Hawaiian healing practice called ho'oponopono. I had never heard of it before, but once I did, it refused to let go of me. That whisper turned into a full-blown transformation—one that led to a bestselling book [Zero Limits], several follow-up books, an award-winning movie, and most importantly, a global movement of healing, forgiveness, and miracles. Let me tell you the story...

THE FIRST SHOCK: HEALING WITHOUT TOUCH

Back in the early 2000s, I stumbled across a story so wild, so unbelievable, I had to investigate it myself. It was about a therapist in Hawaii, Dr. Ihaleakala Hew Len, who had reportedly healed an entire ward of mentally ill criminals in a state hospital —without ever working with them in person.

Instead, he sat in his office, reviewed their files, and silently repeated a few phrases: "I love you. I'm sorry. Please forgive me. Thank you." That's it. No analysis. No deep probing. Just a pure act of self-responsibility and love.

It made no sense.

I was stunned. I had written and spoken about the Law of Attraction, personal power, and the mind-body connection—and of course I was in the famous movie *The Secret* which shook the planet awake - but this? This was something deeper. Something stranger. Something "impossible."

Was the story even true?

I had to meet this odd therapist.

A PARTNERSHIP THAT CHANGED EVERYTHING

Meeting Dr. Hew Len was like sitting down with the ocean. Calm, vast, and mysterious. I liked him. He was a gentle, loveable grandfather type, with a mystic oddball quality about him. We became friends. We decided to write a book together to share his story and this method with the world. That book became **Zero Limits**.

And to my surprise—it exploded. People didn't just read the book; they felt it. Something about the simplicity of ho'oponopono cut through the noise. It wasn't about blaming others or fixing the world. It was about cleaning your own inner data. Taking 100% responsibility for everything in your experience. Not just your own problems. Everything. At first, that concept feels outrageous. But then it starts to feel...liberating. You mean I can shift my outer reality by cleaning my inner noise? Yes.

THE RIPPLE EFFECTS: BOOKS, COACHING, AND MIRACLES

From **Zero Limits** came more books—**At Zero**, **The Fifth Phrase**, **Zero Limits Living** and others—each diving deeper into the mystery and magic of ho'oponopono. But people didn't want just a book. They wanted help living this.

That's when I launched **Miracles Coaching**.

Through this program, thousands have learned how to release limiting beliefs, rewrite their subconscious programming, and open to a life of freedom, peace, and yes—miracles.

I've heard stories of people healing their relationships, doubling their income, finding long-lost family members, recovering from illness, and awakening spiritually—just by doing the inner cleaning. Just by saying those four phrases with sincerity and presence. One client told me, "I started cleaning after reading your book, and within weeks, my estranged daughter called me out of the blue. We're rebuilding our relationship—and I'm in tears of gratitude." That's the power of **ho'oponopono**.

LIGHTS, CAMERA, CLEANING: ZERO LIMITS THE MOVIE

Years later, I realized the story was too big for books alone. The time had come to make a film. Not a documentary filled with charts and theories, but a cinematic experience—one that feels like transformation...

CREATE ABUNDANCE WHERE YOU UNWIND:

Feng Shui Tips for Your Lounge and Snug Spaces

by Janine Lowe, Feng Shui Consultant



"...The energy in our relaxing spaces should be calm and nurturing. Incorporate soft textures, warm tones, ..."

Let's talk about where the true magic happens in your home, not in the boardroom, not even in the kitchen, but on the couch. Your lounge, your snug, that cosy corner where you curl up with a warm drink, catch up on your favourite series, or get lost in a good book, these are your recharge zones. And in Feng Shui, they're just as essential when it comes to calling in abundance...

DIGITAL LIFELINES:

How Teletherapy and AI Are Bringing Mental Health Support to Remote Crisis Areas

by Prof. Dr. Anabel Ternès von Hattburg



THE MENTAL HEALTH CRISIS IN HUMANITARIAN SETTINGS

In a small refugee camp in Lebanon, 12-year-old Amina hasn't spoken in months. Her family fled Syria after a bomb destroyed their home, taking with it not just their belongings but also Amina's sense of safety. In another part of the world, Carlos, a first responder in the aftermath of a hurricane in Honduras, struggles with sleepless nights, replaying the trauma of pulling survivors from collapsed buildings. These stories are not unique. In conflict zones, disaster areas, and refugee camps worldwide, millions suffer from invisible wounds—depression, PTSD, and anxiety—with little to no access to mental health care. Traditional therapy is often impossible because there are too few professionals, too much stigma, and too many logistical barriers. But in places where therapists can't reach, technology is becoming a lifeline. From AI chatbots offering instant comfort to teletherapy sessions conducted over shaky internet connections, digital innovations are revolutionising mental health support in the world's most vulnerable communities...

Being AUTHENTIC

is the ace up
your sleeve

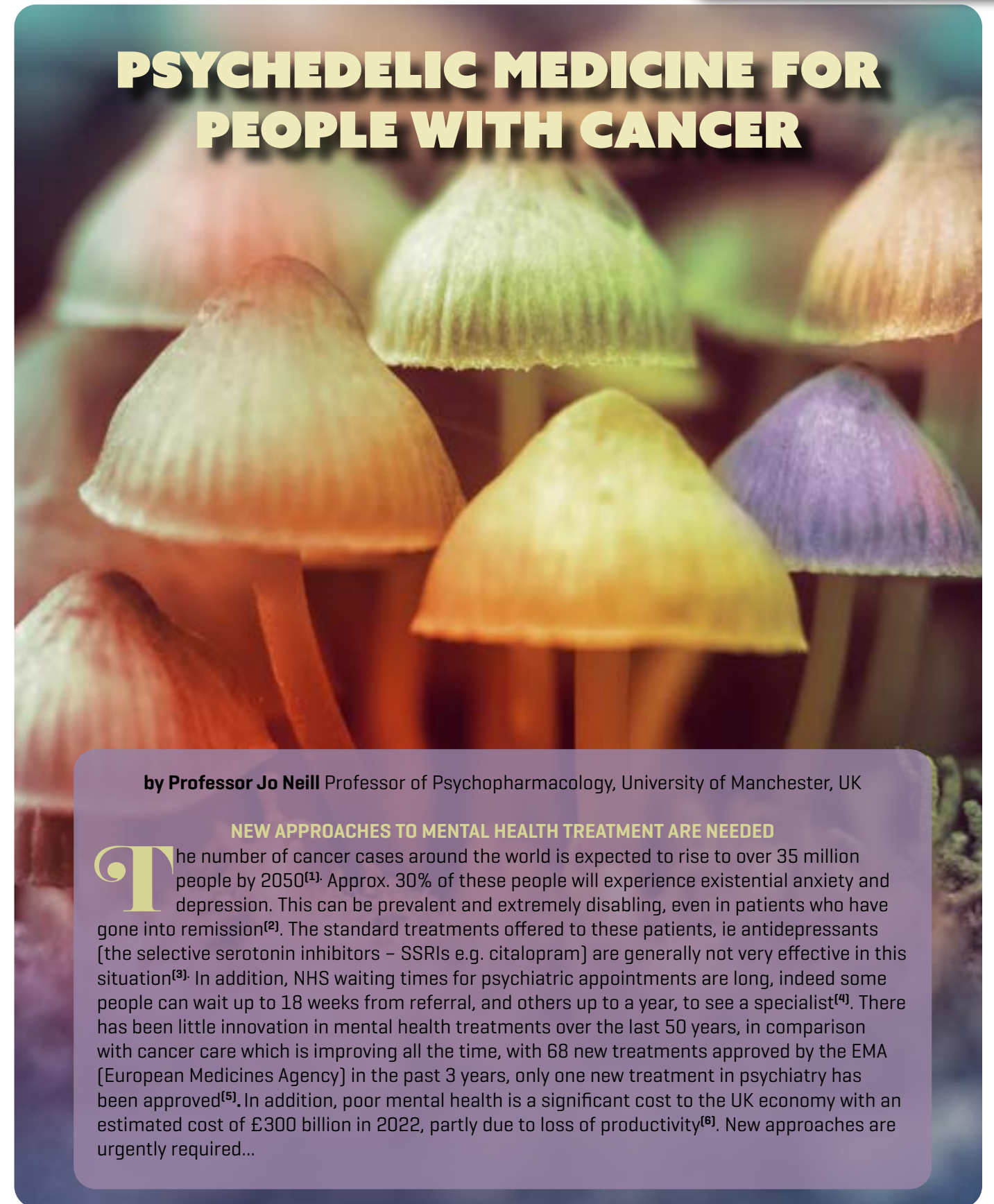
by Dee Blick



A few years ago, a friend attended an event, held by a motivational speaker. It was a rock star production, with music bouncing off the walls, lighting illuminating the speaker, then beaming directly on to audience members, unable to contain their excitement.

My friend said that the message he was carrying, with force, was that if he could do it, so could you. If you didn't rise to his elevated status, you'd not tried hard enough. She returned from the conference, feeling disillusioned, telling me she could never aspire to be like this man, that she didn't have the enormous character, nor the confidence, to attain a smattering of his success. I wondered why she attended in the first place. She had been given a free ticket...

PSYCHEDELIC MEDICINE FOR PEOPLE WITH CANCER



by Professor Jo Neill Professor of Psychopharmacology, University of Manchester, UK

NEW APPROACHES TO MENTAL HEALTH TREATMENT ARE NEEDED

The number of cancer cases around the world is expected to rise to over 35 million people by 2050^[1]. Approx. 30% of these people will experience existential anxiety and depression. This can be prevalent and extremely disabling, even in patients who have gone into remission^[2]. The standard treatments offered to these patients, ie antidepressants (the selective serotonin inhibitors – SSRIs e.g. citalopram) are generally not very effective in this situation^[3]. In addition, NHS waiting times for psychiatric appointments are long, indeed some people can wait up to 18 weeks from referral, and others up to a year, to see a specialist^[4]. There has been little innovation in mental health treatments over the last 50 years, in comparison with cancer care which is improving all the time, with 68 new treatments approved by the EMA [European Medicines Agency] in the past 3 years, only one new treatment in psychiatry has been approved^[5]. In addition, poor mental health is a significant cost to the UK economy with an estimated cost of £300 billion in 2022, partly due to loss of productivity^[6]. New approaches are urgently required...

ZERO LIMITS

The Real Secret to Attracting Miracles



- Official Selection
MegaFlix
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2025
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Fortean
Film Festival
2025
- Official Selection
Caravan International
Film Festival
2025
- Official Selection
Symbiotic
Film Festival
2025
- Official Selection
Docs Without Borders
Film Festival
2025
- Official Selection
Crown Point International
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2025
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