

Health Triangle

140/November 2025

The official e-mag of
UK Health Radio



Health Focus Frozen Shoulder

Building a Brain
That Ages Well

**STRENGTHENING
IMMUNITY IN THE
DARKER MONTHS**

by The Seed Sistas

**MOVEMBER
& BEYOND:
Men's Mental
Health Matters**

by Sophie Linton

Diana Nyad:
**PERSIST
AND YOU WILL
FIND A WAY**





Editor's Note:
This Month▲
NOVEMBER REFLECTIONS

As I look out of my office window, I see the leaves changing colour and the light softening as autumn settles in. November has a stillness about it — a quiet pause between the vibrancy of autumn and the rush of the festive season. It's a time to reflect, restore, and focus on what truly supports our wellbeing.

This month's issue of **Health Triangle Magazine** brings together a mix of insight, inspiration and practical advice for this reflective season. Our **Health Focus** looks at Frozen Shoulder, exploring causes, treatments and how movement can help recovery. We also turn our attention to the mind, with Building a Brain That Ages Well by **Sophie Linton**, and Healing the Mind: Five Pathways to Greater Peace by **Ken D. Foster** — both offering ways to stay mentally strong and emotionally balanced as the darker months arrive.

Our cover story celebrates determination and human spirit. **Diana Nyad: Persist, and You Will Find a Way** by **Dr Belynder Walia** shares the incredible journey of a woman who refused to give up on her dream, swimming from Cuba to Florida at sixty-four. Her story reminds us that it's never too late to try again.

We also reconnect with nature through Healing with Mother Earth and Father Heaven by **Yogini Joanne**, while **Janine Lowe's** Feng Shui for a Joyful Christmas helps us bring harmony into our homes ahead of the busy season. **The Seed Sistas** share their tips for Strengthening Immunity in the Darker Months, and **Janey Lee Grace** explores how nutrition can support both body and mood in Sobriety, Sugar Cravings & Serotonin.

November is also **Movember** — a reminder that men's mental health matters. **Sophie Linton** highlights why those conversations are vital in Movember and Beyond. Across the issue, we continue to champion awareness, prevention and the small, daily choices that help us live with greater balance and purpose.

As the year begins to wind down, I hope this issue offers you a moment of pause and reflection. Thank you for reading and for being part of our growing community. I look forward to closing the year with you in December as we celebrate the season of light, connection and renewal.

Warm regards
Raphaela Reeb
Editor-In-Chief





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FROZEN SHOULDER



“...
Physiotherapy
can help you
get movement
back in your
shoulder...”

Frozen shoulder means your shoulder is painful and stiff for months, sometimes years. It can be treated with shoulder exercises and painkillers.

SYMPTOMS OF FROZEN SHOULDER

The 2 main symptoms of frozen shoulder are:

- **pain in your shoulder** which can be worse at night and disturb sleep
- **stiffness in your shoulder** which makes it difficult to move

Frozen shoulder can take months or years to get better. But the pain and stiffness will usually go away eventually.

See a GP if:

- **you have shoulder pain and stiffness that does not go away**
- **the pain is so bad it makes it hard to move your arm and shoulder**

TREATMENT FOR FROZEN SHOULDER

Treatment for frozen shoulder works in 3 main steps:

1. **Pain relief** – avoid movements that cause you pain. Only move your shoulder gently. At first, try taking paracetamol. You can take it at regular intervals, up to the recommended daily dose. If paracetamol does not work, try an oral NSAID painkiller such as ibuprofen. If it does not help stop using it.
2. **Stronger pain relief** – you may be prescribed stronger painkillers or a steroid injection in your shoulder.
3. **Getting movement back** – try gentle shoulder exercises at home. If the pain continues, you may be referred to a physiotherapist.

You may get a mix of these treatments depending on how painful and stiff your shoulder is. Stronger pain relief is usually only used for a short time because it can cause side effects.

PHYSIOTHERAPY FOR FROZEN SHOULDER

Physiotherapy can help you get movement back in your shoulder.

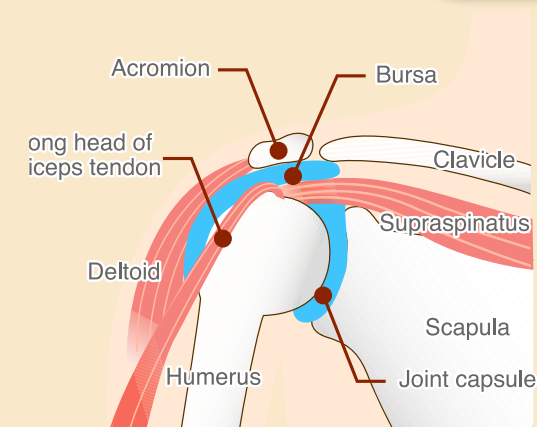
A physiotherapist will decide on the number of sessions you need. It usually lasts at least 6 weeks. The exact number depends on how quickly your shoulder start to get better.

The physiotherapist will first check how much movement you have in your shoulders.

TREATMENTS FROM A PHYSIOTHERAPIST INCLUDE:

- **stretching exercises**
- **strength exercises**
- **good posture advice**
- **pain relief, including giving steroid injections**

If you're still in pain after you have finished your sessions, go back to your GP or physiotherapist. They might prescribe more physiotherapy or another treatment.



Health Focus

Many physiotherapists work at GP surgeries. In some areas, you can ask to see a physiotherapist without seeing a GP first. You can also get physiotherapy privately.

HOW YOU CAN EASE PAIN FROM FROZEN SHOULDER YOURSELF

There are things you can do to help ease the pain from frozen shoulder yourself.

DO

- follow any exercises from your GP or physiotherapist
- move your shoulder – keeping it still will make the pain worse
- take paracetamol regularly up to the recommended daily dose
- try putting a heat pack (or hot water bottle) wrapped in a tea towel on your shoulder for up to 20 minutes at a time – you can also buy heat packs from a pharmacy

Don't

- do not make up your own strenuous exercises – for example, gym equipment can make the pain worse

CAUSES OF FROZEN SHOULDER

It's often not clear why people get a frozen shoulder. Frozen shoulder happens when the tissue around your shoulder joint becomes inflamed. The tissue then gets tighter and shrinks, which causes pain.

FROZEN SHOULDER CAN HAPPEN BECAUSE:

- you had an injury or surgery that stops you from moving your arm normally
- you have diabetes – it's unclear why this is, but it's important to have your regular diabetes check-ups to catch any problems early

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“Nobody’s life is a bowl full of cherries. We all get knocked down. But if we stay down and give up, how will we ever get there?”

When I asked what she would tell someone on the edge of giving up, her answer came without hesitation. “We had a president in this country named Teddy Roosevelt. He made a speech called the Arena Speech. He said, you sit in your comfortable armchair and be the critic while this guy gets in the ring. He gets bloodied, he gets pummeled, and he falls to the canvas, but he has grit. He gets to his knees, to his elbows, he stands up, and he tries again. And he gets pulled again, and again, and again, but he gets up every time.

“Teddy Roosevelt says, I’d rather be this guy a thousand times than the cold, timid soul who sits on the sidelines and never has the guts to enter the arena.” She paused, then added quietly, “You’re going to feel a lot better, whatever your arena is, if you enter it rather than sit on the sidelines and watch other people do their fights.”

Diana Nyad and her team entered that arena together. They faced the sea, the pain and the doubt, and showed that resilience is rarely solitary. She failed four times. She crossed on the fifth. She calls it persistence. Her team calls it belief. The rest of us call it proof.

Persist, and you will find a way.

The ocean never negotiates. It will take your strength, your breath, and sometimes your reason. But in 2013, a sixty-four-year-old swimmer faced it head-on — fifty-three hours from Cuba to Florida — and proved that endurance has no age. **Diana Nyad’s** crossing was not a spectacle of strength but a study in resolve. “Your arms have to be strong, your shoulders have to be strong,” she told me. “But it’s your will that gets you there. I wasn’t going to quit unless it was truly impossible.”

It had been impossible before. She had tried and failed four times. Storms, jellyfish and relentless currents forced her back. “I had Mother Nature in my face four times. You have to have the humility to say. This isn’t my day. Mother Nature is too big on this day. Then you come back.” Each return made her sharper and her team stronger. “Each time we came back, whether we’d made it or not, we made a list of what could be done better,” she explained. “We analysed what went wrong and what we needed to master next time. Our knowledge, and my respect for my team — those are the reasons I finally made it at sixty-four.”

Her team was her lifeline: shark experts, oceanographers, doctors, navigators, and her expedition leader and closest friend, Bonnie Stoll, who watched over her through every mile. “When I was younger, it was all about me,” Nyad admitted. “But when I made it across at sixty-four, it was because I valued my team. Without them, I’d never have stumbled onto that beach in Florida.” Nyad’s achievement was not a solitary act of endurance. It was a collaboration built on trust, analysis and collective will. Strength, she reminds us, is not isolation; it is connection.

“Resilience and persistence are two sides of the same coin,” she reflected. “You get knocked down. You take it. You survive it. And then you get up.” Her life still follows that rhythm. Every morning before sunrise she trains in her garage, a neon sign glowing above her in orange light. It reads PERSIST. “I do my whole workout glancing at that word.” Persistence, for Nyad, is not defiance but devotion.

Diana Nyad: **PERSIST AND YOU WILL FIND A WAY**

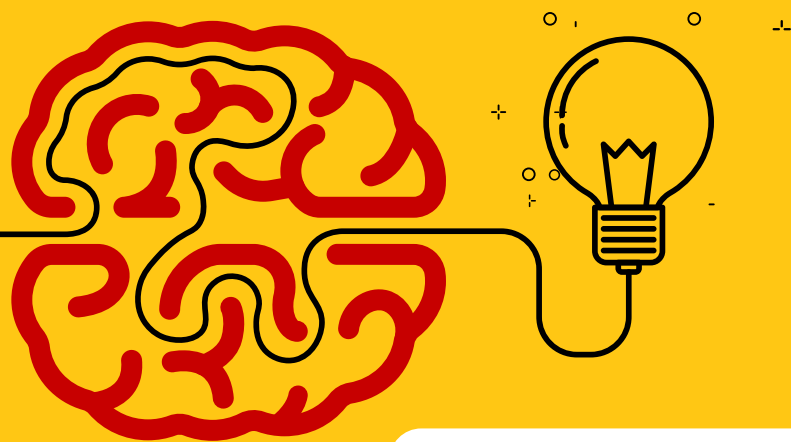
by Dr.Belynder Walia

FLORIDA

CUBA

BUILDING A BRAIN THAT AGES WELL

From **language learning** to **novelty** and **purpose**.
How to create cognitive reserve that protects against decline.
by **Sophie Linton**



"... Learning keeps the brain flexible, but purpose keeps it strong...."

In my thirties, I enrolled on a Spanish course at a local college. It felt like the right time to stretch myself, and I imagined it would be fun, maybe even glamorous, to learn a new language. But on the first lesson, surrounded by younger students chatting easily about adjectives, nouns and the past perfect tense, I felt utterly out of my depth. I spent most of the class nodding along, pretending to take notes while trying to remember the difference between *ser* and *estar*.

Still, something interesting happened. Every day, as I fumbled my way through sentences and replayed the course CD at home, I noticed a kind of mental spark. My brain felt switched on, alive in a way it hadn't for years. I didn't know it then, but I was doing something science now applauds: building cognitive reserve, the brain's hidden protection against decline. And the best part? You don't have to be young, fluent or fearless to build it...

Healing with Mother Earth & Father Heaven

Protect and Nurture Mother Earth, Father Heaven, and all Living Beings
by **Yogini Joanne of 'Great Awakening Show'**

"... Our consciousness has the power to influence Mother Earth's field, and her field has the power to influence..."

Mother Earth, Mother Nature, is our beautiful home and sacred haven that women align with and receive from. A female's seasons and cycles can be linked to Gaia's recurring seasons, as we both have purity, simplicity, beauty, grace, and the power to grow new life. A Divine Feminine woman has sensed the calling of the Great Mother within her soul and has awakened through being in nature, which caused her to be deeply in tune with her innate, wildness within. Mother Earth is the Great Mother's Heart with an electromagnetic field, an Aura that protects and supports all living beings. This love/light crystalline electromagnetic energy field of global life-force resonance is called the Shuman Resonance of a frequency of 7.83 Hz, associated with the Alpha state, Meditation, and the *Third Eye-gateway that leads into heightened states...*

FENG SHUI FOR A CALM, JOYFUL CHRISTMAS

by Janine Lowe, Feng Shui Consultant

"...give yourself permission to slow down, and let the gentle flow of energy wrap around you like a soft winter blanket..."

Christmas means something different to everyone. For some, it's a time of laughter, family, and the scent of pine and mince pies. For others, it can feel a little quieter or even lonely.

Whether your home is full of people or you're spending the day in peaceful solitude, this season can stir up a lot of emotions.

Amidst the twinkling lights and expectations, our energy can easily feel scattered or low. That's where a little Feng Shui can make all the difference. With some gentle shifts, we can bring balance back to our space creating calm, warmth, and a sense of comfort that nourishes the heart, whatever Christmas looks like for you this year.

Before the tree goes up or even if you're skipping one this year take a little time to clear out what no longer serves you. Old decorations that have lost their sparkle, food hiding at the back of cupboards, or gifts you never really needed... all of these hold old, stagnant energy...

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SOBRIETY, SUGAR CRAVINGS & SEROTONIN:

Why Good Nutrition Is Your Secret Weapon

by Janey Lee Grace

If you've ditched the drink, you may be feeling better, sleeping well, but suddenly, the biscuit tin is calling your name. Sugar cravings in sobriety are real, and they're not about lack of willpower. They're chemistry!

WHY YOU CRAVE SUGAR

When we stop drinking, the brain goes through a reset. Alcohol artificially boosts "feel-good" neurotransmitters like serotonin and dopamine, so when it's gone, your brain seeks pleasure elsewhere. Cue sugar, carbs, and comfort food – which quickly leads to a crash, irritability, and even more cravings.

FOOD = MOOD

This is where good nutrition becomes a game-changer. The right foods can genuinely help restore balance, lift mood, and support your recovery – faster than you might think.

Nutritionist and author Julia Ross (The Mood Cure) explains that the brain needs certain amino acids and nutrients to make key neurotransmitters. Without them, you can feel anxious, flat, or impulsive, all of which can trigger relapse. She calls it "a medicinal diet," with plenty of protein and real, nourishing food rather than fads or restriction. steady: eat regular meals with protein, good fats, and slow-release carbs...



LIFE AFTER OSTOMY SURGERY

by Raphaella Reeb, host of *Stoma4Life*



When people hear the word ostomy, they often imagine something mysterious, clinical, or even frightening. But at its core, an ostomy is simply a new way for your body to do what it has always done: remove waste. A stoma – the small opening created during surgery, allows waste to leave the body through the abdomen into a pouch. It may sound daunting, but for many of us, it's the difference between being trapped by illness and regaining a life of freedom, dignity, and health.

THE DIFFERENT TYPES OF STOMA

Not all ostomies are the same. Each type reflects the unique needs of the patient and the part of the body involved:

- **Colostomy** – Formed from the colon (large intestine). A colostomy may be temporary or permanent, depending on the condition.
- **Ileostomy** – Created from the ileum (the last section of the small intestine). Waste is typically looser because it hasn't passed through the colon.
- **Urostomy** – A surgical solution when the bladder is removed or bypassed. Urine is diverted through a section of small intestine that leads to a stoma.

Each stoma looks slightly different and requires its own care, but the principle is the same: a life-saving adaptation that allows the body to keep functioning...

Strengthening Immunity

in the Darker Months

by The Seed Sistas, Kaz and Fi



As the days shorten and the crisp autumn air settles in, our bodies and minds shift into a more introspective rhythm. The transition from the vibrant energy of summer to the quietude of winter invites reflection and fortification of health. One of the most effective ways to strengthen immunity during this time is by reconnecting with nature's offerings - right from our kitchen shelves and the wild spaces around us.



Movember & Beyond:

Men's Mental Health Matters

by **Sophie Linton**

"It takes more strength to open up than to hold it all in."

Every November, we mention it. We write about it, post about it, and talk about **Movember**, the campaign that shines a light on men's health. But as a mother of two boys, I believe this is not just a once-a-year topic. It should shape how we raise our sons, love our partners, and support the men in our lives every day of the year.

Because behind the statistics are stories. And often, those stories begin in childhood.

THE LESSON I WANTED TO REWRITE

I grew up hearing a familiar phrase: "Boys don't cry." My parents said it to my brother with good intentions. They wanted him to be strong, resilient and brave. But as a little girl, I could already sense that something ...



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