

Health Triangle

The official e-mag of
UK Health Radio



Health Focus
Healthy Gums
Healthy Smile

**Fighting Type 2
Diabetes Naturally**

**NEW TOOL DETECTS
ONGOING HEAD
INJURY SYMPTOMS**

Diets:
Been there,
done that

by Niki Cassar

Cancer Research
Hope, Innovation &
New Frontiers

**BREAKING
NEWS**

US shakes up
Nutrition &
Global Health



“Every new beginning comes from some other beginning’s end.”

Seneca the Younger

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

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Health
Triangle

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Editor's Note:

This Month ▲

CLOSING THE CHAPTER

As I write this editorial, I realise it is a very different one from the many that have come before it. After thirteen years of publishing Health Triangle, this issue marks the final chapter of the magazine. What began as a small publication with a simple aim - to share reliable health information and thoughtful perspectives - has grown into something far greater than I could have imagined.

Over the years, Health Triangle has covered an extraordinary range of topics, reflecting how our understanding of health continues to evolve. From advances in medicine and research to conversations about mental wellbeing, nutrition, lifestyle and community, the magazine has always tried to look at health as a whole. In this issue, those themes continue with features on gum health, cancer research, the future of medicine, and the role of exercise and lifestyle in tackling Type 2 diabetes.

What has always made the magazine special, however, are the voices behind the articles. Writers such as Janey Lee Grace, Niki Cassar, Danielle Sax, Ken D. Foster and many others have brought insight, curiosity and warmth to these pages. Their work, along with contributions from experts, advocates and people sharing their personal experiences — has shaped the publication far more than any single editorial voice.

In this issue I also share a personal piece, Beyond the Bag: My Loopy Colon and Scansxiety. Stories like these have always been an important part of the magazine, reminding us that health is not just a topic to analyse, but something we all live through in different ways. Publishing a magazine for over a decade is never a solo effort. I'm incredibly grateful to everyone who has contributed, supported and read Health Triangle over the years. Your interest and engagement have kept it going for thirteen wonderful years.

While this is the final issue, the conversations around health, wellbeing and lived experience will continue. Thank you for being part of the journey.

Warm regards
Raphaela Reeb
Editor-In-Chief





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Healthy Gums, Healthy Smile: A Complete Guide to Gum Disease



Gum disease is where the gums become red, swollen and sore, and bleed. It's very common, but it's important to get it checked by a dentist.

SYMPTOMS OF GUM DISEASE

Symptoms of gum disease include:

- your gums bleeding when you brush your teeth, floss or eat hard foods such as apples
- your gums becoming swollen, red and sore

Gum disease can lead to:

- bad breath and a bad taste in the mouth
- your gums shrinking
- your teeth becoming loose or falling out

SEE A DENTIST IF:

- your gums bleed when you brush your teeth or eat hard foods
- your gums are painful and swollen
- you have bad breath
- your child has sore, bleeding gums

ASK FOR AN URGENT DENTIST APPOINTMENT IF:

You or your child have gum disease and other symptoms such as:

- very sore and swollen gums
- teeth becoming loose or falling out
- ulcers or red patches in your mouth
- a lump in your mouth or on your lip

To see a dentist in an emergency or out of hours:

- call your dentist – if they're closed, their answerphone may tell you what to do

If you do not have a dentist or cannot get an emergency appointment:

- call 111 – they can advise you what to do
- find a dentist near you – ask if you can have an emergency appointment

You may have to pay for your appointment.

IMPORTANT:

- Get regular dental check-ups
- You should have regular dental check-ups even if you do not have any problems. See a dentist if you have not had a check-up for 2 years [or 1 year if you're under 18].

TREATMENTS FOR GUM DISEASE

Your dentist will check your teeth and gums, and may take some X-rays to check your teeth and jaw bone. They may also refer you to a specialist for further tests and treatment.

How gum disease is treated depends on how severe it is.

In the early stages, your dentist will:

- give you advice about keeping your teeth clean, such as using interdental brushes
- advise you to stop smoking, if you smoke
- advise you to get your teeth cleaned by a hygienist
- If your gum disease is serious, you may need:
 - to have deep cleaning under the gums
 - antibiotics
 - to have some teeth removed
 - gum surgery

NHS dental treatment is free for some people, including:

- children aged under 18, or under 19 and in full-time education
- if you're pregnant or have had a baby in the past 12 months
- if you're on some benefits, including Income Support or Universal Credit

If you do not qualify for free dental care, you will usually have to pay for treatment.

PREVENTING GUM DISEASE

Gum disease is caused by a build-up of plaque on the teeth.

If you do not remove plaque from your teeth by brushing and cleaning in between them regularly, it builds up and irritates your gums. There are things you can do yourself to prevent gum disease.

DO

- brush your teeth with fluoride toothpaste at least twice a day – spit after brushing, do not rinse
- clean in between your teeth every day using floss or interdental brushes
- replace your toothbrush every 1 to 3 months
- see a dentist and dental hygienist for regular check-ups, especially if you're pregnant or have type 2 diabetes

DON'T

- do not use mouthwash straight after brushing your teeth
- do not smoke

TAKE CARE OF YOUR TEETH AND GUMS

Here's how you and your children can have healthy teeth and keep trips to the dentist to a minimum.

BRUSH YOUR TEETH TWICE A DAY

Brush your teeth twice a day with fluoride toothpaste.

CLEAN BETWEEN YOUR TEETH

Floss or use an interdental brush every day to remove food, debris and plaque lodged between your teeth.

CUT DOWN ON SUGAR, AND OTHER LIFESTYLE TIPS

Have a healthy lifestyle, including eating well, not smoking and limiting your alcohol and sugar intake. It's good for your whole body, including your teeth, gums and mouth.

BRUSH BABY TEETH AS SOON AS THEY COME THROUGH

Start brushing a baby's teeth as soon as they come through.

Avoiding sweetened foods and drinks.

GET CHILDREN INTO A TEETH-CLEANING ROUTINE

Help your child have healthy teeth for life by having a good dental health routine.

HAVE REGULAR DENTAL CHECK-UPS

Have regular check-ups with your dentist. Do not put off going for a check-up. Detecting problems early can mean they're easier to treat.

If problems are not treated, they may lead to damage that's harder, or even impossible, to repair. There are a wide range of dental treatments available. Some, such as fillings and root canal treatment, are readily available on the NHS.

Others, such as dental implants, are only available on the NHS in certain circumstances.

www.nhs.uk

True Wealth Begins with

Life Force

The quiet energy behind everything you live and lead

by Danielle Sax, Your True Wealth Mentor

Let me tell you this in a simple way. There is a kind of wealth that doesn't show up in numbers or results, yet it shapes how life feels every single day.

"Your greatest asset is not what you achieve, but the energy you live from."

It is your **Life Force**.

Your Life Force Account, as part of the True Wealth Portfolio™, is your core energy. It is the quiet current that fuels everything you create, lead, and care about. When it flows, life feels smoother. You feel present in your body, clear in your head, and connected to yourself. Decisions feel easier. Relationships feel more real. Your impact feels natural instead of forced.

WHEN ENERGY IS NOURISHED, LIFE FEELS LIGHTER

When your Life Force is well supported, you experience a calm inner strength. You lead with clarity and ease. You give to others while staying connected to yourself. There is room to breathe, to listen, and to move at a

pace that feels right.

This kind of energy grows when you live in rhythm with yourself. When you listen to what you truly need. When you allow your inner alignment to guide your actions.

A PERSONAL MOMENT THAT CHANGED EVERYTHING

In 1998, something serious happened that changed my life in a deep way. From the outside, everything seemed fine. My work was going well, my family life was full, and responsibility felt natural to me. I was committed, involved, and always there for others.

At the same time, my days were filled with constant activity. I was always available, always caring, always giving.

That illness or breakdown invited me into a new awareness. My body asked for rest and attention, and in that pause, something important became clear. True strength comes from listening and respecting your body. From taking care of the inner source that gives life its energy...

Combating the Explosion of Type 2 Diabetes with Exercise, Diet and Mental Contentment

by Dr. Robert Weil, DPM and Lawrence Rubin, DPM



According to **Robert Weil**, DPM, a sports podiatrist and expert in injury-free exercise, we should be advocating for a holistic approach to tackling the rise of type 2 diabetes.

Often called "Dr. Bob" by his followers, he points out that a common contributor to this health crisis is a sedentary lifestyle, which Dr. Bob addresses through his long-standing work with athletes and the general public. The "new medicine," as seen through his lens, moves beyond simple prescription and focuses on empowering individuals to take an active role in their health. The key principles involve eating smarter, keeping active, and prioritising rest and recovery. Here are the powerful viewpoints he advocates:

1. EAT SMARTER: FUEL YOUR BODY FOR ACTIVITY

While Dr. Bob is not a nutritionist, his emphasis on sports medicine implies the necessity of proper nutrition to support an active lifestyle and manage diabetes. In his view, what you eat directly impacts your body's ability to perform and recover...

"... Incorporating movement into your daily routine is critical..."

THE FRIENDSHIP RECESSION

More adults report having fewer close friends than ever before.
What's behind the decline and how we can rebuild meaningful bonds.

by Sophie Linton



"... More adults report having fewer close friends than ever before. Some say they have none...."

Lately, I've been thinking about friendship — not the casual kind built on shared memes and sporadic check-ins, but the deep, steady sort that grounds you. The kind of friendship where you can show up messy, sad, or silent, and still be accepted. Those friendships feel rarer these days. It's not just me. Studies keep saying what many of us quietly feel: we're in a friendship recession. More adults report having fewer close friends than ever before. Some say they have none. And while the headlines sound dramatic, the truth is more subtle — our social lives haven't collapsed overnight, they've thinned out over time...

The Breath *That Changes Everything*

An extract from **Next Level Woman**
by Nevşah Fidan Karamehmet



Breath is the first thing we do when we enter the world and the last thing we do when we leave it — yet most of us spend our lives disconnected from its true power. We chase stillness through meditation and clarity through self-improvement, forgetting that the most direct path to transformation lives inside our own bodies.

After decades exploring almost every breathing method available, I discovered a revelation that changed everything: the most powerful breath in existence is the one you were born with. Your natural breath is the true miracle. Our work is not to learn more techniques, but to gently unlearn everything that has taken us away from our original, effortless breathing. When you return to this natural rhythm, you reconnect with clarity, emotional balance and a state of mind free from constant tension.

The Mirror of Breath

In my book **Reflections**, I wrote a truth that continues to shape everything I teach: how you breathe is how you live. This is not philosophy. I have watched it unfold in every breath session I've facilitated. Breath mirrors the mind, your emotional life, and how you respond to stress, love, conflict, uncertainty and change...

A new show with a familiar face!

Lead Well Live Well

International bestselling author, **Dee Blick** FCIM, joins the **UK Health Radio** team with her weekly business show, **Lead Well Live Well**. You may recognise Dee's name. For the last 12 months she has written a regular column, **Living Well with Dee**, for Health Triangle Magazine.



So, who is Dee and why tune into her show.? Dee is a **Fellow of The Chartered Institute of Marketing**, with 42 years' experience, helping businesses to grow using her marketing on a shoestring principles - where the biggest investment is time over money. She's also an enthusiastic advocate of personal branding and has taken many entrepreneurs on a journey from **The Seeker to The Sought After**, grounded in their authentic voice and not AI.

After winning several awards for her work, Dee began writing books. What was one book, became six including a short story fiction book, **The Boutique**. After initially finding her feet as an author, Dee's second book, **The Ultimate Small Business Marketing Book**, went viral, leading to a publishing deal in China. With her latest, book, **You're the Best!** How to build an authentic and magnetic personal brand, Dee takes readers on a journey from embracing their authenticity to becoming magnetic. This book was given a glowing five star review in a previous issue of Health Triangle Magazine. Dee is also a recovering alcoholic with 26 years sobriety, an experienced interviewer and a multi award winning marketer. She's thrilled to bring her life experience and story to her new show.

What can you expect from a weekly dose of Dee? Dee explains: "Every week I will take you on a journey with the person I'm interviewing. I'll also be sharing my journey through life from addict to author, including

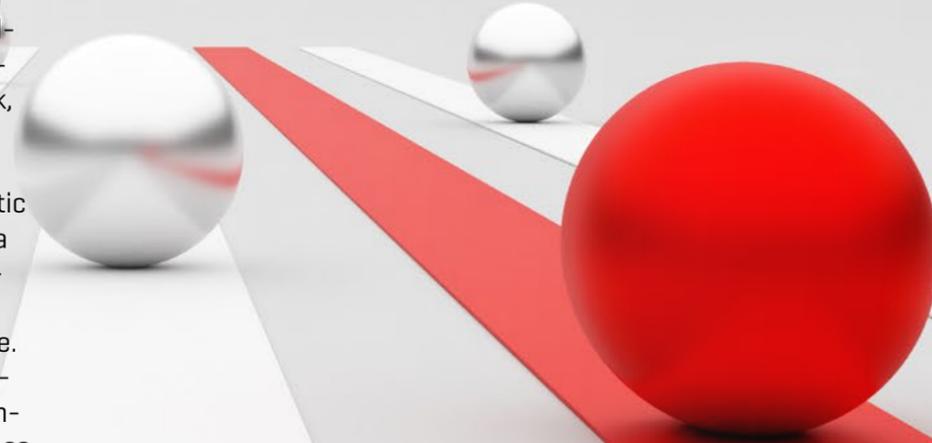
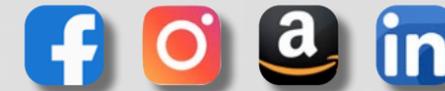
NEW SHOW



my long standing relationship with anxiety and how I've managed at times, to overcome it or simply accept it as part of who I am. I have some lovely and inspiring guests lined up because in the last forty plus years, I've met the most incredible, authentic, and successful entrepreneurs - relatable, heart led individuals that don't shrink from sharing their journey - the good, the not so good and the magnificent. I'll be chatting to them and sharing snippets of my story. I'll also present a regular show where I review an uplifting business book and invite the author on to talk about it. And I will be hosting

a special start up show, so every 10 weeks I'll chat to a start-up business about their journey, warts, and all! Radio is such a powerful connector, so being invited by the **UK Health Radio**, founder, **Johann Ilgenfritz**, to present my very own show on the world's biggest talk health radio station is a precious gift."

Join Dee on **Lead Well Live Well** and prepare to be entertained, inspired, and empowered. She would also like to hear from you so don't hesitate to message her in between shows.



NEW TOOL DETECTS ONGOING HEAD INJURY SYMPTOMS

NICE figures show that over one million people attend A&E each year in England and Wales following a head injury, with most classed as mild and discharged. At the same time, a University of Cambridge study found that 45% of people with concussion still show symptoms six months after injury, even when scans appear normal.

To help people in the UK recognise lingering symptoms after a head injury, brain injury law specialists **Coulhursts** have developed a simple online questionnaire.

Manchester, January 2026 - Coulhursts, law specialists in brain injury compensation claims, have developed a **new online questionnaire** to help people recognise lingering symptoms that could be linked to a previous concussion injury, a problem affecting thousands who are told they're fine after being discharged from hospitals. Each year, over one million people attend emergency departments in England and Wales after a head injury, according to the National Institute for Health and Care Excellence (NICE). Most are classed as "mild" and sent home, but research shows that many continue to experience symptoms months later...

MY LOOPY COLON AND SCANSIETY

by **Raphaella Reeb**, host of *Stoma4Life*

I recently had a scheduled colonoscopy — the kind everyone reassures you will be “quick and simple.” For me, it turned into a stark reminder that our bodies don’t always follow the script. I discovered I have what’s often called a loopy colon, sometimes nicknamed the “torture colon,” and even with sedation, it was absolute torture. On top of that, adhesions from previous surgeries made the procedure even more difficult. I don’t share this to discourage anyone, but I want to be honest: some of us have extra challenges that make even routine tests daunting.

Leading up to the colonoscopy, I felt that familiar mix of nerves and anticipation. I tried to prepare mentally, reminding myself that the purpose was peace of mind — to check my health, catch anything early, and stay proactive. But when the day arrived, I realised that even sedation couldn’t erase the discomfort caused by the twists of my colon and the pull of adhesions. It was long, physically uncomfortable, and emotionally draining. At times, I questioned whether I could get through it, yet I also reminded myself that this step was about staying in control of my health. The hardest part often came after the procedure, during the waiting period - a time I now know as scansxiety. My mind raced with “**what if**” scenarios...



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