

Natural Lifestyle

LOVE LIFE, LIVE WELL – NATURALLY

www.mynaturallifestyle.com

December 2022

The UK's
best
FREE
HEALTH
MAGAZINE

Winter beauty

Natural nourishment
for winter skin

Holistic gold

What's in the running
for a Natural Lifestyle
Product Award?

CHRISTMAS
WISHES

HOW TO HAVE A HEALTHY
FESTIVE SEASON

Plus COOKING FOR A CAUSE • DISCOVER THE BENEFITS OF ADAPTOGENS
NATURAL LIFESTYLE GIVEAWAYS • THE POWER OF CURCUMIN

FREE

NATURAL ENERGY *you can feel!*



Source of Life GOLD® is the complete high-potency multivitamin, featuring over 200 nutrients and over 110 whole food concentrates and superfoods.



Source of Life GOLD quickly and efficiently feeds your body so you can perform at your best without the jitters or crash associated with other available energy options.

**VISIT YOUR HEALTH FOOD STORE
TODAY OR GO ONLINE AT
WWW.NATURESPPLUS.CO.UK**



NaturesPlus.

* Vitamin C, B6, B12, riboflavin, niacin and pantothenic acid, contribute to normal energy-yielding metabolism and to the reduction of tiredness and fatigue. Copper, folic acid, selenium, vitamin C, D, B12, B6 and Zinc contribute to the normal function of the immune system.

LOVE LIFE, LIVE WELL — NATURALLY

Welcome

December 2022



NATURAL LIFESTYLE MAGAZINE,

Target Publishing Limited,
The Old Dairy, Hudsons Farm,
Fieldgate Lane, Ugley Green,
Bishops Stortford CM22 6HJ
t: 01279 816300

e: info@targetpublishing.com
www.mynaturallifestyle.com

EDITOR

RACHEL SYMONDS

e: rachel.symonds@targetpublishing.com

CONTRIBUTORS

Lindsay Powers, Hannah Braye, Alice Bradshaw,
Mark McCarty

THE TEAM

SALES DIRECTOR

RUTH GILMOUR

e: ruth.gilmour@targetpublishing.com

KEY ACCOUNTS DIRECTOR

ABIGAIL MORRIS

e: abigail.morris@targetpublishing.com

SENIOR SALES EXECUTIVE

JAMES LLOYD

e: james.lloyd@targetpublishing.com

DESIGN

CLARE HOLLAND

e: clare.holland@targetpublishing.com

PRODUCTION

DANIELLA COMPARETTO

e: daniella.comparetto@targetpublishing.com

ADMINISTRATION/DISTRIBUTION

DONNA WENHAM

e: donna.wenham@targetpublishing.com

ACCOUNTS

LORRAINE EVANS

e: lorraine.evans@targetpublishing.com

MANAGING DIRECTOR

DAVID CANN

e: info@targetpublishing.com

Published by Target Publishing Limited. Colour reproduction & printing by The Magazine Printing Company, Enfield, Middx. EN3 7NT. ©2022 Target Publishing Ltd. Produced on environmentally friendly chlorine free paper derived from sustained forests. The Publishers cannot accept any responsibility for the advertisements in this publication. To protect our environment papers used in this publication are produced by mills that promote sustainably managed forests and utilise Elementary Chlorine Free process to produce fully recyclable material in accordance with an Environmental Management System conforming with BS EN ISO 14001:2004.



- ISSN - 20428421

Printed in the UK by
The Magazine Printing Company
using only paper from FSC/PEFC registered
mills (www.fsc.org.uk)

target publishing
limited
est. 2000



It has been a year like no other for so many of us; the start of 2022 and coming out of the pandemic held so much promise that we were finally returning to a life of normality. But world events – the cost-of-living crisis, rising energy prices and the invasion of Ukraine – conspired to make 2022 a challenging and often stressful one.

But we also know how important health stores across the UK have been for

supporting our health and wellbeing at a time when we needed it the most. We are also lucky to have the most incredible natural health products found in these stores, whether it's a supplement to support your family's immune health this winter, essential oils to ease times of stress, or organic food products that are good for you and the planet.

Many of the brands making these products do so with ethics, quality and sustainability at the heart and this issue of *Natural Lifestyle* is here to recognise and celebrate that with our annual Product Awards. But we are asking you, our loyal readers, to get involved. As the people who buy and use natural health and wellbeing products, and who shop in health stores, you know best what works, what you love, and what you believe deserves an award. So, all we need you to do is turn to page 16, where you can discover the products that are in the running for one of our awards, and then you can fill out the form on page 15 to vote, or simply head to www.mynaturallifestyle.co.uk

That's not all in this issue either; given the colder weather, we turn the focus on our skin health and how we can nourish it in the winter, inside and out. And, of course, we have our usual fantastic range of giveaways on offer, along with some healthy recipe ideas created for a good cause.

And, as always, feel free to let us know what you think of the magazine; whether you want to see something different, or simply have a natural health tip to share with us, I'd love to hear from you – drop me an email at rachel.symonds@targetpublishing.com



Rachel Symonds,
Editor

THE BEST BITS

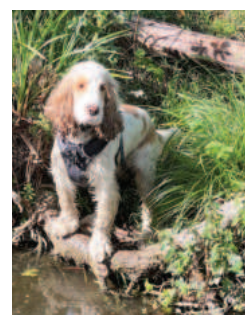
An insight into what the *Natural Lifestyle* team have been up to this month.



It's been a time of celebration at *Natural Lifestyle* HQ as our Key Accounts Director, Abbi, got engaged after her partner, Danny, popped the question.



Our designer, Clare, enjoyed some late winter sun in the stunning surroundings of Crete.



Another month, another muddy walk for *Natural Lifestyle's* mascot, Gus, who explored the Hertfordshire countryside with his owner, Editor Rachel



VISIT OUR WEBSITE
www.mynaturallifestyle.com



LOVE LIFE, LIVE WELL — NATURALLY

December
2022

Contents

REGULARS

6 **INSIDE... Health**

8 **INSIDE... Beauty**

10 **Explore in store**

The benefits of adaptogens

12 **Explore in store**

Your guide to a healthy Christmas

22 **Ask the experts**

Your questions answered

30 **The lowdown**

Support your immunity this winter

31 **NL giveaways**

32 **Recipes**

Healthy cooking for a good cause

FEATURES

13 **Natural Lifestyle
Product Awards 2022**

What are your top products of 2022?

22 **Winter beauty**

Give skin some natural nourishment



GET YOUR PARTY ON

with benecos, the all-natural beauty brand that literally doesn't cost the Earth!

Products are available from health stores or online at www.benecos.uk



NATURAL TRANSLUCENT POWDER

Set it and forget it! Using a powder is essential if you don't want your cream products to smudge, the benecos Natural Translucent Powder provides a colourless yet mattifying finish to your look to seal all your hard work in! A little goes a long way, and this compact is handy to keep with you for touch ups when you're enjoying your adventures. £6.95

NATURAL FACE PRIMER

The lightweight formula of benecos' vegan Natural Face Primer is the perfect base for a seamless finish. A small amount of this lightweight formula creates a seamless base for a flawless complexion that lasts all day, keeps shininess at bay and maintains your slay! £6.95



NATURAL VEGAN VOLUME MASCARA

This vegan mascara enhances volume and creates an irresistible curve to your lashes! The natural and vegan formula creates smooth clump free application, and the Vitamin E nourishes and cares for your lashes while providing perfect lift and volume, so achieve a luscious look that is bound to turn heads wherever your night takes you! £7.95



ORGANIC CARROT EXTRACT FACE OIL

Get your glow on with the active ingredients of the organic carrot extract combined with the nourishing properties of sesame oil! The high content of beta-carotene in this dermatologically tested oil gives your complexion a refreshed glow, so you can prolong your tan in these cooler months and look stunning with or without a full glam! £10.95

BEAUTY ID

Travel the world with Beauty ID, straight from your home! The new, sustainable paper palette that can be customised and refilled again and again - as individual and versatile as you and your makeup! Choose from 22 organic, vegan, and cruelty-free eye, lip and cheek infills to create your dream look. Want a hand in designing your perfect palette? benecos has pre-designed palettes inspired by amazing cities from around the globe, from Florence to New York, where will your Beauty ID take you? Infills from £3.95 and pre-made palettes from £17.95



GIVE YOURSELF A CHOLESTEROL CHECK

High levels of the wrong cholesterol can have serious consequences for our health, and so ensuring it is in check is really important.

And, according to Registered Nutritionist, Anita Bean, there are some simple changes you can make to your daily routine that can make a big difference. This is especially important considering 29 per cent of those aged 25-34, 45 per cent in the 35-44 age bracket and 57 per cent of those aged 45-54 have elevated cholesterol levels (above 5mmol/L).

• **Replace proteins:** Replacing some or all of the animal proteins that are high in saturated fat with healthful plant and other alternative proteins will help reduce your saturated fat intake and contribute to maintaining a normal cholesterol level as part of a varied balanced diet and lifestyle. Healthy plant and other alternative sources of protein include soya products such as tofu, edamame beans and soya plant-based drinks and alternatives to yogurt, mycoprotein, pulses (beans, lentils and peas), nuts and seeds.

• **Follow a plan:** Follow HEART UK's Ultimate Cholesterol Lowering Plan, a flexible three-step eating guide to help manage your blood cholesterol levels and your heart health. You choose how and when you take on board recommended changes within each step and you can find it at www.heartuk.org.uk/uclp-protein

• **Exercise:** To keep your heart healthy, your body needs adequate amounts of exercise. The UK Chief Medical Officer's physical activity guidelines recommend at least 150 minutes per week of activities that leave you mildly out of breath and slightly sweaty or 75 minutes per week of vigorous activity which gets you out of breath (such as running, stair climbing or sports, or a combination of both such as walking, jogging, swimming or dancing) and two days a week of muscle-strengthening exercise to prevent loss of muscle mass with age. This may include lifting weights, using resistance bands or exercises like squats, press ups and lunges that use your own bodyweight.

• **Include more heart-healthy fats:** Eating too many foods high in saturated fat can increase cholesterol levels. We should be eating fewer foods high in saturated fat and instead focus on consuming – in moderation – foods with heart-healthy unsaturated fats. Saturated fat is mainly found in fatty meat, full-fat dairy products, butter, lard, ghee, suet, palm and coconut oils and products made from them. Unsaturated fat is found in nuts, seeds, vegetable spreads

and oils and many other plant-based foods.

• **Get your five-a-day:** We should all be trying to consume at least five servings of fruit and vegetables each day. Fresh, frozen, canned, dried, they all count.

She also highlighted oats and barley for providing a specific type of fibre called beta-glucan. This fibre when consumed, as part of a balanced varied diet and lifestyle, can help to lower blood cholesterol levels which help to support heart health.



Inside... HEALTH

The cost of a good night's sleep revealed

With poor sleep being something that affects many of us, it perhaps won't come as much of a surprise that one quarter of Brits are prepared to invest in a good night's sleep.

With two in five Brits saying they get six hours of sleep or less a night on average (39 per cent), UK adults are increasingly looking for help to get that all important night's rest.

And according to a new poll from American Express, one quarter of Britons (26 per cent)

have purchased a product or service to help them get a better night's rest, with £1.3bn being spent by Brits on helping them sleep more soundly in the past year. Furthermore, nearly one in four who have used these products or services state that they had more energy in the day and improved wellbeing.

It was also found that adults up and down the country are becoming more aware of the benefits of a good night's sleep, with 67 per cent of Brits rating sleep as 'very important' for their overall health and wellbeing, more than eating healthily (55 per cent), having a healthy work-life balance (54 per cent), and getting regular exercise (47 per cent) on their list of priorities.

The research revealed that buying a new mattress is where Brits have spent the most of their money in a single purchase when trying to improve sleep, with nearly one in four (23 per cent) stating that a new mattress helped them to get the best night's sleep of all sleeping products they have tried. The most popular items purchased to help get a good night's sleep in the past year were herbal remedies, followed by noise cancelling items (such as ear plugs) and new bedding.

Dr Katharina Lederle, Sleep Scientist and Therapist, explained: "We have woken up to the benefits of sleep – for our physical health, our performance, and, perhaps most importantly, how we interact with others around us. Having slept well puts a smile on our face and makes us feel good within ourselves. Naturally, we will invest in products and services that give us more of that.

"Because different factors can trigger sleep problems, the solutions will vary between people. Physical pain or discomfort while lying in bed might be easily solved with a new mattress, yet stress and worrying are also common sleep stealers, and with herbal remedies claiming to provide some relief it makes sense that this is the most sought-after product group."



CHRISTMAS WITH A CONSCIENCE

The Vegetarian Society is inspiring us to cook meat-free this festive season with a new digital recipe booklet with help from some celebrity friends.

This Christmas, there's a host of amazing plant-based

festive recipes from the great and the good of

the culinary world, in the Vegetarian Society's Christmas recipe collection, *O Come, All Eat Platefuls!*

This year, the charity's annual Christmas recipe collection is made up of favourite recipes from celebrity chefs and food writers and it's free! There are dishes from vegan legends, including BOSH!, TV chef and presenter, Simon Rimmer, *MasterChef* finalist and award-winning author, Jackie Kearney, food writer, Anna Jones, *The Great British Bake Off* winner, Nadiya Hussain, Ella Mills of *Deliciously Ella*, and one of the country's favourite TV chefs, Ainsley Harriott to name but a few.

The Christmas recipe collection is free and packed with a feast of vegetarian and vegan recipes for you to try, whether you are looking for festive dishes for snacks, main courses or showstopping sweets!

Not only is the festive recipe collection packed with amazing platefuls of Christmas inspiration, but there are also tips and hints to help you create the perfect, stress-free day. You can find the booklet at www.vegsoc.org/christmas

We love ♥

TERRANOVA VOLLAGEN COMPLEX

While collagen is usually derived from an animal source, such as cattle or fish. Vollagen is a complex of amino acids providing the same proportion as those found within human collagen, but with key advantages over typical collagen supplementation, including using a multi-step fermentation and microencapsulation process to create an amino acid blend, rather than a combination of individual amino acids. It is 100 per cent suitable for vegans, ethically and sustainably sourced, and free from contamination with heavy metals.

CHERRY STONE WARMTH PILLOW

If you're looking for a Christmas gift with a difference, why not try this soothing warmth pillow? Simply pop it in a microwave for a few minutes and it will keep you cosy whether relaxing on the sofa or tucked up in bed.

Winter health hacks

We bring you this month's pick of the best holistic products for the festive season.



Mistletoe magic

It's estimated that nearly 70 per cent of people carry the virus which causes cold sores but for some, it lays dormant without causing an outbreak.

For regular sufferers, topical creams offer some relief but generally only speed up the healing. Herpotherm is a remarkable device which can, if used early enough, actually stop the cold sore forming. It uses a short blast of mild heat, which triggers an immune response that often stops a cold sore in its tracks. The good news is that it might

mean you'll never need to apply cold sore cream again as it is reusable again and again, making it super eco-friendly!



Soothing spice

Christmas is the season to be jolly but is often marred by a winter cold or a bulging tummy from a little too much pudding!

Ginger is the perfect spice to soothe a cold and also helps with digestive indulgence. For a cold, pop a couple of Gin Gins into some hot water to melt and slowly sip. For overindulgence, add a splash of Ginger People Organic Ginger Juice to water to ease that bloating.

Cherry picker

If you're looking for a caring Christmas gift or want to enjoy some unique soothing, penetrating heat, there's nothing quite like the original cherry stone pillow.

Pop it in a microwave for a few minutes and it will keep you cosy, whether relaxing on the sofa or tucked up in bed, helping to keep you from turning up the heating.



Winter wonder

When it comes to online reviews, there's no better tonic than the Swiss herbal supplement, Strath, a family favourite for over 60 years.

Whether it's energy, immunity or brain fog, this supplement gets you back on track – have a Google and see what people are saying!

Products featured are available from your local independent health store

Inside... BEAUTY

Natural festive beauty...



SKIN EFFECTS OF THE MENOPAUSE HIGHLIGHTED

A new British Skin Foundation survey has revealed that nearly a quarter of people feel embarrassed to discuss menopause symptoms such as skin issues.

Although skin symptoms are very common, with 85 per cent of people experiencing some skin changes during the menopause, 24 per cent of survey respondents felt embarrassed to discuss it. Furthermore, 87 per cent of dermatologists agreed that most people who go through the menopause will experience changes in their skin, highlighting how prevalent menopausal skin changes are.

The most common skin symptom reported was excessive dryness (21 per cent), followed by laxity of the skin (18 per cent), excessive signs of ageing (15 per cent), alterations in pigment (12 per cent), rosacea or broken blood vessels (eight per cent) and late onset acne (six per cent). Only 15 per cent of survey respondents reported no changes to their skin.

Despite how common menopausal skin changes are, 22 per cent of respondents felt they were uninformed about the effects of the menopause before going through it. The British Skin Foundation says it believes it is vital to encourage conversations around the menopause and remove any embarrassment to ensure everyone has access to the information they need about their skin.

Eleanor Lloyd, from the foundation, commented: "It is evident from our survey results that the menopause causes a whole host of skin symptoms, with varying degrees of severity, for a lot of people. Unfortunately, some stigma is still associated with the menopause, which may cause a barrier for people to talk about what they are going through and ultimately seek help and guidance. It is vital that we open up these conversations and make sure that everyone receives the information and support they need."

As we are now in December and Christmas is just around the corner, what better time to bring you details of our favourite festive ideas in the natural beauty world.

• The Evolve Organic Beauty Christmas Gift Set Collection

features organic, natural and efficacious ingredients, which are beautifully designed with recyclable gold foil. We love The Hydration Heroes, featuring multi-award winning Hyaluronic Serum 200 and Hyaluronic Eye Complex to quench your skin's thirst in no time, while reducing the appearance of dark circles and puffiness around the delicate eye area. Or you could try The Glow Boosters, comprising Liquid Radiance Glycolic Toner for an instantly brighter looking complexion, Bio-Retinol Gold Mask, to impart a golden glow and Bio-Retinol + C Booster to provide power packed, radiance boosting nourishment. Or there is The Super Treats, featuring three targeted masks, Miracle Mask, Bio-Retinol Gold Mask, and True Balance SOS Mask.

• Weleda's Christmas collection

drives forward sustainability with eight beautifully boxed botanicals featuring some of Weleda's cult classics and latest launches. Weleda's natural raw materials are sourced respectfully via UEBT-certified sustainable supply chains, and the natural and organic formulations are NATRUE-certified, and in fully and easily recyclable packaging. We love the vegan Revitalising Gift Set, featuring Sea Buckthorn Body Lotion 200ml and a

mini Sea Buckthorn Body Oil, and Skin Food Nourish & Shine Gift Set, vegetarian and featuring a compact 30ml Skin Food Original and matching Skin Food Light.

• **Q+A Skincare Heroes Gift Set** is designed to rescue partied out skin, which contains four products – a cleanser, toner, and serum that are all best-sellers, along with the new Ceramide Barrier Defence Face Cream. The set has been carefully curated with the best products to give you fresh, glowy, and hydrated skin.

• **Bio-D Vegan Soap Bars** make ideal stocking fillers for an eco Christmas. Made with 100 per cent essential oils and with vitamins A, C and E, the bars gently cleanse the face and body, and come in three varieties; Lime & Aloe Vera, Plum & Mulberry, and Mandarin.



JUST ADD NOURISHMENT



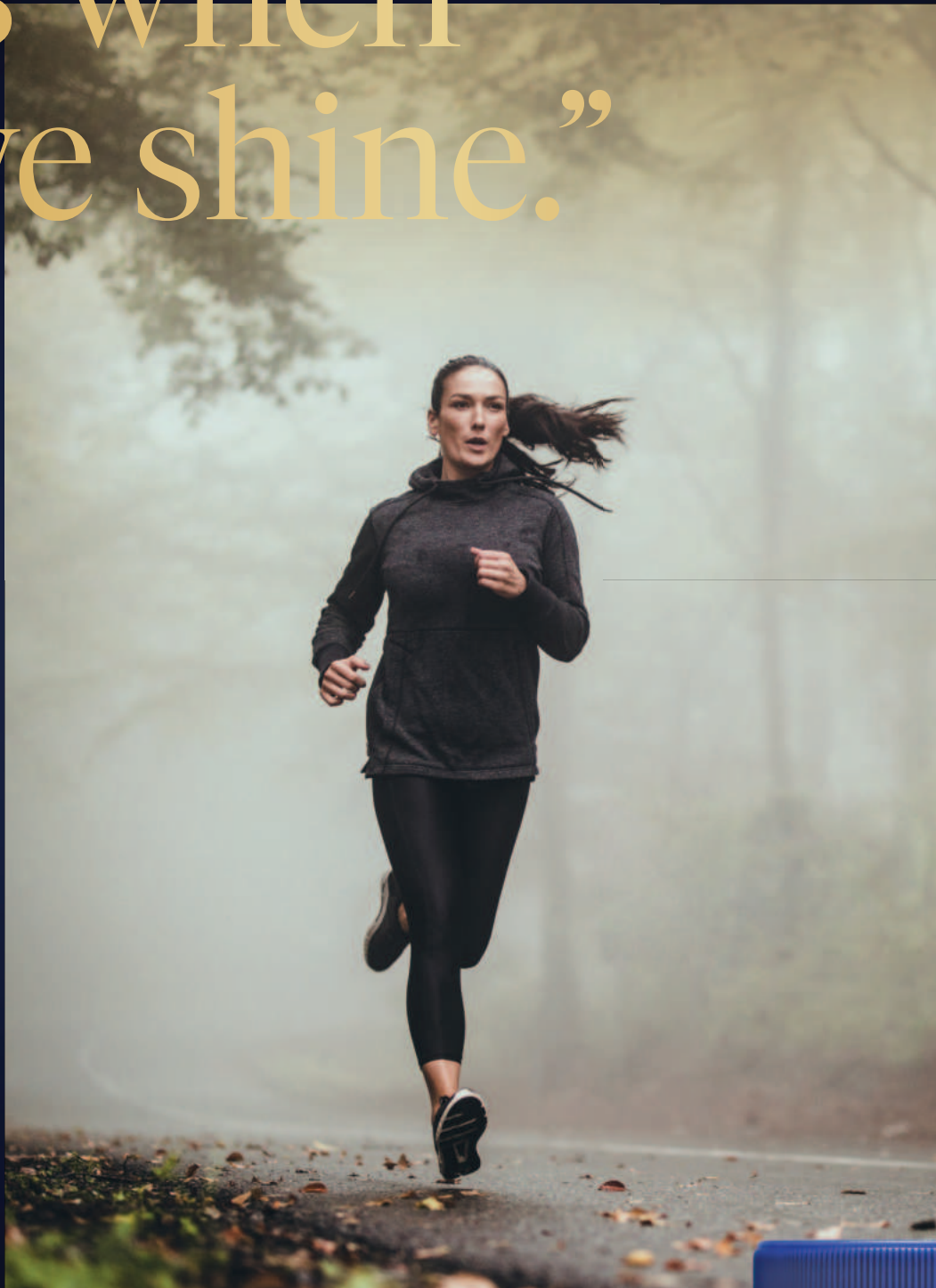
Treat your skin to some natural richness with this new creation from Nourish London.

The natural brand's Ultra Rich Body Creams are formulated with super hydrating trehalose, which mimics the skin's natural moisturising factor (NMF) and locks in moisture, for long-lasting hydration and suppleness.

You can choose from two indulgent ultra-rich body creams to keep your skin super hydrated this winter; Geranium & Jasmine Contouring Body Cream is enriched with softening shea butter, antioxidant prickly pear and firming brown algae extract to contour and nourish, and Bergamot & Cardamom Smoothing Body Cream features nourishing cocoa butter, brown algae extract, soothing aloe and borage to smooth and nourish, whilst cucumber extract cools and soothes.



“Winter is when we shine.”



#ThriveWinter

Feel the incredible Mānuka Health difference this winter.

[f](#) [d](#) [i](#) [weareinspiredhealth](#) | [inspiredhealth.co.uk](#)

Mānuka Health is part of the Inspired Health family of brands.



ADAPT YOUR NUTRITION

Adaptogens are a great addition to your nutrient regime for a range of reasons. Here, you can discover what's right for you.

Stress, poor sleep, and flagging energy are among the most commonly reported issues we see in our modern lifestyles and these are areas in which adaptogens can be really useful. Adaptogens are substances that can help your body respond to certain issues, such as stress and anxiety, not to mention supporting general health, and bringing it back into balance – and many of these have been used in various cultures for centuries. They are also known as non-specific, which means they act on multiple parts of the body at the same time. They are generally herbs or medicinal mushrooms and can often be found in supplement form, either alone or mixed with other beneficial ingredients. They can usually be found in a range of forms, including teas, powders and capsules, with your health food store being the best place to source such products.

MINIMISE STRESS

Stress is perhaps the most common reason people will try adaptogens, and that is because they are able to help the body adjust or cope with stress, whether that's physical or mental.

When it comes to the adaptogens known to be useful for stress, ashwagandha is one of the most popular, being a herb that has traditionally been used to ease the effects of stress and associated anxiety, helping to calm and balance. It can help the body return to a state of what's known as homeostasis, which effectively means it brings it back into balance.

One aspect of health that can be affected in times of stress is your adrenal function, as stress can put these under pressure. This can cause your immune health to be lowered, among much more, so it's important that you support it. Rhodiola is a wonderful herb for this reason, having been used for centuries for its soothing, calming properties. We also like holy basil, also known as tulsi, for its calming effects.

Some medicinal mushrooms are also considered to be adaptogens, and among the best for supporting people in times of stress are reishi, which is also useful for cognitive function.

TRY THIS

Terranova Fermented
Ashwagandha
FERMANOLIDE

Lamberts
Multi-Guard ADR

Nature's Answer Reishi

Viridian Nutrition
Rhodiola Rosea Root

NutraTea Nutra Boost

ADDRESS HEALTH CONCERNS

Adaptogens are also beneficial in a range of other areas, including:

- **EASE FATIGUE:** A well-known adaptogen if you are feeling fatigued is the botanical, astragalus.
- **ADD ENERGY:** If you are lacking in energy, then adaptogens really come into their own. Among the best are Siberian ginseng, which is a great energiser, while on the medicinal mushroom side, cordyceps is a great choice.
- **IMMUNE SUPPORTIVE:** Some medicinal mushrooms considered adaptogens are useful in a range of areas, including the immune system. This includes reishi and cordyceps.



Bio-Activated Organic Silicium - The Forgotten Trace Element

The human race is deficient in Silicium! Rectify this with VitaSil oral and topical treatments. Patented innovative silicium molecule, in combination with other ingredients, is effective in building collagen, treating arthritis, rheumatism, sports injuries and imparts general therapeutic benefits.

- Rheumatism, Arthritis, Inflammation
- OsteoArthritis
- Broken Capillaries, Weak Nails & Teeth
- Ageing, Dehydrations
- Loose, Sagging Skin

E: info@agedefy.co.uk www.agedefy.co.uk



Advanced Beauty Complex

Introducing Terranova's Advanced Beauty Complex is a unique and innovative formulation designed to support collagen production and maintenance, skin integrity, ageing and much more.

Featuring Vollagen® a complex of Amino Acids in the same proportion as those found within collagen. This formulation comprehensively and broadly supports skin, hair and nail health. It not only

provides the building nutrients for collagen production (such as vit C) and skin health (such as vit A as retinyl palmitate), but also features botanicals that contain specific beauty supportive compounds along with their naturally occurring, synergistic composites to enhance absorption and bioavailability.

www.terranovahealth.com



Baby It's Cold Outside Organic High Grown Black Tea, Cloves, Orange, Cinnamon

A noble and gentle black tea, perfect for the wintry months. After long walks or perhaps some ice skating, Baby It's Cold Outside invites you to a quiet cuddle on the couch. Cinnamon and hints of vanilla and apple combine with the spicy black tea – this will set your heart on fire! Baby It's Cold Outside is UTZ certified, 100% certified organic, 100% bio-degradable & FSC certified packaging, 100% plastic free. Let Just T take you on a journey of enjoyment & responsibility, quality & sustainability - Are you in?

www.just-t.org



The nation's favourite decongestant oil*

Olbas has been helping relieve symptoms of colds and sniffles for generations and remains the nation's favourite decongestant oil*. With cough, cold and flu remedy sales set to rise 7.8% this year**, Olbas is proud to provide a range of winter remedies suitable for all the family.

Olbas Oil is a decongestant oil that is made with a combination of natural and essential plant oils including eucalyptus, mint, clove, juniperberry and cajuput to effectively relieve congestion. Olbas Oil is suitable for adults and children aged three months and over. **For more information, or to stock Olbas, please contact Lanes Health on 01452 524012.**

* IRI Total Decongestants category, Volume sales, 52 weeks ending 9th July 2022. Total UK

** Mintel Insights | OTC Analgesics, Cough, Cold and Flu Remedies - UK - 2022



Natural Nordic Energy*

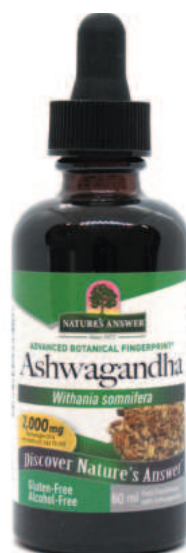
The only supplement formulated with Nordic blueberries, BlueIron is highly bioavailable and fast-working. Its patented micro-encapsulated iron means it's easily absorbed and gentle on the stomach. BlueIron provides the full recommended intake of iron for renewed energy*, focus and natural vitality. Every bottle of BlueIron contains vitamins

combined with Nordic blueberry concentrate for a great flavour, avoiding the unpleasant taste and side-effects often associated with other iron products. It is also suitable for vegetarians, vegans and includes no artificial colours. BlueIron will make a strong addition to health food stores' existing vitamin and supplement category.

**BlueIron contains naturally-sourced Nordic blueberries for flavour plus Iron which contributes to the reduction of tiredness and fatigue. Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.*

Website: www.laneshealth.com

Email: info@laneshealth.com



Ashwagandha the Amazing Adaptogen

Nature's Answer Ashwagandha is unbeatable on purity and potency, with a super-concentrated dose of 2000mg per serving, not to be confused with less potent tinctures. The extraction process uses Nature's Answer's proprietary method - cold Bio-Chelated, yielding a Holistically Balanced Advanced Botanical Fingerprint extract in the same synergistic ratios as in the plant. The extract is in vegetable glycerin and purified water as a liquid supplement for fast absorption into the body. Alcohol- and gluten-free. Studies suggest that Ashwagandha can help the body better adapt to stress, and cope with mental fatigue and anxiety.

Available from health stores and independent pharmacies nationwide, and www.kijaniliving.com

A holistic Christmas

Whether it's the fare you serve on the big day or the natural gift choices you make, your health food store offers all you could need for a healthy and holistic Christmas.

There is so much to consider when it comes to Christmas planning, whether you're catering to a range of food tastes and needs while hosting the big day, or want to add something different to your festive gifting this year. We should also remember that we need to keep our own health in check at a time of year that can not only be stressful, but also lead to overindulgence, all affecting our health.

And the best place to source all you need for a truly holistic Christmas is your local health food store, which is packed full of all you could need, whether it's organic food and drink that care for you and the planet, free from food for those following special diets, or something to offer a bit of fairtrade indulgence.

Natural choices

This year, as the cost-of-living crisis continues, there's no doubt people are being more considered in their gifting choice – and there's much you can think about in terms of people and planet that could be a different way to celebrate this year.

There are many eco-friendly choices, ranging from indulgent skincare that has a conscience, organic make-up for that festive look, right through to tasty organic chocolates (dark ideally for its rich health benefits), and so much more. We love health stores for sourcing gifts with a difference, and very often, shops will offer their own hampers for a truly holistic gifting option.

Buying gifts with an ethical focus is also becoming more important, and this can range from vegan or Fairtrade advent calendars, not to mention those brands that can demonstrate they are sustainable – there are many in the way of organic and natural food and skincare brands that really walk the walk when it comes to sustainability and your health food store is the best place to find them.

We also love the idea of giving back, such as by supporting the likes of key organisations in the natural health world; becoming a member of the Soil Association or Vegan Society, for example, are great ways to support these movements while also gaining knowledge and certain benefits from being a member.

TRY THIS

Bio-Kult Boosted

Inatura Cherry Stone
Pillow

Benecos Beauty ID
Natural Refill Palette

Just T Baby It's Cold
Outside

Absolute Aromas
De-Stress

Check your nutrition

Christmas is the time of year when many of our health and wellbeing goals go out the window in favour of indulgence of your favourite food and drink. But while a treat here and there is fine, constant overindulgence with little in the way of goodness will take its toll on your health and potentially leave you depleted, not to mention excessive amounts of sugar and processed food causing inflammation in the body, which has a range of health issues linked to it.

Where you can, try to eat wholefoods, and those that are minimally processed as they will retain more key nutrients, as well as the likes of fibre and protein. Balance is key, so try to add in plenty of fruit and veg of different colours as this will ensure you gain a broad spectrum of nutrients.

Protein is key, and this comes in a range of sources, whether it's meat and fish (oily fish is ideal as it contains essential fatty acids), tofu, nuts and seeds, and some dairy products. The likes of green leafy veg are rich in key vitamins, such as the B vitamins, as well as iron, while citrus foods are full of vitamin C.

If you are concerned you could be lacking in important nutrients, a good place to start is with a quality multivitamin and mineral, and you might also want to consider an omega 3 supplement to top up if you don't consume much oily fish, along with vitamin D, an important one to take during the winter months. Zinc and selenium are also key for supporting immunity, important in times of stress.

If you do overindulge, the herb, milk thistle, is a great choice to support the liver, while probiotics can ensure your digestive system keeps working when it might be a little under pressure. Digestive enzymes can aid the process, while ginger is fantastic for any nausea caused by eating too much.

If stress is an issue, rhodiola is a great soothing herb, as is the amino acid, L-theanine, which is often combined with lemon balm for its calming properties. And don't forget the likes of chamomile and valerian, both perfect taken as a tea before bed.

Natural Lifestyle

Product Awards 2022

NATURAL HEALTH

heroes

What holistic health products are your top rated? Now is the time to cast your vote in the *Natural Lifestyle* Product Awards.

Holistic health encompasses so much, from the supplements you take to support your wellness to the organic food you eat to be kinder to the planet, right through to the natural bodycare choices you make to nourish your skin.

As a magazine dedicated to natural health and wellbeing, we want to champion those brands – big and small – making those products that are made with quality and integrity, with ethics at their heart and with a sustainable focus. And that is what the annual *Natural Lifestyle* Product Awards are all about – a way to recognise the best products you find on the shelves of your favourite health food store.

Over the following pages, you can read all about the products, across a range of categories, that are in the running for an award, and then we need you to cast your vote and help decide a winner. All you need to do to vote is fill out the form overleaf or head to www.mynaturallifestyle.co.uk/awards. And keep an eye out for the February issue of *Natural Lifestyle*, where we will be revealing the winners.

NOMINATE NOW

To nominate your favourite product of 2022, please select just one item from each category, fill in your details below and FREEPOST to Natural Lifestyle Product Awards 2022 FREEPOST ANG10222, BISHOPS STORTFORD, CM22 6ZY.
Closing date – January 5, 2023.

You can also vote online at
www.mynaturallifestyle.com/awards



SUPPLEMENT (Please tick one product)

- ☐ Altrient Liposomal Vitamin B & Mineral Complex
- ☐ Arthrovite Collagen Plus
- ☐ Bio-Kult Boosted
- ☐ Bio-Kult Brighten
- ☐ Bio-Kult Everyday
- ☐ Bio-Kult Mind
- ☐ Cleanmarine MenoMin
- ☐ Good Health Naturally CurcuminX4000 Original
- ☐ GOPO Joint Health
- ☐ Lamberts Neuro-Logical
- ☐ LifeMel
- ☐ Lifeplan Daily Green Complex
- ☐ Viridian Daily High Strength

FOOD & DRINK (Please tick one product)

- ☐ Fish4Ever Yellow Fin Tuna
- ☐ Udo's Choice Ultimate Oil Blend

VEGAN (Please tick one product)

- ☐ Panda Liquorice
- ☐ The Good Guru Vegan Magnesium
- ☐ Viridian Liquid B12

ECO/HOUSEHOLD

- ☐ Absolute Aromas Relaxation Reed Diffuser
- ☐ If You Care Unbleached Wax Paper
- ☐ LoofCo Water Bottle Brush

NEW (Please tick one product)

- ☐ Good Health Naturally Ionic Iron
- ☐ Herpotharm
- ☐ Natures Aid Super Stars Immune Support
- ☐ Neutrient Neu Biotic
- ☐ Surya Prana Nutrition's Organic KSM66 Ashwagandha & Ginger
- ☐ Udo's Choice Super 8 Immune
- ☐ Viridian Menopause Complex

HERBAL (Please tick one product)

- ☐ A.Vogel Echinaforce
- ☐ Helios Sleep
- ☐ Herbetom Pulm
- ☐ NutraTea Nutra Thyroid
- ☐ Strath Liquid
- ☐ True Vega Organic Holy Basil
- ☐ Unbeelieveable Health Bee Calm
- ☐ Viridian Andrographis Complex

PERSONAL CARE (Please tick one product)

- ☐ Cysticlean
- ☐ JASON Hydrating 2-in-1 Face + Bodywash

BEAUTY/BODY CARE (Please tick one product)

- ☐ Good Health Naturally Lysine Lip Balm
- ☐ Kinvara Precious Facial Oil
- ☐ Silicea Kollagen Plus

Full name:

Email:

Telephone:

FREEPOST to NL Product Awards 2022, FREEPOST ANG10222, BISHOPS STORTFORD, CM22 6ZY.

Thank you for voting. The winners will be announced in the February issue of *Natural Lifestyle*.

Closing date – January 5, 2023

BEST SUPPLEMENT

Altrient Liposomal Vitamin B and Mineral Complex



Altrient Liposomal Vitamin B & Mineral Complex is a cutting-edge, pioneering formula, made using a patented process to cleverly protect nutrients from being broken down in the digestive system, delivering maximised absorption, into the bloodstream and cells. This complex features a spectrum of B vitamins, expertly formulated for active or stress lifestyles or anyone who is in need of an

energy boost, but it's not just energy and metabolism that are positively impacted by B vitamins, they are also really important for your beauty regimen! Altrient B is fully registered with Informed Sport.

Website: www.abundanceandhealth.com

Email: info@abundanceandhealth.co.uk

BEST SUPPLEMENT

Discover better mobility with Collagen Plus



For stronger joints and increased mobility ... it has to be Collagen Plus.

This unique 3-in-1 collagen supplement offers an unrivalled level of collagen, glucosamine and chondroitin; key ingredients which combine to keep connective tissue flexible and enable bones and cartilage to bear weight. From the

age of 25, our collagen levels reduce around 1.5% every year. Joints stiffen and, by 45, collagen can reduce by 30%. Replenishing is vital. From ArthroVite Ltd - the company responsible for introducing collagen to the UK more than 25 years ago - Collagen Plus has a proven track record in providing joint and mobility solutions. Additionally, studies show that adding collagen to your daily diet can help improve skin, hair and nails and combat the effects of ageing.
www.arthrovite.com

BEST SUPPLEMENT



Bio-Kult Boosted

Bio-Kult Boosted is a unique multi-strain live bacteria formulation targeting the digestive and immune systems. With the same great 14 strains of live bacteria found in the original Bio-Kult, proven to survive the high acidity of the stomach, but at 4 times the concentration. In addition, Bio-Kult Boosted also contains vitamin B12 which contributes to the normal function of the immune system.

Bio-Kult Boosted can be taken every day as part of a healthy life-style, it

does not need to be refrigerated and can be taken along-side antibiotics, whilst travelling and by vegetarians.

Website: www.bio-kult.co.uk

BEST SUPPLEMENT



Targeting your inner smile

Bio-Kult Brighten is the latest addition to the Bio-Kult Gut-Brain Range. Bio-Kult Brighten is a scientifically developed, advanced multi-action formulation containing 14 live bacteria strains, vitamin D, vitamin B6, vitamin B12, magnesium and zinc. Vitamins B6 and B12 contribute to normal psychological function as well as the reduction of tiredness and fatigue. Vitamins D, B6, B12, and zinc

all contribute to the normal function of the immune system. Bio-Kult Brighten is for those looking to support their psychological function, and smile from the inside out.

Website: www.bio-kult.co.uk

BEST SUPPLEMENT



Let's Talk Winter

Our immune system can be compromised during the winter months and whilst health problems are active all year round, your customers may be more vulnerable to them in winter. One way to help your customers to continue feeling tip top naturally this winter, is with regular consumption of a live bacteria supplement. Bio-Kult is a scientifically developed, advanced multi-strain formulation containing 14 live

bacterial cultures, proven to survive the high acidity of the stomach and complement the existing gut flora naturally present in a healthy person's digestive system.

Website: www.bio-kult.co.uk

BEST SUPPLEMENT



Forget me not

Bio-Kult Mind is the latest addition to the Bio-Kult Gut Brain Range. Bio-Kult Mind is an advanced multi-action formulation designed to target cognitive function, containing live bacteria *Bacillus subtilis* PXN® 21®, bioavailable flavonoids, grape and wild blueberry extracts, and zinc. Zinc contributes to normal cognitive function and the protection of cells from oxidative stress. Zinc also contributes to the normal function of the immune system.

Website: www.bio-kult.co.uk



BEST SUPPLEMENT



Cleanmarine Menomin

Cleanmarine MenoMin has been formulated using natural ingredients and is ideal for all stages of menopause. Our unique, all in one formulation provides daily nutritional support pre, during & post menopause and delivers noticeable benefits. Each capsule of our Cleanmarine MenoMin is a unique blend of Omega-3 Phospholipids, Vitamin D3, Vitamin B1, Vitamin B2, Vitamin B6, Rosemary extract

and Soy isoflavones. Our unique formula supports hormone regulation, a reduction of tiredness and fatigue and also helps maintain healthy skin & bones. Everyone is different and everyone will have a different experience of this life stage. Why not consider a natural approach to managing the symptoms of the menopause with Cleanmarine MenoMin.

Website: www.savant-health.com

BEST SUPPLEMENT

CurcuminX4000® Original

Good Health Naturally's CurcuminX4000® Original has consistently been a bestseller amongst our customers for over ten years. CurcuminX4000® Original retains its popularity due to using the highly bioavailable Meriva® curcumin, which studies show can absorb up to 29x more effectively than ordinary curcumin. Widely studied for its health benefits, curcumin's antioxidant and anti-inflammatory properties make it the ideal choice to support many health conditions, such as joint, skin, brain, heart, digestive and immune health. Choosing CurcuminX4000® Original ensures you are getting value for money with superior absorption and long-lasting benefits. 180 Capsules. Suitable for vegetarians and vegans.

Website: wholesalehealthltd.co.uk



BEST SUPPLEMENT

GOPO® Joint health is a unique patented food supplement made from specially cultivated rose-hip

Long standing Scandinavian research projects, together with published scientific studies have established that rose-hip (*Rosa canina*) with a high level of GOPO® may play a valuable role in the care of joints and joint tissues. A special patented manufacturing process is used to ensure that this product contains a high level of GOPO® – making it a supplement with completely unique qualities. GOPO® Joint Health is also rich in Vitamin C which is essential for normal collagen formation, needed by the body for healthy bones and cartilage. Food supplements should not be used as a substitute for a balanced diet and health lifestyle.

Website: www.gopo.co.uk



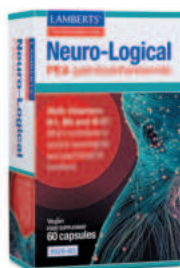
BEST SUPPLEMENT

Lamberts Neuro-Logical

Palmitoylethanolamide (PEA) is a fascinating nutraceutical ingredient that is often described as a well-researched 'alternative to cannabidiol (CBD)', given that the therapeutic actions of both compounds overlap in their biochemical roles in humans. Whilst initially discovered over 50 years ago, the past few decades have seen renewed research to understand PEA's mechanism of action. PEA, unlike CBD, is produced by the human body, as a direct response and repair mechanism to inflammation and pain. Lamberts Neuro-Logical uses the highest quality PEA (OptiPEA®) enhanced with vitamins B1, B6 and B12 which are known to support normal neurological and psychological functions.

Website: www.lambertshealthcare.co.uk

Email: ordering@lambertshealthcare.co.uk



BEST SUPPLEMENT

LifeMel

LifeMel is the result of over thirty years of research. This unique beehive dietary supplement is produced by honey bees which are only fed botanical herbs with scientifically validated, targeted health benefits.

Two clinical studies have demonstrated that LifeMel helps support a healthy immune system. The research, published in the Journal of Medical Oncology, found that LifeMel helps to ease chemotherapy's side effects and that, during the Phase 2 trials, most patients saw a decrease in blood toxicity during their weekly testing. NU Vitality Ltd has now introduced LifeMel in a Monthly Pack (3 x 120g Jars). Along with a huge savings, consumers will also get 100% money back guarantee if they are not completely satisfied after using the first jar.

NU Vitality Ltd. Tel: 0203 441 9495 / 07861473729

www.nuvitalityuk.com



BEST SUPPLEMENT

Daily Green Complex

Our ultimate Daily Green Complex is concentrated with goodness from greens including wheatgrass, spirulina, chlorella and barley grass. Also included is a broad spectrum of enzymes blended with live cultures, Vitamin C and Zinc. This daily supplement forms part of an ongoing digestive regime with caring artichoke for intestinal comfort and digestive support.

Website: www.lifeplan.co.uk

Email: hello@lifeplan.co.uk



BEST SUPPLEMENT

Synerbio High Strength Daily friendly bacteria

Synerbio High Strength Daily is an expert formulation comprising good gut bacteria. With added 'prebiotics', to reduce the foothold of unfriendly bacteria. This high strength formulation has 20 billion viable good bacteria count per capsule and is dairy-free and vegan. Offering a full-spectrum prebiotic fructo oligosaccharide and plant-derived inulin, in the form of the unique Prebiotic FS2-60.

This prebiotic is not digested but is utilised

by the friendly flora to increase colonisation of Lactobacilli and the Bifidobacteria species. Ideal to use during and after illness. Nutritionist formulated. Contains 100% active ingredients, with no artificial fillers or nasties. Effective, ethical and pure.

Web: www.viridian-nutrition.com



BEST FOOD & DRINK



Yellowfin Tuna in organic olive oil

Fish4Ever Yellowfin Tuna is a 100% pole and line fished in the Maldives and supplemented by a

100% first cold pressed organic olive oil, ensuring a highly sustainable but also a high quality product. Being certified by Fair Trade USA, the only organization to have developed fair and sustainable catch standards for wild fishing, we can also guarantee that our Yellowfin Tuna is caught and processed by people who get a fair wage and are therefore able to live with dignity from their work.

www.fish4ever.co.uk

BEST FOOD & DRINK

YOUR HEALTH JOURNEY STARTS HERE

The Udo's Choice range was developed by Dr. Udo Erasmus to tackle the most neglected areas of everyday nutrition with delicious tasting, healthy foods.

Get your fats right...

Udo's Choice Ultimate Oil is the original nutritional seed oil. This internationally award-winning cold-pressed blend of organic seed blend, delivers plant-based omega 3, 6 & 9 Essential Fatty Acids in the right ratio for optimum foundation health. Nourishing every Cell. Everyday. Easy to add into every meal simply pour, drizzle or mix it into soups, salads, smoothies or meals. **Website:** www.savant-health.com



BEST VEGAN

Panda Liquorice

As it celebrates its fortieth year of being on sale in the UK, the much-loved Panda Liquorice brand has undergone a design overhaul with every one of the products sporting a fresh new eye-catching design. The brand itself has been producing the award-winning liquorice in Finland for 94 years. The all-natural Panda liquorice range is free from artificial colours and flavours and as well as being fat

free it is also suitable for vegans and vegetarians. You can find Panda Liquorice in all good health food stores.

www.bravurafoods.com



BEST VEGAN

The Good Guru Vegan Magnesium

Vegan Magnesium combined with Vitamin B6 provides a multitude of well-being benefits. It's a great combination for women experiencing symptoms of PMS. Magnesium contributes to the reduction of tiredness and fatigue and contributes to normal bone and muscle function. Magnesium Glycinate 500mg, Vitamin B6 (Pyridoxal-5-Phosphate P5P), Brown Rice Flour, Magnesium Stearate (Veg Source).

thegoodguru.com



BEST VEGAN



Great tasting B12 in easy liquid format

Liquid B12 is a great tasting vegan liquid formulation developed using a natural fermentation process and includes both methyl and adenosylcobalamin. These two different forms are used at varying stages of metabolism and required and used for different processes in the body. Vitamin B12 contributes to normal functioning of the nervous system and the reduction of tiredness and fatigue. Formulated in a base of glycerine for easy absorption and with natural orange oil. Contains 100% natural ingredients with no artificial fillers or nasties. Sourced according to Viridian's strict ethical criteria including no animal testing, GMO or palm oil. Effective, ethical and pure.

Web: www.viridian-nutrition.com

BEST ECO/HOUSEHOLD



Relaxation Reed Diffuser

A beautifully relaxing and restorative natural room fragrance, blended with only 100% pure and natural essential oils. Including beautifully grounding notes of Bergamot, Lavender, Ylang Ylang and Petitgrain. Specially formulated

by our expert Aromatherapists to help you naturally relax and unwind your mind & body. This aromatherapy diffuser comes with eight high quality reeds which gently release this wonderful natural fragrance into your home. To source the best essential oil suppliers we only opt for oils from controlled, sustainable sources that have little or no negative impact on the environment. Re-fills now available!

Website: www.absolute-aromas.com

BEST ECO/HOUSEHOLD

Free your food from plastic

If You Care Waxed paper is designed to wrap foods and keep them fresh without plastic or the use of PFA's. It is certified home compostable and made with FSC certified, unbleached, chlorine free paper and coated with Carnuba wax. This vegan friendly, hardworking vegetable wax is collected from the fronds of the Carnuba palm. Known locally as the "Tree of life", they grow in salty marginal soils in harsh environmental conditions where they provide both habitat for wildlife and income for people during the dry summer season.

www.ifyoucare.co.uk



BEST ECO/HOUSEHOLD

LoofCo Water Bottle Brush

Another easy swap from LoofCo! The Water Bottle Brush is part of this popular range of loofah pads, coir brushes, cotton cloths & soap bars that helps create a plastic free, zero-waste home. Each brush is skilfully hand-made in Sri Lanka from coconut coir fibre twisted around a metal core with a rubberwood handle. Specially designed dimensions for thorough cleaning of reusable water/sports bottles and glass milk bottles. Handy hanging loop for drying & storage. Long lasting in normal use. Fibres are biodegradable, core is recyclable. RRP £3.75

Website: www.loofco.co.uk

Contact: info@loofco.co.uk

Tel: 01892 616871



BEST NEW

Ionic Iron

Good Health Naturally's Ionic Iron liquid supplement provides a highly bioavailable form of iron and sets itself apart in the market, proving an instant hit with customers since its launch this year. Supplemental iron is fast becoming one of life's daily essentials. Ionic Iron is suitable for all ages and an ideal alternative to capsules or tablets. Liquid ionic iron does not appear to result in the common side-effects of traditional iron tablets, namely constipation. A metered dropper allows for flexible dosing. Ionic Iron is non-GMO, gluten-free and contains no known allergens. Vegan. 56ml (approx. 46 servings).

Website: wholesalehealthltd.co.uk



BEST NEW



STOP A COLD SORE IN ITS TRACKS

It's estimated that nearly 70 per cent of people carry the virus which causes cold sores but for some, it lays dormant without causing an outbreak. For regular

sufferers, topical creams offer some relief but generally only speed up the healing. Herpotharm is a remarkable device which can, if used early enough, actually stop the cold sore forming. It uses a short blast of mild heat, which triggers an immune response that often stops a cold sore in its tracks. The good news is that it might mean you'll never need to apply old sore cream again as its reusable again and again, making it super eco-friendly!

For more information call 01782 582611 or email enquiries@wfbm.co.uk

BEST NEW



Natures Aid Super Stars Immune Support for Children

Super Stars Immune Support chewable tablets contain an expert blend of Elderberry with Vitamin C, Folic Acid and Zinc which support the healthy functioning of the immune system. Carefully designed for children aged 4-12 years, these fuss free chewable tablets are a delicious natural blackcurrant flavour and contain no added sugar or artificial sweeteners. Formulated with Xylitol, which

is natural and friendly to teeth!

Part of the Super Stars range from Natures Aid – follow @naturesaidjuniors on Instagram to find out more.

BEST NEW

Neutrient Neu Biotic

A balanced gut microbiome helps contribute to general health and digestive wellbeing. Neu Biotic is a high strength formula containing far more strains than many other brands. 20 live bacteria strains provide 20 billion cfu in an enteric coated



capsule that withstands stomach acid and disperses live bacteria into the intestine, offering support during times of sensitive, sluggish or unsettled digestion or feeling run down or during times of stress.

www.abundanceandhealth.com

BEST NEW



Supports Mental and Physical Well Being

Surya Prana Nutrition's Organic KSM66® Ashwagandha & Ginger Supplement is a synergistic blend of organic ashwagandha and ginger, conveniently encased in a vegan capsule.

This organic formulation contains

500mg of a unique form of Ashwagandha, KSM-66®, which has been used in several clinical trials for over 14 years and has shown efficacy in supporting relaxation and promoting a positive emotional state. If you are looking for a high quality organic, ethically, and sustainably sourced Organic KSM66® Ashwagandha & Ginger Supplement, our supplement is for you.

Website: www.suryaprananutrition.co.uk

Email: hello@suryaprananutrition.co.uk

BEST NEW



YOUR HEALTH JOURNEY STARTS HERE

The Udo's Choice range was developed by Dr. Udo Erasmus to tackle the most neglected areas of everyday nutrition - gut and cellular health. By consistently looking after these areas everything else falls into place. These are the foundations of health.

Look after your gut...

Udo's Choice Microbiotics use the most researched age-appropriate strength and strains of bacteria selected to reach the gut alive. Guaranteed cell count on expiry for

effectiveness. With vitamin c to provide greater immune support. True healthcare is about taking care of yourself and your family with a preventative mindset, by giving your body the tools it needs to perform optimally. Website: www.savant-health.com

BEST NEW



Menopause Complex with natural plant extracts

Menopause Complex by Viridian is an innovative combination of potent plant extracts to support a wide range of menopausal symptoms, including sage which helps with physical and mental comfort during the menopause. A standardised extract from hops, provides a well-studied phytoestrogen (8-prenylnaringenin (8-PN)) which can help with the tell-tale signs associated with the

menopause, such as hot flushes, sweating, restlessness, and irritability. Lemon balm contributes to relaxation and supports sleep and the addition of saffron supports emotional balance and improved libido. Suitable for all stages of the menopause.

Web: www.viridian-nutrition.com

BEST HERBAL



Nurtured by Nature

Help fight the misery of colds and flu by supporting your immune system with A.Vogel Echinaforce® Echinacea drops. Echinaforce is made from extracts of freshly harvested, organically grown Echinacea purpurea herb and root, processed within 24 hours of harvest from our Swiss farms. Echinaforce® is a traditional herbal remedy used for the symptomatic relief of colds, influenza-type infections and similar upper respiratory tract conditions. Always read the leaflet.

Website: <https://www.avogel.co.uk/>

BEST HERBAL

Helios Sleep

Helios Sleep combines four homeopathic remedies Avena sativa, Coffea, Passiflora and Valerian. This combination has a long, tried and tested history of traditional use for all manner of sleep disturbances, from getting off to sleep and calming an over active mind, to frequent waking during the night. Being natural Helios Sleep has no known side effects and comes in lactose free, organic sucrose pill form, in our easy-to-use, single dose dispenser.



www.helios.co.uk

BEST HERBAL

Herbetom Pulm

Herbetom Pulm is a plant based supplement to maintain a healthy respiratory tract. Containing a high level of plant extracts rich in polyphenols Herbetom Pulm has been subjected to clinical studies which confirm its positive effects on the respiratory system. Suitable for people with Asthma, bronchitis and chronic respiratory conditions due to its action on the delicate mucous membranes which help maintain and protect the performance of the airways.

For more information call 01782 582611 or email enquiries@wfbm.co.uk



BEST HERBAL

NutraThyroid – Thyroid Health Tea

NutraThyroid® by NutraTea® is 1 in a range of 24 functional herbal teas that has been uniquely developed by pharmacists and nutritionists to help support thyroid function and the associated symptoms. This comprehensive herbal blend contains

100% active botanicals that have been sustainably sourced including Ashwagandha, Bugleweed and Siberian Ginseng to help maintain the natural hormone balance and energy levels. Each biodegradable tea bag is free-from flavourings, oils and other fillers enabling each herbal tea bag to be reused up to 3 times a day; providing a simple, delicious way to help maintain hormone production and thyroid function.

Website: nutratea.co.uk



BEST HERBAL

Strath liquid

Strath liquid has been available in the UK for 60 years. Over 40 studies have demonstrated its ability to enhance health including several studies with school age children. Strath effect on nutritional uptake in the digestive system is believed to be the cause of its wide ranging health benefits, increasing concentration and cognitive function.

For more information call 01782 582611 or email enquiries@wfbm.co.uk



BEST HERBAL

True Veda Organic Holy Basil

Holy Basil, also known as Tulsi, is an aromatic shrub from India and known within Ayurveda as "The Queen of Herbs". Our innovative

formulation provides 100% of the body's daily need for Vitamin B6 from a fully natural source. Created from the highest-grade organic Tulsi, with zero artificial ingredients or preservatives, True Veda Holy Basil sustains general health and wellbeing by supporting healthy functions of the heart, immune system and nervous system, preserving an overall state of relaxation and vitality.

Website: <https://www.trueveda.com/>

Email: info@simplybynature.co.uk



BEST HERBAL

Ingredients shown to help ease anxiety

Unbelievable Health is one of the only brands formulating all-in-one plant, herb and food sourced supplements blending beneficial ingredients (not usually found in a regular diet), with no added fillers, synthetic ingredients or excipients. Bee calm supplement is formulated by nutritionists and combines therapeutic amounts of highest quality ingredients shown to help ease stress and anxiety

including Lemon Balm, Passion Flower Royal Jelly, Rhodiola and more. It's concentrated so fewer are required and effects are usually felt with the first dose. Outstanding reviews!

Tel: 02079932471

Website: www.unbelievablehealth.com



BEST HERBAL



Naturally soften coughs with Andrographis Complex

Keep coughs and sore throats at bay naturally with Andrographis Complex, a combination of standardized andrographis extract, with vitamin C and zinc to provide support for the immune system. Made from whole leaf extract at a 25:1 ratio and standardized to 10% andrographolides, the key active compound.

The natural andrographis extract is grown in

India, in its native environment where the ideal climate helps to produce a high potency extract. Andrographis is renowned for its long-standing use in Ayurveda traditional medicine. Andrographis softens coughs and sore throats in a natural way. Formulated with 100% active ingredients, vegan and ethically made.

Web: www.viridian-nutrition.com

BEST PERSONAL CARE



For your bladder comfort

Cysticlean is a thoroughly researched cranberry supplement containing 240mg of PAC (proanthocyanidins) from the North American cranberry - the highest level of active currently available in the UK. High levels of PAC are clinically proven to benefit in the prevention of UTIs and cystitis by

decreasing the adherence of bacteria to the bladder wall, helping to reduce recurrent urinary tract issues. Cysticlean capsules may also be beneficial for prostatitis which is inflammation associated with bacteria in the prostate gland. Cysticlean is natural, safe & drug-free, and generally free from side effects and regarded as safe for use during pregnancy unless a specific reaction to cranberries is known. Also available with D-Mannose but as always. Free from Gluten, Lactose and Sugar. **For more information call 01782 582611 or email enquiries@wfbm.co.uk**

BEST PERSONAL CARE



Formulated with Men's Skin in Mind

JASON Hydrating 2-in-1 Face + Body Wash is formulated to help lock moisture into skin. Dry skin will love the unique blend of ocean minerals - including giant kelp, blue algae, Irish moss and sea salt - and the power of eucalyptus to moisturise, soothe and repair. Gentle enough for daily use but powerful enough to tackle odour, impurities and sweat, this vegan and cruelty-free face and body wash will leave dry skin feeling replenished and smooth to touch. Dermatologist tested, hypoallergenic, SLS/SLES-free foaming

lather that leaves skin cleansed, soft and smooth. Consumer tests found skin was cleansed without dryness.

Available from health stores and independent pharmacies nationwide and www.jasonnaturalcare.co.uk

BEST BEAUTY/BODY CARE



Lysine Lip Balm

Good Health Naturally's Lysine Lip Balm has proved an instant hit with customers since its launch earlier this year. Its unique formula contains lysine and monolaurin for ultimate lip care. Studies indicate that lysine may benefit recovery from, and reduce recurrence of, cold sores. The balm also protects

against dry/chapped lips and environmental stressors. Zinc oxide helps heal cuts and irritations and offers natural sun protection. Certified organic Lysine Lip Balm includes the nourishing benefits of coconut oil, olive oil and jojoba oil with a pleasant mango flavour. Contains no artificial ingredients or preservatives. Suitable for daily use. Vegetarian.

Website: wholesalehealthltd.co.uk

BEST BEAUTY/BODY CARE



Precious Facial Oil

This balanced blend of ultra-moisturizing plant oils and Vitamin E is enriched with Bakuchiol, an innovative, multitasking plant-based retinol. Daily use will leave your skin feeling cared for and conditioned. It should be part of your self-care routine if you are looking for firmer, clearer, calmer skin. Kinvara Precious Facial Oil is a luxurious facial oil that leaves

the skin feeling deeply cared for and velvety soft.

www.kinvaraskincare.com

BEST BEAUTY/BODY CARE



Ultimate beauty formula

Silicea Kollagen Plus combines the highest quality Verisol collagen with a whopping 150mg of Haplex hyaluronic acid and Silicea's famous Silica gel all of which have been subject to clinical studies covering, skin elasticity, wrinkles, hair & nail growth, and skin moisture levels. Flavoured only with

fruit puree and packed in individual sachets for convenience.

For more information call 01782 582611 or email enquiries@wfbm.co.uk

Ask the experts

JUST ADD SPICE...

by Lindsay Powers

Why is curcumin such a beneficial ingredient, and what health areas is it particularly useful for?

Turmeric (*Curcuma longa*) is a culinary spice commonly used worldwide and is well known for adding a golden yellow colour to food. Turmeric is a popular addition to curries and Middle Eastern dishes and is used in golden milk, a traditional Indian drink with its roots in Ayurveda. It is also one of the earliest recorded medicinal plants. The turmeric spice extract has been studied for over 250 years and used for thousands of millennia in Ayurvedic medicine.

Turmeric has many active constituents, but the yellow pigment, curcumin, is considered the most crucial active ingredient. Curcumin is extracted from the turmeric root and harnessed in natural medicine for therapeutic benefits. Curcumin is a potent polyphenol with antioxidant, anti-microbial, and anti-inflammatory properties. Curcumin has become one of the most well-researched nutrients, with its powerful properties proving beneficial to many areas of health.

Historically, turmeric has been used to heal conditions like wounds, sprains, coughs, colds, burns, and arthritis. Today, curcumin works as a proven antihistamine, anti-inflammatory, antimicrobial, anti-fungal, antiviral, anti-mutagenic, anti-diabetic, and even antidepressant compound,

with a remarkable Oxygen Radical Absorbance Capacity (ORAC) score of up to 1,500,000. Curcuminoids also boost levels of our body's most potent antioxidants, glutathione, superoxide dismutase, and catalase.

Why is it beneficial to take it as a supplement?

In recent years, curcumin has gained popularity as a nutritional supplement, commonly recommended by nutritionists to support many health conditions.

A sample of curcumin's healing potential includes help for infection, diabetes, post-workout recovery, arthritis, chronic pain, ulcerative colitis, stroke, and autoimmune, heart, skin and Alzheimer's diseases.

And what should people look for when choosing a quality curcumin supplement?

Many reviews on curcumin raise the question of absorption, as curcumin may have low oral bioavailability. Therefore, looking for a curcumin supplement that has been expertly formulated to enhance absorption rates is essential. Meriva curcumin, for example, is clinically studied and uses a phospholipid carrier to ensure curcuminoids stay in the bloodstream for longer for maximum absorption in the body.

Q What is silent reflux and how can it be managed?

Alice Bradshaw explained: Constant coughing, throat clearing, and postnasal drip are persistent symptoms that can be distressing and oftentimes, no one can suggest a cause or cure. What is seldom realised is that these symptoms may be indicative of a problem in the gastrointestinal system.

Silent reflux or laryngopharyngeal reflux (LPR) is a condition that may not cause classic heartburn, but instead, present with the troublesome aforementioned symptoms. Although many GPs may struggle to diagnose this condition, a referral to a gastroenterologist (rather than an ear, nose and throat specialist) may help uncover the root causes.

While there are several schools of thought as to the cause and management of silent reflux, most functional/nutritional practitioners will point to dysbiosis within the gut as the chief underlying factor. Recent thinking suggests that poor digestion of carbohydrates may play a significant role in reflux conditions.

When carbohydrates are poorly digested (because of lack of certain enzymes or gut dysbiosis), they ferment and the gas that is produced increases intra-abdominal pressure and forces the stomach contents to back-flow up into the oesophagus and in the case of LPR, even further into the airways. Intra-abdominal pressure is also increased during pregnancy and where there is abdominal obesity. Additionally, those with SIBO (small intestinal bacteria overgrowth) or irritable bowel syndrome are very likely to experience reflux as one of their symptoms.

There are lots of pieces to the puzzle to resolving reflux. Improving the diet by eliminating processed foods and excess sugar can make a big difference, as can eating small, regular meals in a stress-free environment and avoiding drinking large amounts at mealtimes. Numerous studies show that a low carbohydrate diet can offer great relief from reflux and some people benefit from reducing fermentable carbohydrates (FODMAPs) specifically.

Supporting digestive health with microflora supplements, digestive enzymes and certain botanicals such as ginger, fennel and gentian may offer further support to relieving the unpleasant symptoms of reflux. Some healthcare practitioners find that supplemental hydrochloric acid is helpful (in contrast to acid suppressing medications), but this is not the case for everyone so consult a healthcare practitioner if you want to go down that route.

About the experts



LINDSAY POWERS is a Nutritionist and Health Coach at the leading supplement brand, Good Health Naturally.



HANNAH BRAYE is a Nutritional Therapist, having studied at the College of Naturopathic Medicine (CNM), where she graduated with an award for outstanding performance. She is a member of BANT and listed on the Complementary and Natural Health Care Council (CNHC)'s approved accredited register. She is Head of Technical Advice at ADM Protexin, manufacturers of Bio-Kult and Lepicol ranges.



ALICE BRADSHAW is a qualified Nutritional Therapist with a passion for health writing. She has worked in the natural health industry for 25 years and is Head of Nutrition Education and Information at Terranova Nutrition.



MARK McCARTY is the Technical Director of WFBM Healthcare and has over 35 years' involvement in natural medicine, cosmetics and medical devices.



Good Health Naturally *Because it Works!®*



NEW Vitamin D3 and K2 Spray™ for Children

NEW sublingual Vitamin D3 and K2 Spray™ for infants and children delivers fast and effective absorption. Together, D3 + K2 support the healthy development of bones and teeth. Plus, a daily dose of Vitamin D3 is critical in maintaining the immune system throughout all stages of life. Each spray delivers D3 200iu, allowing flexible dosing to suit the requirements of infants and children as they grow. This convenient spray is a 'no taste' sugar-free formula. Spray into the mouth or onto food.



Supports immune
system response



Effective
sublingual spray



For healthy
bones & teeth



Suitable for the
whole family

Available online at www.GoodHealthNaturally.com or call us on 03337 777 333

Ask the experts

Q Can you offer me advice on how I can naturally treat cold sores?

Mark McCarty suggested: Cold sores are extremely common with an estimated 67 per cent of the global population carrying the HSV-1 virus, a form of the *Herpes simplex* virus.

The virus is likely to enter the body during childhood when the immune system is still developing, although it often won't appear as a cold sore until later in life. Once infected, the virus never leaves the body but lays dormant until a trigger causes it to appear. These triggers can include stress, colds, being rundown or exposure to ultraviolet rays, which is why people often suffer during the winter months or at the height of the summer.

Typically, a sufferer will experience two episodes per year but some five-10 per cent of people suffer outbreaks more than six times per year, which, in some cases, can spread widely around the mouth and lips.

Treatments vary from pharmaceutical anti-viral creams such as Aciclovir, but now include highly effective natural products, including silica gel-based products, which bind with the cold sore secretions, reducing its ability to spread. These are becoming more popular as they are suitable for children and during pregnancy. Lysine creams or supplements have limited clinical evidence but are thought to block certain chemicals in the body which the virus uses to replicate.

In addition to creams, effective novel medical devices are now available, which are placed on the first signs of a cold sore and deliver a specific heat range, which deactivates the virus, while triggering the body's own defences. Several studies have been shown these devices to be more effective than traditional chemical treatments which aren't suitable for everyone.

Avoiding triggers is often difficult but maintaining a healthy diet rich in immune strengthening vitamins is essential, while also ensuring good hygiene practice around people with active cold sores.

THE LOWDOWN ON UTIs...

by Hannah Braye

What are the most obvious signs of a UTI and what causes it?

Urinary tract infections (UTIs) are infections of any part of the urinary tract causing inflammation. Lower UTIs are commonly known as cystitis. In more than 80 per cent of cases, UTIs are caused by overgrowth of the bacteria *Escherichia coli* (*E. coli*), originating from the digestive system or vagina, which translocate to the urinary tract, causing infection. They more commonly affect women, due to anatomical proximity.

Symptoms include frequent or urgent need to urinate, pain/burning sensation whilst urinating, cloudy or unpleasant smelling urine, and pus or blood in the urine. More serious upper UTIs could cause nausea, fever, lower back pain and confusion. Medical advice should be sought if you experience these symptoms.

How much of a role does our general health, and specifically our gut, play in our risk?

The susceptibility of the individual is also a contributing factor. UTI risk factors include poor general health status (for example, lowered immunity or being in hospital), catheter use, spinal cord dysfunction, diabetes, hormone imbalances (for example, post menopause), sexual activity, poor diet and high stress. Gut health may be particularly important as the gut can act as a reservoir for *E. coli* and other UTI

pathogens. In addition, 70 per cent of active immune cells reside in the gut, where they interact with the microorganisms that reside there, controlling our immune function. Imbalances in the gut microbes may therefore increase susceptibility.

Can you suggest a healthy plan to ease the effects and reduce our risk?

Increasing fruit and vegetable intake, ensuring good quality protein, such as legumes, wild fish, tofu, eggs, lean meats, and switching to wholegrain varieties of carbohydrates is advisable to provide a variety of immune supportive nutrients, fibre to feed beneficial species of bacteria in the gut and regulate blood sugars. Fermented foods such as live yoghurt and kefir, containing friendly *Lactobacilli* bacteria have also been shown to protect against UTI recurrences.

It's recommended to refrain from sex during infection, ensure sufficient water intake and completely void the bladder when urinating. Some women find avoiding tight-fitting clothing and wearing breathable natural fibres to be of benefit. Avoiding substances such as alcohol and smoking, which depress the immune system, is also advisable. In addition, stress can disturb immune function, so reducing stress via meditation, breathing exercises, a good sleep routine, taking a bath, time in nature or yoga may be of benefit.

“Eliminating gluten cleared up my health issues”

Christina Colligan explains her motivations for studying with the College of Naturopathic Medicine (CNM).



Christina Colligan

From aged three, I suffered from severe atopic dermatitis. In my teens, I developed asthma. My gut health was compromised, often causing me to be constipated.

I saw several doctors and specialists, as well as herbalists and homeopaths. I underwent some blood tests when I was 15 and discovered that my vitamin and mineral status was low. I removed dairy from my diet and took the supplements that were prescribed by my homeopath.

In 1999/2000, I had unexplained weight loss. Then in 2001, I was severely ill and anything I ate gave me diarrhoea. My local GP didn't know what was wrong with me, however, through my own research, I learnt about gluten intolerance and coeliac disease. I was experiencing the exact same symptoms that presented with these conditions.

I eliminated all gluten products for four days and I felt so much better. A blood test later confirmed I had coeliac disease. I was advised to also exclude dairy from my diet for six months to allow my intestines to heal. After doing this, my eczema and asthma disappeared, and my gut health improved; I also gained weight. After seeing how food impacted my body and affected my symptoms, I developed a keen interest in nutrition.

Unfortunately, after many years of compromised absorption, I was left with low cortisol levels and unbalanced gut flora. I only wish I'd met a nutritional therapist after my diagnosis, who could have explained the SR gut healing protocol to me. Simply cutting out gluten is not enough when you are diagnosed with coeliac disease; you also need to heal your gut which has been damaged by the gluten.

I used to be a project manager for a large corporation. Starting a family made it impossible for me to continue with my demanding role. Instead, it was an opportunity for me to immerse myself in a big interest of mine

and study nutrition.

I decided to study Naturopathic Nutrition at the College of Naturopathic Medicine (CNM) as I was attracted by its hands-on approach to learning and the fact that the lectures are taught by experienced practitioners. I loved the variety of teachers and learning about their experiences. The diversity of students in my class was amazing and I was blown away by how generous everyone was in sharing their knowledge and experience. My time at CNM prepared me for setting up my own business and it was a great platform for networking and opportunities.

Having recently relocated to Sweden, I now work at the Nordic Clinic in Stockholm three days a week. I see a variety of clients, supporting them with a wide range of ailments, including pre-diabetes, autoimmune conditions, IBS, hormonal issues and optimising performance through nutrition.

CNM has totally changed my life. I love my work now. I'm passionate about what I do as it feels meaningful and I'm making a difference to other people's lives. I don't ever see myself stopping work; it's my way of life now. I love that the learning never stops; every client is unique and I'm continually expanding my knowledge.



Free lecture

- Scan with your QR code.
- Study with the number one training provider for natural therapies.
- To find out more, visit www.cnmcourses.com



CNM

COLLEGE OF
NATUROPATHIC
MEDICINE

Training Successful Practitioners

CHANGE CAREER

Train to become a...

- Nutritionist
- Acupuncturist
- Naturopath
- Herbalist
- Homeopath
- Natural Chef

Full & Part-time studies

In class or online

Colleges across the UK and Ireland

NEW Health Coach

01342 777 747

cnmcourses.com

Attend a **FREE**
Online Event

Better beauty guide

Add some natural nourishment – from the inside out – for glowing skin this winter.

When winter arrives, there can be a shift in the look and feel of our skin. The heating goes on, we move from hot to cold quickly, we often eat less in the way of healthy food in favour of comfort meals, leaving us nutrient depleted, and we can forget the change in seasons requires a shift in your skincare regime. This can lead our skin to be less than healthy. So, creating a winter beauty routine – inside and out – is a great way of ensuring it gets the natural nourishment it needs.

Alice Bradshaw, Head of Nutrition Education and Information at Terranova, explained: "Winter can be harsh on skin, with dryness being the chief complaint. Changes in temperature and humidity and harsh weather conditions can cause dry and irritated skin. Individuals with existing skin conditions may find worsening of symptoms during colder months. Indoor heating can be dehydrating and may exacerbate problems."

Joanne Reilly, founder of natural skincare brand, Kinvara, added: "In winter, a mix of low temperatures outdoors and dry environments indoors due to heating or any other cosy resources can leave skin feeling dry and dehydrated. This temperature fluctuation, along with the cold and wind, can cause irritation and inflammation. With these conditions, skin can become flakier, and itchy."

Katy Grieshaber, Technical Advisor at Viridian, also pointed out: "The winter months bring harsh, cold winds that irritate the delicate skin on our faces and hands. The cold weather can be tough on skin, and dry skin in winter can cause or inflame several conditions. The effects of winter weather range from skin complaints we all recognise or have experienced, like acne and chapped lips, to flare-ups of pre-existing skin conditions, such as psoriasis and eczema. Dryness can lead to red patches and excess dead skin cells that clog pores, causing acne."

BEAUTY NUTRITION

A big part of how skin looks and feels relates to how healthy you are and especially your nutrient levels.

Alice explained: "Poor nutrition is highly detrimental to the fundamental structure, health and appearance of the skin. Nutritional science shows foods that encourage inflammation may influence skin. A sugar-rich diet containing excess refined carbohydrate foods, alcohol and poor quality fats and oils is pro-inflammatory and damaging to structures that build healthy skin (collagen and keratin)."

"High glycaemic index foods (which cause a rapid rise in blood sugar and insulin) are associated with glycation, which damages collagen and is associated with premature and excess skin wrinkling."

Keri Briggs, Senior Nutrition Specialist at Lamberts Healthcare, added: "Poor nutrition can have fundamental effects on overall health of the skin. A diet low in fruit and vegetables is likely to lack vitamin C, which is required for the conversion of the amino acid, proline, in the production of collagen, an essential structural protein. Collagen provides strength and elasticity to the skin. Fruit and vegetables also provide several other nutrients, such as carotenoids and polyphenols, which have been linked to improvement in skin barrier function. Compounds found in dark red and purple fruits, red wine, green tea and coffee have all been reviewed for their effects on skin health, with procyanidins, typically found in red and black grapes, bilberries, blueberries and red wine, being shown to increase the water content of the stratum corneum."

"Highly processed foods can lead to an excessive intake of sodium, in the form of salt, which is associated with many health concerns, including the dehydrating effect. In terms of skin health, there is evidence to suggest excess intake of sodium can lead to increased inflammation, particularly in the dermis."

Try this

- ★ NaturesPlus Collagen Peptides
- ★ Terranova Advanced Beauty Complex
- ★ Antipodes Glow Ritual Vitamin C Serum
- ★ Good Health Naturally Joint & Skin Matrix
- ★ Benecos Organic Carrot Extra Face Oil

Skin in need

There are a range of signs skin isn't healthy, whether because you lack key nutrients or your skincare routine isn't up to scratch.

Alice advised: "Healthy skin is moist, supple and free from irritation. Skin that is damaged or not in optimal condition may be dry, cracked, itchy or irritated. Poor elasticity will also negatively affect the skin, resulting in sagging and wrinkling."

Keith Allum, Managing Director of ArthroVite, which specialises in collagen, went on: "Blotchiness, uneven texture and flaking are among signs of unhealthy skin. From the age of 25, the surface of the skin can become dull and lifeless. Elasticity reduces to cause unwanted fine lines and wrinkles. During the winter, when skin especially is under attack, it is important to take measures to improve hydration and suppleness and replace lost elasticity. This will also help to reduce formation of deeper wrinkles."

Katy added: "Despite being a minor complaint, chapped lips are a common side effect of dry skin in winter. Lips are prone to dry out as the face is subjected to the elements, and due to their thin layer of skin, lips are prone to splitting when dry in the cold. Acne is usually associated with oily skin, but dry skin can also cause acne."

Keri went on: "The skin is the largest organ and has many diverse functions. Primarily, it controls what leaves the body, playing a significant role in detoxification, and what can get into the body, as the biggest barrier to pathogens, allergens and xenobiotics. This means it is constantly in contact with external stressors and variables, including environmental pollutants and internal toxins."

"Changes in season can bring about noticeable changes in the appearance and function of the skin. During winter, the weather gets colder, which increases trans-epidermal water loss (TEWL), which affects skin hydration and dryness. As outdoor temperatures decrease, indoor surroundings are often heated, which influences the humidity of the air, making it drier. These less humid environments are associated again with a decrease in skin hydration, an increase in skin damage and a decrease in elasticity."

SUPPLEMENTING YOUR SKIN

You might also want to add in some supplements to bridge any nutrient gaps.

"Nutrients that specifically support good skin include vitamin C, B vitamins, silica, selenium, zinc and vitamin E," Alice explained. "These are all involved in maintenance of normal skin, as well as being integral to manufacture of various proteins and other elements that make up the skin tissue. Supplements such as hyaluronic acid and collagen (including vegan sourced versions) have become extremely popular in natural skin care."

Keith added: "Collagen is the most abundant protein in our bodies, providing the amino acids which support the building blocks of skin, hair and nails to help you look better and slow down the ageing process. Adding a collagen supplement to your daily regime displays an effectiveness that works on a deeper level than moisturising."

And Keri recommended: "Omega 3 fatty acids, particularly for those who cannot or do not consume oily fish in their diets. Choosing a supplement based on fish oil, which is naturally rich in EPA and DHA, or a vegan DHA product, derived from algae, will ensure a good balance of omega 3:6 in the stratum corneum and allow this layer of skin to function effectively. It is important to ensure good intake of the correct omega 6 fatty acid, GLA. Whilst most UK diets are weighted firmly in favour of omega 6, at a ratio of almost 1:20, instead of the advised 1:2, most diets do not contain enough GLA, which is considered to be most active, and the conversion from dietary components such as linoleic acid can be poor."

"Pycnogenol, a marine pine bark extract rich in proanthocyanidins, has been shown to have benefits for skin health during changes in temperature and humidity. There is also good evidence for the effects of astaxanthin. It acts as an antioxidant, but unlike other nutrients of this type, it can bridge the cell membrane, working inside and outside of a cell. There is some evidence to suggest maintaining a good gut microbiome may be useful for skin health. One study has suggested that *Lactobacillus plantarum* can improve hydration and reduce water loss via the skin. This study also showed an improvement in wrinkle depth, skin elasticity and appearance."

SKIN-FRIENDLY FOODS

So, what dietary specifics should you keep in mind?

Katy explained: "Orange or red fruits and vegetables get much of their colour from carotenoids, which convert into vitamin A, which is essential for skin cell reproduction. They are also a fantastic source of vitamin C, which is essential for producing collagen. Carotenoids and vitamin C are antioxidants, which help fight free radicals that may cause damage to skin and cause premature signs of ageing."

"Avocados are the highest fruit source of vitamin E, a fat-soluble nutrient known for protecting against cell damage by neutralising free radicals, which cause skin to age. Onions and garlic are rich in sulphur, an essential dietary component responsible for the bonds between certain amino acids. It has a crucial role in maintaining the integrity of connective tissue. Onions are a great source of antioxidants and can help detoxify the body by removing toxins from the bloodstream. Omega 3 fatty acids provide anti-inflammatory properties which aid inflammatory skin conditions caused by winter. Flaxseed and hemp oil are great alternatives to fish oils, and an excellent source."

And Alice suggested: "Top skin supporting foods include fresh vegetables and fruit which supply vitamins, minerals and antioxidants known to support collagen production and general skin health, nuts, seeds and oily fish, which provide essential fats needed for regulation of inflammatory markers, and protein-rich foods such as eggs, meat and fish or pulses, nuts and seeds for non-meat eaters are vital for the structural components of the skin."

Joanne added: "Make sure you're drinking enough water – drinking eight glasses of water a day helps our body maintain its fluid balance and even helps us keep our skin rejuvenated."

Keith went on: "Vitamin C is essential for healthy skin, which needs it to create collagen, the main structural protein that keeps skin strong and healthy. Vitamin C deficiency symptoms include dry, rough, and scaly skin that tends to bruise easily. Nuts and foods that are high in vitamin E (almonds, peanuts and hazelnuts) are helpful to counter some of the ways our skin ages."

Chemical watch

Another element to bear in mind when it comes to skincare is the effect chemicals can have.

Joanne cautioned: "Studies have shown parabens mimic oestrogen in the body, with evidence linking them to reproductive organ harm, thyroid disruption, obesity and other health issues. The European Commission has actually banned several types of parabens for use in personal care products: isopropyl-, isobutyl-, phenyl-, benzyl-, and pentylparabens. You might also want to watch out for products that include mineral oils; in 2011, a study found mineral oil to be one of the biggest contaminants present in women's bodies possibly due to the accumulation of different cosmetics used that included this ingredient."

And look out for some of the best natural ingredients.

"Bakuchiol (pronounced ba-koo-chee-all) is a plant-based ingredient from the leaves and seeds of the Babchi plant. Research suggests it appears to have similar benefits as retinol without some of the negative side effects that can leave people with irritated skin. Bakuchiol can help to protect against environmental damage because it is packed full of antioxidants, which neutralise free radicals that can damage skin cells. Bakuchiol also has anti-ageing effects by boosting skin cell turnover and replacing tired, old, and damaged skin cells on the surface of our skin," Joanne advised.

"We can't forget rosehip oil, loaded with skin-nourishing vitamins and essential fatty acids. It is renowned amongst the best vegetable oil sources of omega 3 and 6. Both are very effective for cell and tissue regeneration, which gives elasticity to the skin and helps against skin ageing."

And Ingrid Hume, Marketing Co-Ordinator at Pravera, suggested: "Creams and lotions rich in shea butter are perfect for winter. Shea butter is rich in fatty acids and vitamins which soothe dry, chapped skin. Shea butter has healing and anti-inflammatory properties. Aloe vera soothes and is perfect for dry and dehydrated skin."

WINTER NOURISHMENT

When it comes to the best winter skincare routine, Joanne suggested: "Exfoliating and cleansing are always key but especially important in winter when it's easier for dead cells to build up, which may cause breakouts and dull complexion. An exfoliator will help with congestion as it gently removes dulling, dead skin cells to leave your skin feeling like new while maximising the effect of follow up products."

"You don't have to cleanse twice a day – you can wash it in the morning with lukewarm water and cleanse at night to remove make-up and dirt. It's so important not to use anything harsh to cleanse your face that will strip your skin's own vital sebum. So, try to avoid cleansers that have any alcohol, soap, acid or fragrance and instead look for products enriched with omega fatty acids and antioxidants."

Ingrid advised: "The best way to care for skin in winter is to pamper it with natural and organic products using plant-based ingredients to nourish and protect. Cleansing the skin correctly with a natural and organic cleanser which doesn't include SLS or parabens is ideal. Apply a rich moisturiser morning and night and to boost skin nourishment and hydration, a facial oil can be applied. Look for products that contain aloe vera, jojoba oil, shea butter, and cocoa butter as these all promote nourished healthy skin."

"Natural and organic serums are great if skin is feeling a little tight and needs a hydration boost. Applying a small amount of serum to your face will help hydrate and plump. Facial oils are great to use in the winter months as they will nourish the skin and help to hold moisture in the skin better."

Natural Lifestyle Top Picks



Joint & Skin Matrix

Good Health Naturally's Joint & Skin Matrix™ uses BioCell Collagen® for optimum absorption and utilisation. BioCell Collagen® is a clinically studied dietary supplement ingredient composed of naturally occurring hydrolysed collagen type II peptides, chondroitin sulfate, and hyaluronic acid. BioCell Collagen® promotes active joints and healthy connective tissue, alongside anti-ageing benefits, the promotion of youthful-looking skin and a reduction in fine lines and wrinkles. Various studies, including seven human clinical trials, support the safety, efficacy and bioavailability of BioCell Collagen. 120 capsules.

www.goodhealthnaturally.com



Switch to organic CBD beauty and wellness products with Endopure!

All our products are made from EU Certified Organically farmed Hemp and manufactured through a standardized process to ensure purity and stability. Endopure is compliant and legal to sell within the UK market. CBD can enhance your lifestyle through a daily routine. You can choose how to add it to yours, by selecting from our beauty range, wellness program of CBD oils 3% to 20% or even adding it to your daily recipes, such as juices, meals or smoothie bowls. Adding CBD to your lifestyle can be confusing, but with Endopure you know you are choosing organic and purity for reliable results within our range. We are here to support you choosing Endopure by offering a one time 30% discount on all our products online - use code at checkout: NL30

For more information email us sales@endopure.co.uk

Shop at www.endopure.shop



Beautivite

Retaining a youthful appearance - with glowing skin, shimmering hair and strong nails - is every woman's wish. Studies show that adding collagen to your daily diet can combat the effects of ageing. Beautivite is a natural, pure collagen supplement for women who want to stay looking younger for longer. Easy to use - simply add to hot/cold drinks, soups, cereals, yoghurts and more - it's also free from gluten, artificial colours, flavours and preservatives, lactose, salt and yeast. Beautivite is the latest addition to the renowned range from UK collagen specialists ArthroVite.

www.beautivite.com



Dr Jacobs Naturals, The No.1 Palm Oil Free Castile Soap

Dr Jacobs Naturals is the No.1 palm-oil free branded castile soap in the USA and is now available in the UK. It's unique formula is double thickness with added sea salt for a luxurious feel, ultra moisturising with aloe vera and vitamin E and fragranced naturally with essential oils. Formulated using just coconut and olive oils, it cleans effectively whilst keeping your skin hydrated all day with no oily residue. Available in 2 sizes and 12 difference fragrance varieties including unscented. 100% Natural & Vegan, biodegradable, cruelty free and gluten free.

www.mahinaturals.com

Relaxation Himalayan Bath Salts



Enjoy a relaxing bath with our all-natural Himalayan bath salts, harvested from the foothills of the Himalayas, and one of the purest mineral laden salts in the world. These pure Himalayan salts have been blended with our 100% pure and natural Relaxation essential blend to help unwind the body and relax the mind, this is a great blend for anyone feeling tense or anxious. Our

Relaxation blend contains essential oils including, Tangerine, Bergamot and Ylang Ylang, for the ultimate relaxing soak.

www.absolute-aromas.com



• EAT WELL • SLEEP WELL • BE ACTIVE

LOVE LIFE, LIVE WELL NATURALLY.

SUPPORT YOUR LOCAL INDEPENDENT HEALTH
STORE, SO THEY CAN CONTINUE SUPPORT YOU
AND YOUR FAMILY.

VISIT THEM AND TALK TO THEIR STAFF FOR EXPERT
TIPS TO STAY HEALTHY, SAFE AND WELL.



NaturalLifestyle
LOVE LIFE, LIVE WELL • FORTDAILY

MYNATURALLIFESTYLE.CO.UK

IMMUNE NUTRITION

Discover the power of nutrition when it comes to supporting the immune system this winter.

With the arrival of shorter days and lower temperatures, it seems that we are more likely to pick up germs at this time of year. So, how can we help to support immune function, especially during the colder months?

There is a wealth of research confirming the importance of good nutrition for a strong and healthy immune system. Once a base-line level of healthy eating has been established, we can gain even more improvement by addressing some of the related micronutrients that may need supplementing within the diet.

ELDERBERRY

Long revered for its healing properties, the flowers and berries of elderberry are exceptionally rich sources of important compounds called flavonoids, including anthocyanins, which are potent antioxidants that support the body against damaging free radicals.



VITAMIN D

Often referred to as 'the sunshine vitamin', there are multiple studies that have confirmed vitamin D has a positive impact on both innate and adaptive immunity.

Our bodies obtain vitamin D from two sources: our diet and from the action of sunlight on our skin. If we all had more sun then we would have plenty of vitamin D, but in reality, we do need to obtain some from our diet, particularly during the winter months and in the elderly, as the body's ability to manufacture vitamin D declines with age.

ZINC

The maintenance of the health of several body systems, such as the nervous, reproductive, and immune systems are influenced by zinc. Drawing upon the latter, there is evidence to suggest that zinc helps to maintain homeostasis of the immune system and that its deficiency impacts on both innate and adaptive immunity.

VITAMIN C

Vitamin C is known for its contribution to the normal function of the immune system, but did you know that its uses extend far beyond protecting from illness?

This water-soluble vitamin also contributes to normal psychological function, nervous system function and energy-yielding metabolism, as well as being an antioxidant and protecting cells against oxidative stress.

N-ACETYL CYSTEINE (NAC)

NAC is a unique amino acid that is a precursor to glutathione, a powerful antioxidant that is found in every cell of the body. There is some evidence to suggest that NAC's ability to bolster intracellular glutathione levels may improve immune function.



Reader offer

With immune protection in mind, Lamberts has put together a bundle of its most popular related products – providing individual nutrients that can be taken as part of a daily regime. Comprising Vitamin D3 1000iu, Imuno-Strength, N-Acetyl Cysteine 600mg, Zinc 15mg and Vitamin C 1000mg (worth over £60), *Natural Lifestyle* is offering readers the chance of winning one of three immune protection bundles. See opposite page to enter.

NATURAL LIFESTYLE Giveaways

Natural Lifestyle is about giving back to our readers, and each month, this page will showcase a selection of giveaways.



NATURE'S ANSWER ZINC PLUS

Natural Lifestyle has teamed up with Nature's Answer to offer readers the chance of winning one of five packs of Zinc Plus. Zinc is an essential trace mineral that is required by the body to support several functions, including maintaining bone, skin and hair health, as well as building a healthy immune system. Nature's Answer Zinc Plus provides a powerful combination of vitamins and minerals, key in supporting our immune system. The formula includes specific additional ingredients, such as copper gluconate and vitamin B6, selected for their action and balance, in forms that are easily absorbed and utilised by the body.

SC NUTRA UNIBAC INFANT DROPS

Unified Bacteria UniBac Infant Drops have been in the making for over two years. The unique formula provides two well studied live bacteria strains, *Lactobacillus rhamnosus* GG and *Lactobacillus rhamnosus* HN001 with a combined CFU count of 1.5bn per serving. Suitable from birth, these well studied strains have been shown to support immune and digestive health.

Natural Lifestyle is offering readers the chance of winning one of 10 sets, comprising UniBac Infant Drop and a £5 SC Nutra gift card.



BENECOS SET

Do you want to get your party on the natural way? Enter Natural Lifestyle's giveaway for your chance to party with benecos, the all-natural brand that literally doesn't cost the earth! Four lucky winners will receive a Beauty ID Stockholm Palette, Organic Carrot Extract Face Oil, Natural Vegan Volume Mascara, Natural Translucent Powder, and Natural Face Primer, so, you can start your party off looking and feeling fabulous knowing that you're using only the best natural products!



NATURESPUS GI NUTRA PRO-BIO MEGA

NaturePlus GI Nutra Pro-Bio Mega is a superior quality, science-backed supplement, providing robust nutritional support. It includes clinically researched strains that have demonstrated an improvement in IBS quality of life comparable to standard prescriptions. It is one of the most powerful products on the market and delivers 35 unique strains and 120bn live bacteria per capsule. Natural Lifestyle is offering readers the chance of winning one of six.

NUTRI ADVANCED RESILIENCE

Resilience is an expertly formulated blend of nutrients, herbs, and mushrooms, all known for their stress and fatigue supporting properties, to help you tackle the day head on. Our unique formula provides a combination of fast-acting nutrients, such as L-theanine, which can work in as little as 40 minutes to support feelings of calm, alongside select adaptogens to take to build up our resilience to life's stressors and may help support the nervous system in the long-term. Natural Lifestyle is offering readers the chance of winning one of 15 60-capsule packs.



ENTER HERE Please indicate below which giveaway you are applying for, complete form and post back to us at 'Reader Offers', Natural Lifestyle magazine, The Old Dairy, Hudsons Farm, Fieldgate Lane, Ugley Green, Bishops Stortford CM22 6HJ. Closing Date: January 1, 2023. Or you can enter online – visit www.mynaturallifestyle.com

Please tick: ☐ Benecos ☐ Nature's Answer ☐ SC Nutra ☐ NaturesPlus ☐ Nutri Advanced ☐ Lamberts

MR / MRS / MS FULL NAME:

ADDRESS:

POSTCODE:

CONTACT NUMBER:

EMAIL:

- ☐ I would like to be contacted by Natural Lifestyle magazine, including a free monthly e-newsletter. You can unsubscribe at any time.
☐ I would like to be contacted by Natural Lifestyle and relevant third parties

Cooking for a cause

A flavour of the new book, *Eat With Beder*, featuring recipes and reflections from well-known personalities and inspirational individuals raising awareness around mental health and suicide prevention.



Miso mushroom dumplings by Lena Headey

Makes about 15 (depending on the size)

Mental health is a lifelong journey, ever evolving, so the conversation about it should be never ending. Give up that cruel self-talk, it's toxic and doesn't serve anyone. Instead, do good stuff for others and make affirmations of kindness to yourself. I know that not moving my body and eating food that I haven't cooked affects my head and makes me sad. Bad habits like this are formed through fear, getting stuck. Breaking them is hard... but freedom awaits. Don't wait. You're so worth a few broken windows: let the light in.

Preparation time: 20-35 minutes

Cooking time: 35 minutes

Ingredients:

- 500g chestnut mushrooms (or a mix of varieties)
- 1 onion, diced
- 2 leeks, finely sliced
- 3 cloves of garlic, diced
- 2tsp brown rice miso paste
- 15 dumpling wrappers
- Olive oil
- Toasted sesame oil
- Pinch of sesame seeds

Method:

- Cut all the mushrooms into small pieces, about the same size as a pea. Place a large pan over a medium heat and add a drizzle of olive oil. Once warm, add the onion, leeks, garlic, and a pinch of salt to the pan. Mix well and cook for five-10 minutes, or until the onions and leeks turn soft.
- Stir in the chopped mushrooms, mixing really well, and cook for 10-15 minutes, stirring every now and then to ensure nothing is sticking to the bottom of the pan.
- Once the mushrooms have softened, mix through the miso paste and cook for another five minutes until everything is cooked through. Remove from the heat and set aside

to cool down.

- Once the mixture is cool, assemble the dumplings. There are two ways to do this: spoon 1tbsp of the mushroom filling into the centre of each dumpling wrapper. Hold the dumpling in one hand and close your hand to fold the dumpling together. Once the dumpling is in a V shape, pinch the sides together to seal. You can make little folds like traditional dumplings or keep it simple by just sealing the outsides. You should be left with a little half-moon dumpling. For a slightly simpler way, again spoon 1tbsp of the mushroom filling into the centre of each dumpling wrapper, then bring all the edges of the wrapper together in

the middle, enclosing the filling. Pinch the top together and twist to seal. You should be left with a little round dumpling as shown in the photo. Repeat whichever process you prefer until you have assembled all the dumplings, then place them in the fridge until needed.

- To cook the dumplings, heat a good drizzle of toasted sesame oil in a pan over a medium heat. Once hot, add the dumplings to the pan and cook on each side for two to four minutes until golden and cooked through, adding a dash of water when you flip them.
- Serve the dumplings immediately while they are piping hot, with a sprinkle of sesame seeds on top.

Honey and sesame muesli bars

by Will Greenwood

Makes 8

Spending as much time with my friends as I can helps me look after my mental health. I also find preparing ingredients, such as peeling and chopping, helps me relax. If I could talk to my younger self, I would remind them that mental health is very real and needs attention just like your physical health.

Preparation time: 5-20 minutes, plus chilling

Cooking time: 5 minutes

Ingredients:

- 150g unsalted butter, cubed
- 60g tahini
- 50g dark brown sugar
- 30g honey
- Pinch of flaky sea salt
- 200g rolled porridge oats
- 50g sesame seeds (black or white)
- 50g mixed seeds (we used pumpkin and sunflower)
- 50g mixed nuts, roughly chopped
- 75g dried fruit (we used cranberries and apricots)

Method:

- Line a 25cm x 20cm tin with non-stick greaseproof paper. Put the butter, tahini, sugar, honey and salt into a saucepan over a medium heat. Stir until everything has melted together, then set aside.
- In a large frying pan over a medium heat, toast the oats, sesame seeds, mixed seeds and nuts for three to four minutes, stirring constantly, until everything is starting to turn golden and smell toasty.
- Tip the toasted oat mixture and dried fruit into the melted butter mixture, then stir to combine until all the dry ingredients are coated. Press the mixture into the lined tin and flatten down with the back of a spoon (wet the spoon if it's sticking) until the top is flat and the mixture is evenly distributed.
- Cover and put in the fridge for three hours or overnight until set. Once set, remove from the tin and use a sharp knife to cut into eight rectangles.



Chocolate chunk banana pancakes with hazelnuts and maple syrup

Serves 2-3

by James Gillespie

Your mental health isn't something to feel embarrassed about. It isn't a weakness. It's learning about who you are and what makes you work. My struggles have taught me more about myself than I could ever imagine. My only regret is not being able to talk about it earlier. I take time for myself now, even if it's just an hour – it's amazing what a walk alone with some music can do. Realising how important food is to your health has been vital as well, and I don't just mean eating vegetables... the naughty food can be just as useful!

Preparation time:

10-25 minutes

Cooking time:

10 minutes

Ingredients:

- 180g self-raising flour
- ½ tsp baking powder
- Pinch of sea salt
- 1 very ripe banana, mashed
- 1 large egg
- 120ml whole milk
- 50g dark chocolate, roughly chopped
- Knob of butter

To serve:

- 1 ripe banana, sliced
- 50g hazelnuts, toasted and roughly chopped
- Maple syrup, to taste
- Dark chocolate, roughly chopped

Method:

• Combine the flour, baking powder and salt in a mixing bowl. In a jug, whisk the mashed banana, egg and milk together. Make a well in the dry ingredients and pour in the liquid, gently whisking together to create a smooth batter. Add the roughly chopped chocolate and mix again until evenly combined.

- Melt the knob of butter in a frying pan over a gentle heat. Add a few tablespoons of batter per pancake and cook for about one minute 30 seconds or until golden brown, before flipping onto the other side and cooking for the same amount of time. Repeat with the remaining batter, keeping the cooked pancakes warm until you're ready to serve.
- Plate up a stack of three to four pancakes per person and top with slices of fresh banana, a scattering of chopped toasted hazelnuts, a drizzle of maple syrup and some extra chopped chocolate if you like. Enjoy immediately.



Aubergine Parmigiana by Elizabeth Day

Serves 3-4

I'm a huge believer in the power of sleep, hydration, and exercise. I go through phases with meditation, but the two things that have really helped me recently are therapy and breathwork. I believe in what Beder stands for and in the positive mental health impact of delicious food.

Preparation time:

10-25 minutes

Cooking time: 50 minutes

Ingredients:

- Olive oil
- 1 red onion, finely chopped
- 3 cloves of garlic, finely chopped
- Sprinkle of chilli flakes
- 2 x 400g tins of chopped tomatoes
- 1 tsp oregano
- Handful of fresh basil, chopped
- 1 tbsp thick balsamic vinegar
- Sea salt and black pepper
- 3 large aubergines, cut into 5mm slices lengthways
- 75g parmesan, grated
- 100g mozzarella, sliced
- Fresh basil leaves

Method:

- Preheat the oven to 220°C/200°C fan/Gas Mark 7. Heat a little olive oil in saucepan over a medium heat and fry the onion for five-10 minutes until soft and translucent. Add the garlic and a sprinkle of chilli flakes and continue to cook for a further minute.
- Tip in the chopped tomatoes followed by the oregano, fresh basil and balsamic. Season generously with sea salt and black pepper, then bring to the boil. Reduce the heat and allow to simmer for about 20-25 minutes, or until the sauce has thickened.
- Meanwhile, pour some olive oil into a small dish and using a pastry brush, generously brush the aubergine slices with oil on each side. Heat a large frying pan over a medium heat and fry the slices in batches for about four to five minutes until softened and lightly browned on both sides. Be careful to not let the pan get too hot or the aubergine will char

before cooking through. Once cooked, transfer the aubergine to a plate lined with kitchen paper before repeating the process with the next batch.

- Spread one third of the tomato sauce over the bottom of a baking dish and sprinkle with parmesan. Lay half the aubergine slices on top, tightly and evenly packed, then add another sprinkle of parmesan. Repeat with the next third of tomato sauce, the remaining aubergines and more parmesan before finishing with a final layer of tomato sauce. Top with the remaining parmesan, sliced mozzarella and a few fresh basil leaves.
- Bake in the preheated oven for 30 minutes or until the tomato sauce is bubbling and the cheese has melted and browned. Remove from the oven and allow to cool for five minutes or so before topping with some more fresh basil leaves and a twist of black pepper. Serve immediately.



Eat With Beder, published by Meze Publishing, photography by Kimberly Espinel. Available at mezepublishing.co.uk, £24.99.



Baast YOUR EVERYTHING WITH COLLAGEN PEPTIDES

NaturesPlus Collagen Peptides is a unique, highly absorbable hydrolysed formula that provides all 6 major collagen types (I, II, III, IV, V & X), derived from clean sources, in a complete and powerful profile for exceptional whole-body benefits.

Looking for the best collagen supplement you can find? Choose clean, complete Collagen Peptides from NaturesPlus.

Visit your health food store today or go online



FAMILY
OWNED

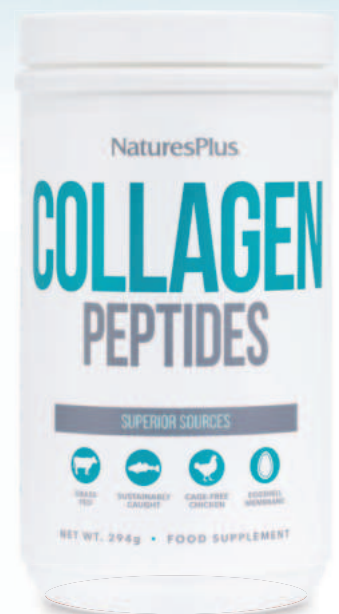


3RD PARTY
TESTED



CHARITY
SUPPORT

WWW.NATURESPUS.CO.UK



MORE THAN JUST A COUGH DROP

Made in Switzerland with 13 Swiss Alpine herbs.



Only natural
ingredients



Vegan

Ricola

SWISS  MADE

Find out more at [Ricola.com](https://www.Ricola.com)