

Natural Lifestyle

LOVE LIFE, LIVE WELL — NATURALLY

www.mynaturallifestyle.com

September 2021

The UK's
best
FREE
HEALTH
MAGAZINE

Get the
natural
glow

Cut the chemicals from
your cosmetics

Build your
defences

Your essential guide
to strengthening
immunity

ORGANIC,
EVERY DAY

THE BENEFITS OF
ORGANIC EXPLAINED

Plus

ESSENTIAL FAT FACTS • NATURAL LIFESTYLE GIVEAWAYS • NUTRITION
AND HEALTHY AGEING • HEALTHY RECIPES FOR CONVENIENCE

FREE

More than D-Mannose



Bladapure
bottles are
100% recyclable.



Bladapure is a unique food supplement which combines the effectiveness of D-Mannose with Organic prebiotic inulin, Organic cranberry and key nutrients to create an inhospitable environment for bacteria which can cause Cystitis and bladder discomfort.

Available in 100% active clean fill capsules or a delicious pure powder, Bladapure provides 100% active ingredients with no fillers, flavours, binding agents and includes organic ingredients where available to provide a pure and natural solution to help maintain a healthy urinary tract.

Available from all good health food stores.

LOVE LIFE, LIVE WELL — NATURALLY

Welcome



Our health has been under the spotlight for many months and understandably so; with the threat of a virus – and one that has caused so much destruction – it's natural to take steps to ensure our own health is in the best shape it can be. That explains why more people than ever are buying nutritional supplements in order to maintain good health.

One area that many of us have focused on is our immune health and for good reason; if your immune system is up to scratch, it is better able to fend off bugs, making you less likely to fall ill in the first place. And, as we come into the colder months, when more bugs are doing the rounds and greater numbers tend to fall ill, it's so important you give your immunity some consideration – are you eating well? Are you controlling your sugar intake (no friend to the immune system)? Could you be lacking in certain nutrients needed for immunity? And are you living a lifestyle that could be leaving you burnt out and more susceptible to illness? All of these are questions we address in our special feature on immune health. On page 16, we've assembled an expert panel to offer their tips and advice on

supporting immunity and reducing your risk of illness.

To support your health, we also have a collection of tasty and healthy recipes that can be batch cooked and frozen – all the goodness with the least amount of faff. And don't forget, you can win yourself a range of natural health goodies with our giveaways – turn to page 30 to enter.

Rachel Symonds,
Editor



THE BEST BITS

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



Sales Director, Ruth, took the family for a summer walk in the pretty Essex countryside.



Office mascot, Gus, took the job of prepping the next issue of *Natural Lifestyle* very seriously with our production whiz, Annabelle.



It was 18 miles of beautiful countryside running for Editor Rachel as she joined friends in her prep for the forthcoming Manchester Marathon.



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www.mynaturallifestyle.com

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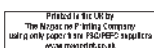
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Are you *REady* for the
new **RED** Yeast Rice range?



Terranova is introducing two new synergistic formulations of Red Yeast Rice, providing nutrients, botanicals and phytonutrients known for their potent contribution to health. They feature the patented red yeast rice AnkaScin 568-R® - an innovative fermented red yeast rice which is free of Monacolin K, but rich in two research-proven active compounds, monascin and ankaflavin.

- Contain NO Monacolin K or statins - compounds associated with poor health outcomes.
- Monascin & ankaflavin are backed by clinical studies for both safety and efficacy and are clinically proven to be even more effective than monacolin K, without the associated side-effects.
- Contains Alpha Lipoic Acid and Co-Q-10, two extensively researched natural antioxidant rich nutrients known for their potent contribution to health.
- Citrus Bergamot, responsible for the fragrance of earl grey tea, is a source of well-researched flavonoids such as neoeriodictin, neohesperidin and naringin.

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Terranova Nutrition

www.terranovahealth.com



TERRANOVA
SYNERGISTIC NUTRITION

HEART STRONG

The British Heart Foundation has joined a campaign to help the nation to better health.

We Are Undeatable has announced the British Heart Foundation is joining the initiative, which aims to support and inspire some of the 43 per cent of people in England who live with a health condition to get active in a way that works for them.

Its purpose is to support and encourage those with long-term health conditions to find ways to be active that work with their condition, not against them – with every achievement worthy of celebration, no matter how small.

Dr Charmaine Griffiths, Chief Executive at the British Heart Foundation, commented: "I am delighted the BHF is joining this partnership at a time when staying active and looking after your heart health has simply never been more important. As the people at the heart of this campaign demonstrate, you don't need to climb a mountain or spend hours in the gym to improve your health. Doing just a few minutes of activity every day, such as going for a short walk during your lunch break, can make all the difference to people with heart and circulatory diseases and other long-term conditions."

This year, We Are Undeatable has been focusing on helping people keep active, even while public facilities are closed. The Home Games has been a weekly virtual event with fun decathlon-based games tailored for people living with health conditions, led by Paralympians, Dame Sarah Storey and Lauren Rowles MBE.

The Home Games were developed following research from Sport England that revealed how over half (56 per cent) of people from across England who are living with a health condition are currently worried about leaving the house to be active during the pandemic, compared to fewer than two in five (39 per cent) of those without an existing condition.



Inside... HEALTH

Children inspire parents to try plant-based

A new survey has found that children are inspiring parents to try plant-based and become more eco-friendly.

According to a study of 2,000 Brits by plant-based food company, The Fry Family Food Co, over half of UK families now talk about the environment more than ever before, and 80 per cent have come away from these conversations feeling encouraged to do more to help reduce their environmental impact.

The study showed that one in three Brits are now making an effort to eat less meat in order to be more eco-friendly, as well as taking inspiration from other family members. In fact, 86 per cent of households with at least one vegetarian or vegan member are likely to discuss plant-based eating with loved ones.

Other family discussions focus on how everyone can do their bit to help slow the course of climate change, including using less plastic (45 per cent), reducing food waste (44 per cent) and being more conscientious with recycling (33 per cent).

Off the back of the findings, The Fry Family Food Co. has launched a downloadable sustainability guide, including simple tips for families to try at home to help make the household a little greener – from swapping chicken breasts for plant-based chicken-style strips, to installing a water butt for self-sufficient gardening.

Tammy Fry, International Marketing Director at The Fry Family Food Co, commented: "Making moves to be more environmentally conscious needn't be another line on an endless to-do list, which is why all the tips in our new sustainability guide take less than 10 minutes to execute. As a busy mum myself, I know how quickly the day can get away from you!

"Family dinner times play an important role in helping to create a more environmentally friendly future, but they're also a great place to discuss our thoughts, feelings and beliefs. In fact, we found over half of those surveyed agreed they learn more about their child and their views at the family kitchen table than at any other time."



NaturalLifestyle Retailer of the Year 2021

Proudly sponsored by



FINAL CALL FOR VOTES

Health store shoppers have just a few days left to nominate their store for a top award.

The *Natural Lifestyle* Retailer of the Year Awards, sponsored by Terranova Nutrition, is an annual celebration of the best independent health stores across the UK.

It has been a hugely challenging time for the nation's independent health food stores, which have played a key role in supporting the nation's health and wellbeing. That is why *Natural Lifestyle* has teamed up with Terranova to open the coveted Retailer of the Year Awards, to help give health food stores the recognition for all their hard work.

Readers are asked to nominate their local health food store, whether it's from their customer service and product knowledge to their involvement with their local community and window display.

Nominations close on September 15 and will be judged by *Natural Lifestyle* Editor, Rachel Symonds and other judges.

Stephen Terrass, Founder of Terranova, commented: "It's an honour for Terranova to sponsor this year's *Natural Lifestyle* Retailer of the Year Awards. Independent health food retailing is close to our heart, so to give something back to retailers who have delivered top-class service to their customers and community during such testing times is something we are incredible proud to be part of."

Nominate at www.mynaturallifestyle.co.uk

We love

LIFEPLAN RAINFOREST HONEY ACTIVE 10+ WITH LEMON AND D3 – derived from the unpopulated, unpolluted and protected Valdivian rainforest in Southern Chile, the bees use nectar for the honey from a variety of the world's oldest and native rainforest trees including Quillay, Tineo and Ulmo. The hives used by the bees are untreated and free from pesticides, providing pure honey. The rainforest environment is unaffected by the harvesting of this honey and by purchasing Rainforest Honey, it helps to support local, small beekeepers in the Valdivian Rainforest. Each batch is tested for its total activity in a certified laboratory.

NEW NORDIC C-IMMUNE – this high-dose vitamin C supplement has 800mg of pure ascorbic acid. Vitamin C is one of the substances that humans cannot make themselves. Therefore, vitamin C must be added through the diet or supplemented with a dietary supplement. Vitamin C is important for the body's immune system and is an important vitamin that is part of many processes in the body.

NaturalLifestyle

Retailer of the Year 2021



CHAMPIONING INDEPENDENT HEALTH STORES

HAS THIS STORE GONE THE EXTRA MILE FOR YOU?

The Natural Lifestyle Retailer of the Year Awards, sponsored by Terranova, are all about rewarding those health stores who have made a difference to you and your families' health.

They may have given you some invaluable health advice, have gone above and beyond for their community during the pandemic or maybe they just design a beautiful window display - whatever the reason, we want you to nominate them and give them the recognition they deserve.

NOMINATE AT:
[MYNATURALLIFESTYLE.CO.UK/AWARDS](https://mynaturallifestyle.co.uk/awards)

Deadline for entries: 15 September 2021

**NOMINATIONS
CLOSING
SOON**

Championing independent health stores.
mynaturallifestyle.co.uk/awards



Proudly sponsored by



TERRANOVA
SYNERGISTIC NUTRITION



Power your workout with Pilates

If you're curious about Pilates but not sure if it's for you, one expert is here to help.

Leading Pilates expert and founder of Power Pilates UK and Dynamic Pilates, Korin Nolan, explains that there is a Pilates class for everyone;

"For those who think they've tried Pilates and it's not for them, I always say you've just not found the right class for you. Beginner Pilates can be slow, and you may find yourself losing motivation, but learning the basic principles is super important. I teach a very 'dynamic' style of Pilates both on the mat and on the reformer, and you will most definitely come away having worked your butt off," she explained.

She also highlighted the benefits to your pelvic floor and tummy.

Korin advised: "In Pilates, pelvic floor muscles are in constant use. These help to improve your posture and give the illusion of a slimmer shape, it also helps you to connect with your deepest set of abdominals; the transverses, which wrap all the way around the spine. By working these muscles, rather than your superficial rectus abdominals (AKA the six pack), you will achieve far greater results in terms of strength for your body shape."

Korin also reminded that Pilates doesn't have to be high impact to be high intensity and you should focus on good technique and have fewer rest periods to make things more intense.

She added: "Pilates offers a great alternative to high impact forms of exercise. If cortisol (stress hormone) levels are already high, then super high intensity exercises might make things worse and increase them. This can leave you feeling fatigued and burnt out. This is not to say you shouldn't exercise if you're feeling stressed. Exercise can absolutely help to reduce stress, it's just about choosing the right type – less intense forms can help de-stress and reset body and mind."

Inside... LIFESTYLE



THE PLASTIC PLEDGE

Shop consciously with these plastic-free creations.

Lefrik's I Used to be a Plastic Bottle collection features backpacks made responsibly by extending the life of discarded plastic bottles and reducing the amount of virgin polyester used.

Using only two fabrics allows them to reduce their carbon footprint and increase production efficiency, and every bag is completely vegan, having been approved as vegan by PETA.

As part of its pledge to help the environment, it is part of 1% for the Planet, and last year, donated one per cent of all yearly revenue to two NGOs who tackle to find solutions to the world's plastic pollution problem.

MUM'S THE WORD

Getting back to some kind of exercise regime after having a baby requires time and consideration – and Total Fitness is here to help with the best postnatal exercises for new mums.

Steven Virtue, Fitness Development Manager at Total Fitness, shares some top tips on post-natal exercise, from when it is safe to start, to setting expectations and the best exercises to help you bounce back.

- **What to expect from post-natal exercise?** Holding a growing baby for nine months can lead to various different physical changes, from your hips widening to changes in your skin. When starting post-natal exercise, it is important to set realistic expectations. Trying to get your pre-natal body back is often unrealistic and can become an unattainable standard for many women, so try not to put any pressure on yourself. Accepting the changes your body has gone through is one of the most important things you can do.

- **When to start post-natal exercise?** Before diving in and enjoying all the benefits exercise has to offer, it is important to make sure you are ready to begin exercising again. Pregnancy and childbirth weaken your muscles, meaning they need time to repair after your pregnancy. Exercising too early, particularly in the first six weeks after giving birth, can disrupt this process, leading to further injury, which can have long-term effects. Therefore, it is advised you seek the advice of your doctor before beginning post-natal exercise.

- **Which post-natal exercises are the best?** Whilst any form of exercise will help you to lose weight, there are some exercises that are particularly effective for women after pregnancy. Pregnancy and childbirth can weaken your abdominal wall. Weak abdominal muscles can lead to lower back pain later in life. However, some simple abdominal workouts can help to strengthen your abdominal wall, lowering the risk of injury and helping to tone up your abs. Common ab exercises like sit-ups, crunches and toe touches are all easy and effective ways to work out your abdominal wall and strengthen your abs. Whilst pregnant, your baby is supported partially by your pelvis. This pressure can weaken your pelvic floor, which can lead to the weakening of bladder control during and after pregnancy. Often referred to as Kegel exercises, these help to strengthen your pelvic floor. You should aim to tense your pelvic floor muscles on and off for a few short periods, tensing for a few seconds each time. Yoga comprises both physical and mental benefits, making it a perfect post-natal exercise, and walking is a great form of low-intensity exercise. Walking is very versatile as you can choose your route based on the difficulty you're looking for. Whether you're on a quiet stroll through your local park or climbing up a tall hill, walking is effective to increase your heart rate and lose fat.



ORGANIC YOUR SEPTEMBER

Make positive changes this September, switch to organic!



Fall in love with your hair

Plant-based hair dye that really works. Choose from 12 lively shades of vibrant blondes, rich reds and glossy browns. Each shade gives you vibrant colour, extra volume and shine, plus your hair stays damage free. Intense conditioning ingredients such as organic cassia, chamomile and fenugreek add protection to the hair, preventing split ends and building thicker hair.

www.ayluna.co.uk | £12.90

Healthy, shiny hair

The benecos Natural Apricot and Elderflower Shampoo smells delicious and is great for your hair! It is packed with natural and organic ingredients to help cleanse your hair and scalp whilst keeping it healthy and feeling great. Enriched with organic apple juice, nettle root extract and elderberry to promote healthy shiny hair. This gentle and mild shampoo is suitable for all hair types.

www.benecos.uk | £5.95



All you need is Love!

Say hello to the refreshing quartet of Love Soaps by the popular zero waste brand Ben & Anna. Available in Lemongrass, Oriental Magic, Very Berry or Elmwood, these solid shower soaps will give a feeling of freshness and moisture to your skin while at the same time provide intense nourishment for your hair. Always 100% natural ingredients, vegan and eco-friendly packaging, these soaps are a must have for your bathroom.

www.benandanna.uk | From £6.95



Let the freshness explode

Whether you're working up a sweat at the gym or had a stressful day at work, this Natural and Strong Cream Deodorant is ideal for preventing unpleasant body odour. Enriched with organic ginseng and natural minerals to ensure freshness and protection for 48hours. The soft deodorant cream melts into the underarm skin effortlessly and is perfect for daily use. Shea butter nourishes and cares for the delicate underarm skin, soothes redness and gives you the feeling of smooth skin.

www.lavera.co.uk | £10.95



Your beauty companion

Need a luxurious moisturiser for your face. The Fair Squared Hydro Protect 24 Hours Cream has a balanced composition of argan oil, olive oil and apricot kernel oil sourced from our Fairtrade partners across the globe. Argan oil and olive oil are both excellent sources of vitamin E and antioxidants to provide long-lasting moisture without feeling greasy.

www.fairsquared.co.uk | £27.25



Must have muscle care

Sooth tired and aching muscles with this treat from Tisserand.

Muscle Ease Bath Oil is described as a little lap of luxury to help soothe lethargic limbs and revive achy joints.

The oil is a warming blend which combines 100 per cent natural pure ginger, lemongrass and rosemary essential oils to help support the body and mind. In addition to being infused with a stimulating scent, the hydrating formula is rich in antioxidants and omega 6 and 9 fatty acids.

For immediate relief at the end of a long day, add one to two capfuls to running water and soak in the restorative scent for at least 20 minutes. Follow with the Muscle Ease Massage & Body Oil, which can be massaged into achy shoulders that feel tense after a day in front of a screen, or rubbed into the soles of feet for a little extra TLC.



GOING FOR GOLD

A natural skincare brand has demonstrated the beneficial effects of its range by scooping two awards.

Skin:genius – a small British beauty brand based in Horsham, Sussex – has won two skincare awards in quick succession for its All's Well That Gels Well Leave-on Purifying Gel. First, it won Gold in the Best Skin Serum category of the Green Parent Natural Beauty Awards 2021 and just a week later, was awarded Bronze in the Best Problem Skin Product category of the Free From Skincare Awards 2021.

Skin:genius products are 100 per cent natural, organic and vegan. Packed with antibacterial ingredients, they tackle the bacteria which commonly cause acne to help eliminate and prevent spots. Calming ingredients full of essential antioxidants, vitamins and minerals, reduce inflammation and redness while the soothing ingredients aid with recovery and soften the affected area.



Inside... BEAUTY



Love your skin

Lighten your chemical and plastic load with these new creations from Ben & Anna.

The new Love Soaps Collection is 100 per cent vegan and zero waste, formulated for hair and body, using natural ingredients to cleanse and condition.

There are four varieties, including Lemongrass Nourishing Shampoo, a solid hair soap that is gently caring with a fresh scent of lemon grass and vanilla. The nourishing shampoo with cocoa butter and curcuma cleans hair and scalp gently, giving back moisture and shine to dry and stressed hair.

There is also Oriental Magic Shower & Shampoo Kombi, a mild, honey-yellow shower and shampoo combo with cocoa butter and a herbal oriental scent. There is also Very Berry Hair Conditioner, and Elmwood Shower & Shampoo Combo.

All products are certified by NaTrue and registered with the Vegan Society

THE NATURAL SWITCH

If you have thought about switching your deodorant to a natural option but are worried it might not work as well, one expert is here to dispel some myths.

Laurie Hooper, co-founder of The Natural Deodorant Co, busted some of the misconceptions, including:

- I need to go through a detox phase when I start using natural deodorant:** Most people switch seamlessly to our natural deodorants with absolutely no 'detox' phase. This term is not based on science, because we do not detox via our sweat glands.
- Underarm masks will help me transition to natural deodorant:** You can't detox via your underarms, only your liver and kidneys can do that. Applying clay to underarm skin may make it softer, but it cannot draw out deposits from your sweat glands. You should not need to transition to a natural deodorant if the formula is effective.
- Natural deodorants aren't as effective as regular deodorants and I'll need to reapply throughout the day:** Who has the time or wants to reapply deodorant throughout the day? Any good deodorant will keep you fresh all day long without the need to reapply. We use magnesium and white clay to eliminate bacteria and absorb wetness from the first application. We also include powerful natural antibacterial plant extracts in every formula to ensure that you can switch seamlessly to our deodorants without breaking a sweat.
- I smell too bad to use natural deodorant – they just aren't powerful enough:** You may be unwittingly making body odour worse with certain foods, such as spices, medication and even the types of fabrics you wear. It might be worth experimenting (not with meds) to see if certain foods/fabrics alleviate the issue. Garlic and onion have both been shown to make sweat smell unpleasant due to their high levels of sulfuric acid. Ditch the polyester and go for lightweight, breathable cotton.
- We can sweat out toxins:** No, we can't. Well, not in any sort of noticeable way. In fact, sweat is mainly made up of 99 per cent water and one per cent carbohydrates, salt, proteins and urea.
- I need a transition period to switch from regular to natural:** Many brands say that there's a transition period. Not us. We don't believe anyone should have to purchase a deodorant, only to be told it might not be effective from day one.



NATURAL LIFESTYLE'S Top Picks



Improve joint health - naturally

For stronger joints and increased mobility ... it's got to be Collagen Plus. This award-winning 3-in-1 collagen supplement offers an unrivalled level of collagen, glucosamine and chondroitin. These key ingredients combine to keep connective tissue flexible and enable bones and cartilage to bear weight. From the age of 25, collagen levels reduce around 1.5% every year. Joints stiffen and, by 45, collagen can reduce by 30%.

Collagen Plus provides a natural route to better joint health. Available from all good independent health food stores. Visit www.arthrovite.com or call a collagen expert on 0800 0181 282.

Certified organic protection from UV rays and ageing in one handy tube.

Ideal for daily moisturising, ORGANii's SPF15 Facial Sun Cream effectively protects from UVA and UVB rays while moisturising and hydrating skin to reduce the appearance of wrinkles.

This mineral sun protection is formulated with non-nano Zinc Oxide and Titanium Dioxide which create a protective shield over this skin, reflecting UV rays. Skin-loving organic Argan, Coconut Jojoba and Karanja oils nourish the skin while Carrot Root Extract and Hyaluronic Acid aid cell regeneration and production and Vitamin E defends against free radicals. Plus it is certified organic, vegan and cruelty free too!

RRP £14.95 www.organii.uk



Power Up: Day time nootropic

Developed by brain health scientists, Power Up keeps your brain performing at its best. Its unique formula supports energy, maximises focus and helps you power through your day with good mood, confidence and drive. Iron Bisglycinate, Gotu Kola, Nicotinamide Riboside, L-Tyrosine, Biotin, and quick-absorption Vitamin B6 and B5 can aid mental clarity and support strong mental performance. B Vitamins, Korean Panax Ginseng, Organic Lion's Mane Mushroom and L-Taurine are all included for optimal mood, all day. Every ingredient in Power Up is deeply grounded in nutritional science with excellent human clinical results and is safe for long term use. There are no unsafe stimulants and there is no caffeine in Power Up. Suitable for Vegans & Vegetarians.

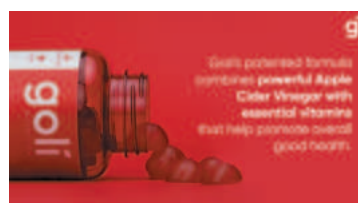
www.motionnutrition.com



Goli Gummies

Apple Cider Vinegar into your daily routine. Don't forget Goli's newest gummy the Ashwagandha gummy made with the world's best Ashwagandha, KSM-66

www.blukoo.com



Organic Nail Oil

Our Organic Nail & Cuticle Oil has been specially formulated to nourish, protect, and strengthen nails. With a synergy of essential oils including Tea Tree, Lemon, and Oregano, blended into a nourishing base of Sweet Almond oil and antibacterial Neem. This beautiful blend encourages healthy nail growth, reduces brittleness, and helps to banish ragged cuticles. A must-have for keeping your nails looking and feeling at their best, suitable for use on both toenails and fingernails. Our Organic Nail & Cuticle Oil is certified 100% Organic by the Soil Association, none of our products are tested on animals and all are free from GM materials.

www.absolute-aromas.com



Organic, your way

Whether it's fresh produce or your usual skincare products, you can easily make the switch to organic – for you and for the planet.

Never before have we Brits spent so much on organic products, with data revealing we were buying a collective £50m of organic each week in 2020. And far from being a fad, there's a whole host of good reasons why organic is beneficial for us, for animal welfare and for the planet.

And, as we arrive in September, now is the time to be inspired as it is during this month that we see the annual Organic September campaign, shining a light on its many benefits and making it easier for you to shop organic.

TRY THIS

Suma Organic Young Jackfruit Chunks

ORGANii Hand Gel

Viridian Nutrition 100% Organic Black Seed Oil

Organico Brown Penne

Absolute Aromas Organic Nail and Cuticle Oil

The reason why

According to the Soil Association, which is a UK organic certifier, organic is a system of farming and food production. Organic farmers aim to produce high-quality food, using methods that benefit our whole food system, from people to planet, plant health to animal welfare.

Organic farmers work to a strict set of standards, which must legally comply with strict EU regulation, to ensure that their farms sustain the health of soils, ecosystems, animals and people.

Speaking generally, organic, whether it's the food and drink you consume, the products you put on your skin, even the clothes you wear, will:

- Support biodiversity and wildlife – healthy wildlife populations can help control pests; farmers encourage birds, beetles and other beneficial insects (like ladybirds) on to their farms to eat pests like aphids, slugs and caterpillars.
- Help to combat climate change.
- Boast the highest standards of animal welfare – every aspect of welfare is covered under organic standards, from living conditions and feed, to their transportation and humane slaughter.
- Benefit from reduced exposure to pesticides – instead of relying on pesticides, organic farmers aim to create a natural balance between plants and animals to prevent pests.

Dispelling myths

Organic has traditionally been seen as an expensive, elitist product category to buy, and there's no doubt that in years gone by, that has been the case. But as more of us buy organic, there are more brands selling organic, which means prices have become more competitive; certainly in areas such as fresh produce and dairy, the prices are comparable with non-organic. But it's also important to remember it may cost a little more because of the extra standards that farmers go through to be certified organic.

And you need not replace all your products with organic (unless you want to); just switching some of your shopping to organic can help add up to a lot if we all make changes as greater demand means more organic farms, and greater benefits to our environment.

The best place to discover the world of organic is in your local health store as they will have the widest range, and stock reputable brands. And be sure to look for products that are certified organic, such as by the Soil Association or other certification bodies, as you can be sure it has adhered to all the required standards.

Vegan Miracle Fajita Strips, A Must Try...

No deforestation No refrigeration Certified organic

Organico

It's Soya Good!
organicorealfoods.com



There are many paths to calm



Calm,
but focused



Calm,
but balanced



Calm,
but sleepy

Daily Mail

Forbes

MensHealth

WomensHealth

Esquire

The Guardian

MOTION
NUTRITION

02036031119

hello@motionnutrition.com

motionnutrition.com

Your immune toolkit

With the summer drawing to a close and the colder weather on the way, it's important you support your immune system – and here to help is this selection of natural health supplements.



The gut and immunity

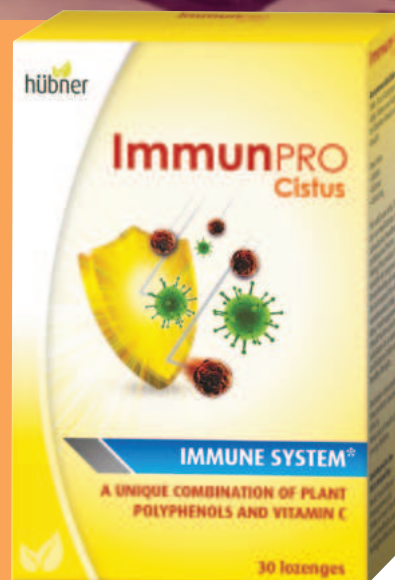
Immunix3 is a three-fold immune focused supplement, which works by strengthening the gut, as well as providing beta glucans to improve immune response and vitamin D and zinc to prevent oxidative stress on cells.

It can be chewed, swallowed or sucked so it's ready when you are!

Boost your protection

The active ingredient in Hübner's ImmunPRO Cistus has been shown to create a physical barrier in the mouth and throat against viruses. Cistus villosus is naturally rich in tannins (polyphenols), which, due to their large molecular structure, are not reabsorbed, but instead form a protective film that prevents viruses from penetrating the mucous membrane of the mouth, preventing a virus docking with host cells.

Taken whenever the body is at increased risk of infection, especially when travelling in close contact with people.



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Strath liquid has been the go-to supplement for over 60 years and has been subject to numerous clinical studies, which have demonstrated its incredible effect on physical performance, nutritional uptake and energy and vitality.

It's worth a look online to see how people have benefited from it as it's one of the highest rated natural supplements.

Immune power

Virillin is a new immune supporting supplement, which has been formulated by Dr John Briffa, a medical doctor and health expert with 30 years' experience in natural medicine.

The supplement contains *Andrographis paniculata*, black elderberry and a special combination of zinc and vitamin C. It can be taken daily to strengthen the body's natural defences or twice daily if there is an active infection.



Products are available from health stores across the UK

FATS IN FOCUS

Not all fats are bad, and we need to make sure we're getting enough of the good kind for a range of health reasons.

Fats have been given a bad name over the years as people shun them for fear of putting on weight. But we must remember there are many different types of fats and the essential ones – as their name indicates – are absolutely critical.

Yet our tendency to avoid fats means we can be lacking in adequate levels of essential ones, especially if we don't eat much in the way of oily fish, one of the best sources.

ESSENTIAL FATS EXPLAINED

Deemed essential, these fats are crucial for our health in so many ways, but cannot be made in the body. This means you have to obtain them from the diet or supplements – and ideally, a mix of both.

There are two groups of fats considered essential – omega 3 and 6 – and we need these in the right ratio to be beneficial. The beneficial fats within these two categories include:

- **Omega 3** – eicosapentaenoic acid, known as EPA, and docosahexaenoic acid or DHA, are the most important of the fats. These omega 3 fats play a crucial role in reducing inflammation, and are considered important for the heart, the joints, and the brain, a healthy nervous system, among much more. Low levels have also been linked to raised risk of postnatal depression.
- **Omega 6** – linoleic acid (LA), gamma linoleic acid (GLA) and arachadonic acid (AA) are perhaps the most widely known omega 6 fats. These play a role in inflammation and in brain cell regeneration.

EATING FATS

Fats are found in all kinds of foods, so it's relatively easy to obtain omega 3 and 6 from diet, if you are conscious of including these foods.

The best source of omega 3 is oily fish, such as salmon, trout and mackerel, as well as from nuts including walnuts and almonds. It can also be found in algae.

When it comes to omega 6, you can find these in sunflower oil, evening primrose oil, while ALA is also in nuts, flaxseeds, pumpkin seeds and chia seeds.

We can be lacking in essential fats if we consume an unhealthy diet filled with trans fats, usually contained in processed food, sugary foods, and the likes of margarine. Generally speaking, the western diet has a lot of omega 6 and not enough omega 3, which means you may need to balance this with a supplement.

TRY THIS

Terranova Omega 3, 6, 7, 9
Oil Blend

Patrick Holford
Essential Omegas

Good Health Naturally
The Krill Miracle

HealthAid Flax
Seed Oil

BioCare Mega EPA

CHOOSING A SUPPLEMENT

Many people choose to add in an essential fat supplement, and this is a good idea if you are concerned you might not be getting enough through the diet.

There are a variety of sources that an essential fat supplement will be made with, including:

- **FISH OIL** – this is the most common source for an omega 3 supplement but be sure to choose one that comes from sustainable sources, and ideally is cold-pressed and purified, meaning it is free of contaminants from polluted water. You can also find organic fish oil, which will ensure it has adhered to certain standards.
- **KRILL** – these crustaceans contain EPA and DHA, which are carried by easily absorbable phospholipids – meaning your body takes on more of the essential fats.
- **EVENING PRIMROSE** – this has long been used as a source of omega 6 GLA, especially for women as it can be balancing for hormones.
- **FLAX** – this is a good choice for a vegan essential fats supplement, as is hemp as the source. When choosing any essential fat supplement, be sure it is certified vegan.
- **BLACK SEED OIL** – this contains omega 6, as well as omega 9, which is an equally beneficial fat.



IMMUNE

DEFENDERS

Build your immune system to help defend yourself against winter bugs.

As we head towards the colder months, we see a rise in the amount of winter bugs such as colds doing the rounds. At the same time, we are outdoors less, meaning our levels of the immune nutrient, vitamin D, can fall. Diets can also change and be less healthy; for all these reasons, the colder months are the time to really shine a light on your immune system.

Jenny Carson, Technical Manager at Viridian Nutrition, explained how big a problem it is: "It is considered that three per cent of western populations have lowered immune function. For every substance that enters the body, immune function assesses the risk posed by the substance. Therefore, when a toxin, such as air pollution, is absorbed, the immune system is activated to assess the response that is necessary. Subsequently, toxins are found throughout processed foods, body care products, deodorants, make-up and cleaning products."

Keeley Berry, Nutritional Expert and Product Development Technologist at BetterYou, added: "Our immune system is quite simply essential for survival and without it, we are vulnerable to harmful bacteria, viruses, and diseases, so we should all take steps to maintain optimum immunity all year round, rather than taking an ad hoc approach where we only focus on it during select months of the year."

And nutrition expert and author, Patrick Holford, pointed out: "It is important to keep the immune system in balance and at peace. It is only when the immune system does wrong and does not recognise itself anymore that auto-immune diseases occur."

SPOT LOW IMMUNITY

Many of us can experience low immunity, and there are some obvious reasons.

Catherine Gorman, Nutritionist and Health Coach at Good Health Naturally, explained: "Low immunity can be fairly common. It can be the result of underlying health conditions, such as cancer, diabetes, liver or kidney disease, alcoholism or it can be brought on by periods of stress, poor diet, overindulgence, and lack of sleep."

Dr Marilyn Glenville PhD added: "Stress can be a big factor that unfortunately impacts every aspect of your health, spanning digestion to skin issues and from hormones to immune function. Knock-on effects can include recurrent coughs and colds, thrush, cystitis, mouth ulcers and just generally feeling unwell and tired all the time. You also become more susceptible to infections."

Adrienne Benjamin, Nutritionist and Marketing Manager at ProVen Probiotics, explained the science behind lowered immunity.

- **Primary immune deficiency** – when somebody is born with a weakened immune system. This is extremely rare.
- **Acquired immune deficiency** – from a disease (such as diabetes or HIV) or medication (such as chemotherapy) that lowers the immune system.
- **Over-active immune system** – examples include allergies, such as asthma, eczema and allergic rhinitis.
- **Autoimmune disease** – when a person's immune system attacks itself."

Be aware of the role of the gut, with Adrienne adding: "As more than 80 per cent of our immune cells are found in our gut, poor digestive health, and particularly an imbalanced microbiome, has a direct influence on our immune health."

Oliver Briggs, founder of supplement brand, Healthstrong, added: "The traditional Western diet is full of processed foods, salt and sugar and starch, which all interfere with the microbiome eco system and it is low in fibre, which is required to feed the healthy bacteria that reside there."

And what effect can lowered immunity have?

Theresa Cutts, Nutritional Consultant at Allicinmax, advised: "Anyone with a compromised immune system is more likely to pick up infections and any bugs doing the rounds. Wounds can be slow to heal, and the digestive system might be struggling to function properly. This, in turn, puts extra pressure on the immune system as the body fights each new illness."

Jenny added: "Immune activation requires a huge amount of energy. Subsequently, when immune function is undernourished or activated long-term, it creates an energy deficit with subsequent fatigue, which can create brain fog and affect mood. Those with a weak immune system may be more likely to experience autoimmune disorders, inflammation, blood disorders and digestive issues."

Try this

- ★ A.Vogel Echinaforce
- ★ New Nordic Active Immune
- ★ AltrientC Liposomal Vitamin C
- ★ Natural Health Practice Immune Nutrition Support
- ★ Nature's Answer Sambucas

VITAL VITAMINS

Certain vitamins are very important for a healthy immune system.

Catherine advised: "Vitamin D is known as the sunshine vitamin because our primary source is from UVB sun rays onto our skin. Food sources include oily fish, egg yolks and mushrooms. More and more research shows it plays a crucial role in immunity. But there is concern most people are not getting enough in their diet, or from the sun. Supplementing may be the best option."

Keeley added: "I recommend that everyone monitor their vitamin D status all-year round, though it's particularly crucial as we lose sunlight in September and move into the autumn and winter. Pinpointing your vitamin D status will determine how much your body requires and will allow you to make an informed decision about supplementation needs."

Let's also remember vitamin C.

Jenny advised: "Studies reported that 1000-2000mg of vitamin C daily reduced the duration of the common cold in adults. And for those who want a natural vitamin C, acerola cherry is a potent source that delivers up to 30 times more vitamin C than oranges."

And Oliver added: "Vitamin A can help to regulate the immune system and support our first line of defence, including skin, mucous membranes, mouth.

IMMUNITY EATING

What you eat can affect immunity so it pays to think of your diet.

Keeley pointed out: "Academics have recognised the effect of malnourishment and how those of us that do not, or are unable to, maintain a healthy diet are more vulnerable to infection. What's more, many of us tend to alter our eating habits between the spring/summer and autumn/winter months, opting for comfort foods that may influence the amount of immune-boosting nutrients we consume. This can not only affect our immune system's ability to fight infection, but can increase our vulnerability to bacteria and viruses."

Catherine added: "Eating a poor diet means the body may not be getting all the immune supporting nutrients it needs, such as vitamin C, zinc and selenium. Too much processed food, sugary snacks and starchy carbohydrates can lead to chronic inflammation, which can weaken defences against pathogens. Fibre and fermented foods such as kefir, kombucha and sauerkraut will help keep our gut bacteria happy."

Dr Glenville continued: "Eat a diet full of fresh, seasonal ingredients, an abundance of dark green leafy vegetables and bright colours including beetroot, berries, butternut squash and tomatoes. These contain immune supporting antioxidants like beta carotene and vitamin E. Nuts and seeds and whole grains are rich in zinc, which helps increase the immune supporting effects. Plenty of oats, barley and organic mushrooms are helpful as they contain beta-glucans, which have a positive effect on the immune system."

Adrienne went on: "Protein is vital in the production of all compounds in the body, including immune cells – ensure that every meal and snack contains healthy protein such as lean meat, fish, nuts, seeds, beans and pulses. Essential fatty acids are also an important part as they form a key part of maintaining healthy cell membranes throughout our body and help to reduce inflammation. Oily fish, seeds and seed oils provide good levels of omega 3 essential fatty acids."

Oliver added: "Stay hydrated with herb teas, such as lemon, ginger, echinacea, alkaline water, bone broths and cranberry juice, which can support the cells which line the gut and is antibacterial. Just ensure there are no added sugar/sweeteners. Reduce inflammatory omega 6 vegetable oils, eat healthier fats and ensure there is a good omega3:6 balance."

And Patrick suggested: "Have two servings of beans, lentils, quinoa, tofu, or seed vegetables a day for protein or one serving of fish or free-range chicken. Include both grains and beans/lentils in your daily diet to increase protein quality if you are vegetarian. . Eat at least one heaped tbsp of ground seeds or one tbsp of cold pressed seed oil a day."

Jenny reminded of the need for a healthy lifestyle.

"Sleep is when our body revitalises itself, detoxifies and heals, so a good night of sleep most days is necessary," she commented. "Regular exercise and outdoor activities trigger a cascade of events that contribute to wellbeing and immunity. Plus, low intensity exercise is a good option for those who are suffering with stress."

BOOST NUTRIENT LEVELS

Away from the already mentioned vitamins, you need to ensure enough specific nutrients for immune health:

• **Zinc:** Jenny advised: "A study reported that supplementing with zinc within 24 hours from the onset of symptoms of the common cold halved the risk of the cold being present one week later."

• **EpiCor:** Catherine explained: "EpiCor is a dietary supplement derived from the yeast, *Saccharomyces cerevisiae*. It has been shown to modulate the immune system and increase antioxidant levels in the blood. One study has demonstrated its ability to reduce cold and 'flu-like symptoms'."

• **Beta glucans:** "A beneficial polysaccharide found in mushrooms and oats; 1-3, 1-6 beta glucans are known to prime the immune system at a dose of 250mg daily for adults. The priming effect is considered useful in the prevention of colds and 'flu,' Jenny explained."

• **Garlic:** Theresa advised: "Research shows us that one of the main active principles, allicin, is the key. Look for supplements that contain stabilised allicin, rather than 'allicin potential.' The stabilised form will give you a measure amount rather than

what you may be able to produce from the tablet or capsule."

• **Larch arabinogalactan:** "This is an excellent source of dietary fibre which can help increase levels of beneficial gut bacteria, such as *Bifidobacteria* and *Lactobacillus*. Studies show it can help to stimulate the abilities of natural killer cells and enhance other aspects of the immune system," Catherine explained.

• **Elderberry:** "This wonderberry is rich in polyphenols and oligo-proanthocyanidins – plant-based nutrients reported to be responsible for providing immune support. Two clinical studies reported that elderberry extract taken in the first few days of infection and continued for at least five days significantly reduced 'flu symptoms,' Jenny suggested."

• **Probiotics:** "A good broad-spectrum probiotic would be a valuable addition to any regime," Theresa suggested."

• **Olive leaf extract:** Theresa explained: "The active principles in olive leaf have been shown to be antiviral and antibacterial. I prefer a liquid made from fresh leaf that has high polyphenol levels rather than a dried extract."

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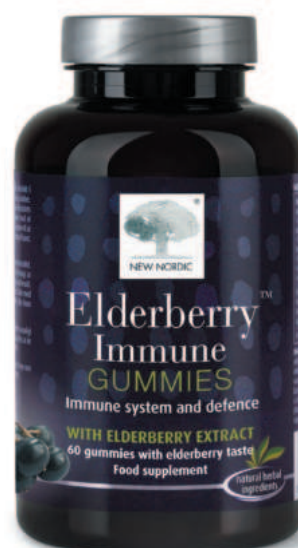
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Ask the experts

HEALTHY AGEING ADVICE...

by Catherine Gorman

What nutrient deficiencies can people face as they get older?

Ageing has been linked to a number of deficiencies, in particular, vitamin B12; low levels may contribute to poor energy, anaemia, depression and even dementia. It's mainly found in animal produce, but older meat-eaters may struggle absorbing it. We need good stomach acid to release it from food, but, as we age, we produce less acid, which can also affect the absorption of calcium, iron and magnesium too.

Vitamin D is another to consider. The best source is sunlight, but older skin loses the ability to synthesise it. Also, coenzyme Q10, an antioxidant which plays an important role in energy production, is made naturally in the body, but levels tend to decline with age.

Can you suggest a diet and lifestyle plan designed for healthy ageing?

Include plenty of quality protein such as eggs, lean meat, wild fish, tofu, pulses and beans. Research shows it helps maintain muscle mass. Healthy fats are important too, especially omega 3 fatty acids found in oily fish, nuts and seeds, which can protect against age-related diseases like dementia, arthritis, and macular degeneration. Eat a variety of colourful vegetables and fruit too, packed full of vitamins, minerals, antioxidants and phytonutrients.

As far as the brain is concerned, it really is a case of use it or lose it so try stimulating activities such as reading, crosswords, sudoku, and

learning new skills. Keep active to maintain strength and flexibility. Aim for eight hours sleep; this is a crucial time for cellular repair and processing the events of the day.

And what supplements do you consider crucial as we get older?

Consider supplementing with B vitamins, vitamin D, CoQ10 and omega 3 to prevent deficiencies, and a natural anti-inflammatory like the proteolytic enzyme, serrapeptase, or curcumin, which also has antioxidant benefits.

Digestive enzymes and probiotics can improve gut health. Vitamin C is crucial for immunity and studies show it can increase collagen production, critical for joint and skin health. Collagen is also available in supplemental form. For men, saw palmetto can help support prostate health.



Q I suffer with recurrent cystitis and don't want to keep taking medication – is there anything more natural that can help?

Mark McCarty advised: UTIs are the most common bacterial infection to affect women, accounting for over 25 per cent of all infections. Approximately 60 per cent of women will suffer a UTI in their lifetime.

The most common cause is from the *E.coli*

bacteria, which colonises in the bladder and attaches to the bladder wall, which causes pain and discomfort during passing urine.

D mannose has become one of the most effective treatments for UTIs as it attracts the bacteria to it from the bladder wall, allowing its natural excretion in urine. Consuming at least 1.5-two litres of water is crucial to avoid infrequent urination, which can allow bacteria to multiply.

Minerals such as magnesium and zinc can reduce the PH value in the bladder, which is beneficial as pathogenic bacteria thrive in acidic environments, thus dramatically increasing the

speed the *E.coli* multiplies. Cranberry in powder or extract form can also be helpful as it reduces the adhesion of bacteria to the bladder wall where they can borrow into the bladder walls. It's understood that antibiotics can cause the bacteria to create a biofilm over them, which stops the antibiotic being effective. Once the treatment has finished, the bacteria can reappear, causing a recurrence of cystitis.

Good intestinal flora can also reduce out breaks so prebiotic inulin and live cultures are also worth adding to the diet to reduce the likelihood of *E.coli* reaching the bladder.

About the experts



CATHERINE GORMAN is a Nutritionist and Health Coach at the supplement brand, Good Health Naturally.



HELEN DRAKE is a Nutritional Therapist and Technical and Product Training Manager at supplement brand, Cytoplan. Helen has a BSc (Hons) in Biological Sciences and a Diploma in Nutritional Therapy from the College of Naturopathic Medicine. She is currently working towards an MSc in Transdisciplinary Practice.



Mark McCarty has worked in the natural health industry for 35 years, helping develop many leading brands. He is the co-founder of World Foods Brand Management, which distributes the Bladapure brand to health food stores.



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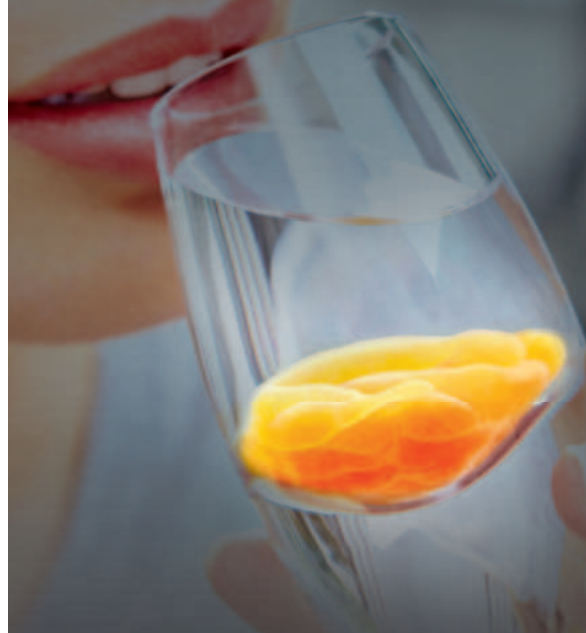


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Ask the experts



Q Should I still be thinking about sun protection during the colder months and what would you recommend?

Graeme Hume suggested: The risk of skin damage from UV rays is present year-round, so while you may be used to applying sunscreen in summer, it is still important to ensure you are protected in the colder months too.

You may not notice the burning but the damage to our skin is still happening, and the same UV rays that can lead to skin cancer are also ageing our skin, damaging the elastin and collagen fibres (which make skin supple and firm) and causing a loss of tightness, along with wrinkles and fine lines. Of course, it is still important to get enough vitamin D, so using a lower SPF in winter than you would in summer will allow for this. Remember, a SPF15 will block around 92 per cent of UVB radiation (while an SPF50 blocks around 98 per cent).

We recommend applying a mineral SPF that protects against both UVA and UVB rays as part of your morning routine, ensuring you cover your face, neck, ears and hands as these are the most visible in the colder months. Look for options such as SPF15 anti-ageing facial sun cream, which should be packed with moisturising and anti-ageing ingredients so you can benefit twice from the one application and make sure to avoid brands that add in synthetic ingredients that can disrupt hormone balances and cause environmental damage.



FOCUS ON FERTILITY...

by Helen Drake

What are the most important nutritional factors that can affect fertility?

There are multiple things that can influence fertility, including hormonal regulation, adequate egg formation, and healthy uterine lining formation, not to mention those which are important for maintaining a healthy pregnancy and support the health of the baby, particularly supporting immune digestive function. Therefore, optimum levels of all nutrients are important.

Can you suggest a healthy diet to increase chances of conception?

To support preconception health, it is important to consider a diet that focuses on gut and liver health, which are responsible for the excretion of waste hormones. When they are under stress, the excretion of these hormones can be impaired, which can lead to hormone dysregulation, particularly oestrogen dominance, and can affect fertility.

A diet rich in fibre from vegetables and fruit (six to eight veg and one to two fruit per day) is advisable, including foods which support liver function such as onion, garlic, broccoli, kale, artichoke and lemon. When we consume foods high in sugar or refined carbohydrates, this can increase insulin levels and this, in turn, can affect reproductive hormone control, therefore regulating blood sugar by eating fibre with lean

protein (eggs, fish, organic meat, legumes, nuts and seeds) and healthy fats (oily fish, olive oil, avocado, nuts and seeds), which also support the health of egg membranes. It is also advisable to avoid heavily processed food and opt for organic where possible.

And what supplements are important for supporting fertility

A multivitamin and mineral relevant for preconception is ideal. Some of the other most important nutrients for fertility include:

- **B6, selenium and zinc** – important for reproductive hormone production.
- **Folate** – associated with a reduced risk of spina bifida.
- **Vitamin C and E** – antioxidants which have been shown to support cellular growth and the health of the egg.
- **Omega 3 fatty acids** – support the integrity and structure of oocyte (egg).
- **Live bacteria supplement** – to support digestive function but also can influence immune health of baby.
- **Omega 3** – vegan omega 3 fatty acids from marine algae are a good idea as have a higher DHA content, which is the predominant omega 3 found in the brain and therefore supportive for the cognitive development of the baby. Avoid cod liver oil as it is high in heavy metals.

“CNM has been the launchpad for my career change”

Rebecca Bonneteau, CNM Nutrition and Naturopath Graduate, explains the impact CNM training has had.

I studied at CNM to learn about the body so I could fix mine!

My experience at the College of Naturopathic Medicine (CNM) was enlightening and life changing. I always wanted to work for myself, I just didn't know how. CNM changed my life and I now run my own business. I am also well on my way to eliminating my health issues.

After my health deteriorated over my teens and 20s, I decided I needed to take my health into my own hands. At CNM, I was able to piece my health history together in class and knew that if my parents had known this when I was a child, I would never have had the health issues I had growing up.

I was born with chronic eczema and as a result of long-term use of steroids and antibiotics growing up, I am now dealing with a number of serious complications. Suppressing chronic inflammation over the years has led to me having bone density issues. I had also been diagnosed with atypical cells and large lumps in my breasts. Now, through consistent detoxification, I no longer have any atypical cells and the lumps in my breasts have shrunk dramatically. I'm still continuing to detox, but people now have no idea I ever had eczema.

What attracted me to CNM was the fact that I got to do supervised clinic days for practical experience. What I especially loved about the course was the grounding it gave me in biomedicine. Understanding the body and how it works is critical to becoming a good practitioner.

I support families who have children with eczema to figure out the root of the problem and teach them how to heal. I run an online practice with clients around the world and I employ three others to support my work. I never dreamed that I would be working in this way, but since starting my practice, I have just gone with what felt right.

What I love most about practising is the thank you notes I get sent from the children and parents I have helped. Knowing that I have helped a child avoid the path I took growing up is the best gift I could ever receive.

CNM has been the launchpad for my career change. Without the support and education, I would not have been able to do the work I do today.



Rebecca Bonneteau

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Get the natural glam

Take tips from the experts and clean up your cosmetics for a natural look.

Chemicals can be contained in so many of our everyday products, from what we put on our skin to the products we clean our home with – making it important that we limit our exposure where possible.

One way is to be more conscious of our cosmetic choices, as, by making some simple switches to more natural options, you can really cut down the amount of chemicals that end up on your skin.

And here, our natural beauty experts explain how you can achieve a more natural look.

Hold the chemicals

It's important we learn about the chemicals that ideally would be avoided.

Lyndsey Bates, Director of the natural brand, Zao Makeup, advised: "Synthetic chemicals are just not compatible with nature in general, as our bodies are only equipped to break down natural substances. These incompatible chemicals can cause allergies and irritation immediately.

"Over time, with cumulative exposure, some synthetic chemicals such as parabens, which are synthetic preservatives derived from petrochemicals, can affect the body's endocrine system that controls your hormones. Our bodies store toxins that the liver cannot process immediately in fat cells, but these toxins still wreak havoc in fat storage. Parabens have been shown to mimic the effect of oestrogen and so are implicated in hormonal cancers. Parabens are also responsible for disrupting the endocrine system. Animals and aquatic life suffer much the same fate and yet have no choice in terms of exposure."

Ingrid Jamieson, Marketing Manager at Pravera, which has the lavera and Benecos ranges, went on: "Mineral oils like petroleum can irritate skin and cause sensitivity, clog pores and interfere with the skin's ability to eliminate toxins, promoting acne and other skin complaints. It also slows down the skin's function and cell developments, resulting in premature skin ageing.

"Sodium lauryl sulfate (SLS) and sodium laureth sulfate (SLES) are synthetic chemicals found in conventional products that foam, for example, cleansers, shampoos and shower gels. SLS can irritate the skin. And synthetic colours are derived from petroleum or coal tar. Often used in conventional eyeshadows, synthetic colours can cause skin irritations and acne breakouts."

Meghna Patel, founder of Mahi Naturals, which has the Emani vegan

range of cosmetics, also pointed out: "Silicones are often used in creams, serums and primers to make the skin 'feel' smooth or the hair 'shiny'. In reality, they are not benefitting the skin or hair, merely artificially creating the way you want the skin and hair to feel if it was in an improved condition. Silicones are contaminating our waterways and affecting marine life and now raising alarm bells as to the cumulative effect on our biosystems.

"Silicones are added as they immediately create the feel of smoother skin by simply filling in the holes and providing a smoother surface. The reality is that it has no improvement on the condition of the hair or the skin."

Lyndsey also warned of the use of products using nanotechnology.

"Nanotechnology was deployed in make-up at least a decade ago, but only in 2013 was it made law that this technology needs to be declared to consumers, as evidenced by the word 'nano' on product labels that follows each ingredient subjected to this technology. Ranging in size from one-100 nanometers, nanoparticles can leach through our skin," she explained.

"Research shows that nanoparticles can cause havoc in the environment also, yet effects are unprecedented. Metallic nanoparticles are considered especially dangerous. Titanium dioxide is a white metallic substance used to create a white base for mixing make-up's multitude of shades. It has been vilified in cosmetic use in recent years, yet at standard size, it is relatively benign and cannot enter skin cells. The real risk lies in its nanoparticle form, where it is known to generate production of reactive oxygen species, resulting in oxidative stress, inflammation and possible development of cancerous cells."

Natural is better

There are many natural make-up brands available these days, utilising some of the best plant-based ingredients.

"Natural doesn't mean the performance will be inferior – in fact, most natural products will work just as well, if not better than chemical laden alternatives as they are also boosting cellular health from within," Meghna explained. "Fermented ginseng helps maintain great skin health, reduce redness and boost metabolism, vitamin C in concealer assists with skin brightening and red clover and mung bean extract boost follicle density in mascara."

Ingrid went on: "Alternatives include natural oils, such as coconut oil and carnauba, as well as essential oils, which are natural preservatives."

Lyndsey added: "Cosmetics are required to use preservatives by law, in order to protect consumers from possible contamination that can form in water-based products. Parabens are petrochemical-based preservatives that mimic those found in nature as a component of essential oils. Many organic and natural companies use natural preservatives derived from essential oils instead."

"Zao Makeup uses micronised silver as an effective and natural preservative, due to its low potential for allergies. Micronised silver is larger than nanoparticle size and is therefore permitted as an ingredient in cosmetics that are certified organic by renowned European organic products certifier, Ecocert, which bans nanoparticles from passing its certification due to safety concerns."

Keep it clean

It's really important you keep your make-up products in good condition, so they don't go off and harm your skin health.

"Organic make-up does not have a shorter shelf life than synthetic make-up so there is no need to worry about keeping items in the fridge or short shelf lives. Water-based products for use on eyes should be used within six months without exception, whilst cream-based products should be used within 12 months," Lyndsey recommended.

"Powders and pencils should be used within 24 months. Mascaras should not be 'pumped' as this just introduces air to the fluid, causing it to dry out. Excess/dried mascara should be removed with a damp tissue or similar, instead of using the neck of the container, where it can get pushed back in with the mascara wand and create clumps."

She added: "Products are best stored at room temperature and not subject to extremes of temperature or humidity. This means that the bathroom is not the ideal place to store your make-up, handy as it may be."

Ingrid also suggested: "Clean your make-up brushes regularly."

To fight infection and clogged pores, make-up brushes, especially foundation brushes, should be cleaned once a week and all other brushes twice per month."

Try this

- ★ Benecos Natural Foundation Stick
- ★ Emani Midnight Organic Soy Mascara
- ★ Zao Makeup Golden Pearl Eyeshadow
- ★ Weleda Skin Food

Natural glow

So, you know how to cut back on chemical use, but what do the experts recommend as a healthy make-up routine?

"A foundation or a tinted moisturiser is ideal to even out your complexion, while a mineral powder gives staying power to keep a radiant complexion lasting all day," Ingrid suggested.

"You can go for a full-on bold lip colour on the lips or instead, opt for a tinted lip balm to give lips a boost of colour, as well as keeping them moisturised and protected. If eye shadow is a must, apply an eye primer to the lids prior to application as this helps eye shadow stay in place without smudging or creasing. Go for nude or pale colours for the eyes to keep it looking simple and fresh. A pop of blush and highlighter on the cheeks will give the skin a beautiful fresh radiant look."

Lyndsey added: "Source facial care and make-up products with 100 per cent natural ingredients and ideally, organic certified to ensure purity. Prepare your face for make-up by starting with clean and hydrated skin. Avoid using an oil-based moisturiser as the oil content makes make-up 'slide' during the course of the day. Instead, use a primer to suit your skin type, as primers are specifically designed as the perfect base for long-lasting make-up."

"Next, choose either a foundation or BB cream to perfect your complexion, and dust with powder to mattify and 'set' your base. Liven up skin with blush or bronzing powder; blush is best applied to the balls of the cheek for a natural glow, or on cheekbones to create contours. Bronzer is best applied to temple, cheeks and jawbone in the shape of the number three on each side of your face with an inverted three to your left side. For a natural and light finish, highlight eyes with a pencil or liquid eyeliner and finish with a coat of mascara."

"Highlight lips with a light gloss or balm lipstick for a natural look, or a matt lipstick for a more intense look. Organic and natural ingredients nourish, protect and hydrate skin, quenching free radicals that age skin prematurely."

NATURAL LIFESTYLE'S Top Picks

Now is the time to build up your skin protection

AstaXanthin with DHA from Good Health Naturally is a powerful antioxidant formula that delivers a potent combination of 180mg pure plant-based DHA oil and 12mg AstaREAL® Astaxanthin 10% which studies show is 1000x more effective than Vitamin E at protecting skin from harmful UV radiation.

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AstaXanthin with DHA is derived from algae and the DHA is from a pure plant source making it 100% vegetarian and vegan-friendly.

www.goodhealthnaturally.com



Salt of the Earth

The Salt of the Earth range of natural deodorants now includes a range of plastic-free products, including the new Salt of the Earth Natural Deodorant Balm. Offering long-lasting, effective protection against body odour, this 100% natural deodorant is cruelty free and

approved by the Vegan and Vegetarian Societies. Perfect for those trying to reduce their use of disposable plastics, this Deodorant Balm is packaged in a recyclable glass jar and contains skin-loving ingredients including shea butter and coconut oil.

Salt of the Earth Deodorant Balm is available on saltoftheearth.uk, Amazon, and specialist health retailers, alongside our extensive range of natural deodorant sprays, roll-ons and refills.

www.saltoftheearth.uk



Golden Lab's Miracle Moringa Oil

This pure Moringa Oil is 100% Cold Pressed and Sustainably produced. This soothing oil softens and moisturises dry skin keeping your skin nice and shiny as it contains the natural oils found in skin. This is especially important in these times where hand sanitiser makes your skin dry. This golden oil also reduces itchiness from eczema as it contains linoleic acid. Furthermore, purchasing this oil will help bring people out of poverty in Africa as the production of this oil provides jobs to those who are most in need.

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Alba Botanica Kids Sunscreen SPF50 Clear Spray

Broad spectrum sunscreen protection that is easy to apply with this air-powered, earth-friendly spray. This hypoallergenic, 100% natural lightly fragranced formula has a tropical fruit aroma that kids will love. Helps protect against sunburn and skin cancer, and is recommended by the Skin Cancer Foundation. Can conveniently be sprayed on at any angle and rubs in fast. Free from active ingredients that may harm coral reefs, oxybenzone, octinoxate, PABA, nano-sunscreens and vitamin A. Water resistant for up to 80 minutes and biodegradable. Vegetarian and vegan-friendly and cruelty-free.

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



Sara gets back on track with vegan-friendly **Iron+**

Our bodies need iron and B12 to make haemoglobin, a protein in red blood cells that enables the cells to carry oxygen around the body.

If your body doesn't have enough haemoglobin, your tissues and muscles won't get enough oxygen to be able to work effectively and you could feel constantly fatigued and find it difficult to concentrate.

This was the case for Sara Pearce, 39, a Demand Planner from Peterborough, and amateur runner. She decided to become a vegan in May this year, Sara was advised by her friends that she would need to supplement with iron & B12, but, with a busy lifestyle just never really got around to looking into it.

Sara explains: "After about three months of becoming vegan I was feeling mentally and physically exhausted all the time."

Regarding vegetarian and vegan diets and supplementation the NHS says: "If your diet isn't planned properly, you could miss out on essential nutrients. Vegetarians need to make sure they get enough iron and vitamin B12, and vegans enough calcium, iron and vitamin B12. Women are thought to be at particular risk of iron deficiency, including those on a vegetarian or vegan diet."

Sara continues: "Talking to my running coach, he asked me how my iron levels were. It was only then that I thought back to the advice I had been given when I changed my diet.

"I had no idea what my iron levels were like, or if low iron levels were causing my exhaustion, but as I had recently seen Iron+ online, I decided to give it a try.

"It was incredible" Sara continued, "after just five days I felt so different, much more like my old self, the Iron+ supplements helped me massively... I'll continue to take them."

Restoration of normal iron levels can't be corrected overnight but taking supplements or a change in diet can help. You may need to take iron supplements for several months or longer to replenish your iron reserves. Many people notice a difference after a week or so, but it can also take longer. Ask your doctor when to have your blood rechecked

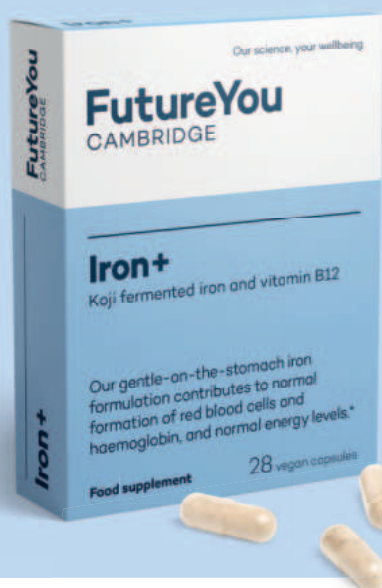


"After just five days I felt so different, much more like my old self"

to measure your iron levels, to be sure that your iron reserves are replenished.

Adam Cleevely, CEO of FutureYou Cambridge comments, "We realise that many people won't realise they are lacking in iron and may just feel under the weather or rundown. That's why we're giving customers the opportunity to try Iron+ for free, they simply need to pay £1.50 to cover the cost of postage. As a result many of our customers are telling us they're rediscovering their zest for life!"

FutureYou
CAMBRIDGE



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Just pay £1.50 postage*

FutureYou Cambridge is offering new customers the chance to try Iron+, for free. All you need to pay is the £1.50 postage.*

Iron+, was formulated by FutureYou Cambridge, well-known for its science-backed health supplements. It provides a natural source of easily absorbed iron from koji culture, a fermented fungus traditionally used in Asian cuisine. It also contains methylcobalamin, an active form of vitamin B12 that helps keep the

body's nerve and blood cells healthy and contributes to normal energy levels.

The company has received positive feedback from customers, including one five star Trustpilot review that said 'Tiredness was really affecting me, I work in a fast paced environment and sometimes wondered how I would get through the shift. When I saw an advertisement for these Iron capsules I thought I may as well try them. I am really glad... Would recommend.'

To claim your free 28 day Iron+ subscription trial pack worth £10.40, visit FutureYouOffers.co.uk or freephone **0800 808 5740** quoting code **NLF49**
If it's not for you, simply cancel your subscription at any time, without obligation.

*Discount valid until 31st October 2021. New UK customers only. One free trial per household. Your first box is free (just pay £1.50 postage) and you will be enrolled into a flexible subscription costing £10.40 every 28 days. See FutureYouHealth.com for more information on our subscription service. You can cancel your subscription at any time, without obligation. Trial pack promotion cannot be used in conjunction with any other promotions. **Iron contributes to normal energy-yielding metabolism and the reduction of tiredness and fatigue.** Iron+ should be consumed as part of a healthy balanced diet and lifestyle. If you are taking any prescribed medication or have any medical conditions always consult your doctor or pharmacist before taking vitamins or supplements.



Winter wellness HERBS

**Support your health during the colder months
with these nutrient-rich botanicals.**

With winter pending, it's key to ensure your body is fighting fit. Besides living a healthy and balanced lifestyle, there are some wonderful, unique herbs that can provide that extra support for your immune health.

Other than the obvious vitamin C and zinc, herbal additions are a great way to give your immune system that added boost. One of the most convenient ways to incorporate these herbs into your daily routine is through a tasty cuppa, brewing a warm cup of tea helps us to slow down and take a break from life whilst we wait for the herbal goodness to infuse into the water.

There is a wide variety of winter wellness herbs, all with their own unique properties and benefits to help keep you feeling your best. Many of the herbs can help give your immunity that much needed kick, provide essential vitamin C, while also providing a variety of other benefits.

All about elderberry

This increasingly popular medicinal plant, also known as Sambucus, is packed full of antioxidants and vitamins to help boost your immune system. Often taken by the health conscious to treat cold and 'flu symptoms, this tart berry can also help with heart health and bowel function.

The power of astragalus

Commonly known as an adaptogen, this herb helps protect the body against various stresses, including physical, mental, or emotional stress. The root contains many active plant compounds that help to strengthen the immune system and reduce inflammation.

Go for ginger

Containing gingerol, this main bioactive compound elicits many of ginger's medicinal properties, such as fighting cold and 'flu, aiding digestion, and reducing nausea to name a few. Gingerol's powerful antioxidant and anti-inflammatory properties make this an ideal herb for the winter months.

Amazing echinacea

One of the most popular winter herbs worldwide due to the abundance of active compounds present, it is most commonly known as an herbal remedy for the common cold and 'flu. This herb improves immunity by helping to increase the number of white blood cells.

Look for liquorice

Considered one of the world's oldest herbal remedies, liquorice has been used over the years for various health benefits. However, liquorice tea has proven to be very helpful in soothing sore throats and aiding upper respiratory conditions.

Add ginseng

Asian ginseng is known for its invigorating effects, helping to strengthen the immune system, fight tiredness and promote energy.

The ginsenosides stimulate white blood cell activity, whilst also working on the brain to bring balance to our lives and give us that feel good feeling.

Time for turmeric

This distinctive yellow spice contains curcumin, which is another extremely powerful antioxidant and anti-inflammatory. Hailed for its neuroprotective abilities, it may also help support the immune system.

Reader offer

NutraDefence and Elderberry & Echinacea Tea from NutraTea are the ideal winter wellness herbal tea blends to get your body and immune system prepared for the winter months. Packed full of powerful herbs, each tea blend has been formulated to provide a perfect harmony to support your immune health. Utilising 100 per cent natural and active botanicals, *Natural Lifestyle* is offering readers the chance of winning one of five packs featuring both herbal blends. See page 30 to enter.



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Gotu Kola 10%, Guarana 10%,
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Ashwagandha,
Rhodiola, Mace



NATURAL LIFESTYLE Giveaways

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



A.VOGEL BIOSNACKY

Natural Lifestyle has teamed up with A.Vogel to offer 20 readers the chance to try their hand at micro-gardening with their very own bioSnacky sprouting kit with a selection of seeds. These crunchy power packs are perfect for salads and stir fries, and full of immune-boosting nutrients. With your own windowsill sized germinator, these are easy to maintain and great fun for all ages. RRP £15.36.



BETTERYOU COMPLETE WELLNESS PACK

From 'Coronasomnia' to the 'social hangover', there's many areas we may struggle with when transitioning towards normality, so it's important to prioritise our health and wellbeing, and BetterYou's Complete Wellness Pack can help. Containing three of the award-winning brand's most popular oral sprays, Vitamin D3000, Boost B12 and MultiVit, this bundle provides everything you need to boost immunity, support every day energy levels and promote overall wellbeing. *Natural Lifestyle* has five bundles to give away, worth over £30 each.



COLLAGEN PLUS

Collagen Plus is the UK's number one natural collagen supplement, offering solutions for mobility/arthritic problems. The natural way to keep connective tissue flexible and enable bones/cartilage to bear weight, while also providing amino acids to enhance appearance through smoother skin, healthier hair and stronger nails. *Natural Lifestyle* has teamed up with ArthroVite, the company responsible for introducing collagen to the UK more than 20 years ago, to offer readers the chance of winning one of three one-month trials of Collagen Plus.



MOONCUP MENSTRUAL CUP

A period game changer, Mooncup is the original, multi-award-winning silicone menstrual cup. Designed by women and made in the UK from soft, medical-grade silicone, it's so comfortable you can't feel it's there. It's Vegan Society certified, and free from plastics, dyes and toxins. You only need one – whatever your flow. Thanks to Mooncup users, over 2.7bn tampons and pads have been saved from our oceans and landfill. *Natural Lifestyle* is offering you the chance of winning one of two.

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: October 1, 2021. Or you can enter online – visit www.mynaturallifestyle.com

Please tick: ☐ BetterYou ☐ A.Vogel ☐ Collagen Plus ☐ Mooncup ☐ NutraTea

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SMART MEAL PREP

SOLUTIONS

Try your hand at these healthy and nourishing batch cook recipes from the new book, *Freeze ByRuby*.

Supergreens soup

Makes 8 portions

You can vary the vegetables in this delicious soup depending on what you have to hand or what's in season. We have included whole mung beans, as they are rich in antioxidants and vitamins and also add a lovely texture to the soup, but any pulse would work, such as Puy lentils, or you can leave them out altogether.

Dairy-free, gluten-free, vegan

Ingredients:

- 500g (1lb 2oz) dried whole mung beans, well rinsed and drained
- Olive oil
- 2 onions, finely chopped
- 4 celery sticks, finely chopped
- 3 garlic cloves, crushed
- 4 leeks, trimmed, cleaned and sliced
- 3 rosemary sprigs, leaves picked and roughly chopped
- 5 thyme sprigs, leaves picked and roughly chopped
- 1 kg (2lb 4oz) courgettes, roughly chopped
- 1 vegetable stock cube
- 200g (7oz) spinach leaves
- 15g (½ oz) flat leaf parsley, leaves picked and roughly chopped

- 15g (½ oz) basil, leaves picked and roughly chopped, plus extra leaves to garnish
- Juice of ½ lemon
- Salt and pepper

Method:

- Put the mung beans into a pan, cover with plenty of water and bring to the boil. Reduce the heat and simmer for about 30 minutes, stirring occasionally, until just cooked through, then drain.
- While the beans are simmering, heat a large, heavy-based pan over a medium heat. Add a good glug of olive oil and then the onions and sweat for about five-10 minutes until soft and translucent.
- Add the celery and cook for five minutes. Then stir in the garlic, leeks,

rosemary and thyme and cook for a further five minutes.

- Add the courgettes and cook for about 10 minutes.
- Crumble in the stock cube and cover the courgettes with water. Bring to the boil, then reduce the heat and simmer for about 15-20 minutes, stirring occasionally, until the courgettes are tender. Be careful not to overcook the soup, as this can cause the courgettes to taste bitter.
- Remove the pan from the heat and stir in the spinach until it has wilted. Blitz with a hand blender or in a food processor or blender until smooth.
- Stir through the herbs and lemon juice, and season to taste.
- Top with the cooked mung beans, and garnish with extra basil leaves.

Heat through gently before serving.

- Portion out the soup and mung beans into appropriate containers. Leave to cool, then seal, label and date before freezing.
- Microwave on high for three minutes, then remove from the microwave and stir. Re-cover but don't seal and microwave for a further five minutes or until piping hot. Leave to stand for three minutes before serving.
- Put the container into a bowl of hot water and leave for a few minutes until the contents are loosened from the container sides. Transfer the contents to a pan and heat over a low heat until piping hot. Leave to stand for three minutes before serving.





Ruby's one-pot bean chilli

Makes 6-7 portions

This is such a versatile recipe – great with a baked potato, wholewheat pasta or as it comes with some coconut yogurt and freshly chopped avocado. It also makes a great vegan taco and wrap filling. I use a can of black beans here, but you can use any kind you may have or prefer.

Dairy-free, gluten-free, vegan

Ingredients:

- Vegetable oil
- 1 large onion, finely chopped
- 3 garlic cloves, crushed
- 2cm (¾ in) piece of fresh root ginger, peeled and finely chopped
- 2 red chillies, deseeded and finely sliced
- ½ tsp chilli powder
- 2tsp cumin seeds, crushed
- 2tbsp harissa
- ½ tbsp cacao powder
- 180g (6¼ oz) dried Puy lentils, well rinsed and drained
- 120g (4¼ oz) quinoa, well rinsed and drained

- 400g (14oz) can chopped tomatoes
- 800ml (1½ pints) vegetable stock
- 400g (14oz) can beans, such as black beans, drained and rinsed
- Salt and pepper
- 15g (½ oz) fresh coriander sprigs, to garnish (optional)

To serve (optional):

- Coconut yogurt
- Freshly chopped avocado

Method:

- Heat a large, heavy-based pan over a medium heat. Add a glug of vegetable oil and then the onion, garlic and ginger and cook for five minutes.
- Stir in the red chillies, chilli powder, cumin seeds, harissa and cacao powder and cook for a further five minutes.
- Add the lentils and quinoa, then pour over the tomatoes and stock. Bring to a simmer and cook over a low heat for about 20 minutes, until the lentils and

quinoa are cooked through, stirring occasionally and adding a little water if needed.

- Stir in the beans and heat through for a few minutes.
- Remove from the heat and season to taste, garnish with the coriander, if using, and serve with a dollop of coconut yogurt and some freshly chopped avocado, if you like.
- Portion out the bean chilli into appropriate containers. Leave to cool, then seal, label and date before freezing.
- Microwave on high for three minutes, then remove from the microwave and stir. Re-cover but don't seal and microwave for a further five minutes or until piping hot. Leave to stand for three minutes before serving.
- Preheat the oven to 160°C fan (350°F), Gas Mark 4. Uncover the ovenproof container and then cover the top with foil. Place on a baking sheet in the centre of the oven for 40-45 minutes or until piping hot. Leave to stand for three minutes before serving.



Three greens seasonal fillo pie

Makes 8-10 portions

This is my very loose take on the Greek pie, spanakopita. Packed with fresh herbs and feta, it's a vegetarian feast and a great way to use up green vegetables – swap out those specified here for what's in season or what you have in stock.

Vegetarian (if made with vegetarian feta)

Ingredients:

- Vegetable oil
- 3 red onions, finely chopped
- 2 garlic cloves, crushed
- 2tsp dried oregano
- 1tsp freshly grated nutmeg
- 1tsp ground cumin
- 1tsp ground coriander
- 4 courgettes, coarsely grated
- 200g (7oz) chard, roughly chopped

- 200g (7oz) baby spinach leaves, roughly chopped
- 15g (½ oz) flat leaf parsley, leaves picked and roughly chopped
- 10g (¼ oz) dill, leaves picked and roughly chopped
- 10g (¼ oz) mint, leaves picked and roughly chopped
- 250g (9oz) feta cheese, crumbled
- About 10-12 fillo pastry sheets
- 20g (¾ oz) unsalted butter, melted

Method:

- If eating now, preheat the oven to 180°C fan (400°F), Gas Mark 6.
- Heat a pan over a low heat. Add a glug of vegetable oil and then the onions and sweat for about 10 minutes until soft and translucent.
- Stir in the garlic, oregano and spices and cook for five minutes, stirring frequently.

- Add the courgettes, chard and spinach and cook for a further five minutes.
- Remove from the heat and stir in the herbs and feta.
- If you are eating now, place the feta mixture in a deep baking dish.
- Brush each fillo pastry sheet in turn lightly with melted butter, then scrunch up and place on top of the feta mixture until evenly covered.
- Bake for 30-35 minutes or until the pastry is golden brown.
- Portion out the feta mixture into freezer-safe and ovenproof containers or dishes and leave to cool, then top with the scrunched-up buttered fillo pastry, as above.
- Put the lids on or wrap tightly in clingfilm or foil, label and date before freezing.
- Preheat the oven to 160°C fan (350°F), Gas Mark 4. Uncover the ovenproof container or dish, place on a baking sheet and bake for 40-45 minutes or until the pastry is golden brown and the filling is piping hot.



Freeze By Ruby, by Ruby Bell and Milly Bagot, published by Mitchell Beazley, priced £16.99. Photography: Haarala Hamilton Photography.

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