

Natural Lifestyle

LOVE LIFE, LIVE WELL – NATURALLY

www.mynaturallifestyle.com

September 2022



Holistic immune defence

Your essential
guide to strengthening
the immune system

Ease through the change

Support your body
during the menopause

ORGANIC
ESSENTIALS

THE BENEFITS TO YOU AND THE
PLANET BY CHOOSING ORGANIC

Plus

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LOVE LIFE, LIVE WELL – NATURALLY

Welcome

August 2022



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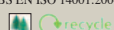
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While general nutrition and lifestyle advice is the same for men and women, we must keep in mind that there are some key differences between the sexes. This is especially the case for women at pivotal times in their life, whether during pregnancy and after having a baby, in relation to their monthly cycle, or, at the other end of the scale, when they reach the menopause.

It is the latter issue that we bring into focus in this issue of *Natural Lifestyle*. And it is such an important topic to cover, given the scale of symptoms suffered; data shows around 75 per cent of women will experience symptoms, with 25 per cent of those having them severely. However, if we look to other countries, such as Japan, it is simply not the same situation. There, for one, ageing is revered, rather than seen as something to fear, while diets are also considered healthier.

All these issues and more are discussed in our special menopause focus on page 22, where you can find out more about what to expect as you approach this natural stage in life – and, importantly, how you can manage the process holistically, without you suffering with symptoms for a prolonged period. And if you have found anything that really helps your menopause, why not email me at rachel.symonds@targetpublishing.com and share your experiences with fellow readers?

Finally, don't forget that nominations are open for the *Natural Lifestyle* Retailer of the Year Award, sponsored by Terranova Nutrition. This annual accolade is designed to recognise and honour the UK's finest health stores and we want to hear from you, the people shopping in them every day. Simply visit www.mynaturallifestyle.co.uk, where you can nominate your favourite store.

*Rachel Symonds,
Editor*



THE BEST BITS

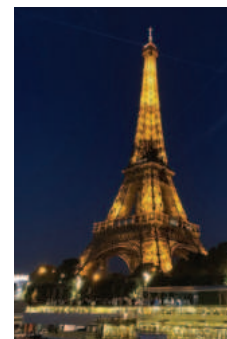
An insight into what the *Natural Lifestyle* team have been up to this month.



Our cycling enthusiast, Sales Exec, James, swapped two wheels for the water with a recent canoe trip with wife, Anna, along the River Stour, near Flatford.



How stunning was Holkham Hall, in Norfolk, looking bathed in some summer sun?



What better way to see Paris by night than with a boat trip down the Seine during a recent trip for Editor Rachel.



VISIT OUR WEBSITE
www.mynaturallifestyle.com



www.mynaturallifestyle.com

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September
2022

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immune

Engineered by Nature.

BACKED BY SCIENCE.



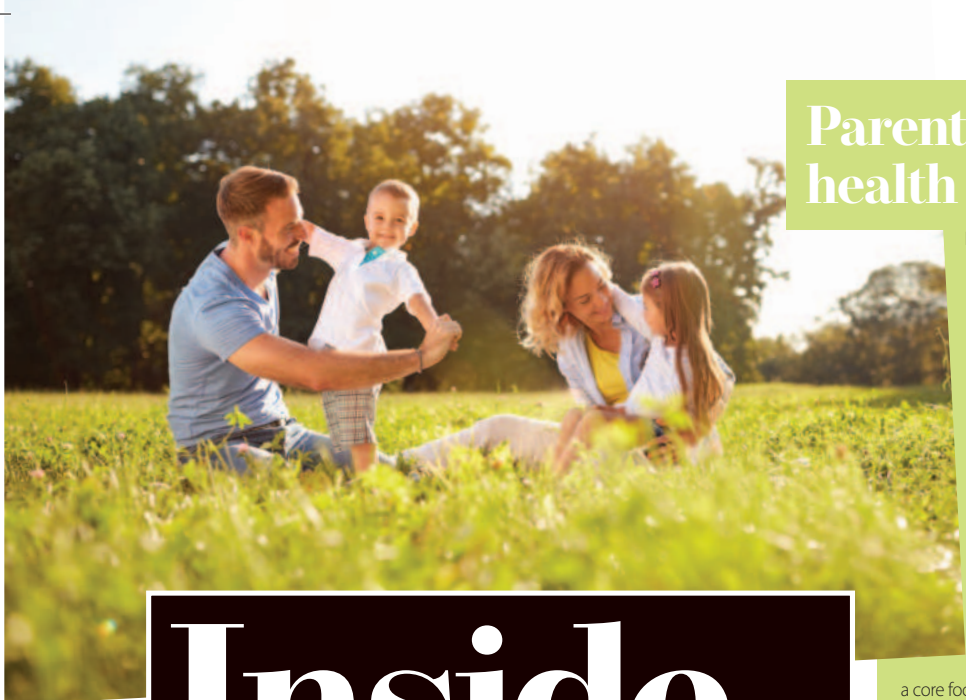
Strengthen and Nourish Your Natural Immune Defences with the Power of NaturesPlus Immune*

NaturesPlus Immune supplies key nutrients and time-tested botanicals that are designed to support your defences from the inside out. Immune consists of seven science-backed formulas that can be used individually or stacked for extra nutritional activity.*

To find out more visit your health food store or go online at naturesplus.co.uk.



*Vitamin A, vitamin C, vitamin D, zinc and selenium contribute to the normal function of the immune system.



Parents prioritise children's health amid rising costs

New research has revealed that almost three quarters of parents are prioritising their children's health over their own.

According to the poll from Natures Aid Mini Drops, 69 per cent of millennial parents are prioritising their children's health over their own, and since the cost of living has risen, over a third (35 per cent) of millennial parents stated that they are more conscious of their child/children's nutritional health.

The survey was commissioned by the supplement brand and also revealed that almost a quarter (23 per cent) said that they buy more vitamin supplements than they did before the pandemic.

Looking to gain advice in a more cost-savvy way, 67 per cent of parents stated that they are grateful for free health advice on social media platforms, with nearly half (48 per cent) of parents utilising free platforms such as TikTok, Instagram, MumsNet and DadsNet to seek out honest, relatable and reliable nutritional advice for their children, with 61 per cent adding that they only trust advice which comes from an experienced industry expert.

When it comes to spending habits, it seems that wellness remains a core focus for parents and that this is shaping their shopping habits, with nearly a fifth (19 per cent) of parents purchasing more health and wellness products than they did before the pandemic. While this shows a shift in consumer behaviour, parents remain focused on more basic nutrition, with over half (57 per cent) stating that they now try to incorporate more fruit and vegetables into their family mealtimes than they did prior to the pandemic.

Looking ahead, the top three reasons cited as the biggest cause of concern when it comes to their child's health were changing seasons (42 per cent), going back to school (30 per cent), and going abroad or on holiday (21 per cent).

Bahee Van de Bor, children's nutrition expert and paediatric dietitian speaking on behalf of Natures Aid, commented: "The cost of living crisis is undoubtedly a worry for many across the UK, but especially for new parents, who have a lot to focus on – whether their children are newborn, toddler or teenagers – nutrition is always a concern. That's why knowing which children's multivitamin supplements to give and in the correct amounts, can prove helpful – not only are they cost-effective, but also quick and easy to use, saving busy parents all-important time without compromising on their children's health.

"All children under five years of age require daily vitamin A, C and D supplements, with vitamin D taking top priority. Vitamin D is essential for the normal growth and development of healthy bones and teeth and plays a role in immunity. What's more, infants drinking more than 500ml of formula per day will meet their daily vitamin and mineral requirements from food and infant formula, whilst breastfed babies will require a daily vitamin D supplement."

Inside... HEALTH



FRUIT FANTASTIC

This time of year brings with it an abundance of fruit and veg but what tops the list as the nation's favourite?

According to a new survey, strawberries have been unveiled as the nation's favourite fruit, pipping raspberries and mango to take the top spot.

The iconic soft fruit received twice as many votes as raspberries and mangoes, making it the undisputed favourite. The accolade comes as no surprise as Brits are set to eat over 90,000 tonnes of home-grown strawberries this year. Over half of Brits say that they buy berries weekly, with the nation eating more than 107,000 tonnes of British berries last year – the equivalent in weight of 7,900 London double decker buses.

The study has been commissioned by Love Fresh Berries to celebrate National Berry Month, a month-long celebration of the seasonality, versatility and value of British berries. However, it was also revealed that two-thirds of Brits are storing strawberries incorrectly according to the poll of 2,000 Brits – with 64 per cent opting to store them loose in the kitchen rather than in the fridge.

Love Fresh Berries' top strawberry hacks include:

- **For longer lasting strawberries** – help berries last longer by storing them in glass mason jars or airtight containers in the fridge.
- **For better tasting strawberries** – allow berries to warm up to room temperature before eating to release natural flavours and sugars.
- **For fresher strawberries** – lay strawberries on a paper towel when storing to absorb moisture, often a cause of berries spoiling quicker, for extra freshness.

Miguel Barclay, chef, presenter, and best-selling author who is backing National Berry Month, explained: "British strawberries are one of the healthiest ingredients around and the perfect ingredient to cook with. Versatile, fresh and delicious, they can be used in so many dishes and add another delicious dimension."



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The joy of alcohol-free living

With more and more people choosing to cut back or eliminate alcohol, a new book is here to help you on your journey.

Love Your Sober Year, A Seasonal Guide to Alcohol-Free Living has been penned by Kate Bailey and Mandy Manners, sobriety and habit change specialists, who enable women to feel empowered by their choice to stop drinking alcohol. They use practical techniques and a holistic approach to wellbeing to help women create successful, sustainable sober living so that they can thrive in all areas of their lives.

The authors explain that we know from emerging science that the secret of success is hidden in our routines, and so using the seasons as your guide, Kate and Mandy show readers how to develop healing routines for alcohol-free growth all year round, calling on the wisdom of nature, the seasons and moon cycles to support and respect the transitions of our lives as women and provides a holistic approach to wellbeing and sobriety.



We love

NATURES AID SUPER STARS IMMUNE SUPPORT

This liquid supplement is perfect for this time of year as the cold season arrives. The supplement provides an expert blend of elderberry extract alongside vitamins C, D3 and zinc, which contribute to the normal function of the immune system. Vitamin C is an essential vitamin that also contributes to a reduction in tiredness and fatigue.

KINVARA ACTIVE ROSEHIP DAY CREAM

A multi award-winning face cream packed with rosehip oil and hyaluronic acid, it is enriched with omega-rich plant oils, vitamins, and fragrant oils of lemon and lavender to help leave skin plumped and protected.



TERRANOVA
SYNERGISTIC NUTRITION



for **Vollagen®** The Vegan Alternative to Collagen

What's Vollagen®?

Vollagen® is a complex of amino acids in the same proportion as those found within human collagen, but with key advantages over typical collagen supplementation:

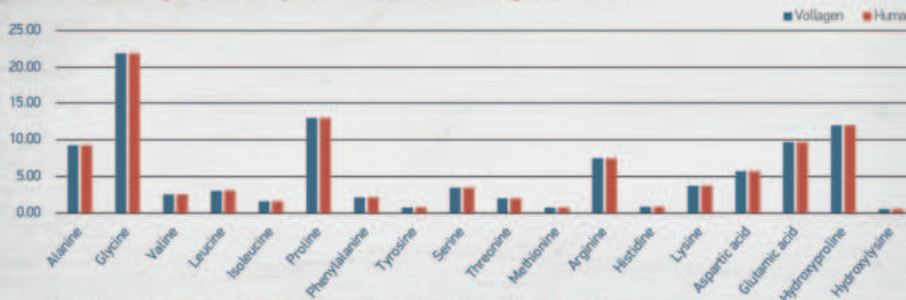
- Vollagen® is 100% suitable for vegans and vegetarians
- The amino acids are already isolated and are therefore absorbed readily into the body

Vollagen® provides the building blocks for all human collagen types. Supplementing with Vollagen® allows the body to utilise these building blocks in the most appropriate ways depending on individual needs.

What's Collagen?

Collagen is the most abundant protein found in the body where its key role is to manufacture connective tissue. It is a major component of bone, skin, muscles, tendons, and cartilage where it helps to make tissues strong and resilient, and capable of withstanding stretching. The ageing process results in a reduction of collagen production but other factors such as excess sun, free radical exposure, poor diet and inactivity also speed up collagen degradation. Collagen supplementation has become a popular and effective way to provide the raw materials needed to maintain and enhance this connective tissue within the body. However, true collagen in supplements is always derived from an animal source, such as cattle or fish.

Vollagen® Comparison with Collagen Amino Acid structure



- Vollagen® is composed of the same 18 Amino Acids as Human Collagen
- The blue bars show the levels and ratios of amino acids in Human Collagen, the orange bars show the identical composition of Vollagen®

À Source: The Amino Acid Composition of Mammalian Collagen and Gelatin. J.E. Eastoe, The British Gelatine and Glue Research Association.
Vollagen® is a registered trademark of Chrysalis Health & Beauty Ltd.



Meet the Vollagen family
Vollagen® Complex
Vollagen® & Hyaluronic Acid Complex
Vollagen® & Silica Complex
Vollagen® & Glucosamine Complex
Advanced Beauty Complex



Terranova Nutrition



terranovahealth



Terranova Nutrition

www.terranovahealth.com

Soothing serum

Natural skincare nourishes skin without the use of chemicals and a great example of this is Croma.

Developed to deliver natural, effective and individual skincare, the unique serums have a balanced mixture of high and low molecular weight HA, combined with evidence-based ingredients to target specific facial skin conditions without containing harmful ingredients.

The Croma farewell skincare range consists of five serums, including Ageing Skin, enriched with hyaluronic acid, madecassoside, vitamin C, marine ferment extract and a plant-derived retinol alternative to hydrate the skin and improve suppleness and firmness, while effectively reducing the signs of ageing. Dry Skin combines active agents with highly hydrating properties including hyaluronic acid, niacinamide, D-panthenol and aloe vera to effectively moisturise the skin, strengthen the skin barrier and maintain skin softness and elasticity.

Others in the range are Irritated Skin, Oily Skin, and Puffy Eyes, designed for the eye contour, to fight the appearance of puffiness, dark circles and crow's feet.



Inside... BEAUTY

OIL FOR ALL

Terranova Nutrition is renowned for its quality supplement range, and has now unveiled its first foray into skincare.

Keeping firmly in line with Terranova's formulation concept, Serum 768 – Organic Skin Oil has been created to provide intense, natural nourishment to the skin. As with every formulation within the Terranova range of supplements, Serum 768 – Organic Skin Oil works in an intensely synergistic manner, is precisely balanced, is safe and gentle and contains only natural, active ingredients.

Featuring a unique blend of carefully selected organic oils (including almond, jojoba and argan oil), and organic extracts of calendula and arnica, all 16 ingredients are specifically selected for their skin rejuvenating properties and work synergistically to provide a formula that is deeply nourishing to both healthy and dry skin and intensely restorative to skin that is aged, blemished or otherwise stressed.



Pure and plant-based

If you're looking for vegan skincare with a conscience, Palm & Pine is a new ocean-friendly sun care range.

The unisex skincare label is on a mission to offer an innovative, plastic-free alternative to traditional sunscreen with efficacy-based formulas, formulated with plant-based natural ingredients and mineral filters for year-round UV protection.

Founded by entrepreneur, Sarah Muir, the idea was born in 2018 and launched in summer 2021 after three years of research, planning, and sourcing, by Sarah and her husband, Ross Kemp.

The core range includes a daily SPF 30 lotion for the body and an SPF 50 tinted product, ideal for the face. Both are formulated with zinc oxide and naturally derived ingredients such as shea butter, calendula, and echinacea. The range is developed and manufactured in Europe, meeting and exceeding the highest standards of safety and certification in the industry.

The products contain COSMOS certified ingredients, complying to the non-nano standard for zinc and titanium dioxide. The range is 100 per cent cruelty-free and vegan, using zero animal derived ingredients opting for plant-based alternatives. They are one of few vegan surf zincs substituting beeswax for sunflower wax, which creates a waterproof barrier for surf and sports protection. The products are fragrance free to suit sensitive skin and children, and do not sting the eyes.

The products are packaged in recycled aluminium, which can itself be recycled after use.

FACE FANTASTIC

Six new natural facial products have arrived to target different skin types.

New from the benecosBIO range is the six facial products, created using high-quality, COSMOS Organic certified ingredients that are dermatologically tested and approved, vegan friendly, and come in recyclable bottles made from recycled glass.

We love the Shea Face Cream, perfect for normal to dry skin. The replenishing organic shea butter has a smoothing effect that preserves skin moisture, whilst providing intensive care due to the oleic acid. The organic hop extract has anti-inflammatory and soothing properties.

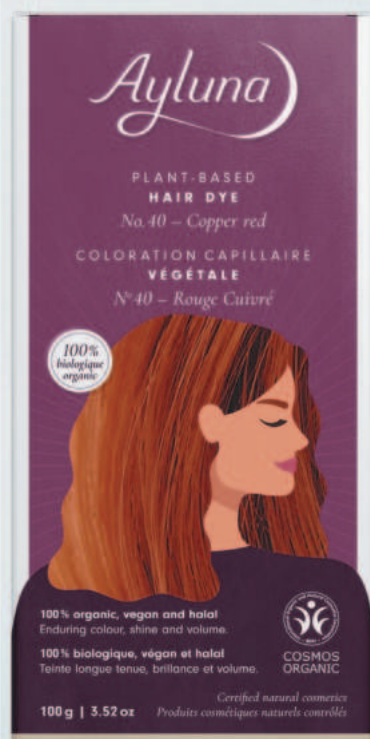
There is also Wild Rose Face Fluid, Hyaluronic Face Serum, and Olive Day Cream, with nourishing organic olive oil, which has a regenerating effect due to its elastic and firming properties, helping to prevent wrinkles. Meanwhile, vitamin E protects against environmental elements like pollution, as well as free radicals.

And then there is Argan Night Cream, along with Almond Face Cream, a gentle face cream that cares for sensitive skin, leaving your face soft to the touch.



ORGANIC YOUR SEPTEMBER

Make positive changes this September, switch to organic!



Healthy, shiny hair

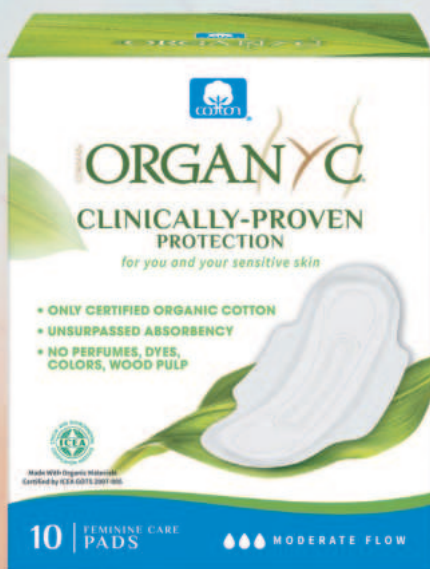
The plant-based hair dye that really works. Choose from 14 lively shades of vibrant blondes, rich reds and glossy browns. Each shade gives you vivid colour, extra volume and shine, plus your hair stays damage free. Intense conditioning ingredients such as organic cassia, chamomile and fenugreek protects the hair, preventing split ends and promoting healthy growth. Available from health stores and online.

www.ayluna.co.uk | £13.95

Have a happy period

Have an organic period this Organic September with the award-winning Organyc Moderate Period Pads. Made with 100% certified organic cotton, they are naturally absorbent, soft and breathable. There are no added perfumes, dyes, colours, or wood pulp. Clinically proven protection for you and your sensitive skin. Available from health stores and online.

www.organyc.uk | £3.99



Hair care, we care

Give your hair a break from the hair dryer and straighteners and bring it back to optimal condition. lavera Repair and Care Shampoo and Conditioner is infused with hair loving ingredients such as organic grapeseed oil and organic quinoa which helps to restore and revive the hair, preventing further damage and bringing hair back to life with a healthy shine. Certified COSMOS Organic and registered vegan with The Vegan Society. Available from health stores and online. www.lavera.co.uk | £6.95



Shea's the one!

Do you want a face cream that is naturally nourishing and organically good? Look no further than the benecos BIO Shea Face Cream! Packed full of dermatologically tested and certified COSMOS Organic ingredients, including shea butter, oleic acid and hop extract, that form the dream team for the perfect face cream to keep your skin feeling soft and supple all day long. Available from health stores and online. www.benecos.uk | £5.95

Let the freshness explode

Leave your skin feeling clean, nourished and hydrated with the ORGANii Tropical Shower Gel. Enriched with organic mango and peach extracts, this shower gel lathers up a treat, leaving the skin feeling cleansed and refreshed while the exotic fruity aroma provides you with a superior shower experience. Certified by COSMOS Organic. Available from health stores and online. www.organii.uk | £6.95





Organic for all

With organic set to be a focus during September, now is the time to consider making some easy switches to your shopping.

We know that organic is not only kind to us but kind to nature, and it is the benefits to our planet that is to be the focus of this year's Organic September campaign. The annual initiative, designed to help us better understand the benefits of organic and how we can shop smarter, this year takes the theme 'Nature would choose organic', shining a light on the fact that organic farming helps to keep our delicate ecosystem in balance.

So, why is it so much better for nature? And how can we all shop smartly to include more organic?

Why go organic?

Organic boasts many benefits, not only for the planet and for nature but for you too.

According to the Soil Association, which certifies organic products and hosts the annual campaign in partnership with the Organic Trade Board, the benefits are many.

- **For the planet** – designed to respect nature and to enhance the health of soils, water and air, organic farming is leading the way on sustainability. In fact, the Soil Association explains that if Europe's farmland all followed organic principles, agricultural emissions could drop by 40-50 per cent by 2050, with plenty to feed the growing population healthy diets. Organic farmers are encouraged to close the loop on their farms, making use of what's to hand and limiting the use of imported resources. In practice, this means no artificial fertilisers, and healthier soils.
- **For animals** – ensuring all animals reared for meat and animal products have a good life is at the heart of Soil Association standards. This means truly free range animals, encouraged to forage, graze and roam, with plenty of space, fresh air, and conditions that allow them to express their natural behaviours. Smaller flocks and herds, and more access to the outdoors means organic animals don't have to be routinely treated with antibiotics and wormers, and mutilations like beak-tipping to prevent the aggressive side effects of stress are also not needed or allowed.
- **For nature** – organic farms are havens for wildlife and provide homes for bees, birds and butterflies. On average, plant, insect and bird life is 50 per cent more abundant on organic farms, and there are around 75 per cent more wild bees on organic farms. There are a number of reasons for this, including that organic farms use fewer pesticides, land use being more nature-friendly, and supporting cleaner water for wildlife.
- **For you** – organic means fewer pesticides, additives and preservatives, no GM ingredients, and reduced use of antibiotics used. The food is nutritionally different, and from more resilient farms.

Become an organic shopper

It would be difficult for you to make a total switch to organic in all you eat and drink, but the good news is, there has never been more choice in switching conventional products to organic.

We would always recommend a visit to your health food store to start or progress your organic journey, as these shops generally stock a wide range of products, across food, drink, and home and bodycare products. Don't forget you can also find organic clothing, pet food and much more.

When buying organic, opt for those with a certification to confirm it meets set standards. In the UK, certifiers are the Soil Association and Organic Farmers & Growers, but you might find other certifiers from other countries, including Ecocert and BDIH. Skincare is likely to be certified to either NaTrue or Cosmos standards.

You can find out more at www.soilassociation.org



NATURAL LIFESTYLE'S Top Picks



Get started with Organic Aromatherapy

Choosing Organic has become more important than ever in recent years with people wanting to shop more ethically and sustainably. Organic farming is known to be beneficial to wildlife, maintaining healthy soils, and the planet. Absolute Aromas offer a wide range of Organic Aromatherapy products, from Organic Essential oil and Carrier oils, to Organic body-care products. Our Organic Essential oil 3 pack is a great pack to get you started on your Aromatherapy journey, featuring our 3 most popular and versatile organic essential oils of Lavender, Tea Tree and Eucalyptus. Perfect for diffusing, cleaning, and adding to homemade body care recipes.

www.absolute-aromas.com



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.

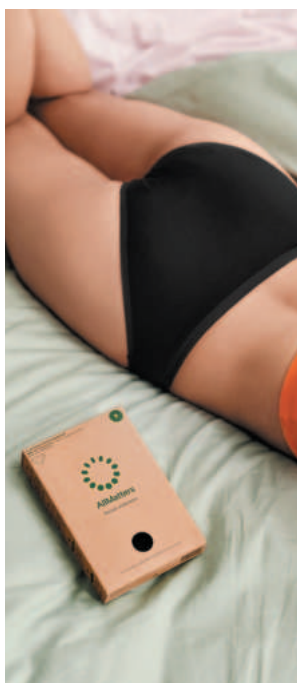
www.goodhealthnaturally.com



NEW: AllMatters Period Underwear

AllMatters has brought the award-winning, Danish menstrual cup, OrganiCup, to millions of women all over the world. Now we launch the AllMatters period underwear that is your reusable, comfortable, and leak-free period solution. It feels like regular underwear but has built-in layers that serve different purposes – from absorbing your flow to keeping you safe, dry and odour-free. Made from high-quality materials like TENCEL™ and VEOCEL™. Comes in 7 sizes in black bikini style. The little things you do daily can have a big impact on our planet – our products are made with that in mind. Because it AllMatters.

www.allmatters.com



Baby it's Cold Outside, Let's Get ready for Autumn with Organic Just T

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. Available from your local Health Food Retailer.

www.just-t.org

NATURAL LIFESTYLE'S Top Picks



Fermented Mushroom Magic

As one of the oldest superfoods on the planet, medicinal mushrooms act as 'adaptogens' that can restore balance to the body. However, their tough cell walls can make the nutrients hard to absorb. Living Nutrition has launched its latest Organic Fermented Mushrooms range: a line of medicinal mushrooms activated by a unique fermentation process which enhances the active compounds including beta glucans, enzymes and beneficial microbes. Created by fermentation experts, the range includes reishi spores, lion's mane, cordyceps and other mushroom favourites and is ideal for those venturing into the world of mushrooms for the first time or the experienced user who wants additional support.

www.livingnutrition.co.uk



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 complaint 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**

Panda Soft Liquorice Coated in Creamy Choc

Panda Liquorice have launched a new vegan product using their famous soft black liquorice pieces which they have been producing since 1927. The liquorice pieces are coated in a smooth and creamy vegan chocolate and are made with all natural flavours. This new chocolate coated liquorice is a delicious on-the-go snack in a handy 110g bag which is resealable.

Available in health food stores



Therapeutic Mushroom Supplements

Mushrooms 4 Life is a therapeutic range of organic medicinal mushrooms formulated by experts from the highest quality, organic raw materials. Featuring both wild- and sustainably crafted mushrooms, Mushrooms 4 Life has selected only the most active parts of each mushroom to support your energy, emotional resilience, focus, and defences. The range features not only powders and capsules, but mushroom blends and delicious latte mixes for those who prefer an alternative way of enjoying their daily dose of mushrooms. Every serving gives you a therapeutic dosage of 100% mushroom magic with high levels of beta glucans and other key compounds and absolutely no fillers or additives.

www.mushrooms4life.com



Syno-vital – The Leading brand in Oral Hyaluronic Acid ...

Syno-Vital is the leading brand of pure liquid Hyaluronic Acid which is easily absorbed by the body. Hyaluronic Acid may help to increase the viscosity of the synovial fluid and so restore the cushioning affect for the joints thus improving flexibility. As we get older, we produce less Hyaluronic Acid, hence we start to show and feel signs of ageing, such as aching joints and wrinkly skin !! Hyaluronic Acid, makes up a massive 80% of the human eye, 60% of the skin, and crucially 9% of the joints. Taking Syno-Vital can help to top up those levels and ease joint problems, whilst hydrating the skin and eyes too.



MUSHROOM POWER

explore
IN STORE

The mushroom world is a fascinating mix of key nutrients, so, why not take the time to discover which medicinal mushrooms are for you?

You may be used to cooking with mushrooms, you might even see them growing wild when out in the countryside, but how much have you thought about mushrooms in supplement form and how they can support your health?

Medicinal mushrooms, as they are more commonly known, are collective nutrient powerhouses, offering huge benefit in a range of areas, whether it's boosting your immune system, supporting healthy energy levels, and keeping your nervous system in check. They will generally be found in a powder or in a capsule, and so you would take them as a supplement. Your health food store will stock a good range.

Nutritionally strong

In terms of what a medicinal mushroom actually is, this means those that contain some of the most potent health properties, such as compounds that includes polysaccharides, triterpenes, lignins and phytosterols. All of these are rich in key nutrients, ranging from proteins, amino acids and fatty acids to important vitamins and minerals (more on that below).

When it comes to their uses, because of the rich range of nutrients, mushrooms are particularly good for supporting the immune system, especially as some contain all-important beta glucans, which are polysaccharides. Many medicinal mushrooms also boast antioxidants. They can also be hugely supportive of the gut, for our energy levels, and for our brain, not to mention being supportive of overall health and wellbeing.

MUSHROOMS OF CHOICE

There are many mushrooms that can offer health benefits, but some are more commonly taken in supplement form thanks to the combined health properties they offer. Our top medicinal mushrooms include:

- **Reishi** – this is one of the most common mushroom supplements and is especially good for immunity, given the high level of beta glucans it contains. It can also help to balance blood sugar.
- **Maitake** – this is a mushroom that can support our cardiovascular health thanks to its ability to help with inflammation. It can also be supportive in times of stress.
- **Chaga** – this is rich in antioxidants, meaning it's good for the heart and immune system.
- **Cordyceps** – another immune supporter, this mushroom can also help a person's athletic performance, being a good energy booster.
- **Lion's mane** – this is a good one for the gut and the brain, including memory and mood.

If you are choosing a supplement, make sure they include the whole organism, and ideally are organic.

TRY THIS

Living Nutrition
Organic Fermented
Myc Blend

Terranova Nutrition
Mushroom Synergy

Hifas da Terra
Mico Rei

Mushrooms 4 Life
Organic Cordyceps

REBOOT YOUR *immunity*

Our immune system is a window into our overall health, such is its importance in so many functions. Which means it makes sense to nourish it ahead of the cold season.

Our immune systems are not simply a defence against infection, albeit this is a critical component. A healthy and well-nourished immune system also helps to support the gut, it helps our skin to remain in good health, and it has links to the brain too.

But bear in mind there are many factors that can lower your immune strength. This is important all year round, but especially in the colder months, when we can be more

susceptible to the colds and 'flu doing the rounds.

Kerry-Lee Revitt, Nutrition Advisor, explained: "The immune system is a sophisticated system of surveillance, which can identify or neutralise potential threats, and repair resulting damage. It needs to be effective, proportionate, and precise – too little and it may compromise health and survival, too much or poorly targeted, may result in chronic inflammation, allergy, or autoimmunity. Our modern-day lifestyle factors contribute to lowered immunity."

Try this

- ★ A.Vogel Echinaforce
- ★ Lamberts Multi-Guard
- ★ Natures Aid Super Stars Immune Support
- ★ AllicinMax Immune
- ★ Bio-Kult Boosted

UNDERSTAND YOUR IMMUNITY

Adrienne Benjamin, Nutritionist at ProVen Probiotics, explained: "Supporting the immune system involves full body health – ensuring that we are healthy, emotionally and physically. This can be difficult in a culture where we have become focused on immediate solutions to every problem and are constantly 'switched on'. Anxiety, depression and other mental health issues are on the increase and are known to impact immunity. At the same time, the modern diet is often low in nutrients required to support overall health and immunity."

Alice Bradshaw, Head of Nutrition Education and Information at Terranova Nutrition, added: "The health of the gastrointestinal system is fundamental to the immune system. It is known that the vast majority of the body's immune cells reside within the gut, but research is ongoing into the best approach to gut health. A diet high in sugars, refined carbohydrates and processed food is detrimental to gut and immune health. High sugar diets cause dysregulation of many body systems and provide inadequate nutrients needed for optimal immune health."

Dr Marilyn Glenville PhD, the UK's leading nutritionist, added: "Stress can be a big factor that

unfortunately impacts every aspect of our health from digestion to skin issues, hormones and immune function. And not getting enough sleep can lower our immune health. It is easy to think of sleep as a luxury and that we can fit more things in by cutting back on sleep. But getting enough good rest and recuperation is important to keep the body and the immune system healthy."

Let's not forget the Covid-19 pandemic also affected our immunity.

Andrew Thomas, founder of BetterYou, explained: "For many people, the pandemic and subsequent lockdowns were a time of heightened stress and anxiety. As people worked from home and stayed home, screen time increased dramatically and people spent less time outdoors, which meant less exposure to UVB and consequently, less vitamin D production, which is essential for immunity. There was also a reduction in exercise, which is known to reduce stress and let off endorphins, which helps fight off infections."

Linda O'Byrne, Nutritionist at Solaray, agreed, adding: "Many people gained weight in lockdown due to making unhealthier food choices and diet also plays a big part in strengthening or weakening your immune system."

IMMUNE CHECK

If you are concerned your immune system may need some support, there are some common signs.

Alison Cullen, Nutritional Practitioner and Education Manager at A.Vogel, advised: "This mostly shows up as being more susceptible to recurrent infections, whether colds or 'flu or cold sores or similar issues. Poor immune function may also make it harder to recover fully from infections, which will then drag on, or it may show up as slow-healing wounds or difficulty throwing off a fungal infection."

Alice added: "If imbalances are not addressed, then more serious health concerns may develop including inflammatory and autoimmune diseases."

Elizabeth went on: "If one has lowered immunity, it usually manifests in less resilience to infections, whether that be viral, bacterial, or fungal. Wounds can be slower to heal, the metabolism may slow down, affecting the thyroid and reflecting in a colder body temperature and feeling more sluggish or tired. Digestion may also be compromised, manifesting in bloating, constipation, or IBS. Chronic inflammatory and autoimmune conditions such as psoriasis, eczema or rheumatoid arthritis can also indicate an imbalanced or weakened immune system."

And what health issues can we be more susceptible to if we have lowered immunity?

"A weakened immune system can lead to diseases including cancer, the flu and chronic fatigue syndrome," explained Nutritionist, Patrick Holford. "Allergies occur when your immune system mistakes harmless substances for threats and attacks these harmless substances. It is only when the immune system goes wrong and does not recognise itself anymore that auto-immune diseases occur"

HEALTHY LIVING

Looking at other elements of life is also key in identifying factors that might lower immunity.

Catherine Gorman, Health Coach at Good Health Naturally, advised: "Exercise every day, choose an activity, which is brisk enough to get your heart rate going. A walk in forests or woodland is perfect, as trees and other woody plants produce a type of essential oil called phytoncides, and research shows if we inhale these substances it can help boost our natural killer cells. Make time for relaxation. Try stress reducing exercises such as yoga, Pilates, or tai chi. Deep breathing and meditation can also be helpful to lower stress hormones."

Elizabeth Wells, A Nutritionist who works for Living Nutrition, added: "In terms of lifestyle approaches, you can increase your resilience to cold by taking short cold showers, or if you have access to cold water, some outdoor swimming. This method, pioneered by the Dutch 'Ice Man' Wim Hof is credited by many anecdotally for improving their immunity, since it teaches the immune system to regulate the stress response better."



A WORD ON VITAMIN D

Vitamin D is one of the most important nutrients for immunity, as Andrew explained: "Many people, including the elderly and people with darker skin, are at risk for deficiency. During the winter, there is little exposure to sunlight so many people suffer from deficiency, therefore it is essential to take a vitamin D supplement."

And Linda pointed out: "I'd recommend taking vitamin D3 all year round, even in summer. Find one with vitamin D3/K2 combination, which will work synergistically together for your benefit."

WINTER PREP

Ahead of the weather turning cooler and the kids going back to school, give your immune system some thought in advance of the bugs doing the rounds.

"Seasonal changes can impact our bodies as we spend more time indoors, the days have less sunlight and there may be a tendency to comfort eat and undertake less exercise or physical activity to support the move towards winter 'hibernation'. All of these impact our health and the key is to remain consistent – exercise daily (preferably outdoors), spend as much time outside in the daylight as possible (whatever the weather), eat a healthy balanced diet and supplement where necessary for us as an individual," Adrienne suggested.

Alison went on: "Colder temperatures, moving from cold to hot environments and vice versa, less outdoor exposure and (possibly!) sun, and an increase in stodgy food potentially conspire to undermine our immune system. Taking time to consider diet and lifestyle options in the winter months to come will pay dividends in terms of immune support."

Catherine also advised: "Viruses are happier in colder weather, they survive longer and spread more easily. We can prep for winter by taking vitamin D supplements, probiotics to ensure we have a good composition of bacteria in our guts, and make sure our diet is packed full of immune supporting nutrients like vitamin C, zinc and selenium."

IMMUNE-FRIENDLY EATING

Poor quality food is one of the common factors that hit our immunity.

"To help boost your immune system, a healthy, balanced diet will ensure you get sufficient amounts of micronutrients, including vitamins A, C and D, iron, selenium and zinc," Andrew explained. "Vitamin C acts as a powerful antioxidant, found in fruits and vegetables including oranges, strawberries and tomatoes."

Patrick continued: "The immune power diet has 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 plenty of complex carbohydrates such as brown rice, millet, rye, oats, wholewheat, corn and quinoa as cereal, breads or pasta."

Claire Campbell, Brand Manager for BlueIron, went on: "Iron is essential to life; as well as supporting immune function, it helps reduce tiredness and fatigue, plays an important role in normal energy metabolism, oxygen transport, cognitive function, and formation of red blood cells. Interestingly, the amount of iron your body absorbs is partly based on how much you have stored. Whilst you can get a sufficient daily iron intake from a healthy, balanced diet with iron-rich foods such as red meat, pork and poultry, seafood, beans, and dark green leafy vegetables, almost a quarter of the population take iron supplements."

And Dr Glenville also suggested: "I recommend that people drink plenty of water and limit caffeine and alcohol, which all deplete zinc and magnesium. Herbal teas would be good substitutes for people who usually drink a lot of caffeine. Plenty of oats, barley and mushrooms are helpful as they contain beta-glucans which have a positive effect on the immune system."

Adrienne went on: "Zinc is only available through food and is found in red meat, poultry, seafood, nuts and seeds. It will be depleted in a diet that is high in processed foods. Probiotics are known to be the number one nutrient for supporting the immune system and eating a diet high in vegetables and fermented foods can help to provide probiotic bacteria to support the microbiome."

Kerry-Lee went on: "Boost intake of vitamin B6 with salmon, lean chicken breast or turkey and beef. If you are vegetarian, fortified tofu, avocados, sweet potatoes, bananas, and pistachios. Vitamin B6 is needed for white blood cells to ensure they are ready to defend our immune system."

IMMUNE STRONG SUPPLEMENTS

During the colder months, you might want to safeguard immunity with certain supplements.

"Most people can benefit from a multivitamin and mineral as inadequate intake of micronutrients can negatively impact immune health," Alice suggested. "Selenium deficiency results in depressed immune function, making the body more susceptible to illness. Botanical supplements are immune supportive, including mushrooms, garlic, elderberry, astragalus and olive leaf."

Patrick added: "Vitamin A is a powerful anti-viral vitamin. Vitamin E is necessary for a normal antibody response."

Kerry-Lee added: "Beta glucans are prebiotic fibre that naturally occur in plants such as mushrooms and oats with historical use for immunity. Researchers found beta-glucans from oats support growth of *Lactobacilli* and *Bifidobacterium* considered to be 'good' gut bacteria in humans."

Alison suggested: "With research published this year, specifically on Covid outcome in a human population, *Echinacea purpurea* is the star supplement. Numerous studies have identified echinacea's ability to protect against upper respiratory tract infections such as cold and 'flu, as well as limiting symptom duration and severity. This new study highlights its efficacy against the infection currently on the winter agenda, proving herbal remedies are just as capable of tackling newly emerging infections as older ones."

Catherine also suggested: "Olive leaf extract is a super antioxidant contains oleuropein, a potent antibacterial, antifungal and antiviral. It can potentially offer protection against colds, flu and other viral infections."

And Kerry-Lee recommended: "Black elderberry is noted for its potent effects on stimulating non-specific immune response, gently stimulates sweating during a fever, regulates temperature control and so resolves infection more quickly with less severe symptoms."

Let's not forget probiotics: "Probiotics are key in supporting immune health via gut health – and other gut supporting nutrients may also be beneficial (including digestive enzymes, omega 3 fatty acids and L-glutamine)," Adrienne suggested.

Elizabeth added: "Another crucial mineral that tends to be missing from soil and is involved in energy metabolism, nervous system regulation and numerous other actions that interplay with immunity is magnesium. Over half of people have a magnesium deficiency, so it's important to find a bioavailable source of this mineral."

"Reishi and cordyceps are revered medicinal mushrooms that contain bioactive compounds to support energy levels, protect against fatigue and even viral infections. Reishi is rich in both beta glucans and triterpenoids and shows a supportive role in white blood cell activity as well as having anti-inflammatory properties."

NATURAL LIFESTYLE'S Top Picks



Daily Wellness Essential!

Multi award-winning Bee prepared daily immune supplement is formulated by nutritionists combining highest quality plant based ingredients with studies behind their use for helping the immune system and which have natural antibiotic and antiviral properties including propolis, black elderberry, olive leaf and more. They are highly concentrated and contain no fillers so fewer are required. Suitable for most ages and to take on an ongoing basis, year round. Capsule contents may be opened into smoothies if desired. UK Made. Vegetarian Society Approved. Outstanding reviews!

www.unbelievablehealth.com



Essential for supporting the body's natural immune system

BetterYou's new Immune Health Oral Spray delivers a scientifically formulated blend of vitamins A, C and D, zinc, and selenium directly to the bloodstream via the inner cheek, for optimal absorption. Providing smart nutritional support, the pill-free supplement contributes to the protection of cells from oxidative stress whilst reducing tiredness and fatigue, which can hinder the body's ability to defend against infection. Housed in 100% recyclable, planet-friendly packaging, the great-tasting natural orange and peach flavoured spray utilises naturally sourced ingredients and is certified vegetarian and palm oil derivative free. RRP: £12.95

www.betteryou.com



Love your microbiome

We believe that a healthier, happier quality of life starts with your unique microbiome. The UK's number 1 live bacteria brand* has been at the forefront of developing conversation around the gut and the microbiome for 25 years. With our in-house team of scientists, researchers and nutritional experts, we develop our own bacteria products to provide something for everyone, with targeted microbiome support. With over 10,000 positive reviews, 30 trials and over 80 awards, Bio-Kult gives your customers the confidence to take care of them and that's something to be celebrated, making life a little more digestible! *NielsenIQ total coverage WC090422

www.bio-kult.co.uk



NutraDefence - Immune Support Tea

NutraDefence® by NutraTea® is 1 of 22 herbal remedy teas that has been developed to support the immune system and maintain the health of the respiratory tract. This complete herbal blend contains 100% active botanicals that have been sustainably sourced including Boneset, Thyme and Mullein to help improve the symptoms endured from flu and other infections of the respiratory tract. Each biodegradable tea bag contains no artificial flavourings or oils allowing for it to be reused up to 3 times throughout the day, offering a delicious way to support your body's natural defences all year round.

www.nutratea.co.uk



The New Quick and Easy Mess-Free Money-Saving Ginger Shot

The new immunity-boosting product is designed to provide all of the well-known benefits of typical ginger shots, less the mess of making them fresh every day. Being in powder form also makes them quick and easy to use whilst saving consumers an incredible amount of money buying fresh. The sustainably made product also contains an incredible mix of organic ingredients naturally high in vitamins and minerals including C and Zinc, along with other anti-inflammatory ingredients turmeric root and black pepper for increased absorption and bioavailability. Just one shot hits the spot limiting the need for endless amounts of capsules daily.

www.exzo.co.uk



The Gold Standard in Nutrition

Sun Wakasa Gold Plus is a powerful Liquid concentrate from the nucleus of the chlorella plant, known as Chlorella Growth Factor (CGF). CGF is a nucleotide-peptide complex, unique to chlorella, and contains an abundance of nucleic acids, which are essential for the body to repair, recover and regenerate itself. Sun Wakasa Gold plus has an ability to rapidly replenish and revitalise your body.

www.sunchlorella.co.uk



Boost your Immune System Naturally

Many studies show significant improvement and strengthening of the immune system when high quality, stabilised Omega 3 is increased. Not all Omegas are the same and it is imperative to take the best quality Omega 3 to ensure you obtain the maximum health benefits, Paradox Omega is just that! A totally natural high strength unique formulation scientifically proven with no fishy taste or smell.

www.paradoxoil.com



AllicinMax Immune for normal immune function

AllicinMax™ Immune is formulated to provide stabilised allicin from garlic, with beta glucan along with vitamin C and Zinc. Vitamin C and Zinc contribute to normal functioning of the immune system. It makes a perfect addition to your wellness supplement regime. The easy to swallow, vegan capsules are odour free and suitable from age 12. Two capsules provide 180mg Allisure (Allicin) Powder, 150mg Vitamin C and 10mg Zinc. Part of the AllicinMax™ range, the brand leader in stabilised allicin supplements, you will find the range in your local independent health food store.

www.allicin.co.uk



Hot flushes? Night sweats?

Feeling the heat? Sage has a long history of use for treating common and troublesome menopausal flushes and sweats. A.Vogel Menoforce® Sage tablets is a traditional herbal medicinal product used for the relief of excessive sweating associated with menopausal hot flushes, including night sweats, exclusively based upon long-standing use as a traditional remedy. Made using the extract of organically grown fresh Sage leaves, (Salvia officinalis), Menoforce® Sage tablets are available in a convenient one-a-day dose. Always read the leaflet.

Available from health food shops and online at www.avogel.co.uk

A natural boost for your children's immune system

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's 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.

www.wfbm.co.uk



Boost your immune system

Terranova's Beta Glucans, Astragalus & Vitamin C Complex is a complete resistance formula encompassing some of the most well-researched nutrients and botanicals for immune support. This new powerful formulation contains a high potency of yeast-derived beta glucans, plus the important beta glucan synergists resveratrol and vitamin C. Featuring a Magnifood blend of fresh freeze dried astragalus, olive leaf and elderberry with Matcha green tea and quercetin supported with the mineral zinc. 100% additive free, 100% vegan

www.terranovahealth.com



Ask the experts

SLOWING DOWN SKIN AGEING...

by Lindsay Powers

What factors can make skin age prematurely, and what are the tell-tale signs?

There are two factors to consider when it comes to skin ageing – intrinsic and external factors. Intrinsic ageing refers to the natural ageing process or chronological ageing. External factors like smoking, alcohol consumption, diet, and environmental stressors like pollution, blue light radiation and UV exposure can accelerate the ageing process. These sources expose the skin to free radicals and oxidative stress, which contribute to inflamaging – a process whereby chronic inflammation brought on by external stressors causes the skin to age prematurely.

As we age, the layers of our skin are structurally impacted by these factors, and we start to see the physical effects. We may see fine lines and wrinkles, sagging skin and a lack of elasticity.

Can you recommend a healthy diet and lifestyle that can help care for the skin?

Great food for the skin includes lots of brightly coloured fruits and vegetables, including green leafy veg, berries, sweet potatoes, bell peppers and watermelon. Fruits and vegetables are rich in antioxidants that help protect the skin from free radical damage. Include lots of

healthy fats in the diet, like avocados, oily fish, nuts and seeds and healthy oils, such as pine nut oil, olive oil and hemp oil, to protect the skin barrier.

It is essential to manage stress when caring for our skin. Stress can cause increased inflammation in the body, which can lead to premature ageing of the skin.

What nutrients are particularly important for older skin?

- **Vitamin C** is vital for collagen production and protection from UV-exposed photodamage.
- **Omega 3 fatty acids** from krill and fish oils are anti-inflammatory and essential for skin texture and appearance. They help keep the skin plump and hydrated to minimise signs of ageing.
- **Collagen** is the most abundant extracellular skin matrix component, which helps maintain its structure and function. Collagen supplements can help the skin to retain water and support smooth, firm and robust skin.
- **Curcumin** is an excellent skin health supplement. Curcumin exhibits powerful antioxidant, and anti-inflammatory properties, which studies show is a safe and effective option for many skin conditions, including anti-ageing.

Q What are the benefits of vitamin K?

Patrick Holford explained: Vitamin K is vital for bone health, heart health, cancer and more. It is not a single nutrient but a family of related vitamins. One member of the family was misunderstood for decades due to a case of mistaken identity. New research is finally bringing to light the life-saving importance of an adequate intake of vitamin K2.

Vitamin K2 is important for osteoporosis prevention and treatment. It activates a protein

called osteocalcin that directs calcium into bones and teeth. Vitamin K2, in conjunction with vitamin D, has been shown to boost bone density far better than either nutrient alone. Perhaps more importantly, K2 has been shown to reduce fracture risk and improve bone health above and beyond bone mineral density.

Vitamin K2 also has benefits for heart disease prevention and reversal. Intake is inversely associated with cardiovascular morbidity and mortality, while vitamin K1 intake shows no correlation. Vitamin K2 prevents and reverses heart disease by

activating a protein called MGP, that essentially removes calcium deposits from arteries and other soft tissues where the mineral accumulates, causing harm.

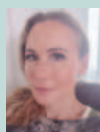
Vitamin K2 also regulates a third protein that governs cellular growth. That makes this nutrient a potent inhibitor of cancer, especially lung and prostate.

Research indicates that women over 50 show high levels of vitamin K2 deficiency, accelerating the rate of bone loss and vascular calcification. If you are in doubt about your vitamin K intake, you can supplement it in good quality multivitamins.

About the experts



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



ELIZABETH WELLS is a natural nutritionist specialising in liver and gut health. She is a Nutritionist at Living Planet Distribution, which has the Mushrooms 4 Life range in its portfolio.



PATRICK HOLFORD is a nutritionist, author and leading commentator on natural health. He founded the Institute of Optimum Nutrition in 1984, and is the author of over 45 books, translated into over 20 languages, including *The Optimum Nutrition Bible*.



PAUL MOORE is Managing Director at If You Care, which creates products for the home with the aim of reducing the amount of waste that goes to landfill. He is also Non-executive Director at the Organic Trade Board.

Silica – the must have mineral

Discover the power of silica and how it can help your health and wellbeing.

It's the second most abundant mineral in nature and responsible for keeping all things in nature strong and flexible. We've selected several leading products which harness the power of silica to maintain good health.

Super silica

Silicea hair, skin and nails capsules are the world's most popular silica supplement. Made in Germany for over 75 years, they have been shown in studies to improve hair growth and strength and reduce nail splitting and ridges.

Central heating can dry out skin, and silica draws moisture into skin cells, which helps reduce the appearance of fine lines and wrinkles.



Gut friendly

Silicea Gastro-Intestinal Gel is suitable for the treatment of acute and chronic gastrointestinal complaints, including IBS.

Once in the digestive system, the gel binds with pathogens and gases and adsorbs them due to its molecular structure. These unwanted pathogens are then safely passed through the body easing symptoms naturally.

The gel is free from preservatives, which can aggravate digestive issues.



Best for beauty

There are many collagen supplements to choose from but take a closer look at the ingredients

and many are packed with sweeteners and flavourings.

Silicea Kollagen plus is only sweetened with apple and mango pulp and in addition, contains 150mg of hyaluronic acid and silica gel, which all combine to improve the skin's elasticity and moisture levels.

Cold sore relief

Winter weather can be a trigger for cold sores, which can be painful and unsightly.

Silicea Cold Sore Lip Gel is a remarkable natural product which has shown to be more effective than traditional chemical treatments.

Safe for children and pregnant women, the gel coats the cold sore and draws the viral secretions into its structure. This prevents the spread and dries the cold sore up quickly.



Products featured are available from all good health food stores.

Ask the experts

HOLISTIC HEALTH SUPPORT... by Elizabeth Wells

What are medicinal mushrooms and why are they generally useful for health?

Medicinal mushrooms are classed as mushrooms with distinctive therapeutic value to humans. Sometimes called functional mushrooms, they are species considered to have physiological health benefits when used in extract or tincture form. Although these days they are classed as supplements rather than medicines, they have a long 5,000-year history of use in traditional cultures around the world.

They are useful for health in several ways: they are reservoirs of unique chemical compounds that have been found to have beneficial effects on everything from inflammation to immunity and blood sugar levels. They contain active compounds that naturally mimic some of our pharmaceutical medicines, such as steroid compounds called triterpenes. They are natural antimicrobials, and many are considered adaptogens that can help to balance the nervous system during stressful events.

What do you consider to be the best medicinal mushrooms and why?

Reishi and turkey tail have both been well-researched and found to have a wide range of benefits to immune health.

Turkey tail is a source of PSK and PSP: compounds that have been isolated and shown to boost immune cell production. Reishi has one of the highest beta glucans content of any medicinal mushroom: the special polysaccharides are particularly effective for

immune health. These have been shown to stimulate natural killer cells, a white blood cell that protects against infection. It is also used for natural hay fever relief, and for calming and balancing the nervous system.

Cordyceps is a great mushroom for energy and stamina and was taken by record-breaking Chinese athletes in the early 1990s because of its reputation to enhance energy output and oxygen capacity.

Finally, lion's mane is another mushroom gaining popularity in natural health circles for its ability to stimulate nerve growth factor. It is sometimes referred to as nature's nutrient for the neurons and is used to support alertness, cognition and memory.

Should we opt for a supplement and what should we look for when choosing?

If you want to benefit from medicinal mushrooms, then a supplement is the way to go, since mushrooms need to be prepared through an extraction or similar process to make the compounds more bioavailable. Secondly, because fungi tend to absorb everything from the soil, including pesticides and other contaminants, it's important to choose an organically certified brand.

It's also good to find out if the mushrooms have been cultivated on their natural medium or wild harvested for maximum nutrition and bioactivity. Finally, is the supplement pure or does it contain cheap fillers such as maltodextrin to bulk out the ingredients?

Q Can you offer me some ideas to save money while also being eco-friendly?

Paul Moore suggested: With the cost of living rising thanks to spiralling energy bills and soaring food prices, making environmentally-friendly choices has unfortunately become less of a concern for Brits. A poll by Ipsos Mori earlier this year showed 38 per cent of people said it was more important for their household to cut costs than make choices that are better for the environment.

Here are some tips and hacks to help:

- **DOING THE DISHES** – when buying items for cleaning and cooking in your kitchen, consider investing in good quality, durable products, as cheaper ones end up costing you more in the long run. For example, sponge cloths that are made of a mix of pure cotton and cellulose can be used then washed over and over again without degrading. Cheaper ones tend to lose their quality quickly and need to be disposed of sooner.
- **FOOD PREP AND STORAGE** – kitchen foil is expensive, but people tend to use it once to cover food then throw it away, which is wasteful, as well as being costly. One brilliant hack when you're baking food in the oven is to put parchment paper over the dish, then place foil on top. This prevents the foil from getting dirty, which means you can use it again and again. The parchment paper can then go into the compost bin, which is better for the planet.
- **START COMPOSTING** – it's definitely worth considering as it will also save a lot of food going to landfill. You could use really space efficient Bokashi composting digesters that will compost cooked foods without the smell and turn them into the most amazing and powerful liquid fertiliser. Different from a traditional garden compost that works on uncooked food scraps and garden waste in an aerobic manner, the Bokashi composter anaerobically digests cooked and uncooked food in a very short time and you don't need a big outdoor space.
- **START AN ORGANIC VEGETABLE GARDEN** – with rising food costs, even vegetables are becoming very expensive to buy at supermarkets, not to mention the plethora of plastic packaging used in these places. If space is at a premium and you only have a window box, then high value items such as coriander and fresh basil or salad leaves can be grown in rotation in small spaces.
- **STAY COOL WHEN WASHING** – many people assume hot water is the key to keeping clothes and dishes clean when washing. But cleaning enzymes from washing liquids, powders and tablets are actually destroyed at high temperatures. These enzymes work best at body temperature, so try a cooler setting when using your washing machine. According to Which, washing at 30°C uses 38 per cent less energy than washing at 40°C, so not only will you be kinder to the planet you'll also be saving money on your energy bills.

“Having a flexible job where I could set my own hours was key”

Kimberly Espinel explains the life-changing experience she had when training with CNM.



Kimberly Espinel

I now have a successful business and work full-time as a food photographer and recipe developer. I do all this from home, working my own hours. My job allows me to be creative and no two days are the same; I also get to spend lots of quality time with my son.

After working as an adoption and fostering social worker for many years, I took 18 months off after I had my son. When I went back to work, things didn't feel the same; my job was demanding, and my work-life balance wasn't right. I wanted a job where I could set my own hours and have the flexibility to spend more time with my son.

Food and nutrition had always been my passion, so I went to a CNM open day and decided to do the naturopathic nutrition diploma.

I loved that the course was part-time and spread over three years; it offered flexibility that other courses didn't. The diploma felt manageable and achievable. CNM has a fantastic reputation, and the college is conveniently located in central London.

Studying at CNM completely changed my life. All the topics were incredibly interesting, especially the nutrition modules, and I loved the practical component of the in-clinic training. Doing mock

consults was a fantastic experience. All the lecturers are so inspiring and knowledgeable. I also met some lovely people who I'm still in contact with.

I started my vegan food blog whilst studying to build an audience and a catalogue of recipes to share with clients when I graduated. Thinking about the marketing and business side early on has been pivotal in my business' success. My blog gained a lot of traction, which resulted in me being offered sponsorship deals.

Realising food photography was my strength (rather than consulting), I've focussed my business around food photography and styling. However, having my nutrition qualification has given me an edge and set my blog apart from the thousands of other blogs out there.

I now work full-time as a food photographer and recipe developer, and I also teach food styling and food photography. I do a lot of sponsored content and influencer work too, promoting products for brands.

My advice to anyone thinking about studying nutrition at CNM is to go for it as the knowledge you gain is invaluable. Even if you don't want to practice, you can use it to improve your own health. The

course gives you a solid foundation in how the body works, nutrition and healthy living.

Think about your end goal from the outset – what do you want to achieve and how will your business look? When you know this, you can start brainstorming and put plans in place to make it happen.

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Ease your menopause

Debilitating symptoms can mean a trying time for women as they navigate the menopause. Thankfully, gentle, holistic approaches can make a big difference.

It's often noted a disparity exists in the UK when it comes to menopause compared to other parts of the world. For example, in some Asian countries, women do not experience the scale and range of menopause symptoms that Western women do.

There are a range of factors why, with diet and lifestyle ranking at the top. It certainly seems that in the UK, women have become accustomed to believing it is something to fear. Yet a holistic approach, with a generally healthy diet, topping up on key nutrients, and making some adaptations to your routine, can help hugely in easing symptoms.

Alice Bradshaw, Head of Nutrition Education and Information at Terranova, advised: "According to Menopause UK, approximately 13m women in the UK are either peri- or post-menopausal, with a significant number thought to be suffering symptoms. The perception of menopause may be one very significant factor. In the Western world, up until recently, menopause was not really discussed and any dialogue that did exist perceived this life stage as an illness requiring medication. As such, many women don't even recognise that the symptoms they may be experiencing are associated to hormonal shifts.

"Many cultures around the world embrace this stage of life and have a different, more holistic perception, which is much more likely to result in a more balanced view and menopausal experience. Many cultures hold a deep respect for older members of their population. As such, ageing is seen as a more positive experience."

Martina Della Vedova, Nutritional Advisor at NaturesPlus, went on: "About 75 per cent of women experience symptoms and 25 per cent of these describe them as severe. The average duration of this process is seven years but one in three women experience symptoms for more than seven years."

And Sue Potgieter, from DR.VEGAN's Nutrition Team, advised: "To look at the language surrounding menopause provides a peek into differing attitudes to menopause. The Japanese word for menopause means 'renewal', China view it as a 'rebirth', whilst the Arabic word translates as 'the hopeless age' and the English word contains 'pause' as if life is on hold.

"Japanese women have been known to have lower rates of conditions like osteoporosis, which often worsens in menopause and post-menopause in other countries. This may be due to their diet statistically being higher in soy, which contains isoflavones that mimic oestrogen. In a 2010 study of women across several Asian countries, only 19 per cent of women took HRT to manage their menopause symptoms, while 37 per cent used herbal or natural remedies."

And Catherine Gorman, Health Coach at Good Health Naturally, added: "In some cultures, like Japan, women seem to have minimal and sometimes even no symptoms. Research suggests diet is the main reason for this. In particular, high consumption of soybeans, as these contain phytoestrogens and isoflavones, which can help lessen hormonal imbalance. Lifestyle may also play a part; Japanese women are considered some of the healthiest in the world. Traditionally slimmer and fitter, they tend to eat a nourishing diet rich in omega-rich fish, light carbs, with plenty of green vegetables."

Symptom checklist

There are common signs you are perimenopausal – that is, the phase preceding the actual menopause, which is when periods cease.

"Symptoms vary a lot and can start manifesting during the perimenopause, when reproductive hormone levels drop significantly as the egg reservoir runs out in the ovaries. Irregular periods, hot flushes and sweats are the most common," Martina advised. "Insomnia and difficulties sleeping, anxiety, mood swings, brain fog and lack of concentration are symptoms many women have. Palpitations and fatigue, and the need for more frequent toilet breaks, mucosal dryness, joint aches and pains are other symptoms."

Linda O'Byrne, Nutritionist for Solaray, also pointed out: "Symptoms can be life changing, affecting not only women's physical health but also their mental health and even have damaging effects on relationships, work and other aspects of life."

Sue added: "According to our research, there are more than 20 menopausal symptoms reported and on average, women experience 10 symptoms. Brain fog is the most common reported symptom of menopause. Fatigue, poor sleep, night sweats, hot flushes, mood swings and anxiety are equally common, with 75 per cent experiencing these. More than 60 per cent experienced joint pain, weight gain, low libido and bloating. Cold flushes, shivers, hair loss and hair thinning affect more than 30 per cent of women, and changes in body odour, altered spatial awareness, tinnitus and itchy skin (formication) affect more than 20 per cent of women going through menopause."

NUTRITIONALLY HEALTHY

When was the last time you looked at your diet and considered if you were getting the right nutrients? When it comes to the menopausal phase of life, this is beneficial.

Dr Marilyn Glenville PhD is one of the UK's leading nutritionists and author of *Natural Solutions to Menopause*. She advised: "The menopause is a time of change and female hormones are going to be fluctuating up and down as you go through this stage until you come out the other side and into the post-menopause, when your hormones will stabilise. The more gradually you go through the menopause, the less hormone fluctuations you experience and the easier the transition. What you eat at this stage can make the difference between having a difficult or easy menopause."

Catherine went on: "Research shows overweight women with a higher BMI, or a greater percent of body fat, reported more frequent hot flashes and night sweats, with more severe symptoms compared to women with lower BMIs or percent body fat."

Alice added: "Nutrition is a key influencer on hormonal health throughout a woman's reproductive life and it is instrumental to supporting a healthy transition into menopause. Weight gain is a common symptom of hormonal changes and women may be tempted to eat a low-energy diet to manage their weight. This further exacerbates feelings of tiredness and fatigue and may cause nutrient deficiencies, which results in even worse hormonal imbalance and worsening of symptoms."

Linda also commented: "A healthy, balanced diet will keep blood sugar levels on an even keel, and this can improve mood and even help to balance hormones. A diet high in processed foods can have a detrimental effect on women's health."

And Sue pointed out: "In our own survey, 40 per cent of those surveyed who made changes to their diet during menopause said the changes helped to relieve symptoms. However, only 50 per cent overall were aware that dietary changes could help with the relief of symptoms and had no idea of what those changes were."



Try this

- ★ NaturesPlus BioAdvanced Menopause Support
- ★ A.Vogel Menoforce
- ★ Solaray Red Yeast Rice & Coenzyme Q10
- ★ New Nordic Meno Joy

MOVE MORE

We must also get active, for a range of reasons.

"This does not mean hours of cardiovascular exercise (which could actually be counterproductive), but rather the focus should be on natural movement, such as walking, coupled with weight-bearing exercises to support bone density," Alice advised.

Martina highlighted relaxation, advising: "Stress less' needs to become our motto. Cortisol overproduction not only impacts sleep and mood, but also insulin resistance. Meditation doesn't need to be necessarily dreamful visualisations and breathing techniques, it can consist of writing a journal, painting/drawing, gardening, reading a book or having long, salty baths. Use cotton, linen or other natural materials for your bedding and night clothes."

And Jenny Carson, Technical Services Manager at Viridian Nutrition, advised: "Oestrogen plays a role interacting with serotonin and melatonin. Subsequently, during menopause, insomnia and sleep issues can arise. Starting a sleep ritual 90 minutes before desired sleep time can be helpful. It would include taking magnesium bisglycinate or a small bowl of cherries to calm the body, a bath with Epsom salts or a gentle yoga routine, turning off all blue back lit devices, laptops and PCs, a cool temperature in the bedroom free from distractions."

MENOPAUSE SUPPORT

Supplements are important to support menopausal women in a range of areas.

"A comprehensive multivitamin and mineral formula will provide a good foundation for a menopause-supportive supplement programme. It will provide B vitamins, vitamin C, E and many valuable antioxidant nutrients," Alice advised.

"There are also botanicals extensively researched for their ability to lessen menopausal symptoms by bringing hormones gently back into balance. These include dong quai, fenugreek, kudzu root and sage. Sea buckthorn oil has been revered for its ability to relieve conditions associated with dry skin and mucus membranes and may be particularly supportive for menopausal women."

Jenny suggested: "Most known for its role in immunity, zinc plays a major role in thyroid function, taste, sight and hearing, besides hormone regulation, womb health and sexual function."

"In reproductive years, menstruation incurs a monthly loss of blood, which demands iron

replenishment, however, all women require adequate iron to support energy production and immunity. The decline in oestrogen affects the amount of iron taken into haemoglobin and subsequently the amount of oxygen taken into red blood cells for distribution to cells for energy production. Magnesium is necessary for utilisation of tryptophan, the amino acid transformed into serotonin, responsible for feelings of wellbeing."

Sue added: "Vitamin C with iron helps significantly improve absorption of iron."

Martina continued: "Vitamin C, D, K2, magnesium, and calcium are the main nutrients that deficiencies of make everything more difficult. Magnesium and vitamin B6, along with relaxing herbs such as lemon balm, theanine, chamomile, black cherry and ashwagandha, can prepare the body for restful sleep."

And Catherine suggested: "Omega 3 can help with many menopausal symptoms such as dry skin and hair, cracked nails, and dry eyes. They are anti-inflammatory and can help lubricate the body.

Holistic management plan

Making changes to the diet, and your lifestyle approach, can make vast difference in how your body responds to hormonal changes.

Dr Glenville recommended: "Pay attention to adding phytoestrogens to your diet as these help cushion the effects of the hormone rollercoaster as you go through the perimenopause. We know women who eat a diet rich in phytoestrogens have significantly fewer hot flushes, up to half the amount experienced by women who eat very few, so make sure these are included in your diet and go for variety. Don't base everything around soya, include also chickpeas, lentils, flaxseeds (linseeds) and kidney beans."

Catherine advised: "Foods rich in phytoestrogens usually contain other powerful plant nutrients, like omega 3 fatty acids, fibre, and antioxidants. It is important to ensure the diet is rich in nutrients which help keep bones healthy too, especially calcium, magnesium, boron and vitamin K. So, include plenty of leafy green vegetables, nuts seeds and whole grains. Include plenty of healthy fats in the diet, oily fish, avocados, nuts, flax seeds."

"Omega 3 fatty acids also help increase bone mineral content, reducing risk of osteoporosis. These healthy fats also reduce inflammation, support brain health, cardiovascular function, and can lower the incidence of hot flushes and vaginal dryness."

Martina added: "B vitamins are essential as they nourish the nervous system and brain as well as adrenal glands and liver, all of which are very involved in menopausal symptoms. B vitamins can be found in whole grains, green leafy vegetables, eggs, legumes, seafood, and lean meats. Vitamin D controls calcium metabolism in the bones, together with vitamin K2, therefore, improving bone health. It is also a very important nutrient for mood and brain health, as well as being very helpful for immunity and gut function. Vitamin D-rich foods are oily fish such as anchovies, wild salmon, mackerel, sardines, or liver, egg yolks and fortified foods."

"Calcium deficiency can exponentially speed up deterioration of bones. Foods rich in calcium are leafy green vegetables, nuts and seeds, seafood and seaweed and dairy."

Alice highlighted insulin as a key marker: "Insulin is a hormone with multiple roles within the body and is best known for regulating blood sugar levels and is therefore influential in fat storage and weight gain. High blood sugar levels are also implicated in conditions that may affect menopausal women, such as cardiovascular disease, cognitive decline and diabetes. Some studies suggest that vasomotor menopausal symptoms (such as hot flashes and night sweats) are made worse by insulin resistance, meaning maintaining good metabolic health is important at this life stage. Insulin levels can be kept in check by consuming a diet that focuses on fresh food, protein and fats while minimising refined carbohydrates, sugar and alcohol."

They also help increase bone mineral content, reducing risk of osteoporosis. A collagen formula can support joints and cartilage, whilst having the benefit of preventing premature skin ageing. It can also help with vaginal dryness and supports elasticity in the urinary tract."

Dr Glenville added: "Soya significantly reduce hot flushes and night sweats. Sage has been shown to decrease hot flushes by 50 per cent after four weeks and 64 per cent after eight weeks. It helps decrease insomnia, and irritability, anxiety, physical and mental exhaustion by up to 47 per cent. Hops have shown to help with hot flushes and night sweats and red clover to significantly reduce hot flushes and night sweats."

Linda highlighted associated issues too, explaining: "Menopause has been linked to osteoporosis, due to lower bone density so calcium intake is important during menopause. Taking vitex agnus castus can also make a big difference for all stages of menopause, by helping to re-balance hormone levels."

NATURAL LIFESTYLE'S Top Picks



Organic MenoKare+Red Clover

At Good Guru, we have introduced the formula, Organic Menokare + Red Clover, that has Phytoestrogens and is known to ease out the issues arising out of depleting levels of estrogen hormone. As per clinical studies, when estrogen declines, these Phytoestrogens exhibit stronger estrogenic effects in the body. With the estrogen-like property, these herbs lessen the hot flushes & night sweats.

This formula aids in regulating weight, cholesterol & sugar levels. The antioxidants and micronutrients may reduce stress, enhance mood & provide quality sleep. Below are the herbs in our formulation:

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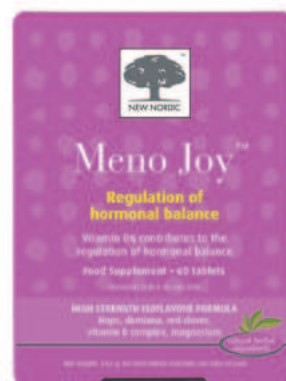
www.thegoodguru.com



Natural menopause support

Menopause is a natural stage of life that every woman goes through. Meno Joy provides nutritional support during this period of change. The Meno Joy tablet is based on a combination extract of hops and red clover, which provides a variety of natural isoflavone types. Red clover helps coping with the typical signs associated with menopause, such as hot flushes, sweating, restlessness and irritability. Meno Joy also includes natural extract of damiana, magnesium, and B-vitamins. Magnesium and B-vitamins contributes to normal function of the nervous system and the reduction of tiredness and fatigue. During menopause, a woman's ovaries produce less estrogen and progesterone. Vitamin B6 further contributes to the regulation of hormonal activity

www.newnordic.co.uk



Complete Nutrition for Menopause

The MenoShake™ is an Award-winning comprehensive multi-nutrient, plant protein and herbal shake with added marine collagen, formulated by registered nutritionists and specifically designed to support female wellness during perimenopause and menopause. This delicious Protein Shake is packed with over 30 micro-nutrients, botanicals, adaptogens and phytoestrogens including red clover, wild yam, ginseng, reishi mushroom, maca powder and KSM66 ashwagandha and more....

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www.bomimonutrition.com



Hot flushes? Night sweats?

Feeling the heat? Sage has a long history of use for treating common and troublesome menopausal flushes and sweats. A.Vogel Menoforce® Sage tablets is a traditional herbal medicinal product used for the relief of excessive sweating associated with menopausal hot flushes, including night sweats, exclusively based upon long-standing use as a traditional remedy. Made using the extract of organically grown fresh Sage leaves, (*Salvia officinalis*), Menoforce® Sage tablets are available in a convenient one-a-day dose. Always read the leaflet.

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TERRANOVA
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Spice sensation

Discover the wonderful world of spices to add some extra goodness to your cuisine.

Spices and herbs have been in use for centuries both for culinary and medicinal purposes. They are defined as plant derived substances that add flavour to any dish. But it can be difficult to distinguish between the two. Spices can come from the plant parts such as roots, rhizomes, stems, leaves, bark, flowers, fruits, and seeds. Herbs are typically thought of as non-woody plants.

Spices were among the most valuable items of trade in ancient and medieval times. As long ago as 3500 BC, the ancient Egyptians were using various spices for flavouring food. The use of spices spread through the Middle East to the eastern Mediterranean and Europe. Spices didn't just make merchants rich across the globe — it established vast empires, revealed entire continents to Europeans and tipped the balance of world power.

Rich health benefits

The historical use of herbs and spices for their health benefits is well documented. Early humans co-evolved with the flowering plants in their local environment and there is suggestion that hunters and gatherers wrapped meat in the leaves of bushes, accidentally discovering that this process enhanced the taste of the meat, as did certain nuts, seeds, berries, and bark.

Spices not only enhance the flavour, aroma, and colour of food and drinks but, over the years, spices and herbs have been used for medicinal purposes, and as a way to mask unpleasant tastes and odours of food. In hot countries, when food can perish more quickly than in a cool environment, they were used to keep food tasting fresh. Ancient civilizations did not distinguish between those spices and herbs used for flavouring from those used for medicinal purposes. When leaves, seeds, roots, or gums had a pleasant taste or agreeable odour, they became in demand. This can be seen as the start of cultural food association.

How many?

There are roughly 40 different spice (and herb) plants of global importance, and many more with local relevance.

Spices and herbs can be classified into various groups based on flavour, the part of the plant where they came from or botanical classification.

Three great reasons spicy food is good for you:

- Spicy food speeds up your metabolism.
- Spices combat inflammation.
- Spices help kill bacteria.

Reader offer

Since the pandemic began, there has been increased demand for organic products, as people looking for alternatives that are good for their body and the planet. Suma's organic range of herbs and spices is perfect to help achieve this. These little boxes of joy are made from recycled and recyclable cardboard, with the plastic inner home compostable. The full range of 36 organic herbs and spices look good, taste good, and do good. Suma is a co-operative of ordinary people built on integrity and equality for more than 40 years. We're committed to sourcing the best quality and sustainable products, inspiring change, for good. *Natural Lifestyle* is offering readers the chance of winning one of two sets comprising eight of the latest launched products, all organic, which includes fenugreek seeds, cayenne pepper, chilli flakes, curry leaves, fennel seeds, smoked paprika, star anise and whole nutmeg. See opposite page to enter.



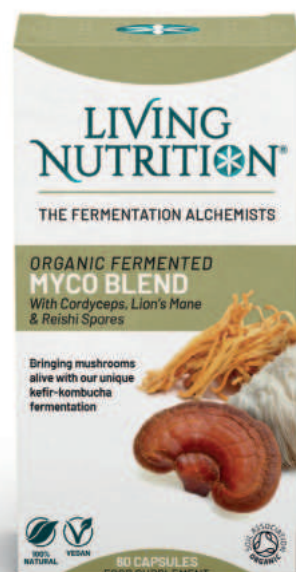
NATURAL LIFESTYLE Giveaways

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



NATURESPUS GI NUTRATOTAL DIGESTIVE WELLNESS

GI NutraTotal Digestive Wellness from NaturesPlus goes far beyond the many gut health products on the market today. Whole food enzymes, beneficial bacteria, prebiotic fibre, soothing herbs, including turmeric and ginger, and other essential co-factors deliver powerful synergistic activity to ensure total digestive wellness. *Natural Lifestyle* is offering readers the chance of winning one of six.



LIVING NUTRITION MYCO BLEND

Natural Lifestyle has teamed up with Living Nutrition to offer readers the chance of winning one of six bottles of Myco Blend. This formula of organic cordyceps, reishi spore and lion's mane is a fermented tonic that gives all-round gentle protection. Cordyceps and reishi are often paired together in Traditional Chinese Medicine, especially when there is extra stress on energy resources. These two adaptogenic mushrooms are partnered with lion's mane to deliver an additional boost for sharper focus and concentration.

GOPO JOINT HEALTH POWDER

New GOPO Joint Health Powder provides scientifically documented rosehip in a vegan format for versatile inclusion within food and drinks. The rosehip powder is prepared using a specialist process to ensure uniquely high levels of the galactolipid GOPO, which has over 20 scientific trials. Research has established that rosehip may play a valuable role in the care of joints and joint tissues. 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 – and *Natural Lifestyle* is offering readers the chance of winning one of four 100g packs.



A.VOGEL IMMUNE SUPPORT

Natural Lifestyle has teamed up with A.Vogel to offer readers the chance of winning one of 15 boxes of Immune Support Tablets. Immune Support is a dietary food supplement containing zinc, vitamin D and vitamin C, which all contribute to the normal functioning of the immune system. Vitamin C additionally helps to reduce tiredness and fatigue. Lactose and gluten-free, the tablets are suitable for vegetarians and vegans. In addition, this convenient one-a-day tablet is suitable for those aged 12-plus.



ABSOLUTE AROMAS RELAXATION REED DIFFUSER

This beautiful Relaxation Reed Diffuser has been specially formulated by expert aromatherapists to help to relax, soothe and comfort the senses using only 100 per cent pure and natural essential oils. This Relaxation blend contains a synergy of essential oils, including petitgrain, bergamot and ylang ylang, selected for their relaxing and uplifting properties. Simply display at home or at work and allow this natural fragrance to delicately diffuse into any space, creating a tranquil atmosphere. *Natural Lifestyle* has one to give away.

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, 2022. Or you can enter online – visit www.mynaturallifestyle.com

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AFFORDABLE HEALTHY EATING

Healthy eating need not cost the earth, as this collection of budget-friendly recipes shows.

As concern surrounding the cost of living increases, everyone is looking for ways to save money. Armed with a well-planned week of meals, money can be saved through reducing food waste and impulse buys, and clever batch cooking – so here, we bring you a few suggested daily meal plans.

MONDAY

BREAKFAST

Beetroot, pomegranate and orange smoothie

Serves 1

(Cost per portion: 0.57p)

Ingredients:

- 100ml pomegranate juice
- 100ml orange juice
- 1 cooked beetroot (¼ pack – multiply recipe by 4 if you want to use a whole pack)

Method:

- Whizz all the ingredients in a liquidiser until smooth, serve immediately poured over ice.

Recipe courtesy of www.lovebeetroot.co.uk

LUNCH

Summer courgette salad with quick pickled shallots

Serves 4 as a side, 2 as a main

(Cost per portion: £1.85)

Ingredients:

- 120ml red wine vinegar
- 1tbsp sugar
- 1.5tsp salt
- 250ml water
- 4 echalion, thinly sliced
- 2 yellow courgettes, trimmed
- 2 green courgettes, trimmed
- 75g pine nuts
- Juice of ½ lemon
- Salt and pepper for seasoning
- 2tbsp extra virgin olive oil
- 1 pack of rocket leaves
- 100g Parmesan, or a vegetarian alternative

Method:

- To make the quick pickled shallots: whisk the red wine vinegar, sugar, salt and water in a small bowl until the sugar and salt dissolve. Place the sliced echalions in a bowl and pour the vinegar mixture over. Let it sit at room temperature for one hour.
- Slice all of the courgettes lengthways on a mandoline, or with a flat vegetable peeler, into

strips about 3mm thick.

- Place the strips in a colander over a bowl, season with a little salt and leave to stand for eight minutes to extract the excess water. Pat dry on kitchen paper.
- Meanwhile, toast the pine nuts in a dry frying pan until golden brown.
- To make the dressing, pour the lemon juice into a large bowl and season with salt and pepper. Gradually whisk in the olive oil.
- Pile up the courgettes on a serving platter or individual plates, evenly distributing the yellow and green vegetables and making sure you create some height. Sprinkle with the toasted pine nuts and drizzle with half of the dressing. Add a layer of the rocket leaves and drizzle them with the rest of the dressing. Finish the dish with some of the pickled shallots and a scattering of Parmesan shavings.

Recipe courtesy of ukshallot.com

DINNER

Speedy chicken and celery green curry

Serves 4

(Cost per portion: £2.31)

Ingredients:

- 1tsp vegetable oil
- 2 small red onions, peeled and cut into half moon slices
- 1 bunch of celery – half of the stalks thinly sliced, the other half cut into 6cm sticks
- 4tbsp Thai green curry paste
- 2 x 400g cans of coconut milk
- 2tbsp fish sauce
- Zest and juice of 2 limes
- 100g sugar snap peas
- 640g mini chicken fillets
- Jasmine rice, to serve

Method:

- Heat the oil in a medium pan, add the red onion and thinly sliced celery and fry for two minutes. Tip in the paste and cook for one minute more.
- Pour in the coconut milk, fish sauce, lime zest and juice. Bring to a simmer, then add the sugar snap peas, celery sticks and chicken. Cook for five-10 minutes or until the chicken is cooked through. Serve in bowls with rice, if desired.

Recipe courtesy of www.lovecelery.co.uk



BREAKFAST

UK crispy shallots with creamy mushrooms and egg bread

Serves 2

(Cost per portion: £1.39)

Ingredients:

For the crispy shallots:

- 2 echalion shallots
- 4tbsp rapeseed oil

For the egg bread:

- 2 free-range eggs
- 3tbsp milk
- Sea salt and cracked black pepper
- 4 slices thick cut bread, we used white bloomer
- Rapeseed oil for frying
- 240g mixed mushrooms, sliced
- 1tsp mixed herbs
- 1tsp wholegrain mustard
- 1 large tbsp cream cheese
- Sea salt and cracked black pepper

Method:

- Start by making the crispy shallots. Peel and thinly slice the shallots before separating the slices into thin rings. Heat the oil in a pan until hot – test by placing a small bit of bread into the oil, it is ready when it sizzles as soon as hitting the oil.
- Carefully sprinkle the shallots into the oil and fry for two to three minutes until golden. Use a spatula to move the shallot pieces in the oil to ensure they crisp evenly. Use a slotted spoon to remove from the oil and drain the shallots on a piece of kitchen paper. Set aside until ready to serve – they will crisp up further once cooled.
- In a shallow dish, whisk together the eggs and two tablespoons of milk and season with a little salt and pepper. Place the bread slices in the egg mixture, turning over to ensure both sides are covered in the egg. Allow to sit for two to three minutes until the bread has totally absorbed the egg mixture.
- Heat a dash of oil in a non-stick frying pan and carefully lay the soaked bread into the pan. Fry for three to four minutes until golden and crispy before flipping and repeating on the other side. Place the cooked bread on a lined baking tray and place in a warm oven whilst you make the mushrooms.
- Heat a little more oil in the pan before adding the mushrooms. Fry for three to four minutes until browned – try not to move the mushrooms too much as this will help them to caramelise. Sprinkle in the mixed herbs and a sprinkling of salt and pepper. Stir through the mustard, cream cheese and remaining milk to create a thick, creamy sauce that coats the mushrooms.
- Remove the bread from the oven, place on two plates and spoon over the creamy mushrooms. Finish with the crispy shallots and a final crack of black pepper.

Recipe courtesy of ukshallot.com

LUNCH

Zespri SunGold kiwi and black bean tostadas

Serves 4

(Cost per portion: £1.03)

Ingredients:

For the tostadas:

- Sea salt
- 4-6 miniature tortilla wraps
- 250ml vegetable oil

For the filling:

- 1tbsp olive oil
- 1 white onion, diced
- 400g can of black beans, drained, liquid reserved
- 1 red chilli, seeded and cut into small pieces
- 2 Zespri SunGold kiwis, peeled and diced

For the topping:

- 200g Greek yoghurt
- 2 Zespri SunGold kiwis, peeled and diced
- 1 red chilli, seeded and cut into small pieces

Method:

- Start by making the tostadas. Heat the vegetable oil in a frying pan, ensuring there's enough oil to comfortably cover the base of the pan. The oil should be sizzling but not smoking. If you have a thermometer, aim for around 170°C.
- Use tongs to carefully place the tortilla into the oil and cook for 30-45 seconds. After this, flip the tortilla and repeat on the other side. Remove from the pan and leave to cool. Sprinkle with a light pinch of salt. Repeat this process for all tortillas.
- Once done, create the filling. Start by heating the oil in a frying pan and cook the diced onion for five minutes, stirring occasionally.
- Add the beans, the reserved bean liquid and the chilis. Mash the beans with a fork, leaving some whole for texture and cook for five minutes. Stir often to ensure nothing sticks to the bottom of the pan. Mix in the diced kiwis and cook for two minutes. By this time, the mixture should have thickened a little.
- Place the tostada shells on a chopping board or serving plate and scoop a large spoonful of the black bean mix onto each tostada.
- Leave to cool for a couple of minutes and then add a small spoonful of Greek yoghurt to each tostada. Top with the remaining diced kiwi and chilli and serve.

Recipe courtesy of www.zespri.com/en-UK

DINNER

Radish and kale frittata

Serves 4-6

(Cost per portion: 0.47p)

Ingredients:

- 200g new potatoes
- 100g kale
- 1 onion, sliced
- 200g radishes
- Salt and pepper
- 1tbsp olive oil
- 6 eggs, beaten
- 40g cheddar, grated
- Salad, to serve

Method:

- Preheat the grill on high.
- Slice the potatoes in half or keep whole if very small. Bring to the boil in a pan on a medium heat, and cook until tender, about five to seven minutes. In the last couple of minutes, add the kale. Drain the potatoes and kale and set to one side.
- Meanwhile, heat the oil in an ovenproof frying pan over a medium heat and add the onion and radishes. Season generously and fry for eight-10 minutes, until the radishes are golden, and the onion is soft. Remove the radishes from the pan and put to one side.
- Pour the potatoes and kale into the pan with the onion and radish mixture.
- Mix the eggs and cheese together in a jug and season well. Pour into the frying pan and top with the radishes. Cook on a medium heat for three to four



minutes until starting to set.

- When the frittata has started to set, place the frying pan under the grill for a further five minutes. Slide the frittata out of the pan onto a large plate and serve with salad.

Recipe courtesy of www.loveradish.co.uk

BREAKFAST

Radish, ham and goats cheese muffins

Serves 12

(Cost per portion: 0.55p)

Ingredients:

- 260g flour
- 2tsp baking powder
- ½ tsp bicarbonate of soda
- 2tsp salt
- 1tsp garlic powder
- 2 large eggs, beaten
- 300ml buttermilk
- 100g unsalted butter, melted and cooled, divided
- 200g radishes, chopped
- 100g ham, chopped
- 125g goats' cheese, crumbled
- Black pepper

Method:

- Preheat the oven to 190°C. Line a muffin tin with muffin cases.
- In a large bowl, whisk together the flour, baking powder, bicarbonate of soda, salt, and garlic powder.
- In a medium bowl, mix together the eggs, buttermilk and 70g of cooled, melted butter. Add the wet ingredients to the dry ingredients, stirring until just combined. Fold in the radishes, ham and goats' cheese, reserving a handful of radishes.
- Spoon the batter into the muffin cases, filling each until about ¾ full. Top each muffin with a few pieces of the reserved radish, fresh-ground black pepper, and a spoonful of the remaining melted butter. Bake for 20-25 minutes, until just beginning to brown and firm to the touch.

Recipe courtesy of www.loveradish.co.uk

LUNCH

Bloody Mary salad with crunchy celery

Serves 4

(Cost per portion: £1.35)

Ingredients:

- 200g ciabatta, or other crusty white bread
- 4tbsp extra virgin olive oil
- Salt and pepper, to taste
- 50g Parmesan
- 250g cherry tomatoes, halved
- 2 sticks of celery, thinly sliced
- 2tbsp drained capers
- 1tsp vodka
- 1tsp red wine vinegar
- ½ tsp Worcestershire sauce
- ½ tsp Tabasco sauce
- ½ tsp celery salt
- 100g fresh and naked mixed salad leaves
- Fresh basil leaves, to serve

Method:

- Preheat the oven to 180°C. Tear the ciabatta into pieces and toss in a bowl with 2tbsp of the olive oil, seasoning and Parmesan. Spread out on a baking sheet and cook for 10-15 minutes until golden brown.
- Mix together the cherry tomatoes, celery and capers in a medium bowl.
- In another small bowl, whisk together the remaining 2tbsp extra-virgin olive oil, vodka, red wine vinegar, Worcestershire sauce, Tabasco sauce, celery salt and pepper.
- Arrange the salad leaves in a serving bowl or platter, top with the cherry tomato mixture and drizzle with the bloody Mary dressing. Toss together and top with the ciabatta pieces and fresh basil leaves.

Recipe courtesy of www.lovecelery.co.uk

DINNER

Beetroot pasta bake

Serves 4

(Cost per portion: 0.76p)

Ingredients:

- 250g vac-pac beetroot
- 1tbsp olive oil
- 1 onion, finely chopped
- 1 celery stick, finely chopped
- 1 carrot, finely chopped
- 30g fresh basil leaves
- 3 garlic cloves, crushed
- Salt for seasoning
- 400g pasta
- 100g feta
- 50g parmesan
- Optional, to serve, 15g basil

Method:

- Pre-heat the oven to 180°C.
- Carefully open the vac-pac beetroot, draining the juice into a jug and set it aside. Chop the beetroot into quarters.
- Meanwhile, put the oil into a large frying pan on a medium heat. Add the onions, celery and carrot, and two thirds of the drained, quartered beetroot, cooking until soft, about 10 minutes.
- Roughly tear the basil into the pan and add the garlic, stirring constantly. Remove from the heat after 30 seconds.
- Bring a pan of salted water to the boil and add the pasta, simmering for eight minutes. Drain, reserving 200ml of pasta water.
- Meanwhile, in a blender or food processor, blitz the onion and beetroot mixture, along with the reserved beetroot juice. Slowly add the pasta water to loosen the mixture until you have a pourable consistency.
- Pour the drained pasta into a large oven proof dish. Stir the sauce through the pasta, ensuring the pasta is well coated. Top with the remaining beetroot quarters, feta and Parmesan.
- Bake in the oven for 20 minutes, until crisp on top and the cheese has melted. Top with the fresh basil, if using.

Recipe courtesy of www.lovebeetroot.co.uk





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