

# Natural Lifestyle

LOVE LIFE, LIVE WELL – NATURALLY

www.mynaturallifestyle.com

April 2021

The UK's  
**best**  
**FREE**  
HEALTH  
MAGAZINE

## The allergy challenge

Simple tips to  
beat hay fever

## Dealing with diabetes

How to cut your risk  
of type 2 diabetes

PLASTIC-FREE  
HOME

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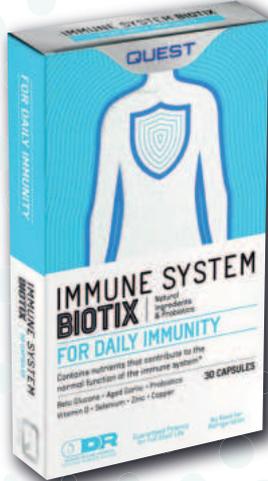
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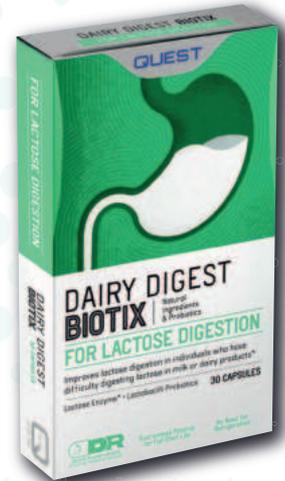
### IMMUNE SYSTEM BIOTIX

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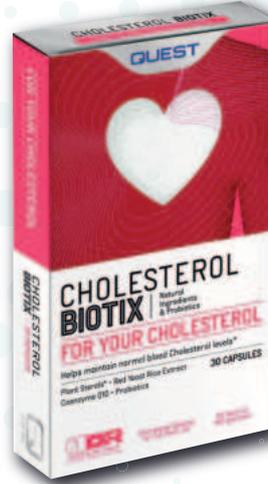
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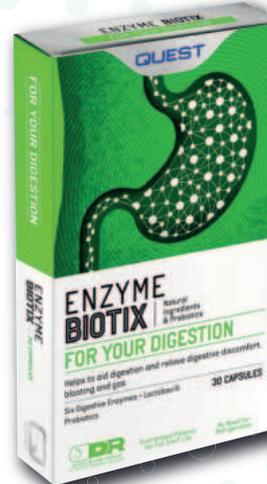
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# Welcome



**I**t's almost incomprehensible to think that a whole year has now passed since the fabric of our lives changed immeasurably. It was a year ago that we were plunged into a national lockdown, that schools closed, shops shut, and we were unable to see friends and family.

Through the course of the last year, we have been through many trials and tribulations, both mentally and physically, and there isn't a person who won't have been affected in some way, whether directly by the virus, or by one of the many knock-on effects of the virus, whether it's physically in that you may have put on weight, lost some fitness, or your diet has been less than healthy, or it could be in relation to your mental health and to your feelings of isolation.

Of course, we now have a roadmap out of this, and all being well, life will resemble something much more normal for us all by the summer. But we must also remember that the legacy of Covid-19 will remain with many of us for some time and so being kind to both ourselves and to others is really important; moving out of lockdown – as it was to move into it – will be an adjustment for everyone, and there is no right or wrong way to approach it. But we would always suggest keeping your health and wellbeing in front of mind when making adjustments; are you making sure you're eating plenty of fruit and veg and easing off the processed food? Are you cutting back on your alcohol consumption, which may have risen during lockdown? Are you making sure you're getting active in some way, ideally outdoors, to keep your mind and body healthy?

All of these are our individual choices to make, but such healthy choices do play a critical role in so many facets of your life, and in this issue of *Natural Lifestyle*, we have two different

health areas which can be positively affected by your nutrition and lifestyle. On page 24, we discuss diabetes and the crucial role your diet plays in cutting risk. And, as the pollen arrives, we highlight on page 16 how you can help avoid the worst of the hay fever season.

We hope this issue of *Natural Lifestyle* helps support and motivate you in your health goals, and don't forget you can pick up more tips by visiting [www.mynaturallifestyle.co.uk](http://www.mynaturallifestyle.co.uk)

*Rachel Symonds,*  
Editor



## THE BEST BITS

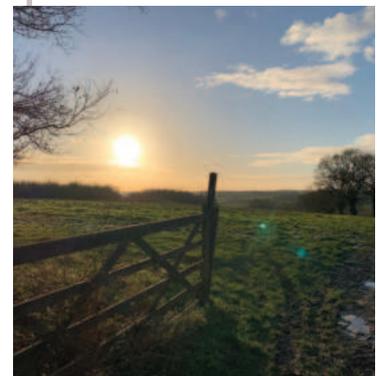
An insight into what the *Natural Lifestyle* team have been up to this month.



It was more of the great outdoors for our design whiz, Clare, who came across a family of ladybirds during a walking break.



Could it have been any muddier for Editor Rachel's recent five mile run?



Nothing quite like breathing in the beauty of our local surroundings on an early morning walk.



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## STAY AWARE OF SUGAR



Easter is upon us, and that brings with it an influx of chocolate eating – but one nutritionist is reminding of the importance of keeping sugar intake low.

Dr Emma Derbyshire, registered Public Health Nutritionist, has pointed out that although Easter is a time to enjoy the festivities, including family meals and chocolate egg hunts, it is also easy for sugar intakes to skyrocket. For example, one survey looking at the sugar content of Easter eggs revealed that one medium chocolate egg provides around 23 teaspoons of sugar whilst 'extra-large' Easter eggs with supplementary chocolate bars provide about 73 teaspoons. Smaller chocolate bunnies provide anything between 13 and 28 teaspoons.

And so, Dr Derbyshire has set out her advice on how to lower sugar intake during Easter, without having to completely sacrifice chocolate:

- **Tip one – leave off sugary decorations:** When baking Easter cakes, think about using berries or Easter chicks to decorate instead of adding extra lashings of chocolate or sugary sprinkles.
- **Tip two – save a bit:** Break eggs up and give these to children over the course of a week, rather than having a whole egg in a single day.
- **Tip three – mix it up:** Mix chocolate up with fruits such as blueberries, blackberries or strawberries, that way, chocolate and fruits are put on these same level playing field. Colourful, naturally sweet berries can be a great Easter treat too!
- **Tip four – do some swaps:** Having a hot chocolate made with cocoa powder and semi-skimmed milk only provides 6.5g of sugar compared with 56g found in the equivalent amount of milk chocolate (100g)!
- **Tip five – give Easter trail mix a go:** This trail mix can be put into small jars or cardboard boxes, tied up with ribbons and hidden or placed on meal tables. Include things like fresh mixed berries, dried fruits such as raisins, cherries, mango or apricot slices, low sugar popcorn and chopped dark chocolate or chocolate chips.

# Inside... HEALTH



## Rising number of Brits consider themselves non-meat eaters, poll finds

More and more of us are turning to plant-based foods, according to a new survey.

Research by vegan food brands, The Fry Family Food Co., Oumph! and LikeMeat has revealed attitudes towards plant-based foods are changing among the general population, with over one in three people now believing vegan food can be just as indulgent as meat.

The poll found that more than a quarter (27 per cent) of the UK population now identify as 'flexitarian', actively trying to cut down their meat intake on a regular basis. Of the 2,000 adults polled, vegetarians now make up 10 per cent, with pescatarians (five per cent) and vegans (four per cent) not far behind. When asked which best describes their diet, meat-eater/omnivore came out at 54 per cent.

The survey also explored the relationship between food and mood, with one in five Brits reporting thinking that a plant-based diet would make them happier than a meat diet. The effect of diet on sleep was also considered, with 57 per cent of vegans admitting better sleep duration and quality since making the switch to a plant-based diet.

## PERFECT THE PACKED LUNCH

With the children now back to school and getting some semblance of routine, a new campaign has been launched to ensure parents are packing enough nutrients into their youngsters' lunchboxes.

Dr Rupy Aujla is London's best-selling author and the man behind *The Doctor's Kitchen*, who recently published his third cookbook, *Doctors' Kitchen 3-2-1*. Centred around the notion every meal should contain three portions of fruit or vegetables, Dr Aujla is eager to propagate the power of evidence-based food and lifestyle medicine.

Dr Aujla is on a mission to get parents packing three portions of fruit or vegetables in each packed lunch they provide to prioritise the health of their children.

He commented: "The best way to ensure healthy, future lives for the next generation is to encourage and educate them about the power of evidence-based food, particularly, fruits and vegetables. We shouldn't let this global pandemic be a wasted year of pure hibernation and strife.

"The end of lockdown restrictions in the UK should mark a conscious change in our approach to health and wellbeing, and not just amongst us adults. A health revolution, distinct from diet culture, where we prioritise the health of ourselves and those around us is surely the silver lining we all need at the end of a pandemic. Packed lunches seem like a simple place to start."



Dr Rupy Aujla

## We love

**THE GOOD GURU ORGANIC ASHWAGANDHA WITH BLACK PEPPER** – support your stress levels with this Ayurvedic supplement.

Ashwagandha can help to balance the stress and anxiety response, while black pepper can help improve the absorption and digestion of ashwagandha. It may also help to balance female hormones and can help to calm the mind.

**VITASIL SILICIUM LIQUID** – ideal for helping to deal with upper respiratory issues, it can also help to reduce inflammation in the body and helps the body to generate collagen naturally, helping to reduce wrinkles, and firms and hydrates the skin.

# Low Waste Swaps

Swap your everyday essentials with low waste alternatives



Ditch the plastic packaging from conventional foundation by making a switch to benecos. Made from a creamy natural formula, the **benecos Natural Foundation Stick** allows you to carefully apply foundation with a stick applicator at ease. The easy to apply formula melts into the skin, blending seamlessly to leave a fresh, light-weight and dewy foundation finish. Twist up, glide on and blend in with fingers or use the benecos foundation brush. Packaged in a low waste cardboard tube.

RRP £9.45 available from [www.benecos.uk](http://www.benecos.uk)

The **Organ(y)c Cotton BeautyBuds** are perfect for everyday use, especially if you are reducing single use plastic. Made using only certified organic cotton with a strong and recyclable cardboard stem, the environmentally friendly buds are also biodegradable after use. Certified organic by ECOCERT and vegan by VEGANOK.



RRP £3.29 available from [www.organyc.uk](http://www.organyc.uk)



Say goodbye to plastic filled cotton pads and wipes and hello to the ultra soft **FAIR SQUARED reusable organic cotton pads**. The pads are made from organic cotton and are ideal for

daily use to wipe away makeup and unwanted residues on your skin. Each pack includes 7 pads and a cotton bag for storage. The perfect way to reduce your plastic footprint. Machine washable.

RRP £12.75 available from [www.fairsquared.co.uk](http://www.fairsquared.co.uk)

The **Ben and Anna Toothpaste** is making waves in oral care right now, with its support of Ocean Cleaning and eco-friendly glass jar packaging.

Our whitening toothpaste is a powerhouse in the fight against discoloration. Pineapple enzyme helps whiten your teeth gently, while sage adds a boost of vitamin A and antioxidants, providing a reliable protective shield against tooth decay. Leaving your breath fresh all day in a choice of with or without fluoride.

RRP £8.95 available from [www.benandanna.uk](http://www.benandanna.uk)



Make the swap today to the **Ben & Anna Deodorants** in paper tubes. These highly effective deodorants will keep you smelling fresh all day thanks to a selection of natural aromas. The formula uses arrowroot and sodium bicarbonate to keep the under arms dry and odour free while the addition of shea butter keeps the skin moisturised. The packing is completely environmentally friendly so with Ben & Anna you literally don't have to sweat it.

RRP £9.95 available from [www.benandanna.uk](http://www.benandanna.uk)

# BEING MINDFUL IN THE MORNING

Getting your day off to a healthy start can take many different forms and including mindful activities in your routine can be really useful.

Iona Lim, trainer for the app, Eastline, explains that practising yoga can help relieve stress and anxiety by combining deep breathing with mindfulness (a focus on the here and now) and flowing sequences to guide our minds and find much needed space.

Here's some of the exercises you could try at the start of your day:

- **Breathe** – sitting in a comfortable position, take a deep breath in for six seconds, hold for a further six seconds and then breathe out deeply for a further six seconds. Repeat 10 times.
- **Cat cow stretches** – get into the all-fours position with your arms directly under your shoulders. Press into your hands, tuck your tail bone in and chin into chest, arching your lower back. Then move your shoulder blades back, your chest forward and let your belly button drop to the floor. Repeat the flow 10 times.
- **Thread the needle** – from all fours, reach the right arm up, twist the chest to the right side and open upwards. Then bring the right arm down to loop under the left armpit, bringing the outer right shoulder and ear to the floor. Repeat on the left side.
- **Puppy pose** – from all fours, ensure the knees stay under the hips. Reach your arms out and sink your chest to the floor. Keep your gaze forward until your chin touches the floor. Stay in this position for five long breaths.
- **Cobra** – lying face down on the mat, place your hands in front of your shoulders. Straighten your arms to lift the chest. Press the hands, hips and feet down into the ground, roll the shoulders back and down and shoot the heart forward.
- **Bridge** – lying on your back with your arms by your side, bend your knees with your feet hip-width apart and tuck your tailbone under. Press through the feet and arms, lifting the hips away from the ground and walk the shoulder blades closer together.
- **Happy baby** – lying on your back, pull your knees into the chest. Hold the outside of the feet, placing the knees wide and keeping the soles of the feet flexed up to sky, gently rock from side to side. Relax.



Iona Lim



## GO WITH THE FLOW

If yoga is your exercise of choice, Decathlon has just the thing to help you practice your flows.

Whether you enjoy starting your day working through a flow routine, or like winding down in the evening with a calming sequence, practicing yoga is a great way to feel invigorated and boost your mood.

And Decathlon has a range of affordable, quality equipment, including leggings, sweatshirts and yoga mats, helping you keep up with your practice, wherever you are.

We love the Dynamic Yoga Leggings (£17.99); ideal for bending and stretching, the fabric of these leggings has undergone rigorous testing to ensure it remains opaque during even the most challenging stretches. The material absorbs and wicks moisture away from the skin, so perspiration isn't an issue, and the high waistband is flattering, comfortable and offers stability, allowing the wearer to focus on working through their flows.

And a mat is crucial, so why not try the Comfort Gentle Yoga Mat? The thickness of the mat gives joints in the wrist and ankles additional support whilst holding high-pressure poses and encourages relaxation. It can even be used outside as we head into the summer months.

Affordable and easy to transport, this mat comes in a fabulous leaf print so that nature can be present during every step of your practice.



# Inside... LIFESTYLE



## INSPIRING US INTO THE GREAT OUTDOORS

With research showing that time spent in nature helped us through lockdown, the top 100 green spaces have been revealed.

As part of its centenary year celebrations, Weleda has launched its **#100PlacesInNature** to give people inspiration on where to visit locally, with contributions from nature lovers including Joss Stone, Erin O'Connor, Lisa Snowden and The Wildlife Trusts.

It comes as it was revealed that spending time in nature has been hailed as one of the most positive outcomes of lockdown life, with 62 per cent of Brits more positive on days when they've spent time outdoors. A third (34 per cent) say going out for walks helps them cope with lockdown restrictions and 28 per cent find the great outdoors relieves the stress of the pandemic. Almost three quarters (62 per cent) notice a positive uplift in their mood on days they have spent time in nature.

Furthermore, almost half (46 per cent) now get out into nature at least four times a week. Once lockdown is lifted, two thirds (66 per cent) say they want to spend even

more time outdoors.

The research and list of beautiful and biodiverse green spaces reveals the vital role of nature in keeping the nation's spirits lifted throughout the Coronavirus pandemic.

It features urban and rural outdoor spaces, from Epping Forest in Essex to Mewslade Beach in Swansea, as well as Golden Cap in Dorset, the Orkney Islands, Ballycastle in Northern Ireland and many more. Weleda is inviting the public to add to the list with suggestions of their favourite local lockdown walking spots, via its Instagram (@weledauk). The list can be found at [www.weleda.co.uk/100-places-in-nature](http://www.weleda.co.uk/100-places-in-nature)

Jayn Sterland, Managing Director, Weleda UK and Ireland, explained: "Despite the hardships of the pandemic, we have seen a positive shift in attitudes towards nature and the environment. The restrictions have helped us slow down and reconnect with the outside world. We hope that our Top 100 list inspires more people to get into nature, because the positive impact on our minds and bodies is undeniable. Everything we have has its complement in nature, because we are nature."

**WIN WIN WIN**

Be sure to follow us on Twitter and Instagram to be in with a chance of winning some of the fantastic competitions we have coming up...

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## PERFECT SKIN PROTECTION

With the weather taking a turn for the better, it's important to think about how you're protecting your skin from the sun's rays.

We love the ORGANii mineral sun care range, ICEA certified organic, dermatologically tested, suitable for vegans and free from colours, fragrances, artificial preservatives (like parabens) or chemical synthesised sun protection boosters.

The good news is there's something for the whole family, including SPF 30, a lightweight and non-greasy sun block, which glides on to skin effortlessly and is perfect for all skin types, including fair and sensitive skin, or up your protection with Sun Milk SPF 50, which will protect the most delicate skin from the harsh rays of the sun, ideal for those with fair skin or those more susceptible to burning.

And don't forget that even if you're not on holiday, and even on a cloudy day, you need to protect your skin; ORGANii's SPF15 Anti-Ageing Facial Sun Cream is a non-greasy, multi-tasking cream full of hydrating anti-ageing ingredients, such as argan oil, carrot seed oil and flaxseed oil.



# Inside... BEAUTY

## SKIN DETOX HERO

Our skin needs a regular detox to keep it looking and feeling healthy – and did you know that charcoal can help?

Whether it's the build-up of daily grime, make-up residue or excess sweat from a tough workout, our complexion can suffer from the unavoidable impurities we encounter in daily life.

That's where Green People's Coconut Charcoal Purifying Face Mask can help, designed to draw out impurities, control oil production, reduce the appearance of pores and mattify the skin.

The highly absorbent and porous natural ingredient binds itself to environmental pollutants, oil and dirt in the skin. Bentonite clay works in synergy with charcoal, using high absorbency properties to draw dirt and toxins away from the skin. In addition, antioxidant-rich alpine willow acts as a natural anti-inflammatory, balancing sebum production and refining the overall texture of the skin.



## Natural essentials

Nourish skin to slow down ageing with this new natural starter kit.

The Slow Ageing Essentials Discovery Collection comes with four travel-size skincare products, containing bespoke blends of only the purest and most potent essential oils, to re-energise and rejuvenate skin.

Included within the kit is the Essential Face Moisturiser, Face Wash and Facial Essence, featuring easily absorbed oils that actively improve the quality of skin cells, neutralising free radicals and encouraging optimum new skin cell growth.

## Eye-opening to zero waste

You can still offer your skin effective care without adding extra load to the environment.

By way of example, we have Balade en Provence, a zero waste, certified vegan and organic solid beauty bar brand, which has created solid Eye Contour Serum.

Developed and shaped specially for the delicate contour of your eyes, this solid serum hydrates and protects the skin around your eyes. With regenerating immortelle flower, rich in powerful anti-ageing vitamin E, cocoa seed butter to decrease signs of ageing and borage seed oil, rich in GLA to improve the skin's barrier, the serum is designed to gently condition the skin around your eyes.



# NATURAL LIFESTYLE'S Top Picks



## Greenliving Pharma: Producing natural, ethical healthcare products

Greenliving Pharma are committed to producing ethical healthcare products using natural ingredients to provide maximum nutritional support for you and your family. Introducing the latest addition within our Green Family Circle, Family Immune Syrup. Family Immune Syrup contains natural Vitamin C from Acerola Cherries to help support the normal function of the immune systems of the whole family, plus delicious Black Elderberry. Suitable for all stages of life from infants through adult life and into later years. It is ideal for use all year-round, or as an additional support at key times of the year. To find out more information, visit: [www.greenlivingpharma.com](http://www.greenlivingpharma.com)



## Zero Waste Hydrating Day Cream

NEW zero waste certified organic Solid Day Cream from Balade en Provence. This cream embodies the simple notion that exceptional ingredients give you exceptional results. Made with only 4 ingredients including safflower oil to soften and hydrate, cocoa butter to soothe and moisturize and essential oils from the famed Immortelle flower to heal and rejuvenate, this handmade cream is packed with skin-perfecting ingredients. Applied first thing in the morning as a daily moisturizer, the bar melts naturally when warmed on the skin and can then be gently massaged in to leave you with a glowing, non-greasy finish. Approved by the Vegan Society and cruelty-free, packaging is 100% compostable. Retails at only £14.99. Available now from [www.kijaniliving.co.uk](http://www.kijaniliving.co.uk)



## The Perfect Gift. Natural by Nature Oils Aroma Diffuser

Create a wonderful aroma in your home with this Aroma Diffuser from Natural by Nature Oils. This beautifully designed diffuser will give you up to eight hours of silent diffusing time and the calming vapour and colour-change light can help create the perfect mood. Available in White or Black. Safe to use at night because of the safety shut off feature. Add your favourite pure essential oils to help uplift, calm or unwind. RRP £34.99 [www.naturalbynature.co.uk](http://www.naturalbynature.co.uk)



## "HONEY, NOT ANTIBIOTICS RECOMMENDED FOR COUGHS"

Guidance developed by National Institute for Health and Care Excellence (NICE) and Public Health England (PHE) recommends that honey should be a patient's first point of call to treat a cough, not antibiotics.

"Evidence showed that honey could be effective at reducing the symptoms of acute coughs due to upper respiratory tract infections." Manuka Health is a trusted global brand delivering authentic, high quality Manuka Honey to over 25 countries. Every jar is tested to MPI (Ministry of Primary Industries, New Zealand) standards to ensure each batch is genuine New Zealand Manuka honey.



## Hedgerow health hero!

Weleda's natural medicine, Prunus Spinosa 6X Oral Drops, has been formulated for the symptomatic relief of fatigue following stress or illness, to alleviate the washed out or depleted feeling that can follow a bout of illness or stressful times. The fresh leaf tips, which appear after flowering, are handpicked from the blackthorn hedges in Weleda's own Derbyshire herb gardens, harnessing the vitality of the new shoots and the powerful fortifying properties of the biodynamically grown blackthorn. The drops are easy to take - just 5-7 drops in a little water, three times daily, until symptoms improve. Suitable for vegans. [www.weleda.co.uk](http://www.weleda.co.uk)



# CUT YOUR PLASTIC POLLUTION

**Cutting the amount of single use plastic you use can make a huge difference to your environmental impact, as *Natural Lifestyle* explains.**

**W**e live in a world of over consumption, whether it's the excessive amount of food waste generated or the sheer volume of single use plastic we throw away every day.

And although things have certainly got better in recent years thanks to the likes of David Attenborough shouting about it, we still have a long road ahead to change our buying habits and to trade out the excessive use of plastic for other alternatives.

We know it can be confusing when trying to start a greener journey as every alternative to plastic has its own drawbacks. So here, we explain the purpose of plastic, and the simple changes you could make to have an impact on your own environmental footprint.

## PLASTIC PROBLEMS

It's really important to bear in mind that plastic as a material isn't the main issue; in fact, because it is so durable, if used correctly, it can be reused and last a long time. The problem we have in this modern world is we are not using it in this way, and single use plastic has therefore become the norm; for too long and too often, we have thought nothing of throwing away our takeaway coffee cups or bottles of water, have used facial or household wipes with little thought for where they end up, and buy products with excessive and often unnecessary packaging.

And this has an impact, not only on the sheer amount that is thrown away, but the fact that plastic takes a long time to biodegrade and can leave behind microplastics, which are no good for the aquatic world and wildlife.

Thankfully, the tide is beginning to turn and because of this, there are now so many alternatives which means you don't need to rely on single use plastics. The best place to start when wanting to cut back on your use of plastic is to look at labels, see what packaging is made of, has it come from recyclable and sustainable sources, and question if it can be recyclable, if it can't, avoid it. And also be sure you are disposing of any plastic in the right way so that it can actually be recycled.



### TRY THIS

WooBamboo Bamboo Toothbrush

ORGANii Verbena & Lemon Cream Soap

We Love The Planet Natural Deodorant Stick Lavender

Alter/Native By Suma Lavender & Geranium Shampoo

Enna Menstrual Cup

## MAKE A CHANGE

There is really no need in this day and age to use excessive amounts of throwaway plastic, and where you do use it, try to keep it and use it for something else.

Simple switches that don't need to affect your daily life but can benefit the planet include:

- **Ditch the wipes** – there are now many reusable face pads and cloths, which can simply be washed after use, meaning you don't need to buy wipes to remove make-up or to clean the house with. These throwaway wipes often end up in landfill and take a long time to degrade. There are some out there that biodegrade but be sure to check how long this takes and what they are made of. Better still, just try to avoid their use.
- **Drink right** – it's never been easier to pick up a reusable hot drinks cup, which means you don't need to have your chosen drink in a single use cup (which comes with a plastic lid). Try to keep it with you when you know you'll want to buy a takeaway hot drink, and the same can be said for a drinks bottle – plastic bottles are terrible for being thrown away after one use, so try to avoid.
- **Check materials** – if you are buying products in plastic, ideally, they would come from recyclable material and be recyclable too, extending the life of that piece of plastic.
- **Check packaging** – both food and drink

items and bathroom products can be culprits for being in excessive amounts of packaging. When shopping, try to choose loose fruit and veg that doesn't sit in plastic, and the same can be said for grains, nuts and seeds – many health food stores now offer these in loose form, so you can fill up how much you need in a reusable bag.

- **Opt for refills** – most health food stores now offer some kind of refill service, most commonly for products such as laundry detergent and washing-up liquid, as well as shampoo, conditioner and body washes. And also consider soap and haircare bars; these will not only be made of more natural ingredients but they are free from excessive packaging and also last longer than conventional products so is also kinder to the purse.
- **Consider your period products** – you may not associate excessive plastic consumption with monthly period products, but they can be quite the culprit – not only is plastic used to make the applicator in tampons but a lot of plastic can be used in the making of sanitary pads and tampons. Ideally, choose organic versions, or you could investigate menstrual cups. These are made of medical grade silicone, are kind to the body and can be reused, meaning you aren't throwing away excess amounts each month.

# NATURAL LIFESTYLE'S Top Picks



## Colomint

Peppermint oil is one of the natural ways to eliminate digestive discomfort associated with IBS. When swallowed, the cooling flavour of peppermint benefits the digestive system. Studies have shown that peppermint may help with IBS related symptoms, which can include bloating, trapped wind and indigestion. Some sufferers prefer to take peppermint oil capsules rather than medicated solutions, purely because they contain the natural oils from the peppermint plant. The peppermint oil in Colomint is extracted purely from natural sources; the peppermint plant itself. To ensure Colomint capsules deliver their peppermint oil to your gut, where your body needs it most, each capsule has a gastro-resistant coating. Once in the gut, the peppermint oil is released and absorbed for the greatest benefit.

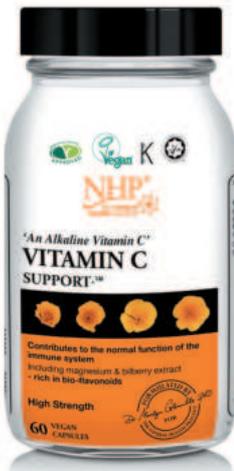


## An Alkaline Vitamin C

Vitamin C SUPPORT

Vitamin C is one of the most important vitamins which is essential for optimum health and the efficient functioning of the many different systems of the body. Contains

- Magnesium ascorbate which is an alkaline form of Vitamin C. Not be confused with the more acidic and cheaper form of ascorbic acid which is more difficult for the body to absorb and can act as an irritant.
- Bilberry which has excellent antioxidant properties.



Free From Sugar, Gluten, Starch, Soya, Wheat, Dairy, GMOs, Fillers, Binders, Anti-caking Agents, Artificial Sweeteners, Flavours, Colours, Preservatives.

Nutrients in their most bioavailable form to aid absorption. Vegan and Vegetarian Society registered, Kosher and Halal approved.

[www.naturalhealthpractice.com](http://www.naturalhealthpractice.com)



## Next Generation Liposomal Vitamin C

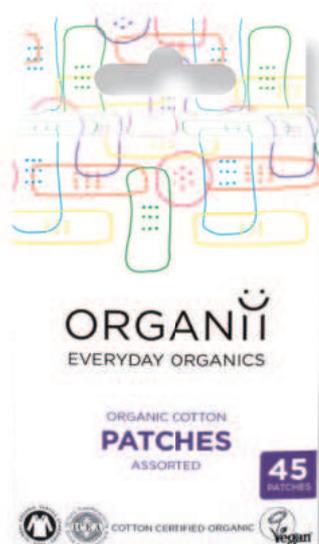
Bio-Botanica (the manufacturer behind best-selling brand Nature's Answer) has developed a natural delivery system utilizing liposomes which are tiny capsules made of a phospholipid bilayer encasing water soluble components,

such as botanical extracts. The product is 100% vegan and contains no unwanted additives. It is free from gluten, lactose, sugar, and gelatin. Liposomal Equals Maximum Absorption: liposomal, sunflower phospholipids surround the vitamin C to protect and assist its transport across cell membranes for increased absorption. Nature's Answer has a proud tradition of providing the highest quality and purity ingredients in every product since 1972.

## Plastic Free Plasters

ORGANii's certified organic Patches are made with 100% organic cotton making them breathable for your skin and biodegradable for the environment. Fed up with the use of plastic, irradiation, chemical bleaching and animal testing used in 'normal' plasters, ORGANii's Patches protect cuts, grazes, lumps and bumps naturally and sustainably. Certified organic, vegan, cruelty free and dermatologically tested. RRP £2.95-£4.95.

[www.organii.uk](http://www.organii.uk)



## Boost your immune system with a high - dose vitamin C tablet!

C-immune is a high-dose vitamin C tablet with 800 mg of pure ascorbic acid. Vitamin C is one of the substance that humans cannot make themselves. Therefore, vitamin C must be added through the diet or supplemented with a dietary supplement.

Vitamin C is important for the body's immune system and is an important vitamin that is part of many processes in the body. Vitamin C is an antioxidant that protects cells, DNA, proteins and lipids from oxidative damage.

[www.newnordic.co.uk](http://www.newnordic.co.uk)



New Product

# Liposomal Vitamin C Liquid

Enhanced-absorption liposomal  
vitamin C

- ✓ Featuring 1,000 mg of vitamin C per serving
- ✓ Pleasant-tasting, citrus-flavoured liquid
- ✓ Protects cells from oxidative stress and contributes to the normal function of the immune system

## Nutritional Information

Serving size 5 ml (approximately  
1 teaspoon)

	Amount per Serving
vitamin C (as sodium ascorbate)	1000 mg
phospholipids (from sunflower)	250 mg

#1  
MOST  
RECOMMENDED  
brand by healthcare  
professionals<sup>1</sup>



See what's in our products, and **what's not**,  
at [pure-encapsulations.co.uk](https://pure-encapsulations.co.uk)

<sup>1</sup>in the U.S., among brands professional supplement brands surveyed, Nutritional Business Journal® 2016, 2020.

**pure**  
encapsulations®

VERSATILE

VITAMIN C

**Vitamin C is a potent antioxidant and plays a role in many different areas of health. But with many different supplements available, what do you need to know when selecting?**

**C**ertain vitamins have very specific uses in terms of the health areas they support but not so with vitamin C, whose benefits are so far-reaching that most of us could gain from a supplement.

Let's start with the fact it is a rich antioxidant, meaning it can help to quench free radicals. These are molecules in the body, which can be caused by a range of modern factors such as the food we eat and pollution, which can cause damage to our cells. Therefore, they need to be kept in check with enough antioxidants, such as from vitamin C.

Vitamin C, a water-soluble vitamin, is also important for supporting our immune system as it plays a role in fighting infection, for maintaining healthy skin and can also encourage the production of collagen. We need it for our bones, our cartilage, not to mention for wound healing, and it's also known that vitamin C can help with iron absorption. Furthermore, vitamin C deficiency has been linked to raised risk of the skin condition, scurvy.

**TRY THIS**

Viridian Nutrition Organic Acerola Liquid C

Altrient Liposomal Vitamin C

Patrick Holford ImmuneC

BetterYou Vitamin C Oral Spray

Quest Vitamins Vitamin C 1000mg

**A WORD ON FORM**

In a supplement, vitamin C can be found in different forms, as well as from different sources.

Form is important as we are increasingly seeing the use of liposomal vitamin C supplementation. But what does this mean? Well, liposomes can mimic our cells and act as a carrier system, forming a protective barrier around a certain nutrient. The theory is that by having this barrier and avoiding the digestive system, your body can absorb and utilise the vitamin C better – meaning you get more of it.

In terms of the source, you can find different types. The most common names used for vitamin C are L-ascorbic acid, ascorbic acid, and L-ascorbate. Acerola cherry extract is also used for vitamin C supplements, as is magnesium ascorbate.

As with choosing any nutritional supplement, we would always recommend talking to your health food store about the one that's right for you, and opt for those made without fillers, preservatives and other bulking agents. Organic is a good choice in this regard as brands won't be able to use such materials to be certified.

*Up your intake*

We know that certain people can be lacking in adequate vitamin C, and this includes those who are smokers, people with absorption issues, and among those who don't eat a balanced, varied diet.

The good news is vitamin C can be found in a huge variety of foods, many of which are very commonly eaten so it's not hard to get an intake. Foods that are considered rich sources and where vitamin C is naturally present includes:

- Citrus fruits, such as oranges and lemons. If you drink juice, make sure it is

from the fruit and doesn't contain added sugar.

- Peppers.
- Strawberries.
- Blackcurrants.
- Broccoli.
- Brussel's sprouts.
- Potatoes.
- Kale.

It may also be added to some fortified foods, but always check ingredient labels that there are no other additives in it.

Many people will choose to supplement with vitamin C too, given it can't be stored in the body, so you need it in your diet every day.

# HAY FEVER

# FIRST AID

**Preparing your health for the onset of pollen is the best approach to easing symptoms. Here, experts offer their top tips for getting through hay fever season.**

**W**e are already seeing the early signs of the tell-tale symptoms of hay fever as millions of sufferers complain of a stuffy nose, sneezing, and watery eyes, among a range of other symptoms.

This is no surprise, given rates of hay fever are rising, creating misery for millions. However, with a bit of health prep prior to the pollen season, with a focus on the immune system, and with a natural first aid kit to help you deal with symptoms if they arise, you can get through it in a more holistic way.

Amy Hipwell, Technical Advisor at Viridian Nutrition, pointed out: "In the UK, hay fever is thought to affect around 13m people each year. There has been a huge increase in the number of people suffering with hay fever. The most recent statistics from Allergy UK outline that hay fever affects between 10-30 per cent of all adults and as many as 40 per cent of children. Hay fever accounts for 16.7m physician office visits annually, and national surveys show prevalence rates of rhinitis of between 5.9 per cent (France) and 29 per cent (United Kingdom). In 2018 alone, more people said they suffered from hay fever than any other health condition."

## WHY YOU REACT

Hay fever, although suffered by increasing numbers, doesn't affect everyone – so what raises risk?

Louise Baillie, Health Writer at A.Vogel, advised: "Stress can hinder immune function, meaning we may be more likely to react to pollen. We have all been under an increasing amount of stress lately, what with home schooling, homeworking and everything else going on. This means stress could be another factor in rising hay fever cases. Menopausal women are particularly susceptible to hay fever. The hormonal changes that occur put strain on the nervous system which can limit the effectiveness of the immune system. On top of this, lack of sleep, fatigue and digestive problems can become more apparent during the menopause, affecting how well the immune system can function."

Catherine Gorman, Nutritionist and Health Coach at Good Health Naturally, added: "Changing weather patterns, higher temperatures and rising atmospheric carbon dioxide levels seem to have caused allergenic pollens to become more abundant and widespread. This means longer and more intense allergy seasons. The weather during the pollen season can affect symptoms, for example, wet summers keep pollen down, whereas long, dry summers prolong its mobility and abundance."

"People with hay fever often suffer from asthma and eczema. The three conditions are known collectively as the 'atopic triad.' Each has an underlying genetic root, causing hypersensitivity to certain triggers. Unfortunately, if you suffer from one, you are more likely to display symptoms of another. In a UK survey, 80 per cent of asthma sufferers say hay fever triggers asthma symptoms."

Nutrition expert and author, Patrick Holford, added: "The incidence of hay fever has risen dramatically, particularly in cities compared with rural areas, which led to the discovery that pollutants such as exhaust fumes prime the immune system to react. During summer, the air in polluted areas contains more free radicals due to the action of sunlight on oxygen molecules, so city-dwellers breathe in more pollutants."

Roz Crompton, Marketing Manager at Helios Homeopathy, highlighted the hygiene hypothesis: "Now, more than ever due to Covid-19, people are using antibacterial hand washes, sprays etc. This theory states that in our over sanitised, disinfected world, our immune system is simply not getting the workout it needs to develop properly in childhood. As a result, our bodies fail to distinguish between harmless allergens, such as pollen and dust, and harmful bacteria and overreact."

## EXACERBATING SYMPTOMS

If you are a sufferer, dietary and lifestyle choices can make symptoms worse.

"Allergies are thought to be linked to inflammation, so it stands to reason that if a diet is full of processed food and refined carbohydrates, which increase inflammation throughout the body, allergy symptoms will get worse," Catherine explained. "Hay fever triggers the release of histamine, the chemical responsible for the miserable symptoms of itching, sneezing, runny nose and sore eyes. If you eat foods high in histamine, it can cause intensify symptoms. During spring and summer, avoid food and drinks containing histamine, such as cheese, red wine, sugar and chocolate."

Louise continued: "Many of the things common in Western diets are likely to cause issues, such as processed foods, high sugar foods and alcohol."

Another thing to note is that preserved or fermented foods can be high in histamine. So, sticking to as many fresh, unprocessed foods is a good rule for sufferers."

Krystina Duncan, Nutritional Advisor at FSC, pointed out: "Foods to limit or avoid during a hay fever flare-up are nuts, packaged meat such as salami, fermented dairy and other foods, aubergine, beans and pulses, pickled and canned foods, shellfish, refined sugar, ready meals and chocolate. Try avoiding or limiting wine, beer and cocktails."

"Foods containing hay fever fighting nutrients I would recommend include red onions, which contain a high amount of quercetin, oily fish as there are positive links between increasing oily fish consumption during hay fever season, which could be due to the anti-inflammatory effects of omega 3, and raw garlic, another source of quercetin. It also

acts as an immune booster and natural decongestant.

"Another powerful anti-inflammatory, ginger helps reduce nasal swelling. Additionally, it boosts the immune system and acts as a natural antihistamine. Pineapples are an excellent source of an enzyme called bromelain, which has strong anti-inflammatory properties. Studies have shown it effective for inflammation associated with hay fever."

Theresa Cutts, Nutritional Consultant for Vestra, also commented: "Many naturopaths and food aware therapists suggest that foods that form mucous in the body can aggravate catarrh and nasal congestion. These include dairy products, including cheese. Live yogurt and kefir may well be tolerated as they are fermented, but a very sensitive individual might find they need to reduce those too."



## ESSENTIAL NUTRIENTS

If you are seeking a hay fever first aid kit, there are supplements in your health food store to help.

"Quercetin is one of several bioflavonoids (special nutrients found with vitamin C in fruit and vegetables) with anti-inflammatory, antioxidant and antihistamine properties," Amy advised.

"Black seed, which comes from the same family of plants as buttercup, has shown to exert anti-inflammatory effects of those suffering with hay fever. The treatment of black seed oil in research has shown to have a positive effect on symptoms of hay fever, with noticeable outcomes of a reduction in nasal congestion, runny and itchy nose, and sneezing. It is thought black seed (seed and oil) reduce allergic markers, that is, the allergic antibodies (IgE), showing its benefit for use in those with hay fever or conditions that relate to pulmonary function, such as asthma."

Frank Brogan, Senior Nutritionist at Pharma Nord UK, added: "According to studies, the French pine bark extract, Pycnogenol, was found to inhibit the release of histamine from mast cells that were aggravated by an irritant. The antioxidant compounds found in Pycnogenol are able to neutralise free radicals, reducing the release of histamine throughout the body. Pycnogenol's anti-inflammatory action can also reduce swelling and make breathing easier."

And Patrick added: "Key supplements are vitamin C, which contributes to normal function of the immune system, along with quercetin, MSM and bromelain. Also, a good all-round antioxidant supplement containing vitamin A, C and E, beta carotene, selenium and zinc, plus amino acids cysteine or glutathione, helps increase your resistance. The amino acid, methionine, in combination with calcium, is an effective antihistamine."

And Krystina suggested: "Curcumin, the phytochemical found in turmeric, acts as an anti-inflammatory and helps reduce the release of histamine in the body."

Catherine continued: "Serrapeptase is a powerful proteolytic enzyme that helps clear inflammation and excess mucus. And a study found 68 per cent of people experienced an improvement in their symptoms after taking a probiotic containing *Lactobacillus* and *Bifidobacteria*."

Theresa also suggested: "Many people swear by a teaspoon of a local honey every day for a month or so before symptoms normally start. Local honey will contain tiny amounts of local pollens, many believe that this helps desensitise themselves."

"Beta carotene and other carotenoids may help reduce inflammation in the airways. Beta carotene converts to vitamin A in the body, which is important for the health of mucous membranes. As a nutritional foundation, taking a multivitamin and mineral supplement is a great way to underpin your individual supplements and to supply small amounts of nutrients that will keep levels topped up and assist the absorption of other supplements."

Certain herbal supplements can also be tried.

Max advised: "Ginkgo biloba is thought to decrease the body's response to allergens while increasing energy levels and circulation. Reishi mushrooms contain higher levels of polysaccharides, which encourage the body to switch off the part of the immune system that reacts and cause unwanted symptoms. They are rich in beta-glucans, which positively effect the immune system and reduces inflammation, as well as having anti-histaminic properties."

## POLLEN CHECKLIST

For sufferers, it's important to follow a routine to limit exposure.

Max Wiseberg, founder of organic pollen barrier balm, HayMax, suggested: "Stopping pollen getting into your body is a good strategy for dealing with symptoms. If it's not in your body, you can't react to it! Use an organic drug free allergen barrier balm, which can be applied to the nostrils and bones of the eyes in the morning and through the day.

"Wear wraparound sunglasses when outdoors to prevent pollen particles coming in contact with your eyes. Tie your hair up and wear a hat when outside to prevent pollen particles being caught in your hair. Close windows and doors to prevent pollen blowing into your home. Vacuum the house regularly (especially beds and fabrics) to remove pollen particles and damp dust surfaces to remove dust and prevent it being dispersed back into the air. Shower at night before sleeping to remove pollen particles and pet hair from your hair and body."

## IMMUNE PREP

Roz advised: "The immune system has to work extra hard when suffering from hay fever in order to fight off allergens. As this puts it under a great deal of strain, immune system boosters such as echinacea and black elderberry, along with high potency vitamin C and zinc are recommended."

Louise added: "Vitamin C supports the immune system and thus can be beneficial both before symptoms develop and during the height of hay fever season. It also acts as a natural antihistamine. Tomatoes, citrus fruits and broccoli are a few foods containing this important nutrient."

Keep an eye on your gut too, with Catherine explaining: "More than 70 per cent of the immune system lies in the digestive tract. The microbes in the gut work with the body's defence system. The health of the gut wall and the microbiome can have a major impact on how we react to environmental allergens. Eat a nutritious diet packed full of colourful fruit and vegetables, legumes, oily fish, nuts and seeds. Reduce your intake of inflammatory processed foods and sugary snacks."

### Try this

- ★ A. Vogel Pollinosan
- ★ Patrick Holford Allex
- ★ Absolute Aromas Aroma-Inhaler
- ★ Breatheasy
- ★ Bio-Kult Advanced Multi Strain Formulation
- ★ Terranova Quercetin Nettle Complex

## HOMEOPATHIC HELP

You could also try homeopathy during hay fever season.

Roz suggested: "Giving the homeopathic remedy Mixed Pollens and Grasses 30c, which is a combination remedy containing tree, shrub, grass and plant pollens on a weekly basis six weeks prior to hay fever symptoms can help reduce the severity of hay fever."

"*Allium cepa*, *euphrasia* and *sabadilla* 30c combination has a long history of traditional use to relieve the most common hay fever symptoms of sore, irritated and streaming eyes and nose, sneezing, wheezing and an irritated throat, with or without a tickly cough. And *arundo* 30c for hay fever that begins with itching and burning in the roof of the mouth and eyes, which can spread to the nostrils and can cause pain at the root of the nose."

Roz also suggested *nux vomica* for someone acutely sensitive to pollen, and *natrum muriaticum* 30c for catarrh, repeated violent sneezing and watery eyes.

## Natural Support & Relief

Absolute Aromas have created a range of 100% natural Aroma-Inhalers so that you can experience the benefits of therapeutic essential oils in an easy to use and convenient way, perfect for when travelling, at work, or school. Our Aroma-Inhaler in Breatheasy is perfect for soothing irritating allergies such as hay fever! This clearing blend is renowned for its ability to naturally clear, soothe and relieve a stuffy nose, simply unscrew the outer cover and inhale deeply! This Aroma-Inhaler range also includes, Lavender, Refresh, and Relaxation blends, designed to assist, support and offer relief from all of life's eventualities.

[www.absolute-aromas.com](http://www.absolute-aromas.com)



## Post C Restoration Combo

The Post C Restoration Combo has been designed by pioneer nutritionist Patrick Holford for anyone who needs natural support following a viral attack. ImmuneC and Allex work together in synergy. ImmuneC provides support for the immune system and contains potent levels of Vitamin C and Zinc, plus natural plant extracts of Black Elderberry and Ginger which have antioxidant benefits. Allex contains Quercetin which inhibits inflammation

and Vitamin C which contributes to the normal function of the immune system. MSM helps regulate the inflammatory response. Allex is also ideal support for seasonal allergies. Both are registered by the Vegan Society.

[www.holfordirect.com](http://www.holfordirect.com)



## Hay Fever? Dust or Pet Allergy?

Simply applied to the rim of the nostrils and around the bones of the eyes, HayMax organic drug-free allergen barrier balms trap pollen before it gets in the body. They're proven in university and independent studies, and in the most recent Allergy UK survey 80% said HayMax worked [134 of 166 respondents].

Non-drowsy and suitable for children, pregnant and breast-feeding women, drivers and machine operators. Winner of over 50 awards and used by celebs and athletes. And then here are the contact details: Available from Independent Health Food Stores. Find your nearest stockist or more info at [www.haymax.biz](http://www.haymax.biz)



## What's your gut feeling?

A diverse microflora plays an important role in the development and function of all the bodily systems. The use of live bacteria supplements could be considered as part of a maintenance plan to support a balanced gut flora.

Bio-Kult is a scientifically developed, advanced multi-strain formulation containing 14 live bacterial cultures which are proven to survive the high acidity of the stomach. Bio-Kult does not need to be refrigerated and can be taken alongside antibiotics, by children, when pregnant, by vegetarians and as part of a healthy diet.

[www.bio-kult.com](http://www.bio-kult.com)



## Got allergic rhinitis or hayfever?



Pollinosan Hayfever Tablets is a homeopathic medicinal product used within the homeopathic tradition to relieve the symptoms of hayfever and other forms of allergic rhinitis. Both conditions give rise to irritating symptoms such as itching and watery eyes, sneezing and tickly nose or throat. Pollinosan is non-drowsy and won't affect your ability to drive or use machinery. Suitable for children over 12 years of age. Always read the leaflet.

Contains: Ammi visnaga 1x, Aralia racemosa 2x, Cardiospermum halicacabum 2x, Larrea mexicana 2x, Luffa operculata 6x, Okoubaka aubrevillei 2x, Galphimia glauca 3x.

[www.avogel.co.uk](http://www.avogel.co.uk)

## Terranova Quercetin Nettle Complex

Terranova Quercetin Nettle Complex is a powerfully active and intensely synergistic formulation for support whenever we're exposed to higher levels of pollens, grasses and other airborne seasonal irritants. Quercetin Nettle Complex features the popular and well-research combination of quercetin, vitamin C and bromelain, along with fresh freeze dried stinging nettle, elderflower and turmeric. As with all Terranova products, Quercetin Nettle Complex is free from any fillers, binders or any other manufacturing additives and is suitable for both vegetarians and vegans.

[www.terranohealth.com](http://www.terranohealth.com)



Good Health Naturally  
*Because it Works!*<sup>®</sup>



## Natural Protection Against Allergies and Hay Fever

CureC<sup>™</sup> with Quercetin is a high potency liquid liposomal vitamin C product with added quercetin. It contains 1000mg vitamin C and 175mg of quercetin per serving (6mls). Using advanced 'liposome' technology ensures faster and superior absorption than capsules, tablets and powders, achieving higher, longer-lasting dosing with no digestive upset. CureC<sup>™</sup> delivers powerful support for your immune health, offering a beneficial solution for allergies and hay fever symptoms during the warmer months.

Pleasant tasting straight off the spoon or mixed into liquids, for convenience and flexible dosing. Suitable for vegetarians and vegans. 30 days supply at 6ml per day.

Available at all good independent health stores and online at  
[www.GoodHealthNaturally.com](http://www.GoodHealthNaturally.com)

# Ask the experts

## WARM UP YOUR SKINCARE ROUTINE...

by Ingrid Hume

### How can our skin health change as we move into warmer weather?

A new season is the ideal time to take a step back and assess your skincare regime. Now is

the time to switch up your products, remove products from your regime that aren't doing anything for your skin and invest in new products. Maybe you have wanted to try a new moisturiser but haven't yet – now is the time! During the winter, we tend to nourish our skin more due to the colder weather, therefore, use a rich moisturising face cream.

In the warmer spring months, our skin doesn't require as much nourishment, so it is ideal to change up your skincare routine and opt for a lighter face moisturiser or facial fluid. One with an SPF is ideal as it protects from the harmful rays of the sun, sunspots, freckles and early signs of ageing. A light moisturiser that contains natural moisturising ingredients such as jojoba oil will help to lock in the essential moisture of your skin. Using a facial moisturiser with an SPF of at least 15 will help to protect the skin from the sun's harmful UV rays, while hydrating the skin too. Make sure to use natural mineral sun protection that contains titanium dioxide and zinc. These are natural mineral sun protectors, which are kind and gentle on the skin and reflect the harmful rays from the sun.

### Would you advise our skincare routine changes in the spring/summer, and if so, how?

• **Cleanse** – cleanse the skin with a natural and organic cleansing milk or gel to remove daily impurities, dirt or make-up on the skin's surface and refresh the skin for the day ahead. You can also double cleanse your skin, which will help to get squeaky clean skin and a healthy-looking complexion. Make sure to use skincare products that match your skin type, it is

ideal to get the right benefits from your skincare products to your skin.

• **Exfoliate** – as you ease into the spring months, a gentle exfoliating scrub is ideal to remove dead skin cells, helps to keep the pores clear and improves the skin's texture. Using an exfoliator once a week will help to achieve smooth and luminous skin, leaving it feeling refreshed and radiant.

• **Serum** – natural and organic serums are great if your skin is feeling a little tight and needs a hydration boost. Applying a small amount of serum to your entire face will help to hydrate and plump the skin.

• **Moisturise** – it is absolutely essential to provide your skin with hydration so that it looks healthy. Daily moisturising of the skin with a natural and organic moisturiser is best. During the warmer months, it is ideal to use a lighter moisturiser than you would in the winter and also a moisturiser with a natural SPF to protect against UV rays.

### What are the essential products to use in the warmer weather?

Definitely an SPF on the skin to protect against UV rays. If your skin is in need of a hydration boost, carry a face mist in your bag and spritz on the go, giving your skin a hydration boost and a freshen up. Opting for organic and natural skincare products will benefit and care for your skin. And choose products which include the ingredient, hyaluronic acid; it is a natural moisturising and hydrating ingredient and its ability to hold water in the skin, therefore, keeping the skin moisturised throughout the day.

Q With my children having been at home for so long, how can I make sure they stay in good health when they go back to school?

**Kim Plaza suggested:** This year, immunity is of particular interest and good nutrition, alongside healthy habits, may make the transition from home to school life a little easier. Handwashing is always important to ward off some of the more unhelpful bugs. Getting into a good routine of washing with warm water and soap may be a good way to be confident that your little ones are following the basics. Try some natural soaps without the harsh chemicals to prevent hands getting dry and itchy.

Consuming a rainbow of fruit and vegetables will provide plenty of antioxidants, such as vitamins C, E, A and magnesium. Did you know that vitamin C has been shown in studies to shorten colds in children by up to 18 per cent and reduce severity? So, get kids involved in choosing different coloured fruit and vegetables for their lunch box, such as red and yellow bell peppers or strawberries. A happy gut is also an important aspect of general health. Studies indicate that consuming milk fermented with live bacterial strains could help prevent common infections in children so start getting your children used to some naturally sour foods, such as live yoghurt!

Reinforcing a positive conversation surrounding plans and achievements in the first few days may be helpful, as this has been shown to improve academic performance, as well as lowering feelings of anxiety. When children feel less stressed, the immune system may be more effectively supported, this is because stress signalling in the body can inhibit immune responses. Talk about how their day may go and consider having a regular catch up after school to provide clarity and context.

## About the experts



**INGRID HUME** is Marketing and Brand Co-ordinator at Pravera, which distributes natural and organic skincare brands, Iavera, Organii and Benecos.



**ROZ CROMPTON** is a qualified Homeopath and has been working with Helios for more than 20 years as its Trade and Marketing Manager.



**KIM PLAZA** is a qualified Nutritional Therapist, having graduated at Masters level. She holds a BSc (Hons) in Health, Nutrition and Fitness, and is registered with the British Association for Nutrition and Lifestyle Medicine and listed on the Complementary and Natural Health Care Council's approved accredited register. Kim is Technical Advisor at ADMI Protexin, which has the Bio-Kult and Lepicol brands.



**PATRICK HOLFORD** is a leading spokesman on nutrition and author of over 37 books, selling millions of copies worldwide. He has developed his own range of supplements, HOLFORDirect.



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# Ask the experts

## HOLISTIC INJURY ADVICE...

by Roz Crompton

### What are the most obvious signs we have overdone the exercise and why does this happen?

During exercise, muscles are stressed, and it is normal after a good workout to feel some muscle soreness, which usually begins six to eight hours after activity or a change in activity. This is due to inflammation within the muscle as muscle fibres break down. Symptoms are usually stiffness and mild pain on first movement, which is generally relieved on gentle movement and stretching. This should go within 24-48 hours as the muscle fibres repair and become stronger. If a person experiences pain during exercise or experiences swelling of joints/muscles during exercise or the pain continues for more than 72 hours, then the exercise was too much and is a sign of damage.

### How is homeopathy useful for muscle aches and pains?

Homeopathy is a gentle, safe form of complementary medicine. There are many remedies with a long history of traditional use to relieve inflammation and stiffness of muscles and joints and also repair damage from strains and sprains to aid recovery. These can be taken internally in tablet or pill form or can be by way of topical application in a cream or gel form.

### What remedies would you specifically recommend and how easy are they to take?

Remedies are available directly from homeopathic pharmacies or good health stores. They are easy to take, put one tablet into the lid of the bottle and then put in your mouth and allow it to dissolve. The following remedies are very specific for trauma and injuries to muscles, tendons, ligaments and joints.



- **Arnica 30c** – the number one remedy for trauma, injuries to soft tissues, muscle soreness, aches and pains. It is a great remedy to take to aid recovery after a strenuous workout or running a marathon. It is a very useful remedy for concussion of joints in runners. Arnica can also be applied in cream form to the affected area.
- **Rhus tox 30c** – this remedy is traditionally used for muscles aches, strains and sprains and generally overdoing things. Symptoms are worse after rest and on first movement, but better on continued gentle movement and heat.
- **Ruta 30c** – very similar to rhus tox but with more of an affinity to tendons and ligaments, it is a great remedy for shin splints in runners and can be alternated with arnica. The combination of rhus tox and ruta in cream form can also be very beneficial for muscle aches, strains and sprains.
- **Arnica/rhus tox/ruta 30c** – this combination remedy is a must for the sports bag or first aid cabinet at home and has a long history of traditional use for trauma and injuries to soft tissue, strains and sprains. It is also available as a topical application.

## Q Should I be taking immune supplements even during the summer and if so, would you recommend zinc?

**Patrick Holford advised:** Yes, viruses circulate all year round so it's important to take immune boosting supplements even in the summer months – especially those that contain vitamins D, C and zinc.

I used to think that supplementing 15mcg (600iu) a day of vitamin D, assuming you get

some from sunlight and fortified foods, should keep you close to optimum. This may be enough in the summer, but it certainly isn't enough in the winter 'flu season, where you'd be wise to supplement around 3,000iu a day.

The three most potent remedies when under viral attack is vitamin C, high dose zinc and black elderberry. Viruses get into body cells by puncturing their walls with tiny spikes made of a substance called hemagglutinin. Black elderberry disarms these spikes by binding to them and preventing them from penetrating the cell membrane.

Zinc supports healthy immune function and enhances immune T-cell activity, which is what fights infections. It is a profound anti-viral agent and is certainly something you need to be supplementing during active viral infection.

I supplement 10mg of zinc and aim to achieve the same again from my food. Nuts and seeds are particularly good sources of zinc, as are eggs, meat and fish. Upon infection, I want to increase my intake by at least 50mg. If you also took a supplement containing quercetin, that may help zinc to work even better.

# ‘Studying nutrition has been so life changing; knowledge truly is power!’

**Alicia Cooper, CNM Nutritional Therapy Graduate, explains her motivation behind her studies.**

**H**aving suffered from a period of ill health myself, I began to notice that everyone I spoke to – friends and family – all had an ailment of some sort. It got me thinking about the importance of nutrition and the role it plays in our physical and mental health.

This was the driving force that made me want to study nutrition; I wanted to help people understand their bodies so they can nourish themselves from the inside out.

I've always worked in the food industry, in my own business and as a freelance development chef, so my decision to study nutrition at the College of Naturopathic Medicine (CNM) was to continue my learning and progress further in my profession. As a recipe developer, I became really interested in nutrition and I wanted to know more about the impact food has on our health.

I'm the owner and curator of Lifebox Food, one of the leading health and wellbeing subscription boxes in the UK and Europe. With so much misleading information out there and dubious advertising from food brands, I felt it was

really important to embark on a nutrition qualification to help ensure our customers could trust Lifebox and my judgement on the products included in the boxes. I also wanted customers to feel enriched by the health and wellbeing information we give out with each box. Studying nutrition elevated my business credentials.

After struggling with my health in the past, learning about how our bodies work on a physiological level and the impact that nutrition and lifestyle choices have on the body has been so eye-opening. It has totally changed my mentality towards food and health, and this will never change. It's also awakened my desire to work with clients in a therapeutic capacity to help people feel their best. Establishing relationships with clients has been more rewarding than I ever could have imagined, and this all started in the CNM clinic.

I was really impressed when I visited the college for a tour; I also liked the set-up of weekly lectures and observing the nutrition clinics. The syllabus was very comprehensive, and the course content



was amazing; I never expected to learn so much. Every module was incredibly riveting and enriching.

I'm now seeing clients for nutritional therapy and corporate nutrition, as well

continuing to do freelance recipe development and running Lifebox. What I love most about practicing is being able to establish therapeutic relationships with clients and feel like I'm making a difference to their quality of life and outlook. Educating clients to understand their bodies more and seeing them feel so empowered is such a wonderful thing!

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# Cut your diabetes risk

**Rates of type 2 diabetes are at a concerning level, despite the fact there's much we can do to cut our risk. And here, our panel of experts explain how.**

**C**ases of diabetes are on the rise, with estimates suggesting almost four million sufferers in the UK and, if nothing changes, more than five million people will have diabetes by 2025. According to Diabetes UK, around 90 per cent of people with diabetes have type 2. What's also concerning is 12.3m people in the UK are at risk of developing type 2, yet it's the form we can actually do something about, both in cutting our risk of developing it and, if we do, reducing its severity.

Phil Beard, Technical Educator at Viridian Nutrition, explained: "Diabetes has been rapidly increasing over the last two decades and establishing the cause is not difficult. As a society, we have continually looked for more efficient ways of manufacturing to increase shelf life and reduce cost, reducing the time it takes to cook and having readily available food, and we have even changed how we exercise.

"Some of these factors culminate in us putting more calories into our bodies and reducing the calories we are using, the consequence of these is increased weight, digestive issues, inflammatory conditions, and even cardiovascular disorders."

Dr Marilyn Glenville PhD, a leading nutritionist and author of *Fat Around the Middle*, continued: "The number of people diagnosed with diabetes in the UK has doubled in the last 20 years. It is thought that the rise in cases of type 2 diabetes is due to the dramatic increase in obesity. Carrying excess weight is the greatest single risk factor for developing type 2 diabetes."

Stephen O'Hara, CEO of OptiBiotix Health, went on: "According to the Global Diabetes Community, diabetes prevalence in the UK is estimated to rise to five million by 2025, up from approximately four million today. Around half a million are expected to be living with undiagnosed diabetes, meaning roughly one in every 16 people are likely to have the condition in the UK, with the majority suffering from type 2 diabetes."

## Step one:

### Understanding diabetes

It's important to note variations in type 1 and 2. According to Diabetes UK, what causes them, who they affect and how you should manage them vary. The main thing is both are serious as having high blood glucose can lead to health complications.

- **Type 1:** Considered an autoimmune condition, your body attacks the cells in your pancreas so it cannot make any insulin. The causes aren't known, but lifestyle changes aren't involved and it is managed by taking insulin to control your blood sugar.
- **Type 2:** Your body is unable to make enough insulin or the insulin you do make doesn't work properly. It's known that some things can put you at risk of having type 2, including weight and ethnicity. You can manage type 2 diabetes through medication, exercise and diet. People with type 2 can be prescribed insulin.

Lindsay Powers, Nutritionist and Health Coach at Good Health Naturally, advised: "Diabetes type 2 was known as adult-onset diabetes, as it was typically seen in older people but now is increasingly seen in younger people as well. It is estimated to affect 10 per cent of the worldwide adult population. There are many factors in a modern lifestyle that can contribute, including diet, physical activity, prescription medications, smoking, stress, nutrient deficiencies, ageing and ethnicity."

## Step two: The role of diet

Speaking about type 2, what you eat can have a direct and indirect impact on your risk.

Frank Brogan, Senior Nutritionist at Pharma Nord UK, discussed the role of sugar: "Simple sugars are a source of calories that provide little in the way of nutrition or satiety (the feeling of fullness). As a result, it's quite easy to consume sugary foods in excess, especially as they have an addictive quality and because many foods – particularly processed foods – contain sugar without our really registering it.

"Overconsumption of sugars, particularly as part of a more sedentary lifestyle, can lead to weight gain, while being overweight or obese elevates the risk of type 2 diabetes development. While sugar is not the sole cause of diabetes, it is a large contributing factor."

Dr Glenville added: "Changing your diet to take out processed and fast foods is important and also to reduce the amount of sugar added to food or 'hidden' in foods, even savoury like tomato sauces, salad dressings etc. Watch alcohol intake as this can cause weight gain. Ironically, you need to eliminate artificial sweeteners as research has shown that they can increase your risk of being overweight and developing type 2 diabetes."

Stephen went on: "When individuals eat highly processed, fatty foods and sugar-rich foods, they

increase the risk of developing chronic lifestyle diseases, including diabetes, as it contributes to excess abdominal fat and are less likely to have a diverse microbiome."

In terms of specifics, Phil advised: "We have heard of the three major nutrients, fats, proteins, and carbohydrates, and having a balance is key. For someone with type 2 diabetes, being aware of foods rich in carbohydrates is a good starting point. Carbohydrates contain glucose, the body's main source of fuel for our brain, muscles, and cells. However, too much, alongside too little exercise over time, can lead to the consequences explained previously.

"Not all carbohydrate-rich foods behave the same when we consume them, the more refined something is, the quicker our body is able to use the glucose. An example of this is a slice of white bread versus wholemeal. They both have the same amount of carbohydrates in, all the fibre has been taken out of the white bread and all the energy is available for immediate use, and in the wholemeal slice, there is still an element of the wholegrain. By having more wholegrains, it slows down the absorption of glucose, thus slowing down the release of energy as your digestive system has to breakdown more of the grain to have access to the glucose."

The ideal scenario is to take action prior to developing a problem, and if you are informed by your GP you're pre-diabetic. If you do develop it, it is imperative to implement changes.

While Phil cautioned that to manage type 2 solely through diet is difficult, he added: "A good dietary approach would be to adhere to a Mediterranean-style or a low carbohydrate diet, both offer benefits for the management of diabetes but ultimately controlling your calorie intake and reducing processed and refined foods is a good place to start."

And Lindsay pointed out: "There is some good evidence to show that a low carbohydrate diet or ketogenic diet can be a good approach for those diagnosed with type 2 diabetes, which is characterised by low carbohydrate, high fat and moderate protein intake.

"There is also research to show fasting can be beneficial for those with type 2 diabetes, as this can have an effect on how the body utilises glucose and reduce insulin resistance. Fasting can take different forms, the easiest is to fast over a 16-hour window, then build up to a longer window and even a day or two. Or to have a pattern of restricted calories over two days of the week, called the 5/2 diet."



## Step three:

### Reassess your lifestyle

How much you move and lifestyle quality is important.

"The closer you get to developing the condition, the harder it gets to control, so nipping it in the bud early is key. One of the most important factors is exercise, when we talk about exercise we do not mean going to the gym or going for a run, exercise can be going for a walk, stretching, or even doing housework," Phil explained.

"The idea is to be more active, by moving more groups of muscles more often, we burn more calories and make our bodies better at utilising the energy we consume."

Stephen added: "While low-calorie diets have been proven to help those living with the condition, one of the key factors that may help reduce the risk of type 2 diabetes is by maintaining an active lifestyle with regular exercise and consuming a healthy balanced diet. Avoiding or consuming less highly processed and fatty foods can prevent excess abdominal fat from building up, leading to a much lower risk factor."

Lindsay added: "When we are stressed, our bodies release cortisol and adrenalin, however, these hormones make it harder for insulin to work properly. This increases insulin resistance, which can be a driving factor behind type 2 diabetes."

## Step four:

### Focus on nutrients

Phil pointed out: "In terms of specific nutrients, there are a variety that offer huge benefit, but it is essential to maintain a balance to avoid any potential deficiencies. The focus is to maintain a colourful and diverse diet, this will increase the level of nutrients and improve the gut microbiota."

"Fibre is a type of carbohydrate the body cannot digest, which enables it to be fuel for good bacteria in your stomach and ultimately improves digestion, lowers blood glucose levels, and improves cardiovascular health. To increase daily fibre intake, it is key to include non-starchy vegetables, beans, lentils and some wholegrains like oats and barley."

He added: "There are a few different kinds of omega 3 fatty acids that provide benefit, such as alpha-linolenic acid (ALA), eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). The highest source of these fatty acids is fish, such as mackerel, sardines, salmon etc., but you can find them in plant-based forms like algae and flaxseeds. Other good sources of healthy fatty acids are olive oil, avocados and nuts and seeds."

Dr Glenville added: "Magnesium is important as it helps to balance blood sugar and keeps you insulin sensitive. The B vitamins are also important as they help to turn your food into energy rather than storing it."

### Try this

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- ★ New Nordic Seaweed Diet

## Step five: Supplementation

There are supplements to consider; as a general rule, talk to your GP if you are taking anything, and likewise, inform your health store if you take any medication.

"Cinnamon has been shown to improve insulin sensitivity by enhancing activation of insulin receptors which can improve the ability of glucose to be put into cells, reducing the likelihood of a spike in blood glucose levels," Phil suggested. "In a large meta-analysis in patients with diabetes, 10-30mg of zinc was shown to improve fasting blood glucose and HBA1C over a four-eight-week period."

Dr Glenville continued: "If you have been taking metformin (an insulin sensitiser), you can become deficient in vitamin B12, so it is important to monitor this and take a supplement which also includes B12. I would also suggest adding an omega 3 supplement because this can help your insulin receptors become

more sensitive to insulin.

"Certain amino acids can be very helpful as they can improve insulin sensitivity and also have an effect on weight loss. A combination of amino acids, including n-acetyl cysteine, arginine, carnitine, tyrosine, leucine, isoleucine and valine can be helpful in balancing blood sugar."

Lindsay added: "Vitamin D is believed to help improve the body's sensitivity to insulin, reducing risk of insulin resistance and type 2 diabetes. It can improve glycaemic control and insulin sensitivity in those who have type 2 diabetes. As type 2 starts to develop, the body becomes less sensitive to insulin and the resulting insulin resistance leads to inflammation. Serrapeptase and curcumin are useful for the body's normal inflammatory response."

Chromium is also crucial, with Frank advising:

"Good sugar control can be useful for the maintenance of healthy weight, stable energy and concentration levels and controlling those sweet and sugar cravings. The role of the trace mineral, chromium (found in small quantities of green leafy vegetables, poultry and nuts) in blood glucose management is well established.

"Adequate chromium intakes are needed for insulin to perform at its best and, therefore, blood sugar regulation. Chloride or picolinate forms of chromium supplements are common, but typically have very low bioavailability, meaning poor absorption. ChromoPrecise (an organically bound chromium yeast) demonstrated up to 10 times bioavailability of chloride or picolinate forms and has been approved by The European Food Safety Authority."

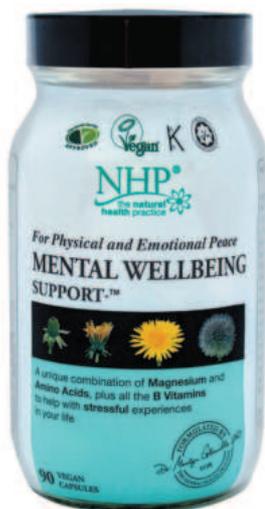
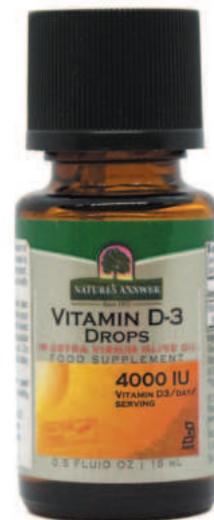
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# Period plan

**We explain how to take care of your mind and body during your period.**

**N**o matter where you are in your menstrual cycle, it's always important to nurture and care for your mind and body. But as we move through our cycle towards our period, it can feel more difficult to stay positive. PMS can sometimes feel like it's taking over your life!

And so, here are some top tips for looking after yourself while on your period.

## Choose period care that's kind to your body

Choosing the right period product that works for you is an important step in making your period as comfortable as possible.

If you've ever felt irritation or soreness around the time of your period, it may be down to your period protection. Conventional pads and tampons often contain nasties such as perfumes, dyes, harsh chemicals, and synthetic materials, including plastic. In fact, you may be surprised to hear that the average pack of conventional period pads contains up to five carrier bags worth of plastic. This can create a sweaty and uncomfortable environment when kept in close contact with intimate skin.

Steer your vagina clear of period products that could upset your sensitive skin and opt for products that are gentle, organic and natural that uses soft organic cotton and plant-based materials, allowing your skin to breathe and helping to reduce your exposure to synthetic materials. Look for products that are home compostable and will biodegrade naturally back into the earth after use.

## Gentle exercise

Exercise has so many positive impacts on our mental health. But often when we're on our period, moving our bodies is the last thing we want to do – and that's OK!

But, if you're up for it, some gentle exercise can be the best thing for relieving stress and even period cramps. Why not try gentle yoga poses for some light, fun movement such as child's pose for releasing tensions in your back, shoulders and neck. Or the head to knee forward bend, which supports your reproductive and digestive system and can reduce fatigue and menstrual cramps.

## Soothe period pain

You can do more than just use the right period products to make your period more comfortable. Many nutrient-rich foods have the power to alleviate period cramps.

Dark chocolate will not only satisfy your cravings, but it's also packed with potassium, which helps your muscles to function. Dark leafy greens, such as kale and broccoli, contain calcium, which can help to relieve muscle tension caused by cramping, and ginger is famous for relieving inflammation and pain. Try making a tea with ginger and hot water to help soothe your period pain.

## Breathe deeply to relieve stress

Most of the time, we breathe without taking much notice. But taking the time to breathe slowly, deeply, and mindfully is an easy way to combat any stress, anxiety and cramps you might be feeling during your period.

In the morning or before bed, sit or lie in a comfortable position and place one hand on your chest and the other on your stomach. Breathe in deeply through your nose for four seconds and then exhale slowly, pressing gently on your stomach as you breathe out. Focus on keeping your breath slow, smooth, and continuous.



## Reader offer

Natural Lifestyle is offering readers

the chance of winning one of five plastic-free period sets from organic and natural period care brand, Natracare. Natracare has been making period products that are kinder to our bodies and the planet since 1989. Made from soft organic cotton and plant-based materials, the products make you feel comfortably protected without the unnecessary plastic or harsh chemicals. Each set contains one pack of applicator tampons regular, one pack of ultra extra super pads, and one pack of curved party liners. See page 30 to enter.

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# NATURAL LIFESTYLE Giveaways

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



## BETTERYOU VITAMIN D3000 ORAL SPRAY

Daylight-saving time and the arrival of British summertime may be the green light for longer, lighter days but the onset of spring – following the dark winter months – is when our body's vitamin D stores are at their lowest. Don't let a vitamin D deficiency add to your worries during this time. Optimise your wellbeing with BetterYou's pill-free Vitamin D3000 Oral Spray – a great-tasting, effective and convenient alternative to traditional supplements. *Natural Lifestyle* is offering readers the chance of winning one of 10.



## A.VOGEL IMMUNE SUPPORT TABLETS

*Natural Lifestyle* has teamed up with A.Vogel to give 15 readers the chance to try its Immune Support Tablets. Immune Support is a dietary supplement containing zinc, vegan vitamin D and vitamin C, which all contribute to the normal functioning of the immune system. This once-a-day dosage is useful during spells of sickness. Suitable for ages 12-plus (RRP £12.50).



## VIRIDIAN BRAIN SUPPORT MULTI

*Natural Lifestyle* has teamed up with Viridian Nutrition to offer readers the chance of winning one of five Brain Support Multi, a specific multivitamin and mineral formulation featuring a blend of 22 nutrients, including supportive vitamins to promote brain health and function. Includes iodine, iron and zinc, which all contribute to normal cognitive function, and contains 100 per cent active ingredients, is vegan, never GMO, palm oil-free and against animal testing.



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Stick SPF 20! We Love The Planet was created out of love and passion for our planet and the brand thinks it is extremely important to know what raw materials are in a product and where it comes from. Formulated with 100 per cent natural and organic ingredients, 100 per cent recyclable packaging and zero waste.

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The ultimate guide to healthy and balanced eating with *The New Mediterranean Diet Cookbook*.



## Crunchy vanilla protein bars Serves 8

Ideal for busy mornings, post-workout refuelling, and snacking on the go, these clean protein bars aren't like anything you can buy on supermarket shelves. Their macros are perfectly proportioned, with 76 per cent fat, 20 per cent protein, and only four per cent carbs. Munch two as a meal replacement when you're in a rush.

**Hands-on time:** 10 minutes

**Overall time:** 1 hour 30 minutes

**Ingredients:**

**Topping:**

- ½ cup (30g/1.1 oz) flaked coconut
- 2tbsp (28g/1oz) raw cacao nibs

**Bars:**

- 1½ cups (150g/3.5 oz) almond flour
- 1 cup (100g/3.5 oz) collagen powder
- 2tbsp (16g/0.6 oz) ground or whole chia seeds
- 1tsp vanilla powder or 1tbsp (15 ml) unsweetened vanilla extract

- ¼ cup (60ml) virgin coconut oil

- ½ cup (120ml) coconut milk

- 1½ tsp fresh lemon zest

- ½ cup (45g/1.6 oz) macadamia nuts, halved

- Optional: low-carb sweetener, to taste

**Method:**

- Preheat the oven to 350°F (175°C) fan assisted or 380°F (195°C) conventional.
- To make the topping, place the coconut flakes on a baking tray and bake for two to three minutes, until lightly golden. Set aside to cool.
- To make the bars, in a bowl, combine

all of the ingredients for the bars. Line a small baking tray with parchment paper or use a silicone baking tray. A square 8in x 8in (20cm x 20cm) or a rectangular tray of similar size will work best.

- Press the dough into the pan and sprinkle with the cacao nibs, pressing them into the bars with your fingers. Add the toasted coconut and lightly press the flakes into the dough. Refrigerate until set, for about one hour. Slice to serve. Store in the refrigerator for up to one week.



# Nordic stone age bread

Serves 14 (one loaf)

Our Nordic stone age bread is made with a combination of nuts, seeds, eggs, and extra virgin olive oil, and it's dense, satisfying, and nutritious. Any nuts or seeds will work here, so get creative and make it your own! Use it as a side for dips, to make packable sandwiches, or to serve alongside salads, soups, and stews, or eat as a side with eggs.

**Hands-on time:** 5 minutes

**Overall time:** 1 hour 15 minutes

**Ingredients:**

- ½ cup (84g/3oz) flaxseeds
- ½ cup (76g/2.7 oz) chia seeds
- ½ cup (72g/2.5 oz) sesame seeds
- ¼ cup (32g/1.1 oz) pumpkin seeds
- ¼ cup (35g/1.2 oz) sunflower seeds
- ½ cup (72g/2.5 oz) whole almonds, chopped
- ½ cup (68g/2.4 oz) blanched hazelnuts, chopped
- ½ cup (50g/1.8 oz) pecans or walnuts
- 4 large eggs
- ½ cup (120ml) extra virgin olive oil or melted ghee
- 1 tsp salt, or to taste
- 1 tsp coarse black pepper

**Method:**

- Preheat the oven to 285°F (140°C) fan assisted or 320°F (160°C) conventional. Line a loaf pan with parchment paper.
- In a mixing bowl, combine all of the dry ingredients. Add the eggs and stir through until well combined. Pour the dough into the loaf pan. Transfer to the oven and bake for about one hour or until the top is crisp.
- Remove from the oven and let cool slightly in the pan before transferring to a wire rack to cool completely before slicing. Store at room temperature for up to three days loosely covered with a kitchen towel, refrigerate for up to 10 days, or freeze for up to three months.

## Fun facts:

- Roasting nuts and seeds is a tricky business. In general, 285°F (140°C) is the threshold above which the antioxidants and omega 6 fats in the nuts become damaged. Macadamias are more resilient because of their low omega 6 and can be roasted at 300°F (150°C). Walnuts are the most sensitive and are best roasted at temperatures below 265°F (130°C). To demonstrate why we're so pro-macadamia, we offer you this statistic: if you roast equal amounts of macadamias and walnuts at 300°F (150°C) for 20 minutes, the macadamia will end up with one-thirtieth the oxidised omega 6 fats of walnuts! See what we mean?



*The New Mediterranean Diet Cookbook* by Martina Slajerova and Thomas DeLauer, £18.99, Fair Winds Press

# Greek spanakorizo

Serves 6

This one-pot spin on spanakorizo, or Greek spinach rice, is bursting with flavour, thanks to aromatic herbs, zingy lemon, creamy feta, and a generous drizzle of extra-virgin olive oil. If you're a particular fan of garlic, feel free to add extra; even the National Cancer Institute recognises garlic as one of several vegetables with anti-cancer properties.

**Hands-on time: 15 minutes**  
**Overall time: 20 minutes**

### Ingredients:

- 1 large (1 kg/2.2 lb) cauliflower
- ¼ cup (60ml) extra virgin avocado oil
- 1 small (60g/2.1 oz) red onion, diced
- 2 cloves garlic, minced
- 2tbsp (30ml) fresh lemon juice
- 7oz (200g) frozen spinach, thawed and squeezed dry, then chopped (weight excludes water squeezed out)
- 1tsp fresh lemon zest
- ½ cup (30g/1.1 oz) chopped mixed fresh herbs of your choice, such as parsley, oregano, basil, rosemary, and dill
- Salt and black pepper, to taste
- 2 cups (300g/10.6 oz) crumbled feta cheese
- Optional: ¾ cup (75g/2.7 oz) black olives, sliced
- ¼ cup (60ml) extra virgin olive oil

### Method:

- Run the cauliflower florets through a hand grater or food processor with the S or the grating blade. Process until the florets resemble grains of rice.
- Grease a large, shallow, ovenproof saucepan or a casserole dish with the avocado oil and add the onion. Cook over medium heat for five minutes. Add the garlic and cook for one minute. Add the cauliflower rice and lemon juice and cook for seven to 10 minutes, stirring constantly. Add the spinach, lemon zest, and herbs (optionally, reserve some herbs for garnish). Cook to heat through for just one to two minutes. Season with salt and pepper to taste.
- Top with the crumbled feta and, optionally, olives. Place under a broiler for three to five minutes, until the feta is lightly browned. Finally, drizzle with the olive oil and serve. To store, let cool and place in a sealed container. Refrigerate for up to five days.

## Fun facts:

- To optimise garlic's health benefits, chop it and then let it sit for 10 minutes before using it in your recipes. Chopping activates alliinase, an antioxidant and anti-cancer enzyme found in garlic.
- Garlic may make your breath stink, but the bad mouth bacteria, *Porphyromonas gingivalis*, may contribute to Alzheimer's disease! Bottom line, brush your teeth, not for your breath but for your brain!



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