

# Natural Lifestyle

LOVE LIFE, LIVE WELL — NATURALLY

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

August 2021

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

## Children's wellness

The nutrition essentials  
for your young ones

Free  
choices

Your guide to free from  
diets, the healthy way

NATURAL BEAUTY

RULES

MAKING THE NATURAL  
SKINCARE SWITCH

**Plus** FUSS-FREE RECIPES • NATURAL LIFESTYLE GIVEAWAYS • ADDRESS ACID  
REFLUX • HEALTHY SWEET TREATS • HEALTH, BEAUTY, LIFESTYLE NEWS

FREE

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3889



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or call our helpline on **0845 608 5858**.

LOVE LIFE, LIVE WELL – NATURALLY

# Welcome



**W**hat a year it has been for our younger generation; kept apart from their friends, usual routines out the window, a stressful and uncertain environment, and a totally new way of learning are just some of the many challenges that children have faced during the Covid-19 pandemic.

And while we may be experiencing more normality as we head towards the end of restrictions, it's so important that we take into account the health and wellbeing needs of children, post-pandemic, with nutrition right at the heart of this. Good nutrition remains the foundation for the growth and development of a child – indeed, it is the cornerstone of health for all of us, no matter our age.

But what does this actually mean in practice? And how can you ensure your young ones are in good health? This is the question we pose to a range of natural health and nutrition experts in our children's health focus, which can be found on page 16 of this issue, packed full of the advice you need to properly nourish your young ones.

In other news, we are also delighted to be launching the *Natural Lifestyle* Retailer of the Year Awards, sponsored by our friends at Terranova Nutrition. We love health stores and everything they stand for and we believe they deserve

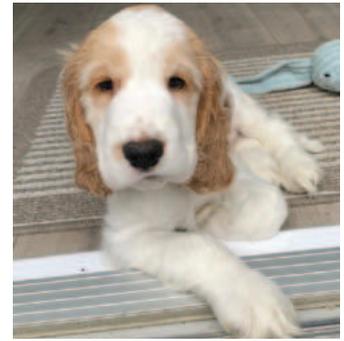
recognition, particularly after the challenges of the last year. Which is why we are asking you, our readers, to nominate the store you believe is deserving of a winner. Visit [www.mynaturallifestyle.co.uk/awards](http://www.mynaturallifestyle.co.uk/awards), where you can put forward your store of choice, and as a thank you, you will be entered into a draw to winner a hamper of goodies from Terranova, worth £100, with nominations closing on September 15.

*Rachel Symonds,*  
Editor



## THE BEST BITS

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



There's a new *Natural Lifestyle* mascot – Editor Rachel introduces Gus, the cocker spaniel.



Our designer, Clare, took in the stunning sights of the Cornish coast on a recent UK break.



Stunning views and the sunshine helped make a 16-mile race in the Cambridgeshire countryside a fine way to spend a Sunday.



VISIT OUR WEBSITE

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



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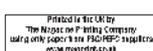
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EXPLORE  
IN STORE

# GREENER LIVING

Swap your everyday essentials with these plastic free alternatives

## BEN AND ANNA DEODORANT

*The original and the best* Ben & Anna deodorant in Persian Lime is the body care essential you need in your bathroom this summer! This 100% vegan and cruelty free deodorant offers reliable protection against body odour and sweat without the use of aluminium. With a fresh zesty scent, it contains sodium bicarbonate as well as seed oils to keep your skin feeling dry and you smelling fresh all day. With Ben & Anna you will have Zero Waste, Zero Worries.

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[www.fairsquared.co.uk](http://www.fairsquared.co.uk) | £12.75

## LAVERA BASIS SENSITIV SHAMPOO BAR

Make the move from bottles to a plastic free bar with the new lavera Basis Sensitiv Shampoo Bar. This shampoo bar is enriched with soothing organic aloe vera and quinoa and is kind to sensitive scalps, while the foamy lather gently cleanses and provides intense moisture for your hair. The plant based vegan formula revitalises and adds shine to your hair. 0% plastic. 100% care.

[www.lavera.co.uk](http://www.lavera.co.uk) | £8.95





## Beat the summer energy slump

With the summer set to be a busier one than the last as restrictions lift, you might want to consider natural solutions to keeping your energy levels in check.

According to natural health brand, BetterYou, our energy levels could be hit hard, but not simply because we may fill our days with more; one habit could deplete the body of the key nutrients we need to in order for our bodies to generate energy and feel focused, meaning the post-lockdown energy slump could be exacerbated – that habit is drinking alcohol.

Keeley Berry, Nutritional Expert at BetterYou, explained why it's important to consider the nutritional factors when it comes to alcohol-filled summer socialising, and how nutrients could help fight feelings of fatigue.

- **Depletion of key nutrients:** Research shows that alcohol can dramatically impact the body's ability to absorb nutrients from the diet. In particular, B vitamins are most at risk of depletion and those that have chronic alcohol consumption are very likely to become deficient. Vitamin B12, folate and vitamin B6 deficiencies can lead to high levels of homocysteine, a protein which can attack the cardiovascular system. This is because these three B vitamins are crucial in keeping the homocysteine cycle in check and generating energy through various interlinking pathways in the body. Deficiencies in vitamins that feed into these pathways can leave us feeling tired. What's more, vitamin B12, in particular, is known to support cognitive function, making us feel switched-on and able to focus. So, as alcohol consumption contributes to the depletion of B12 in the body, we can begin to feel what's known as 'brain fog'.

- **Natural energy enhancers:** For sustainable energy levels, it's important to consume water-soluble vitamins daily, as the body doesn't retain them well. Although some storage will be achieved in the liver, many circulating vitamins will be excreted through urine and, whether you're drinking alcohol occasionally or every day, your levels will be affected. If you know you are likely to drink to excess this summer, it's important to receive a steady, daily dose of iron rather than one large, loading dose. This will help to support energy levels in a safe way, preventing the body from going into 'defence mode' or prompting free radicals to form. For those who struggle to obtain enough B-vitamins or iron through diet alone, supplementation may be needed. An oral spray offers an effective, pill-free alternative to traditional tablets and capsules, as the mechanism allows nutrients to be absorbed via the inner cheek, bypassing primary processing in the gut.

# Inside... HEALTH



## THE IMPACT OF INFLAMMATION

Osteoarthritis affects at least eight million Brits and one leading doctor has reiterated the need to control inflammation through your diet.

Often referred to as 'wear-and-tear' arthritis because it usually happens in joints exposed to stress, Dr Michael Mosley, from The Fast 800, explains that people who are overweight often develop osteoarthritis in their knees and hips and the pain can be relentless. However, your diet can play a huge role in reducing the symptoms of arthritis.

"I manage my arthritis symptoms using the Mediterranean diet. It's a delicious way of eating and I never feel hungry. The Mediterranean diet is rich in nuts, olive oil, fruits, vegetables, oily fish, and legumes. It also includes a moderate amount of red wine, which is unexpected for most! A number of studies in people with arthritis have shown that switching to a Mediterranean diet can reduce inflammation, pain, and improve mobility," Dr Mosley explained.

So, which foods help reduce inflammation?

The fruit, vegetables and legumes so frequently featured in The Mediterranean diet contain lots of prebiotic fibres that will feed 'good' bacteria. Oily fish, rich in omega 3, have been shown in trials to help prevent and reduce arthritis. You'll also find decent amount of 'good bacteria' in foods like onions, garlic, asparagus, leeks and, particularly, Jerusalem artichokes," he added.

## HOW TO LIVE YOUR BEST LIFE

A new manifesto designed to help you get the life you want has been published.

*The Happiness Revolution: A Manifesto for Living Your Best Life* has been penned by Dr Andy Cope and Professor Paul McGee, two of the biggest powerhouses in positive psychology and personal development, working together for the first time to bring you a complete guide to living a happier life.

Grounded in science and tested in life, *The Happiness Revolution* compiles all that we know about the science of happiness and presents it in a cheerful, often hilarious, and practical way – so that you can upgrade your wellbeing.

As the world wakes up to a new kind of normal, *The Happiness Revolution* challenges readers to sign up to an uprising of wellbeing. It outlines the 10-point Happiness Manifesto. Grounded in the science of human flourishing and the reality of life, the principles are simple, doable and above all, make a difference not only to yourself but to others too.



## We love♥

**NEOCELL SUPER COLLAGEN + C** – boost your collagen levels with this food supplement, designed to support healthy skin, hair and nails, as well as joints. Containing clinically tested collagen peptides, it is keto and paleo friendly.

**A.VOGEL ATROGEL ARNICA GEL** – ease aches and pains with this Traditional Herbal Remedy. Made using arnica, it can be used for the symptomatic relief of muscular aches, pains and stiffness, sprains and bruises.

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



## BOTTLE IT

A new water flavouring system is making it easier to stay hydrated.

Described as the first of its kind water flavouring system, known as Air up, the bottle utilises retronasal smell to provide a better, more interesting way to drink 100 per cent pure water.

Air up infuses flavoured air into every sip of water from the bottle. One of 14 different flavours will be added in bubbles every time you drink and it is this that will give your 100 per cent pure water its flavour. Each pod contains natural flavourings and scents that infuse with ambient air to be added to the pure water. These flavours range from Lime and Orange-Passionfruit to Cola and Iced Coffee, with 10 others in between.

Air up's reusable water bottles and fully recyclable flavour pods also come in a Starter Set, including one bottle and two scent pods.



## Fancy feet

If you're into sports, considering not just your footwear but your sock choice makes a big difference to your comfort.

Here to help is FALKE, with its range perfectly tailored to your needs for various sports, whether its running, hiking, cycling, tennis, golf or skiing.

FALKE socks are characterised by their anatomically shaped sole and toe, with a moisture-regulating effect and re-dry quickly. Due to cushioning in particularly stressed zones, they provide a cushioned effect and prevent the formation of blisters with good shoe contact and transmission of power. The various material compositions have a cooling or warming effect, but also increase your performance during sports with compression effects, stabilisation and special support for the Achilles tendon.



# Inside... LIFESTYLE

## POWERED BY PILATES

A leading Pilates expert is reminding of the many benefits to be gained from the popular form of exercise.

Korin Nolan is a British Pilates expert, founder of the Dynamic Reformer Pilates business, Power Pilates UK, and Co-Founder of Dynamic Pilates TV, an interactive app providing live classes with world-class instructors. And here, she explains why you could add this to your routine and how to get started.

- **The main health benefits of Pilates** – it helps rebalance the body, it streamlines, lengthens, elongates and tones muscles like nothing else. It really taps into those deep intrinsic muscles, rather than working the superficial muscles, so it has a much greater effect in strengthening the core and literally changing your body shape. It's such a good stress relief, as even though it can be really intense, it's a feel-good workout.
- **How often I recommend doing Pilates** – it really doesn't have to always be a long, gruelling workout to be effective – sometimes just 30 minutes can be effective. It's about listening to your body and doing what you feel it needs, rather than punishing yourself.
- **The benefits of Pilates for weight loss** – depending on what kind of Pilates you do and who your teacher is, you can work up a serious sweat during a class. I teach 'dynamic Pilates' both on the reformer and on the mat, combining the main principles of Pilates with more dynamic movements. Plus, I add weights, booty bands and other props to get maximum results. It also depends how many times a week you train, how much effort you put in, and your diet. You can't expect to lose weight with exercise alone.
- **The benefits of Pilates on mental health** – all exercise is good for our mental health as it helps us release those happy hormones. But I honestly believe Pilates is so good for the soul. It just makes you feel so good. If I've not worked out, I notice a difference in my mood.
- **Combining a healthy diet with Pilates** – stick to meals with complex carbohydrates such as sweet potatoes, brown rice, plus chicken, fish and vegetables to fill you up. Manage your portion sizes as this is crucial, but ensure your meals are flavoursome. And stay away from diets. When we deprive ourselves, it creates such a negative connection to food and makes us obsessive, which has the reverse effect.



## STRETCH IT OUT

Regular stretching is imperative to a healthy body, but it can so often be forgotten.

And so, a new global online stretching community has been launched by Ana Moore and Aida Yahaya.

Streaming daily live stretching classes, as well as offering physical classes weekly in London's Kensington, the virtual sessions are delivered by a team of highly qualified Good

Stretch coaches, led by lead stretching coach, Ana. Ana is a firm believer that professionally-supported stretching can help to relieve stress, ease muscle pain, boost a range of motions and even elevate your mood.

Good Stretch explains that stretching is for everyone and that you don't need to be very flexible to do the class.

Aida explained: "Having experienced the popularity of stretching classes in other parts of the world, nothing beats that great feeling and self-confidence boost after a good stretch. We wanted to give more people the opportunity to achieve that feeling too. When you're stretching, you're not only working on your muscles, but you're calming your mind, and you get a release of endorphins, which makes you feel better when you leave class.

"With the rapid increase in online virtual sessions taking over the internet by storm, we assure you that our sessions are like no other in terms of flexibility and fun! It's new, innovative and artistically simple."



## Boost your immunity and health naturally with GUNA Lifestyle

Guna Lifestyle is a range of 15 cutting-edge physiological nutraceuticals, formulated to stimulate the immune system and support the gastrointestinal system naturally. Individual supplements support digestion, tiredness and stress, cholesterol balance, menopause and multi-vitamins. All are GMO free. Try Gunabrain: with its mix of N-Acetylcysteine, Selenium, Manganese, Coenzyme Q, Green Tea, Indian Ginseng, designed to support brain health and function. Italian company Guna has been successfully developing and promoting natural health treatments for 35 years. Check out the full GUNA Lifestyle range online at [www.gunalifestyle.co.uk](http://www.gunalifestyle.co.uk)



## LoofCo Washing-Up Soap Bars

LoofCo Washing-Up Soaps complete your plastic-free washing-up routine as they replace plastic bottles of washing-up liquid! These 100g solid bars are available in Lemongrass or Fragrance Free. Expertly formulated to remove grease, LoofCo Soaps effectively clean crockery, cutlery, glasses & pans. Simply lather with warm water onto a LoofCo Washing-Up Pad, Scraper or Brush, then wash item and rinse. Also perfect for handwashing laundry while remaining gentle on skin. Containing Organic coconut oil and glycerine they fit the LoofCo ethos to provide plastic free, vegan washing-up. Paraben free, SLS free, Vegan, Biodegradable. Great Value at RRP £2.75 per bar. [www.natbrands.co.uk](http://www.natbrands.co.uk)



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## SWEAT SOLUTIONS

Keep your underarms fresh with these natural additions to the lavera range.

Natural & Strong is an organic deodorant range for reliable protection even during physical exercise, and includes a roll-on, spray and cream.

Formulated with organic ginseng and natural minerals to inhibit odour-causing bacteria, and free from aluminium salts, it is naturally and effectively preventing the build-up of sweaty odours.

The formula includes organic shea butter, which soothes and nourishes under arm skin, along with organic ginseng and zinc oxide, which has an antibacterial and astringent effect, natural minerals to reduce perspiration, corn starch to bind moisture, and sodium bicarbonate, which has an alkaline effect to help neutralise sweat.

Certified natural and organic by Natrue, no products have been tested on animals and do not contain parabens, SLS, phthalates, paraffin, or petrochemicals.



# Inside... BEAUTY



## SUSTAINABLE SCENTERED

If you're a candle fan, the latest creations from Scentered allow you to indulge while being mindful of the environment.

Scentered is striving to make all waste candle containers a thing of the past with the launch of its Wellbeing Ritual Candle Refills, a 100 per cent natural, vegan-friendly candle refill.

Made with 100 per cent natural wax and essential oils that bring ambience and mindful wellbeing to any room and any environment. Each Wellbeing Ritual Refill Candle Duo Set Contains two 220g Aromatherapy Refill Candles, with approximately 35 hours of burn time each, packaged in eco boxes, made using 100 per cent recycled paper and printed with vegetable-based inks.

Also launching is the Wellbeing Ritual Candle & Refill Set, comprising one 220g Aromatherapy Candle designed to fit any interior, plus a Wellbeing Ritual Refill Candle, supplied in minimal, compostable packaging to reduce single use purchasing.

Both sets are available in two of Scentered's renowned aromatherapy blends, DE-STRESS and SLEEP WELL.

## Hands up

As the summer weather arrives, we can often forget to protect our hands from the sun's rays.

Here to help is Edelweiss & Green Tea Hand Guard SPF30 from Green People, described as a natural glove of goodness for sun-exposed hands, blending high-factor sun protection with skin-replenishing, organic plant actives to deliver effective sun defence against sunspots, whilst preserving the health and softness of skin that's most at risk from premature ageing.

The hand cream is enriched with 84 per cent organic ingredients and high-factor SPF30. It also contains eczema-friendly actives, including soothing organic aloe vera and water-locking beeswax, which leaves hands soft and replenished after use.

Antioxidant green tea and alpine edelweiss work in synergy and envelop hands in skin-shielding properties, which defend against sunspots and skin sagging.



## Ethical indulgence

Nourish skin and the planet with these sustainable creations from The Kentish Soap Company.

This new collection of Facial Bars has been created by experts at the family-run business, handcrafted using natural ingredients, no artificial colours, fragrances or palm oil, and carefully hand wrapped in 100 per cent plastic free packaging.

The Rose Clay Facial Bar is made with rosehip oil, an ingredient that naturally regenerates and nourishes delicate skin. Celebrated for its natural healing powers, the rosehip is complemented with rose geranium and frankincense, known for their soothing and rejuvenating properties.

Then there is the Charcoal Facial Bar, also containing rosehip oil, it is ideal for drawing out skin impurities, absorbing moisture and easing clogged pores. Scented with natural tea tree oils and bergamot, it will leave oily skin feeling cleansed, rebalanced and blemish-free.



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Collagen is not suitable for vegans or vegetarians.

# Clean skincare

**Our skincare needs vary from person to person, but natural is always a better option in terms of what you put on it. Here's what you need to know about making the switch.**

**Y**ou might have skin of the dry variety, perhaps it can be shiny, or you could find you are prone to breakouts; our skin is individual to us and as such, getting the right skincare routine tailored to your needs is important.

One of the most important steps we can take to keep our skin healthy and glowing is making the switch to natural or organic products, of which there are many available these days, and can be tailored to your needs.

## Chemical caution

Step one in cleaning up your skincare routine is to scrutinise the ingredients list on your existing products and become familiar with the chemicals you want to avoid.

The key ones to be aware of include:

- **Parabens** – one of the most commonly used, parabens help to create an artificial lather.
- **Silicones and mineral oils** – these come from petrochemicals and don't often biodegrade, ending up in our oceans. They are used to make the skin feel smooth, albeit artificially.
- **Sodium lauryl sulphate (SLS)** – generally used as a foaming agent, you will find these in cleansers, shower gels and shampoos and conditioners. They can be an irritant and drying to the skin, not to mention being no good to the environment.
- **PEGs** – these will often be chosen to thicken a product and, as with many of the other concerning chemicals, they do not biodegrade and can irritate your skin.

## Natural choices

Your health food store will stock a raft of natural products to cater to your skin needs. In terms of beneficial natural ingredients, we love the following:

- **For dry skin** – prickly pear is a great choice here as it's very hydrating, while products containing vitamin B5 can also help. Shea butter and aloe vera are also great for nourishing.
- **For older skin** – collagen and hyaluronic acid are excellent additions to skincare products if you have older skin, while vitamin E is also important. We also love rosehip oil for its restorative properties.
- **For problem skin** – the wonder ingredient for skin that can be prone to breakouts is tea tree oil thanks to its powerful antibacterial nature. You also want to target the inflammation so opt for gentle choices, such as calendula. If you experience skin conditions, the likes of manuka honey and white mallow can be helpful for those with skin conditions, but it's advisable to be properly diagnosed if you are concerned as you will need to consider a range of changes.
- **For young skin** – baby and children skin needs extra care and attention as it is so sensitive, so opt for the likes of calendula, perfect for soothing delicate skin.

### TRY THIS

Lavera Basis Sensitive 2in1  
Hair & Body Cleansing Bar

BetterYou Magnesium  
Body Butter

Antipodes Kiwi Seed Oil  
Eye Cream

Weleda Hydrating  
Facial Mist

Zao Foundation Stick

## LOOK FOR LABELS

One of the best ways to be sure what you are buying is natural is to look for labels on packaging to confirm it is certified to be so. There are a range of certification systems used, with different ones in different countries. Ones to note includes NATRUE, Soil Association, COSMOS and Ecocert.

You might also want to seek products that are made using animal-free ingredients, so look to those that are certified vegan, and also endorsed with the Leaping Bunny logo.

The most important advice is just because a product claims it is natural, it doesn't mean it is – certifications such as those mentioned offer additional assurance.

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# NATURAL LIFESTYLE'S Top Picks



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It is a combination of two distinctive herbs – Arctostaphylos uva-ursi and Echinacea purpurea. It is a traditional herbal medicinal product used to help relieve minor urinary complaints associated with cystitis in women, such as burning sensation during urination and/or frequent urination, exclusively based upon long-standing use as a traditional remedy. Always read the leaflet

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# SAY GOODBYE TO SUGAR

Cut back on your intake of processed foods and explore your health food store for the best in healthy sweet treats.

**S**ugar is found in so many products these days, both food and drinks, that it can be hard to know how to avoid it. But the good news is as we become more aware of the detrimental effects of sugar, more and more healthier options have been discovered.

But why should you limit your sugar intake in the first place? Well, refined sugar has many downsides – in fact, very little positives. For one, it can be addictive, meaning you constantly crave more. It can lead you to put on weight, it can raise your risk of a range of health conditions, including type 2 diabetes, and it can wreak havoc with your oral health.

Added to that, excess sugar can lead to breakouts on your skin, can actually lower your immune function, and can send your blood sugar spiralling, affecting your mood and ability to concentrate.

## UNDERSTAND SUGAR

There can be confusion around sugar, in that some sugars are found naturally in healthy foods, such as fruit, which leads people to question if the white stuff is all that bad.

What you want to really cut back on, and avoid if you can, is refined sugar; this is made by extracting and processing sugar that is naturally found in foods such as sugar beets and sugar cane and is added to a product, usually to aid flavour.

This kind of sugar will often be referred to as free sugar, and is found in the likes of biscuits, sweets, flavoured yoghurts, fizzy drinks and breakfast cereals. They can also be found in honey and smoothies.

When it comes to natural sugars, found in the likes of fruit, vegetables and milk, they do not count as free sugars, but you do need to be aware of your intake, especially among children.

- **Adults** should have no more than 30g of free sugars a day, (roughly equivalent to seven sugar cubes).
- **Children aged seven-10** should have no more than 24g of free sugars a day (six sugar cubes).
- **Children aged four-six** should have no more than 19g of free sugars a day (five sugar cubes).

There's no guideline limit for children under the age of four, but it's recommended they avoid sugar-sweetened drinks and food with sugar added to it.

## NATURALLY SWEET

Any diet, for adult or child, should be one that is balanced, getting a range of nutrients from different foods, of different colours. Focusing on too much sugar – naturally derived or not – doesn't achieve balance, so whatever natural choices you choose, try to stick to the above guidelines.

When looking for alternatives, you can find many recipes online for healthy options, and batch-making is a great idea so there is always something healthy on hand. Oats and dried fruit such as dates, prunes and apricots are great for adding bulk and a natural sweetness to the likes of energy balls and flapjacks, and coconut oil adds extra flavour. If you fancy chocolate, opt for the dark variety, ideally 70 per cent or more, as this will retain some of the antioxidants.

We also really like raw food snacks, as if they are well made, they will contain very little ingredients, retain beneficial ingredients, and won't spike your blood sugar levels in the way conventional sweet treats will. Get familiar with checking ingredient labels; if sugar has been added to a product, it must be declared, and is often written as fructose, sucrose and dextrose, among others. The less the ingredients, the better, and if you are buying sweet products, stevia and xylitol are plant-based sugar alternatives that are better for you.

When it comes to drinks, opt for plain water, sparkling water with some fruit in it, or herbal teas, instead of fizzy drinks.

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Sunita Organic Sesame &  
Honey Bar

The Ginger People  
Gin Gins

Total Sweet  
Xylitol

NutraTea Nutra Glycemia

# A HEALTHY START

**It's been a challenging year for our younger generation. Here's how you can ensure they remain nourished, physically and emotionally.**

**W**hen the nation's schools closed last year as the Covid-19 pandemic took hold – remaining shut for many months – it posed a challenge to children never experienced before; lack of contact with friends, restrictions on movements, and learning in a whole new way. During this time, we also know diets shifted, whether from consuming home baked treats, or eating more processed foods.

In fact, late last year, the Government published its *State of the Nation* report to mark World Mental Health Day, revealing challenges including isolation from friends, learning from home, or worries that family or friends might get sick. However, many parents also reported improved relationships with their children and the majority of children spent time in outside green spaces at least a couple of times a week during lockdown.

Emily Simpson, Nutritional Expert and Product Development Technologist at BetterYou, explained: "Lockdown during the winter months no doubt led to a more sedentary lifestyle for all of us, but especially youngsters, resulting in a lack of vital vitamin D. What's more, whilst children are often hailed as being incredibly adaptable, this phenomenal change in their day-to-day routine will have had a significant impact on mental health."

Alice Bradshaw, Head of Nutrition Education and Information at Terranova, also pointed out: "Potentially, children may be lacking in some nutrients primarily due to the fact that their diets may have been less diverse during lockdown. For some children, daily school lunches would have provided a balanced meal that they may not have had during the period of home schooling."

Cytoplasm's Helen Drake added: "For some, boredom meant that food intake changed, with an increase of refined and processed foods and others have had a reduction of fresh vegetables and fruits as they are not provided in a school environment or family finances have been squeezed. Therefore, many kids are overfed and/or undernourished and inactive, which has led to problems with weight management in children."

## FOCUS ON MENTAL WELLBEING

The pandemic undoubtedly placed pressure on everyone's mental health, including children.

"The isolation has led to an increase in mental health issues, particularly anxiety and low mood. These problems are likely to become more highlighted in the coming months," Helen explained. "Relationships with peers may also be affected, which can have a significant impact on both mental and physical health. Therefore, it is important for children to have nutritional support for cognitive health"

Emily continued: "These physical concerns can influence a child's mental health and with good mental wellbeing beginning in infancy (50 per cent of mental health problems are established by the age of 14), it's imperative that children get the appropriate interventions at an early age.

"The impact of mental ill health has become more apparent over the last decade and UNICEF has reported that young people in Britain experience low mental wellbeing when compared to those in other affluent countries. The Institute of Psychiatry, Psychology and Neuroscience (IoPPN) at King's College London also conducted a study which found an association with the Covid-19 pandemic and a sharp increase in mental health issues among children aged 11-12."

Rupinder Dhanjal, Technical Advisor at Viridian Nutrition, continued: "It has been reported that one in every 15 children has low happiness and that mental health difficulties have increased for some school-aged children since the pandemic. During the pandemic, data indicates that children with special needs or a disability from Black, Asian, Minority Ethnic backgrounds may well be feeling more anxious.

"Cases of younger children presenting with anxiety and panic attacks have been highlighted particularly in the summer months of the pandemic. It was evident that Covid-19 related anxiety encouraged existing conditions, such as obsessive-compulsive disorder (OCD)."

Try this

- ★ Terranova Nutrition Green Child Sneaky Greens Super Shake
- ★ Minami DHA+EPA Liquid Kids + Vitamin D3
- ★ BetterYou Children's Health Daily Oral Spray
- ★ ORGANii Baby Cream
- ★ Viridian ViridiKid

## A NOURISHING DIET

Healthy eating habits, with an eye on sugar and processed foods, is critical from a young age.

"Sadly, according to the *State of Child Health* report, many measures of children's health and wellbeing in the UK appear to have stalled or were even considered in reverse – something which is incredibly rare in countries classed as 'high income'. The implementation of sugar tax and better health education are helping to combat physical health complaints among youngsters, yet foods high in fat, sugar and salt remain a large part of our diet," Emily explained.

"One in three children are overweight or obese by the time they leave primary school, increasing cases of type 2 diabetes, asthma, and high blood pressure. What's more, unhealthy diets contribute to childhood tooth decay and worryingly, little ones have a one in four chance of decayed teeth by their fifth birthday – the likelihood of which doubles for those from the most deprived areas."

Rupinder went on: "Research has shown that as children stayed at home during the pandemic, with no physical activities, weight may have increased. A review implied that poorer children consumed more junk food and snacks but fewer fruits and vegetables during lockdown. Before schools were asked to close, 25 per cent of children skipped at least one meal each day. Whereas during school closures, the percentage increased to 35 per cent of children who skipped one meal per day.

"These concerns suggest children may not be getting all of their nutrients from their diet due to unhealthy eating changes, such as consuming regular junk food and skipping meals. Young children could be missing out from important nutritional meals in the growing and development stages of their lives."

So, what should a healthy diet involve?

"A healthy diet for children should include at least five portions of a variety of fruit and vegetables daily. Meals should be based on starchy foods such as bread, rice, potatoes and pasta and wholegrain options should be chosen," Rupinder advised. "Dairy products and milk should be incorporated into the

diet. Foods high in protein such as meat, fish, eggs, beans, lentils and legumes should be consumed as part of a healthy diet."

Alice went on: "Dietary recommendations for children are not dissimilar to those for the adult population, in that diet should be built around a diverse selection of fresh foods with an emphasis on vegetables, fruits and other plant-based food sources. Children are invariably drawn towards less healthy choices, so it's important to ensure that these foods are not featuring in the diet at the expense of more nutritious choices."

Helen added: "It is important to include three to four portions of vegetables and two to three of fruit every day, with healthy fats from oily fish, avocado and nuts and seeds, and lean protein from sources such as eggs, fish, organic grass-fed meat and legumes. Also, use water as the main source of hydration and avoid sweetened and carbonated drinks."

Emily went on: "The negative effect of saturated fats and added sugars on children's health is well reported, what's less well recognised is that many young children, especially teenagers, have inadequate micronutrient intakes. There is evidence to suggest many teenage girls have low intakes of vitamins A and B2, calcium, potassium, iodine, and zinc, with significant gaps appearing in intakes of iron (46 per cent below the Lower Reference Nutrient Intake (LRNI)), magnesium (51 per cent below the LRNI), and selenium (45 per cent below the LRNI).

"From a mealtime perspective, my advice would be to incorporate as many colours of the rainbow as possible – this not only makes food fun but ensures variety and balance. Combining a source of protein, healthy fats and complex carbohydrates is also great for sustained energy release over a couple of hours.

"Healthy snacks of fruit and vegetables throughout the day will help to sustain blood sugar levels and prevent afternoon slumps in energy, which can result from unhealthy, quick-releasing energy products that cause a rapid spike and subsequent drop in blood sugar levels, leaving children irritable."

## SUPPLEMENTS FOR CHILDREN

Children have a higher requirement for some nutrients and parents may want to consider supplements. In terms of what you need, let's start with vitamin D.

Emily advised: "Vitamin D is especially important for children due to its role in development and with vitamin D-related diseases such as rickets making a comeback, it's essential that we protect our children from a deficiency that can be easily rectified with supplementation.

"Babies and young toddlers are particularly susceptible to low blood calcium levels if they do not have sufficient vitamin D and without vitamin D, there's a danger babies will develop problems with bones and muscles. Furthermore, around 20 per cent of 11- to 18-year-olds appear to have low blood vitamin D, a particular problem in some ethnic minority groups.

"The Department of Health recommends all infants and young children under five be given a daily supplement through the year because there is not enough natural vitamin D in a normal, healthy diet and not enough high quality UV rays to allow children to make vitamin D themselves."

Helen added: "Of concern in many children are nutrients such as vitamin D, omega 3 fatty acids and B12, which are essential for many aspects of health but particularly cognitive function. Suboptimal levels of nutrients can lead to reduced immune function, cognitive dysfunction and growth issues in children and is associated with progression of chronic disease later in life.

"You could consider a live bacteria (probiotic) supplement to

support digestive function and gut bacteria, essential for many aspects of health but particularly immune function as 70 per cent of immune tissue is in the gut."

And Alice suggested: "A multivitamin and mineral supplement formulated for children is a good insurance policy for most children, along with an essential fatty acid supplement. Omega 3 fatty acids are often lacking in children's diet as they tend not to consume enough of the food sources of this vital nutrient."

There are other supplements to consider, depending on needs.

"Magnesium is a vital component in establishing healthy bones and is essential for sleep, energy, and immunity, whilst folic acid assists in growth and development, supporting healthy blood and immunity," Emily explained. "B vitamins play a crucial role in cognitive function, energy metabolism, hormonal regulation and support a healthy heart.

"Those supplements specially formulated for children are a great way to target numerous nutrients, which may be lacking from their diet. Taking tablets and following a supplementation plan can be a constant battle with little ones, so a pill-free spray can be easily incorporated into a family's routine and the dosage can be tailored depending on each child's age."

And Rupinder suggested: "Research has shown vitamin A is important for a healthy immune system, as well as supporting healthy vision and skin. Vitamin C is important as it aids in a strong immune system and helps with the absorption of iron."

# NATURAL LIFESTYLE'S Top Picks



## Sambucus Kids Formula

Nature's Answer Sambucus Kids Formula is a liquid wellness blend that provides the little ones with all the natural goodness the Elderberry, Echinacea and Astragalus. Black elderberries provide a great source of Vitamin C, which support the normal functioning of the immune system. Suitable from the age of 4 years, Sambucus Kids Formula is unique on the

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Available from all good health stores and independent pharmacies nationwide, and [www.kijaniliving.com](http://www.kijaniliving.com)

## Green Child Microflora

The microflora strains used in Terranova Green Child Friendly Microflora are developed through Rosell and CHR Hansen technology - utilising the world's most heavily researched strains of bacteria. These have a high level of acid-resistance, are stable in ambient temperatures and have demonstrated the ability in supporting child immune function and digestion. The formula is also rich in bifidogenic/ microbiota-enhancing factors provided by a synergistic Magnifood Complex of wholefood ingredients including beetroot, spinach, kale and soluble rice bran a source of beneficial fibre.

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



## Happy Skin, Happy Child, Happy Mum.

We know that struggling with babies and childrens' sensitive and allergy-prone skin can be overwhelming and a constant battle to reactively find products that work, which is why the ORGANii Baby & Child range is dermatologically tested with organic and natural skin-friendly ingredients



to gently protect little ones from head to toe. Using skin calming and soothing plant oils and extracts to help stop irritations and protective ingredients to support the skins natural functions, these vegan friendly and cruelty free products will keep skin balanced, healthy and happy.

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



## Sambucus Immune

A liquid herbal complex calling on the power of Zinc and Vitamin C-rich Black Elderberry infused with Echinacea and Astragalus to create a stellar wellness formula. A family formula, with the Juice concentrate of 12,000mg Black Elderberries and 200g Vitamin C to contribute to the normal functioning of your immune system. Holistically Balanced, Alcohol & Gluten Free. No Artificial Sugars or Sweeteners. Formulated by a team of experts at Nature's Answer, with guaranteed potency, purity & authenticity.

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## Alba Botanica Kids Sunscreen SPF50 Clear Spray

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# Anti-ageing all stars

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**T**aking care of ourselves has never been more important. We all want to make sure that we feel and look our best, especially after being locked down for so long, and there is an easy way to return to feeling great and provide some welcome care to our skin, hair, nails and joints with a daily deliciously fruity shot of Silicea Kollagen plus.

Packed full of anti-ageing super ingredients, including collagen, hyaluronic acid, silica gel, copper and vitamin C, scientific studies have shown that the specific collagen peptides found in Silicea Kollagen plus help reduce wrinkle depth and increase moisture level of all skin types, whilst the high levels of hyaluronic acid and silica gel ensure intensive moisturising and cushioning.

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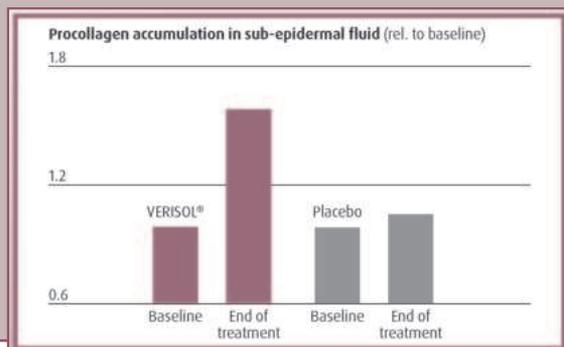
A daily dose of Silicea Kollagen plus contains a huge amount of collagen peptides, which are the building blocks of our skin, joints, bones, muscles, and connective tissue. Replacing levels of these vital ingredients can reduce signs of ageing and protect joints. Further ingredients such as copper and vitamin C counteract the oxidation processes to which the skin is exposed to every day, and which promote the progression of skin ageing, such as UV rays or air pollution.

Silicea Kollagen plus is completely free of added sugar, sweetener, preservatives, and colourants, and easy to consume, no matter where you are. The handy sachets make it possible to carry the single-dose portions with you, even in the smallest of handbags, so you can enjoy on the go. Simply pour the contents directly from the sachet into your mouth or use a spoon. You can also stir it into a drink or food (such as muesli or yoghurt). So, instead of hard-to-swallow tablets or time-consuming powders, the efficiently German-manufactured, deliciously fruity sachets of Silicea Kollagen plus are your easy and complete solution to anti-ageing.

## Skin ageing explained

Our body produces collagen naturally to keep our skin looking smooth and firm, plump and toned. However, over time, the body's collagen production slows down or even stops, levels of collagen decrease, and fine lines and wrinkles can start to appear – meaning we must find a way of getting it back into the body.

Collagen also plays a significant role in your body's overall physical resilience, maintaining healthy joints and helping your body recover from injuries. In addition, collagen and copper work in tandem to strengthen hair and contribute to maintaining normal hair colour and pigmentation.



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# Ask the experts

## EASE ACID REFLUX...

by Alice Bradshaw

### What is acid reflux and what are the most common signs we're suffering?

Acid reflux, or heartburn, is experienced by most people at some point in their lives and is typically seen after the consumption of large complex meals. However, some people experience the symptoms of acid reflux on a more regular or ongoing basis. The discomfort felt by this condition is caused by acidic gastric fluids flowing upwards from the stomach and into the oesophagus. Some people may experience further symptoms, such as difficulty swallowing or the sensation of a lump in the throat, chronic cough, sore throat and excess mucus after eating.

### What causes it and what dietary changes should we make to alleviate it?

There are various causes of reflux – some are physiological, some are behavioural. The lower oesophageal sphincter is the ring of muscle that is supposed to prevent backflow of the stomach contents into the oesophagus. For some reflux sufferers, this muscle opens too easily or too frequently. It's thought that certain foods may relax the lower oesophageal sphincter and exacerbate reflux, and these include peppermint, chocolate, tomato sauces and spicy foods.

More recent thinking suggests that poor digestion of carbohydrates may play a significant role in reflux conditions. When carbohydrates are poorly digested (because of lack of certain enzymes or gut dysbiosis), they ferment and the gas that is produced as a result of this fermentation increases intra-abdominal pressure and forces the stomach contents to back-flow up into the oesophagus. Intra-abdominal pressure is also increased during pregnancy and where there is abdominal obesity, and this is why reflux is more common in these circumstances. Additionally, those with small intestinal bacteria overgrowth (SIBO) or irritable bowel syndrome are very likely to experience reflux as one of their symptoms.

### Are there any nutritional supplements you can recommend to help?

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

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

### Q How can coenzyme Q10 benefit me and what should the supplement contain to be beneficial?

**Frank Brogan advised:** Coenzyme Q10 (Q10 for short) is important for energy production – our busy organs such as the heart and muscles have high concentrations of this, but our own production decreases from our early 20s. Without good dietary options, Q10 supplementation is the popular choice for bringing levels back up again.

While Q10 is associated with heart health (check out the Q-Symbio and KiSel-10 trials), its potential benefits span various areas of health, including other cardiovascular diseases, gum disease and chronic diseases, which feature fatigue (such as chronic fatigue syndrome). Research is being undertaken right now with Q10 and long Covid as Q10 depletion has been identified in sufferers. Q10 supplementation is also incredibly popular with statin users, as some evidence indicates that statins may deplete our endogenous Q10 production.

When shopping around, by far the most important thing to look for is assurance in bioavailability. Some nutritional supplements like vitamin C and B vitamins absorb easily – Q10, conversely, absorbs from the gut and into the blood very poorly. It's up to the manufacturers to make sure the supplement is bioavailable, ensuring that it can absorb and travel throughout the body. Other important features to look for in supplements include an oil-based capsule (Q10 is fat-soluble) and ideally, one that has been featured in clinical trials to support its use in human health.

## About the experts



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



**ALISON CULLEN** is a Nutritional Practitioner (DN, DNT) mBANT, mCNHC and Education Manager at herbal specialist, A.Vogel.



**FRANK BROGAN** has spent more than 12 years in nutrition and wellness, including clinics, private consultancy and health stores. His areas of expertise include nutritional supplements/nutraceuticals. As a Registered Nutritionist (Ain), Frank takes an ethical, practical and evidence-based approach. He is Senior Nutritionist at Pharma Nord.



**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 ADM Protexin, which has the Bio-Kult and Lepicol brands.

# There are many paths to calm



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# Ask the experts

## YOUR JOINT MANAGEMENT PLAN...

by Alison Cullen

### What are the most common reasons we can suffer with joint pain and what are the obvious signs?

There are two main types of arthritis that can cause joint pain; osteoarthritis and rheumatoid arthritis. Osteoarthritis affects weight-bearing joints and is often caused by wear and tear. The cartilage that separates the bone ends wears away and the bones rub together painfully, causing inflammation and sometimes fusing the bone ends together. Sometimes, gouty influences are also at work, with uric acid and poorly managed calcification processes causing the build-up of pain-causing crystals in the small joints of the hands and feet.

Rheumatoid arthritis is an autoimmune disease. The immune system starts to attack the body's own cells. This results in a great deal of inflammation and deterioration in the joints and tissues that are being attacked. Accidents, sporting injuries, or demanding physical work can cause obvious damage. Many factors can be at work.

### Can you suggest a healthy lifestyle plan to reduce the risk of joint pain?

Eat unprocessed foods that don't cause inflammation in the body. Avoid white flour, white sugar, white pasta and caffeine, which create a tendency to inflammation. Meat can also be inflammatory, whereas fish and vegan forms of protein do not cause this problem.

If your diet contains large amounts of dairy products, arthritic problems are encouraged as there is too much calcium to be absorbed correctly. Proper absorption of calcium is really important, and our Western diets tend to be too poor in magnesium to allow this. Having lots of magnesium-rich foods is very helpful.

Another benefit of a mainly plant-based diet is that it contains flavonoids, which support collagen production. Collagen is vital for renewal of connective tissue of all types.

Another issue is build-up of uric acid, which settles in the small joints of the hands and feet, instead of being flushed out through the kidneys, and

contributes to a gouty type of arthritic pain. Again, this is caused by over-processed diets full of meat, dairy products, alcohol, nicotine, salt, sugar and caffeine, with too few alkalising foods and too little water to allow good kidney function. Drink plenty of plain water and use nettle tea or nettle tincture to get rid of uric acid.

Exercising regularly is very helpful. Avoid the 'pounding on hard surfaces' type of exercise, which can lead to damage over the long-term.

### And how can arnica help?

Arnica has long been known to help with many issues of tissue trauma, such as bruising. As it is unsuitable to take internally as a herbal extract, its use has mainly been in homoeopathic form, both for internal and topical use. More recently, a fresh herb extract in the form of a gel or cream has been found to be extremely good at countering inflammation when applied topically, making it ideal for many painful situations, from post-exercise discomfort and DOMS to arthritic conditions.

An extract of the fresh herb has anti-inflammatory effects due to the sesquiterpene lactone content. This topical application is suitable with any medication, which is important at a time when so many people are on various meds, especially the older population. It also means there are no restrictions to using arnica topically whilst taking painkillers.

As an alternative to NSAID medication, a fresh herbal extract of arnica is easy to work with because it has none of the side effects associated with this type of medication – or indeed any other side effects. It works extremely quickly and continues to work no matter how long it is used.

### Q What nutrients are most important to balance my mood?

**Kim Plaza suggested:** Delve into the rainbow of fruit and vegetables and you will find an abundance of nutrients that may help us in all manner of ways, but have you considered how our food may support mood? Wholegrains, for instance, are high in B vitamins and these act as important co-factors in producing mood-related hormones, such as serotonin (our happy hormone), dopamine and noradrenaline.

Vitamin D (our sunshine vitamin) is also required to produce serotonin and has even been suggested to act as a natural antidepressant within the brain. Vitamin D is, of course, mainly produced through exposure to natural sunlight, but can also be obtained in small quantities in egg yolk and some oily fish. Considering that around 40 per cent of Europeans are vitamin D deficient, it is important to make sure we are getting adequate vitamin D by checking our levels and supplementing if necessary. Nutrients that are consumed in combination may be the optimal way to obtain a

variety of micronutrients that work synergistically to support mood, such as magnesium, zinc and vitamin C.

An emerging area of research is investigating how our mood is influenced by our gut microbiome. Direct and indirect communication exists through the microbiota-gut-brain axis and research now suggests that our gut microbes can support mood via a number of mechanisms, including producing some neurotransmitters. So consuming a range of fermented foods or taking a multi-strain live bacteria supplement may also help to bring out your inner smile.



# “Studying nutrition at CNM was the missing piece of the puzzle”

**Aine Lavery, CNM Nutritional Therapy Graduate, explains how she has benefitted from studying with CNM.**

**F**ollowing my passion for health and beauty led me to study nutrition and open Northern Ireland's first naturopathic skin clinic.

I decided on a career change to follow a longstanding passion for health and beauty. I completed my ITEC level 3 in beauty and body therapy and then undertook numerous training courses in Dublin, London, and Germany, delving deeper into the physiology and function of the skin. This expanded my knowledge, enabling me to offer my clients a more in-depth approach to support common skin concerns.

I've always been an advocate of holistic wellness and I wanted to provide my clients with a 360-degree approach to skin health with long-term solutions for chronic skin conditions. Quick fixes don't work and the only way to bring about long-lasting change in the skin is to adopt an individualised approach for each client.

Nutrition plays a vital role in skin health. Studying Naturopathic Nutrition at the College of Naturopathic Medicine (CNM) was the missing piece of the puzzle; it gave me a deeper understanding of the skin at a cellular level, allowing me to address any nutritional imbalances in my clients and provide dietary and lifestyle support to improve their skin.

CNM has an excellent reputation. CNM provides you with a recognised qualification and in-clinic experience; most other nutrition courses don't offer this. The clinic hours were invaluable and showed me how to put all the theory into practice.

Becoming a nutritionist has allowed me to be truly holistic in my approach to skin health. It has provided me with the tools to better serve my clients and offer an alternative approach for their personal skin journey.

My clinic, Skin Future, offers a multifaceted approach, with nutrition and lifestyle as the pillars of optimising skin function. Being able to help my clients achieve healthier skin makes me so happy as it increases their confidence and makes them feel good about themselves.



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## Four new chocolate truffle flavours

Booja-Booja, the multi award-winning chocolate company, has launched four sensational new chocolate truffles. The new range brings Booja-Booja magic to four classic chocolate flavours to create an array of irresistible taste adventures. Look out for Chocolate Orange with tangy mandarin pieces, smooth creamy Deeply Chocolate, delectable Chocolate Salted Caramel with Cornish sea salt and scrumptiously scrunchy Honeycomb Caramel. Each new flavour comes in its own 8-truffle box (£4.99 RRP) and the four are featured together in a new 16-truffle selection box, The Signature Collection (£9.99 RRP). All vegan, organic & dairy free. Available from hundreds of independent retailers & Amazon [www.boojabooja.com](http://www.boojabooja.com)



# Free food choices

Follow *Natural Lifestyle's* guide to free from diets – and how to ensure you're getting the right range of nutrients.

**W**hether it's cutting gluten from the diet because it makes you feel better, eliminating meat for ethical reasons, or avoiding lactose because of an intolerance, there are many reasons why more and more Brits are adopting free from lifestyles.

There are a range of food types we know are being reduced, and as such, we have seen a huge rise in the number of free from products. But while there are both health and environmental benefits to be gained, it's important you consider your nutrition and if alternative food choices are providing you with all the nutrients you need.

Today, the most common food areas people are choosing to eliminate includes gluten, dairy, lactose, and then on the ethical side, meat and other animal products.

"The definition of free from has become a lot more expansive, depending on who you speak to. Meat-free and plant-based products also sometimes fall under free from. However, amongst the more specific free from allergens – gluten, wheat and dairy are still a major part of the core category," explained Maria Dawson, Commercial Director at Clearspring, which specialises in gluten-free and vegan foods."

Alex Smith, founder and Managing Director at Alara, added: "People are becoming more aware of the impact certain foods they eat may have on their health. Also, there are more people than ever developing intolerance or allergies to certain ingredients like lactose or gluten. Also, free from added sugar is becoming very popular as these kinds of sugars are very harmful and are present in more foods than consumers think."

## Why free from?

There are many reasons why people choose to cut certain foods from the diet, some because they have to due to intolerance and allergy, others because they believe it makes them feel better.

It's important to note that if you feel you may have an allergy or intolerance, seek some testing to confirm this, or you may end up cutting out foods that you are not actually reacting to. It also makes it easier for you to ensure your diet is getting all the nutrients you specifically need. Your health food store may offer allergy testing in store or could recommend a practitioner who does.

Maria explained: "There are many reasons why people are choosing a free from diet. There are those that were traditionally the core category shoppers, people with allergies and specific dietary requirements. The category now, however, has a wider appeal because people are opting for free from foods as a lifestyle choice.

"The 'lifestylers' appear to be driving a lot of the growth, which has a 'better for you' perception and they are shopping gluten, dairy and wheat free because they believe it is better for their health."

Clare Marriage, Founder of the gluten-free brand, FREEE, added: "Research commissioned by FREEE revealed that 31 per cent of gluten-free shoppers cited improved health and weight loss as their main reason for buying gluten-free and we expect interest in healthy eating, which has increased as a result of the pandemic, to continue to grow this summer, as people look to support their overall wellbeing through food."

### Try this

- ★ Alara Active Life Gluten Free Muesli
- ★ Clearspring Organic Japanese Silken Tofu
- ★ Plamil Organic Soya
- ★ FREEE Gluten Free Plain White
- ★ Redfern's Tortilla Chips

## Alternative options

Here at *Natural Lifestyle*, we would always recommend paying a visit to your local health food store if you are embarking on a free from diet, as they will not only stock many alternatives from reputable brands, but they can also offer advice and tips on managing a free from diet. When looking for alternatives, there are plenty of options to choose from.

"There are plenty of alternatives out there, but it depends on the food we are talking about. In our case, we also offer gluten-free oats, but some alternative grains could be amaranth, buckwheat, and millet," Alex explained.

"My advice would be to buy natural foods which have not been processed like fruits, vegetables, etc., as they do not have any added ingredients that may contain additional ingredients. Obviously for products that contain gluten naturally like oats, they should take extra care when buying and looking for gluten-free options."

Maria added: "Our Organic Japanese Silken Tofu is a great option for those looking to cut out eggs. It is very popular as an ingredient to make scrambled tofu and also works well in a wide variety of desserts, including vegan cheesecake and making a mousse."

Looking in greater detail at what you would need to avoid, depending on your issue:

- **Gluten** – gluten is found in the grains, wheat, barley and rye. It is found in everything from bread, pasta and cereals to flours, cakes, and biscuits, sauces and soups. You need to also avoid the likes of cous cous, semolina and spelt.
- **Dairy** – relatively easy to know what you can't consume if you avoid dairy, milks, cheeses and yoghurts would also need to be dairy-free. Be aware that milk powder is also contained in many processed foods, so get familiar with checking the labels and if in doubt, opt for a vegan product (but be aware it doesn't mean it's healthy just because it's vegan).
- **Lactose** – intolerance to lactose is quite common, and occurs when the body is missing enough of the enzyme, lactase, which is required to digest lactose (a type of sugar). It can cause digestive symptoms and seeking lactose-free products is the recommended course of action.

## Free from checklist

When choosing a free from product, it's important to be aware of what is in it – just because something is free from doesn't necessarily make it healthy.

"The gluten free logo is the best visual guidance to identify these products, although there are plenty of products which are also free from gluten which do not have this logo. However, this should be also written in the packaging," Alex advised.

"I would say the best way is to pay attention to the box and read the packaging carefully. In some stores, they have also a separate gluten-free section that makes the shopping process much easier."

And Clare added: "For consumers following a gluten-free diet, trust in a brand is vital. Being accessible to your customers and having consistent, reliable products helps to build that trust and subsequently, brand loyalty. Consumers also seek independent certification marks. Marks such as that from Coeliac UK – the leading UK charity for people with coeliac disease – can, therefore, reinforce a safety and integrity message. Research conducted by FREEE shows 92 per cent see gluten-free certification as important or very important for those shopping gluten-free."

Maria agreed, adding: "Buying from a trusted, established, and reputable brand is a great starting point when shopping for free from products. It is second nature to most who shop the category, but always double check the ingredients, as well as any free from claims on pack before you put it in your basket."

"Finally, as an organic business, we would be remiss if we did not suggest shopping organic free from products, if possible. Organic products go through a very rigorous testing process before they end up on a shelf. This provides free from shoppers with an added layer of assurance."

## Nutrient caution

If you are cutting out certain foods, particularly animal ingredients or just dairy, you must consider if you are getting all the nutrients you need from the diet alone. If not, you may wish to consider a supplement.

You could start with a multivitamin for vegans, which is likely to include B vitamins, something that can be difficult to get enough of in adequate amounts through diet alone. You might also want to supplement with iron.

If you are dairy free, you need to consider your calcium and vitamin D intake. We tend to obtain a lot of calcium through a variety of sources, but we need enough vitamin D for the calcium to be used in the right way. Therefore, you will need to supplement with vitamin D. Let's not forget that milk and other dairy products also contain protein and vitamins, such as A and B12. Lactose also helps your body absorb a number of other minerals, such as magnesium and zinc, so taking all of that into consideration, you might want to consider how you are getting an adequate intake of these vitamins and minerals.

If you don't consume gluten, you may also need additional fibre and B vitamins as these are commonly found in wheat-based foods.

# The science of seaweed



**We take a closer look at the benefits of seaweed and how it can benefit our health and cognition.**

**F**ood poverty in Western Europe is shifting from lack of availability to causing damage beyond obesity and depleted nutrients from land foods.

Ultra-high processed, high salt, sugar and fat content are becoming the staple diet, particularly of younger people. Food for children and convenience is often of low nutritional value and can be damaging or fortified with single nutrients to appease conscience. And dietary scores for unhealthy items in wealthy countries remain among the worst in the world.<sup>1</sup>

A maternal junk food diet is a particularly dangerous trap for the young, as it causes changes in reward-processing in a young person's brain, such that they grow to prefer foods high in fat and sucrose.<sup>2</sup>

And this is having an impact on memory, mood and cognition. Research shows nutritional gaps can affect children's learning, health and, longer-term, a predisposition to obesity.<sup>3</sup> For adults, trials showed concentration and speed of recall deteriorated with a high fat diet.<sup>4</sup>

## TAKING CONTROL

For people to take control of their health, attention to eating foods with a better omega 3:6 balance is important. This is because an imbalance is linked to cardiovascular disease, cancer, and inflammatory and autoimmune diseases<sup>5</sup>, and higher polyphenols is a good step – evidence suggests polyphenols are involved in cellular signalling pathways that mediate inflammatory processes in the brain.<sup>6</sup> Fish and berries are good sources, but high-quality seaweed is outstanding.

## UNDERSTANDING SEAWEED

Seaweed produced for human nutrition is increasingly acknowledged as part of the solution.

In fact, a recent paper around the consumption of seaweeds and the human brain gives a detailed breakdown of their range of nutrients. The emphasis is on a varied diet including macroalgae and the gut/microbe/brain axis, the importance of polyunsaturated fatty acids, and the impacts of antioxidant activities in neuroprotection.<sup>7</sup>

Already an ideal source of omega 3 and 6 and high polyphenols, native wild wrack seaweeds can provide micronutrients, including all the minerals and trace elements in a complete food.<sup>8</sup>

Remember that not all seaweed is equal. We benefit from small amounts of quality seaweed in our daily diet but also look for seaweed certified by the Biodynamic Association to Nutritious Food Seaweed standards, which assures a minimum nutritional profile backed by independent analysis.

\*References available on request

## Reader offer

Seagreens Salad & Condiment is chopped, dried pieces of wild Seagreens *Pelvetia canaliculate*, which can be used as they are, milled or soaked in cold water for use as salad, garnish or in cooking. Adds a subtle new taste and chewy texture in pastas and risottos or try in an antioxidant summer tonic. Seagreens Salad & Condiment is an excellent wholefood source of micronutrients, polyphenols and omega 3 and 6 and *Natural Lifestyle* is offering readers the chance of winning one of 30. See page opposite to enter.



# NATURAL LIFESTYLE Giveaways

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



## NEW NORDIC C-IMMUNE

C-immune is a high-dose vitamin C tablet with 800mg of pure ascorbic acid. Vitamin C is one of the substances that humans cannot make themselves. Therefore, vitamin C must be added through the diet or supplemented with a dietary supplement. Vitamin C is important for the body's immune system and is an important vitamin that is part of many processes in the body. Vitamin C is an antioxidant that protects cells, DNA, proteins and lipids from oxidative damage. *Natural Lifestyle* is offering readers the chance of winning one of five.



## NUTRATEA HERBAL BLENDS

*Natural Lifestyle* has teamed up with NutraTea to offer readers the chance of winning one of two sets comprising three of its unique herbal blends: NutraLipid, NutraBoost, and NutraBone. NutraTea is a specialist in herbal remedy teas that have been formulated by pharmacists and nutritionists to target specific health issues. Utilising 100 per cent natural and active botanicals that have been sustainably sourced worldwide, each tea bag can be reused up to three times throughout the day.



## ZAO MAKEUP COLLECTION

Zao Makeup has released its latest collection, Oh là là, a French Summer. The new range adds two new easy-to-pair eyeshadows, Golden Pearl and Eucalyptus Green, to its best-selling Duo collection, as well as a new refillable Compact Blush in Coral Pink, a Nude Peach shade to its award-winning Cocoon balm lipstick collection, Nasturtium Rose shade to its Classic ultra-pigmented matt lipstick range and Shimmering Veil, a moisturising illuminator. *Natural Lifestyle* is offering readers the chance of winning one set of the entire collection, worth more than £100.

## WELEDA PRICKLY PEAR CACTUS HYDRATING FACIAL CARE RANGE

Weleda's new Prickly Pear Cactus Hydrating Facial Care features lightweight 24hr Hydrating Facial Cream and Facial Lotion to leave skin smooth, supple and hydrated for up to 24 hours, plus an oil-free Hydrating Facial Mist for a refreshing moisture boost, toning the skin, refining pores and instantly refreshing dehydrated skin, together with a fragrance-free Hydrating Eye Gel to revive tired-looking eyes with its roller ball applicator for a cooling massage effect. The Prickly Pear Cactus collection is 100 per cent NATRUE-certified natural, made from UEBT certified sustainable ingredients, and suitable for vegans. *Natural Lifestyle* is offering readers the chance of winning one of five sets.



## FREEE BREAKFAST CEREALS

*Natural Lifestyle* is offering readers the chance of winning one of five sets of the new gluten free, vegan and organic breakfast cereals from leading gluten free food brand, FREEE. Full of flavour and crunch, the Fruit & Fibre Flakes are the perfect blend of high-fibre flakes and bananas, sultanas, coconuts and apple. Bursting with lightly toasted wholegrains, the Supergrain Hoops have a tasty, earthy flavour and are a source of fibre. Enjoy with cold milk or your favourite plant-based alternative for breakfast, made better!



**ENTER HERE** Please indicate below which giveaway you are applying for, complete form and post back to us at 'Reader Offers', *Natural Lifestyle* magazine, The Old Dairy, Hudsons Farm, Fieldgate Lane, Ugley Green, Bishops Stortford CM22 6HJ. Closing Date: September 1, 2021. **Or you can enter online – visit [www.mynaturallifestyle.com](http://www.mynaturallifestyle.com)**

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# Summer in the kitchen

Take advantage of seasonal goodness with these summer-inspired recipes.



## British asparagus and harissa pancakes with tomatoes and olives Serves 2

**Preparation time: 15 minutes**

**Cooking time: 30 minutes**

**Ingredients:**

- 250g asparagus
- A bunch of spring onions
- 135g plain flour
- 60g gram flour
- Salt
- 1 egg
- 325ml water
- 2tbsp harissa
- 2tbsp coriander leaves, chopped
- 12 cherry tomatoes

- 12 black olives
- 100g feta, crumbled
- Small handful mint, chopped
- 1tbsp olive oil
- Sea salt and black pepper
- 50ml oil

**Method:**

- Wash and trim the asparagus and spring onions. Cut the tips off the asparagus and leave to one side and finely slice the asparagus stems and the white part of the spring onions.
- Mix the flour and gram flour and half a

teaspoon of salt in a large bowl. Lightly whisk the egg, water, harissa and coriander in a small bowl. Make a well in the dry ingredients and slowly pour in the wet ingredients. Whisk until smooth and then stir in the finely chopped asparagus and spring onions.

- Chop the cherry tomatoes into halves or quarters and combine in a small bowl with the olives, feta and mint.
- Put a frying pan on a medium heat and add the olive oil. Throw in the asparagus tops and sauté in the olive oil until just tender. Season and add them to the bowl

with the tomatoes, olives and feta. Turn the oven on low.

- Pour a tablespoon of oil into the frying pan and swirl it around. Pour a quarter of the pancake batter into the pan and swirl it to cover the base. Cook for a couple of minutes on one side and then flip and cook the other side. Put the pancake in the warm oven and repeat so that you have four pancakes. Put a couple of pancakes on each plate, top with the asparagus tips, tomatoes, olives and feta and serve immediately.

• **Recipe courtesy of [www.britishasparagus.co.uk](http://www.britishasparagus.co.uk)**

# Zespri SunGold kiwifruit vegan slices

Serves 5-10

**Preparation time:** 30 minutes

**Freezing time:** 6-8 hours

**Rest time:** 20-30 minutes

**Ingredients:**

**Base:**

- 175g medjool dates, pitted
- 65g rolled oats
- 55g almonds
- ½ tsp cinnamon
- ¼ tsp ginger powder

**Lemon layer:**

- 20g cashew nuts, soaked overnight in cold water
- 3tbsp lemon juice
- 2tbsp maple syrup
- 3tbsp coconut oil, melted

**Kiwifruit layer:**

- 190g cashew nuts, soaked overnight in cold water

- 1 Zespri SunGold, peeled and cut into pieces
- 4tbsp water
- 2tbsp maple syrup
- 3tbsp coconut oil, melted

**Toppings:**

- 2 Zespri SunGold kiwifruits, peeled and sliced

**Method:**

- For the base, pour boiling water over the dates, leave to plump up for 10 minutes, then drain the water.
- Blitz the oats and almonds in a blender, add the dates and spices, blend until smooth and doughy. Add a tablespoon of water if needed to loosen the mixture. Transfer the mixture to a lined tin, press flat, place the tin in the freezer until needed.
- For the lemon layer, drain the

cashews, transfer to a blender, along with all the remaining ingredients, blend on a high setting until smooth. Remove the tin from the freezer, add the lemon layer, smooth down with a knife. Return the tin to the freezer.

- For the kiwi layer, drain the cashews, transfer to a blender along with all the remaining ingredients, blend on a high setting until smooth. Remove the tin from the freezer, add the kiwi layer, smooth down with a knife.
- Arrange the kiwi slices on top of the kiwi layer. Place the tin in the freezer for six to eight hours. Remove the tin from the freezer for 20-30 minutes. Prior to serving the dessert, cut into slices.

• **Recipe courtesy of Zespri SunGold Kiwifruit ([www.zespri.com/en-UK](http://www.zespri.com/en-UK))**



## RECIPES

# Roasted Isle of Wight tomato falafels

Serves 4

Preparation time: 1 hour

Cooking time: 15 minutes

### Ingredients:

- 350g dried chickpeas, soaked overnight in cold water, drained
- 2-3 cloves garlic, peeled and chopped
- 2 shallots, peeled and finely chopped
- 500g Isle of Wight tomatoes, cut in ½, or use Isle of Wight cherry tomatoes
- 2tbsp olive oil
- 2tsp ground coriander
- 2tsp ground cumin
- 1tsp sweet unsmoked paprika
- 50g Isle of Wight smoked sundried tomato, drained and chopped, or use 2tbsp tomato puree
- 1tsp salt
- 1 litre neutral cooking oil for frying the falafel

### Method:

- Preheat the oven to 180°C.
- Roast the tomatoes with a big pinch of salt and 2tbsp of olive oil, skin side down, for 15-25 minutes until very soft and starting to caramelise a little. Remove from the oven and cool.
- Using a food processor, blend the roasted tomatoes with the garlic until smooth. Add the chickpeas with the blended tomatoes. Add the shallots, sundried tomatoes or puree, spices and salt and blend until you have a coarse paste. Chill in the fridge for at least 30 minutes.
- Preheat the oven to 160°C. Heat 5cm of oil in a saucepan at high heat to fry the falafel mixture in. The mixture is quite wet and the oil is very hot so do be careful from here. Use two spoons, one to shape and one to scrape the mixture off. Drop spoonfuls of the batter into the hot oil. It should bubble and fry, quickly turning crisp and golden brown, about two minutes. Flip the falafel over to fry on the other side for 1½-two minutes more. Work in small batches, three or four at a time, removing the falafel with a slotted spoon when crisp and golden brown.
- Work in batches, keeping the cooked fried falafel warm in the oven until you have used up all the mix.

• Recipe courtesy of Claire Thomson and [thetomatostall.co.uk](http://thetomatostall.co.uk)



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