

Natural Lifestyle

LOVE LIFE, LIVE WELL – NATURALLY

www.mynaturallifestyle.com

August 2022

The UK's
best
FREE
HEALTH
MAGAZINE

Children's choice

Boost the wellbeing
of your young ones
with our health guide

Pause pain

Ease everyday aches and
pains with this holistic plan

KNOW YOUR
ZINC NEEDS

ARE YOU LACKING IN THIS
ESSENTIAL MINERAL?

Plus

CHOOSING A MAGNESIUM SUPPLEMENT • COOKING WITH
PLANTS • NL GIVEAWAYS • NATURAL SKIN NOURISHMENT

FREE

KINVARA
NATURAL SKINCARE

IS GOOD

DOES GOOD, FEELS GOOD

"98.5% OUT OF 1433 CUSTOMERS WOULD
RECOMMEND US TO FRIENDS AND FAMILY"*



CRUELTY FREE & VEGAN FRIENDLY
NATURAL & ORGANIC INGREDIENTS
RECYCLABLE PACKAGING
PLANT POWERED
MULTI-AWARD WINNING



celebrating our 64th award

WWW.KINVARASKINCARE.CO.UK

*CUSTOMER SURVEY DECEMBER 2021

LOVE LIFE, LIVE WELL – NATURALLY

August 2022

Welcome



NATURAL LIFESTYLE MAGAZINE,
Target Publishing Limited,
The Old Dairy, Hudsons Farm,
Fieldgate Lane, Ugley Green,
Bishops Stortford CM22 6HJ
t: 01279 816300
e: info@targetpublishing.com
www.mynaturallifestyle.com

EDITOR

RACHEL SYMONDS
e: rachel.symonds@targetpublishing.com

CONTRIBUTORS

Louis Soteriou, Emma Thornton, Linda O'Byrne,
Tim Gaunt

THE TEAM

SALES DIRECTOR

RUTH GILMOUR
e: ruth.gilmour@targetpublishing.com

KEY ACCOUNTS DIRECTOR

ABIGAIL MORRIS
e: abigail.morris@targetpublishing.com

SENIOR SALES EXECUTIVE

JAMES LLOYD
e: james.lloyd@targetpublishing.com

DESIGN

CLARE HOLLAND
e: clare.holland@targetpublishing.com

PRODUCTION

LOUISE SALISBURY
e: louise.salisbury@targetpublishing.com

ADMINISTRATION/DISTRIBUTION

DONNA WENHAM
e: donna.wenham@targetpublishing.com

ACCOUNTS

LORRAINE EVANS
e: lorraine.evans@targetpublishing.com

MANAGING DIRECTOR

DAVID CANN
e: info@targetpublishing.com

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



ISSN - 20428421

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



The younger generation is under huge pressure these days, both mentally and physically. Not only are children known to have expanding waistlines, with data showing more youngsters than ever before are overweight or obese. Add in the fact that nutritional knowledge is known to be lacking, while in the last three years, the likelihood of young people having a mental health problem has increased by 50 per cent.

We know too that the pandemic has likely exacerbated these concerns, making it so important that parents not only educate themselves on the key nutritional foundations for children, but also ensure their young ones have a healthy approach when it comes to their own diet and lifestyle.

And so, we turn the focus on children's health in this issue of *Natural Lifestyle*, where we have assembled a panel of experts to discuss all things children's health – turn to page 14 for all the advice you need.

Also in this issue, we offer advice on how you can holistically manage pain, learning to spot the triggers in your life, and we also bring you a collection of healthy recipes with a focus on the benefits of plants with dishes from *The Kew Gardens Cookbook*. And don't forget that we also give back with our selection of natural health and beauty giveaways – you can find out more on page 27.

Finally, we are delighted to announce that voting for the *Natural Lifestyle* Retailer of the Year Awards is now open and we invite all our readers to nominate their favourite store. All you need to do is visit www.mynaturallifestyle.co.uk, where you can cast your vote. The entries will then be whittled down to a shortlist, which will be judged later this year when myself and our panel visit the stores. We thank you in advance of nominating and are excited to be giving our wonderful network of independent health food stores the praise and recognition they deserve.

Rachel Symonds,
Editor



THE BEST BITS

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



It was an evening of music for Editor Rachel as she got in the spirit while watching Elton John at London's Hyde Park



Sales Executive, James, took in the beauty of the French countryside during a cycling holiday with wife, Anna, in Burgundy.



It was music too for Sales Director, Ruth, when she watched Ed Sheeran live at Wembley Stadium.



VISIT OUR WEBSITE
www.mynaturallifestyle.com



Contents

REGULARS

6 **INSIDE... Health**

8 **INSIDE... Lifestyle**

10 **INSIDE... Beauty**

11 **Explore in store**

Our pick of the best natural moisturisers

12 **Explore in store**

The many functions of zinc, no matter your age or sex

18 **Ask the experts**

Your questions answered

26 **The lowdown**

The elements to consider when choosing a magnesium supplement

27 **NL giveaways**

28 **Recipes**

Creative cooking with the power of plants

FEATURES

14 **Children's health**

Natural health experts explain the most important nutrient considerations for younger ones

22 **Pain management**

The holistic solutions to help manage everyday aches and pains



SUMMER SENSATIONS

'Summertime and going natural is easy'



benecos Raspberry Lip Balm

Natural, organic, and vegan, the perfect addition to your fruity summer lips: benecos' Raspberry Natural Lip Balm. Organic raspberry seed oil combines perfectly with organic shea butter and sunflower oil to keep your lips hydrated and protect them against dryness. Available from health stores and online. www.benecos.uk | £2.95

SOiL Lime Organic Essential Oil

The SOiL Lime organic essential oil has a zesty, bright and refreshing aroma, helping to uplift your mood and reduce feelings of stress and anxiety throughout the day. Combine with a carrier oil such as the SOiL Jojoba Oil for skin application or for use in massage. SOiL Essential Oils are certified organic by ECOCERT and are vegan. Available from health stores and online. www.soilorganics.co.uk | £7.20



Fair Squared Apricot Body Soap

Got sensitive skin? Gently cleanse and nurture with Fair Squared Apricot Body Soap. Packed with Fairtrade apricot kernel oil, olive oil, shea butter, chamomile, and coconut oil, it is delicate yet effective. Your skin will receive the perfect care. This eco-friendly soap is handmade, palm oil and perfume free. Certified by NaTrue and The Vegan Society. Available from health stores and online. www.fairsquared.co.uk | £11.45



Ben & Anna Shower Flakes

These new Shower Flakes by Ben & Anna allow you to create your own sustainable shower gel at home. Simply pop the flakes into a dispenser, add warm water and shake it like a polaroid picture! Our favourite summer fragrance, Fruit Fusion will leave your body feeling naturally cleansed and smelling great from the delicious tropical fruit scents. Made with 100% natural ingredients, vegan and eco-friendly packaging. Available from health stores and online. www.benandanna.uk | £6.95



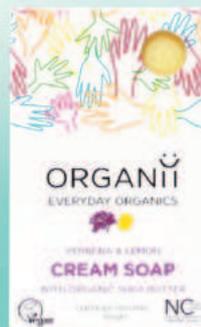
lavera Revitalising Body Lotion

Experience the lavera sensation of revitalising care. lavera Revitalising Body Lotion with organic orange and almond oil provides deep moisturising and nourishing care for your skin. The sweet and refreshing scent spoils your senses with an intoxicating aroma. Your skin will be left feeling soft and smooth, with a gorgeous scent. Certified natural and organic by NaTrue and is vegan. Available from health stores and online. www.lavera.co.uk | £9.95



ORGANii Verbena & Lemon Cream Soap

ORGANii Verbena & Lemon Cream Soap Bar for soft, clean and wonderfully scented skin. Enriched with natural and organic ingredients to moisturise and hydrate during cleansing to leave the skin feeling soft, clean and fresh. Made with 100% natural ingredients, this cream soap bar is vegan and comes in eco-friendly packaging. Available from health stores and online. www.organii.uk | £3.45



HEATWAVE HACKS FOR RESTFUL SLEEP

The summertime can play havoc with our sleep quantity and quality, and so the experts are here to help.

The Sleep Charity has offered its five top hacks for the hot weather to help you get a good night's sleep during a heatwave.

- If you've got an attic, try opening the hatch during the day. The hot air will rise and this will give it somewhere to go.
- Put a tray or bowl of ice (or even an old bottle filled with frozen water) in front of a fan to cool the air down even more.
- Pull out your hot water bottle but fill it with ice cold water and have it in bed with you.
- Cooling your feet lowers the overall body temperature so keep your feet as cool as possible, try putting socks in the fridge then putting them on before bed.
- Drink plenty of cold water during the evening and keep a glass by the bed. Your body will feel much cooler if you are hydrated.

The Sleep Charity Deputy CEO, Lisa Artis, explained: "Your body temperature needs to drop slightly before you go to sleep, which is why many may struggle to drift off when the temperatures are high. Try to keep yourself and your bedroom as cool as you can, and it is really important to stay hydrated."

"Try not to stress too much about not sleeping in the heat. These soaring temperatures do tend to pass as quickly as they come, and a couple of poor night's sleep won't do you too much harm – you're just likely to yawn more and feel a bit grumpier!"



Inside... HEALTH

Travel with ease this summer



Holidays are a great time for rest and relaxation but travelling with little ones can bring additional stresses – which is why ClevaMama has shared its top travel tips for parents to know when travelling this summer.

The nursery brand has highlighted research from Baby Mori that suggests travelling abroad can significantly impact baby's sleep patterns. In particular, lighter evenings and earlier mornings can bring numerous sleep challenges to young babies, which can lead to much higher sleep temperatures as a result.

ClevalMama is working with sleep expert, Andrea Grace, to offer travel essentials, tips and advice for parents to

help ensure their babies have better sleep whilst travelling.

When babies are hot, they can run the risk of overheating, and struggle with large discomfort as a result. As their body temperature dips at night (as it's naturally inclined to do), this not only triggers the brain to get ready for sleep, but also results in deeper, better sleep. So, it's essential to keep your baby's little body as cool as possible, by keeping their room temperature between 16-20°C.

Andrea advised: "Sleep is hugely important, not only for babies' health and growth, but also for their learning and development. Travelling with a young baby can significantly impact their sleep routine, so it's essential to ensure your baby is getting optimal sleep when abroad. The most important thing is to keep your little one's room shielded from the sun, so it doesn't become too warm, and to prevent your baby overheating when sleeping."

Andrea suggested blackout blinds, light cotton bedding, sleeveless sleep suits/vests or a lightweight, well-fitting baby sleep bag, and a slat lamp; moistening the air in your baby's room will help to keep them cool in the warmer temperatures when on holiday. ClevaPure Salt Lamp has a reservoir which you can fill with water, which is gently diffused into the air to prevent dryness while emitting a warm glow. You can also add a few drops of essential oils to help your little one sleep well at night and create a fragrant atmosphere.

Campaign to break taboo around periods and sport



A top Olympian has teamed up with a period care brand to help break taboo around periods and sport.

Team GB Olympian and Mooncup ambassador, Lauren Smith, is working with the brand, highlighting that female athletes could perform better if their training was adjusted to fit their menstrual cycle.

Lauren, an Olympic badminton player and National Champion, is calling for a shift in conversation around periods ahead of the Women's Euro held in England this July.

The campaign comes after the BBC's *Elite British Sportswomen's Survey* in 2020 revealed that 40 per cent of female athletes felt uncomfortable discussing their period with coaches, and 60 per cent said that their performance had been affected by their period.

Lauren explained: "In sports, you're trying to get the best out of your body, trying to get those small percentage gains. The difference between the world number one and the world number two comes down to minuscule factors. Managing your periods or training around your periods could be the factors that make all the difference."

"I started to talk about training around my menstrual cycle with my coach over the past year. I know that the week before my period I generally feel stronger and hit more personal bests in the gym. Together with my coach, we've identified the days when I can do more, as well as days when we might need to take a part of the programme out. I also began to understand more about my body during my period when I started using the Mooncup. I could see how much I was bleeding and how it affected my energy levels."

Kath Clements, Mooncup Director, added: "As manufacturers of the first silicone menstrual cup in the world, we've been battling the period taboo for 20 years now. While there has been a shift, and you rarely see the blue liquid in tampon commercials anymore, it's surprising that the power of the menstrual cycle isn't always being harnessed to optimise female athletes' performance."

We love

A. VOGEL NATURE-C FOR KIDS

This food supplement comes in tasty chewable tablets and contains naturally occurring vitamin C from natural fruit sources and is ideally as a support to the immune system in children aged four and over.

TERRANOVA NUTRITION FERMENTED TURMERIC (FERMERIC)

This supplement is free from binders, fillers and additives and is made with fresh freeze-dried ingredients. It is also organic, and suitable for vegetarians and vegans.

NaturesPlus.

Nutrition in Disguise.



With fun animal shapes & delicious flavours, your kids won't know Animal Parade is good for them!

A child's growth is one of nature's greatest miracles. Between astonishing growth spurts, rapidly expanding vocabulary, and huge leaps forward in reasoning, each day brings new wonder and development that places nutritional demands on your child's body.

Animal Parade provides a fun and delicious way to give your child the natural, superior quality support they need for healthy growth and development through each of life's stages.



NATURESPUS.CO.UK



BEGINNER'S GUIDE TO YOGA FOR MEN

Yoga boasts many benefits and now a new book is aiming to encourage men to try it out.

The Power of Yoga for Men, A beginner's guide to building strength, mental clarity and emotional fitness has been penned by Caleb Jude Packham and Jarod Chapman, described as the first yoga book for the modern day man.

The book focusses on physical and mental wellbeing, from the creators of *Wellness Warrior*, and is an inclusive

guide for all bodies and abilities.

Having both reached crisis points in their lives, Caleb and Jarod joined together to make it their mission to ensure yoga is more accessible to those who wouldn't normally feel comfortable stepping into a yoga studio. For the release of the book, they're raising awareness of the power of yoga and its benefits for men's mental health, validated by contemporary mind-body science.

Jarod explained: "Yoga is the perfect tool to align body with mind, something we all need in this mad and busy world of ours."

The new book offers complete guidance through more than 40 key yoga postures, instructions for breath practices and meditations, fully illustrated sequences, and first-person accounts from men who have harnessed the power of yoga in their own lives.

Inside... LIFESTYLE

PLASTIC-FREE PICNICS

Summer might be a time for more alfresco eating, but we should all be aware of our use of throwaway plastic when out and about.

And what better way is there to do this than to invest in some good quality picnic essentials that will see you through hundreds of picnics without any waste?

Eco friendly company, SHO, produces a range of reusable food flasks and drinks numbers that are perfect for bringing along to picnics with friends and family this summer.

SHO's Food Flasks keep your food hot for up to 10 hours, and cold for up to 20. Plus, they are 100 per cent leak proof, BPA-free and come with a lifetime guarantee.

The SHO Pacto is a reusable drinks tumbler that is small enough to pack in a handbag. Perfect for sipping wine, cocktails, juice or even hot beverages, it promises to keep your favourite hot drink piping for up to eight hours, as well as your favourite cold beverage cold for up to 12 hours.



Retreat to wellness

A new retreat company has launched to help inspire us to wellness.

Retreat Away offers a variety of exclusive retreats to support our wellness, both mentally and physically.

The retreats launch this October in Portugal with three bespoke breaks hosted by the likes of Olympic Medallist, Leon Taylor, and renowned yoga coaches, Matt Huy, Saz Newman and Trevor Laurency. Adventure fitness, dance and women's health retreats covering menopause and stress will launch for 2023.

These retreats will solely focus on the rest, relaxation, and wellbeing of employees in nurturing staff satisfaction as a happy team is a productive one.

Founder, Paul Joseph, explained: "Retreat Away aims to help travellers adopt a wellness for life philosophy by offering great value and a fantastic client experience. Unlike other retreats, guests will benefit from direct access to our retreat hosts that include yoga masters and Olympic medallists. We are looking forward to the first retreats in Portugal this October, with many more in the pipeline."

LATHER WITH LESS WASTE

5L REFILLS



SHAMPOO



CONDITIONER



BODY WASH

SLS FREE - SLES FREE- PARABEN FREE
NATURALLY FRAGRANCED WITH ESSENTIAL OILS

made by the largest worker owned co-op in the UK

ALTER/
NATIVE BY SUMA



www.suma.coop
f i o t /sumawholefoods

Cysticlean[®]

240 mg PAC

PROVEN SUPPORT FOR A
HEALTHY URINARY TRACT

- Highest strength active ingredients
- Scientifically proven to help reduce recurrence of urinary tract infections
- Natural, safe & drug-free
- Try today for your bladder comfort

Clinical studies, Real life stories, Store finder at:

www.cysticlean.co.uk



Love your planet

Making changes to our daily bodycare routines can make a big difference to our individual load on the planet.

By way of example is Love Ocean, with its bottles made from recycled plastic and designed to be refilled and reused again and again via the refillable pouches, which are sent with a pre-paid envelope, making it easy for them to be sent back for recycling by Love Ocean.

Love Ocean has partnered with Plastic Banks to fund the removal of the equivalent weight of 10 ocean-bound plastic bottles with every bottle of Love Ocean that is sold.

Founded by mum-of-two, Gabi Jennings, who was inspired to address the disposable nature of children's products without taking away the fun of bath-time, she created the Love Ocean Kids Bubble Bath and Kids Hair & Body Wash. Both products are housed in Love Ocean's signature whale tail bottle, an innovative refillable, reusable design to help change the disposable way we view plastic. Produced from recycled plastic, it is fully recyclable and designed to be refilled and reused via Love Ocean's refillable pouches.

The Bubble Bath is 99 per cent natural and the Hair & Body Wash 98 per cent natural. The dermatologist approved, UK made products are suitable for children aged six months and over.

The formulations are enriched with sustainably sourced 100 per cent organic British seaweed and kelp extracts and are infused with a delicate marine fragrance that's uplifting and light – a subtle seascape with hints of lavender and moss that brings a breath of the freshest sea air to every bath time. They are also vegan-friendly, eco-friendly, ocean-friendly and reef-friendly and formulated without SLS, petrochemicals, parabens or colourants.



Get back to nature

A new book is here to help inspire with natural remedies for your skin and hair.

From Earth: Create Your Own Natural Apothecary has been penned by Charlotte Rasmussen, published by Rockpool Publishing, which shows readers how to use natural resources to make their own homemade products to care for their skin, hair and overall health and wellbeing.

Whether you have dry skin, greasy hair, a blocked-up nose or just want to create a relaxing fragrance for your home, this book provides a wealth of expert recipes to care for all your needs from body butters and herbal teas to decongestants for children.

Packed full of amazing recipes for all the family, the book also reveals the natural benefits and properties in various roots, flowers, herbs found all over the world, shares simple steps to use carrier oils, essential oils and butters and is full of practical tips on how to make your own soaps and shampoos without nasty chemicals or parabens.

Inspired by Charlotte's Scandinavian upbringing and the botanicals she discovered after moving to Australia, this is a perfect guide for anyone wanting to find a more holistic way of life. With easy, step-by-step instructions, beautiful photographs and straightforward advice, readers can easily and quickly create their own natural apothecary using readily available ingredients.

Inside... BEAUTY

OIL UNDER CONTROL

The warmer weather can play havoc with our skin, leaving us shinier than usual and making an oil control routine crucial.

If not looked after properly, oily skin can result in breakouts, blocked, or enlarged pores, congestion, and blackheads.

To keep shine under control, it's important to prevent build-up and shift grime and dead skin cells. You could try something like Q+A's Niacinamide Gentle Exfoliating Cleanser, which is a great two in one cleanser/exfoliator. Perfect for minimising pores, blemishes, and shininess, it also helps promote good bacteria in the skin leaving it clear and soothed but isn't over drying.

When it comes to serums for oily skin, Dr Janet Mason at The Elements is a big fan of using ingredients like niacinamide and zinc PCA as they help balance oil production, prevent breakouts, calm inflammation, and give a more radiant complexion. The Elements Pore Refining Serum is designed for those with spot-prone, oily skin. It contains five per cent niacinamide and 0.5 per cent zinc PCA to reduce oil levels, regulate sebum, combat shine, strengthen the skin's barrier and protect from urban pollutants.

When it comes to moisturisers, gels and lotions are great summer products. They are lighter in consistency and moisturising without being heavy or rich. Oil zapping glycolic, salicylic and zinc, anti-inflammatory niacinamide and pore-shrinking caffeine are great ingredients.

Q+A's Zinc PCA Daily Moisturiser is perfect for oilier skin types. It blends niacinamide, antioxidant ginseng and zinc PCA that work together to control and balance oil levels whilst reducing redness, minimising pores, calming blemishes, and hydrating and brightening the skin.



FIRMING FOCUS

Firm up your skin the natural way with the re-launched Lavera range.

The natural and organic award-winning skincare brand, which is certified organic by NaTrue, has expanded and reformulated its natural and organic firming line to include bakuchiol, the natural and gentle alternative to retinol. Additionally, the products are not tested on animals and do not contain parabens, SLS, phthalates, paraffinum, or petrochemicals.

Within the range is Firming Day Cream, in which bakuchiol combined with hyaluronic acid provides a powerful active ingredient combination to moisturise and nourish the skin for a firmer, fresh and even complexion. Then there is Firming Night Cream, designed to hydrate the skin and effectively reducing wrinkles, leaving the skin awakened with a bright, soft, smooth and healthy complexion.

Lavera's Firming Eye Cream has been created with a highly effective and gentle formula, proven to stimulate the skin's own collagen system and reduce wrinkles for a firmer, more youthful complexion. And then there is Firming Serum, and Firming Facial Mask, enriched with bakuchiol and hyaluronic acid, which deeply hydrates and visibly plumps, smooths and firms the skin.



Just add moisture

Moisturised skin means healthy and hydrated – and so *Natural Lifestyle* brings you all you need to know to pick the most effective.

If your skin is feeling dry, perhaps looking a bit dull and lacklustre, maybe a little irritated, these could all be signs you are in need of some more moisturisation.

In fact, picking an effective moisturiser – and one that is designed for your skin type – is critical if you are to keep skin healthy and well hydrated.

Picking the right one

We all have differing skin types and needs, and your choice of moisturiser will also be very individual, so ideally, try to opt for one that matches your type.

There are some general points to follow, whatever your skin type:

- Ideally, choose a separate facial moisturiser to your body moisturiser as the skin on your face has different needs, not to mention being the most exposed and open to damage, such as from UV rays and pollution.
- We would always advise you seek a natural or organic product simply because you can be sure it is free of some of the more harmful chemicals, both to your skin and to the planet.
- You should always look for a moisturiser that has some SPF in it, given your face is exposed to the elements the most. This is particularly important in the warmer months, when the sun's rays are at their strongest.
- Look for moisturisers with antioxidants in, such as vitamins C and E, as these will help to counter damage from the likes of pollution.
- Hydration is key with a moisturiser; ingredients to help with this include hyaluronic acid, aloe vera, and squalene.

Why we should moisturise

A facial moisturiser has a range of functions and should be considered an essential part of your everyday skincare routine.

For a start, skin on the face is thinner than on other parts of the body and so it can be more prone to dryness. A moisturiser can help to replenish lost levels of moisture and rehydrate, not to mention help to ease premature ageing (we know that when skin is hydrated it shows less signs of wrinkles).

Because it is the first part of the body usually exposed to the elements, it also needs ingredients to help repair any damage, and you will usually find these in a good moisturiser.

A healthy routine

We should all be moisturising our skin on a daily basis, morning and night, but what is the best routine to follow?

You should always cleanse your face twice a day to rid it of dirt and follow that with a gentle toner to keep skin fresh. Then comes your moisturiser, which may be different from morning and night, depending on your needs; some people prefer a richer cream at night to deeply nourish.

Remember that serums and oils are also excellent moisturisers too so it maybe you want to add that into your evening routine or when you need more hydration.

TRY THIS

Terranova Serum 768

Lavera Revitalising Body Lotion

Weleda Prickly Pear 24h Hydrating Facial Lotion

Kinvara Precious Facial Oil

Evolve Daily Renew Facial Cream

THE MINERAL MULTI-TASKER

There are many minerals we need for good health, but zinc is one of the most important for a host of health reasons.

Whether it's to support your immune system during the colder months, to boost a man and woman's fertility, or to help heal wounds, zinc really is a wonder mineral, and is present in every cell in our body. Being an essential mineral, this means our body can't make it, so we need it from food and supplement sources, yet many of us can be seriously lacking in adequate amounts as we know that our soils these days can be depleted in key minerals.

However, it's still worth consuming lots of healthy foods that naturally contain zinc as this will help to boost your levels, and, if you have additional concerns, be sure to take a zinc supplement, especially during cold and flu season. Foods that contain high levels of zinc include green leafy veg, nuts and seeds, some fish, and pulses.

If you also choose to add in a supplement, the best place to source a quality one is in your local health food store, where they can also advise you of your specific needs. Try to ensure it's free from ingredients such as fillers and binders, as this is not good for your health.

FOR IMMUNITY

As we head towards the autumn months, when the cold season begins to take hold, thinking of your immune system is really important – and that's where zinc comes in.

This mineral is needed for immune cell function and not enough can lead your immune system to have a weakened response.

We also know that zinc supplements can help to cut the duration of the common cold and can protect against the risk of infections.

Let's also remember that zinc is important for wound healing, potentially helping to speed up recovery.

FOR FERTILITY

One of zinc's key areas of importance is around fertility – and this applies to both the man and woman.

In terms of the man, zinc is critical for sperm health, not just in the amount but also in terms of the quality and the motility. And in women, zinc is important for helping with fertilisation of the egg, as well as being important for hormonal balance in both men and women. Lack of zinc can also raise the risk of miscarriage.

Furthermore, when a woman falls pregnant, it is really important for growth and development of the baby, and for DNA synthesis, so a supplement is advised, but be sure to check with your local health store about your needs, and always consult your doctor if you have any concerns or are taking medication.

TRY THIS

Terranova Nutrition
Zinc Complex

BetterYou Zinc Daily
Oral Spray

HealthAid Vegan Zinc
Gluconate

Pure Encapsulations Zinc 15

Good Health Naturally
Olive Leaf with Zinc

Smiling from the inside out

Bio-Kult Brighten is the latest addition to the Bio-Kult Gut-Brain Range. Bio-Kult Brighten is a scientifically developed, advanced multi-action formulation containing 14 live bacteria strains, vitamin D, vitamin B₆, vitamin B₁₂, magnesium and zinc. Vitamins B₆ and B₁₂ contribute to normal psychological function as well as the reduction of tiredness and fatigue. Vitamins D, B₆, B₁₂, and zinc all contribute to the normal function of the immune system. Bio-Kult Brighten is for those looking to support their psychological function, and smile from the inside out.

www.bio-kult.com



NATURAL LIFESTYLE'S Top Picks



A natural boost for your children's immune system

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

www.wfbm.co.uk



Bio-Activated Organic Silicium - The Forgotten Trace Element

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

VitaSil for

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

38, Rosemont Road, London NW3 6NE T: 02077 942 835
M: 07885 604 915 / 07802 783 462 E: info@agedefy.co.uk
www.agedefy.co.uk

Organic Digestkare

Organic DigestKare help provide enzyme support and relieve the symptoms associated with digestion such as gas and bloating. Cinnamon and shiitake Mushrooms have been used to aid in digestion, flush out toxins and break down body fat and waste. Organic Fenugreek Seeds are known to protect the stomach from acid reflux and stomach infections that are brought on by bacteria. Organic Shiitake Mushroom - Contains large amounts of fibre per gram which helps to flush out the digestive system. Organic Cinnamon - Has properties that can provide relief for indigestion. Organic Ginger - This is great for gastrointestinal disorders. Organic Black Pepper Powder - Speeds up the metabolism.

Call 020 8773 7830 or email info@thegoodguru.com
www.thegoodguru.com



A Daily Wellness Essential!

Multi award-winning Bee prepared daily immune supplement is formulated by nutritionists combining highest quality ingredients with studies behind their use for helping support immunity and which have natural antibiotic and antiviral properties including propolis, black elderberry, and more. They're concentrated and contain no fillers or excipients so fewer are required. Suitable for children and to take on an ongoing basis. Helpful for hay fever too. Capsule contents may be added to smoothies. UK Made.

www.unbelievablehealth.co.uk



HEALTHY, HAPPY CHILDREN

With rates of obesity and mental health issues at an all-time high among the young, it's critical we place the focus on early years education when it comes to ensuring our children are healthy.

It was reported last year that obesity rates in reception and year 6 schoolchildren increased by around 4.5 per cent between 2019-20 and 2020-21 – the highest annual rise since the National Child Measurement Programme began. According to data, obesity prevalence among four and five-year-olds rose from 9.9 per cent in 2019-20 to 14.4 per cent in 2020-21. And among those aged 10 and 11, prevalence increased from 21 per cent in 2019-20 to 25.5 per cent in 2020-21.

We also know there are serious gaps in knowledge around diet; according to the British Nutrition Foundation, 24 per cent of children aged seven-11 and 17 per cent of those aged 11-16 think chicken counts towards your five a day, while 19 per cent of primary school children think cheese counts. We must consider mental health too; according to The Children's Society, in the last three years, the likelihood of young people having a mental health problem increased by 50 per cent, and now, five children in a classroom of 30 are likely to suffer.

All of which brings into focus the need to shine a light on your young one's nutrition.

Michela Vagnini, Nutritional Advisor at NaturesPlus, explained: "Looking at the latest reports on childhood obesity, and the fact that younger generations are not expected to outlive their parents, we can say that children's health and nutrition needs urgent improvement. The WHO recommends a maximum of 25g of added sugar per day to

prevent diabetes, but in the UK, children are having over twice the recommended amount of sugar, with half of it coming from snacks and sugary drinks.

"Intake of foods high in free sugars, especially sugary drinks, may reduce intake of food with more nutritionally adequate calories, leading to an unhealthy diet, weight gain and increased risk of chronic diseases. In fact, we see many children over fed but still malnourished, displaying symptoms of nutrient deficiency diseases."

Andrew Thomas, Founder of BetterYou, went on: "I believe the health of our children is the best and most acute reflection of our attitude to nutrition generally. The key to children's health and the mark of a truly developed society is a nutritional programme for children which is inclusive, accessible and satisfies our need for growth, development, and protection. If I were to summarise where we are at this point, I'd say that we are increasingly well-meaning but the fundamentals are flawed, misunderstood, under-resourced and dangerously close to breaking.

"The Government funded Diet and Nutrition Survey consistently records that milk and cereals (along with cereal products) are the largest contributor to mineral intake for children yet, and I quote the latest report, "40 per cent of children aged 11-18 have magnesium intakes from food sources below the Lowest Reference Nutrient Intake". Iron, copper, selenium, zinc, potassium are all declining as an intake."

CHILDREN'S NUTRITION

There are a range of nutrients children need, as Michela explained: "The UK has been facing an increase in cases of rickets (a bone pain and deformity disease associated with lack of vitamin D). Although still relatively small, studies have shown a significant number in the UK have low levels of vitamin D.

Despite GPs and the NHS recommending vitamin D3 supplements, uptake remains low. In the UK, the recommended dose for children is up to 2000IU a day; always check with your GP and have a blood test to monitor your blood levels.

"Also, NHS figures have shown incidence of scurvy (a disease linked to low vitamin C) is on the rise. Symptoms include feeling more tired than usual, having swollen or bleeding gums and bruising easily. Scurvy is an indication of malnutrition, showing a diet lacking in vitamin-rich food, which are predominantly fresh fruits and vegetables.

"Zinc is commonly found in various foods, including red meat, seafood, dairy products, and pulses and grains. Lack of zinc can impair children's immune systems, cause poor appetite and low energy, affect cognitive function, vision, bones, hair, and skin health."

Andrew added: "For a child's body to effectively solubilise

calcium and absorb it into teeth and bones, there needs to be sufficient vitamin D3, magnesium and vitamin K2. D3 from sensible but unprotected sun exposure, magnesium from dark green vegetables, pulses, whole grains and nuts, and K2 from fermented foods."

When it comes to diet, Andrew recommended: "Unprocessed and minimally processed are our whole foods or those with very minimal processing. It includes what we'd think of as healthy foods like fruit and vegetables, nuts and seeds, and animal products like eggs, fish, and milk. They make up around 30 per cent of the calories eaten in a typical UK child's diet.

"Processed foods include cheese and fresh bread and contain ingredients that we all recognise. This group makes up around 10 per cent of calories eaten by children in the UK. Ultra-processed include industrialised bread, pre-packaged meals, breakfast cereals, sausages, biscuits, crisps, soft drinks, and the list goes on. Ultra-processed food makes up 60 per cent of calories eaten by children in the UK."

Michela added: "Protein is essential for growth and repair. Opt for a variety of animal and plant proteins, to provide all eight essential amino acids."





SUPPLEMENTS OF IMPORTANCE

When it comes to supplements, there are some key products you can source in your local health food store.

"Vitamin D is probably the one nutrient that has had its fair share of coverage over the past few years. I would say, however, that our levels and need for supplementation is still in its infancy. Increased screen-time and mandatory sunscreen usage have conspired to reduce the natural intake of vitamin D," Andrew advised.

"We know that skin colour also has an impact on a child's ability to synthesise vitamin D, with darker skin requiring much longer sun exposure. Obesity has also been proven to have a negative impact. If we assume supplementation is required, the rule of thumb for supplementary intake being 400iu daily is not clear enough guidance for health professionals or parents. Vitamin D uptake is determined by the skin's surface area so an infant requires less than a grown adult male. A useful measurement tool for daily maintenance is 25mcg (1000iu) for every 25kg of body weight, 10mcg (400iu) for an infant."

Michela added: "Choose a reliable and organic multivitamin to cover your daily needs. Try a good magnesium and herbal complex to support sleep. If anxiety and stress are increasing, try a nutrient and herbal formula containing B vitamins, ashwagandha, lemon balm, rhodiola and L-theanine to keep balanced and focused."

You could also try certain flower essences: "Flower essences work on emotional aspects of a person in a very gentle way without forcing an action, which makes them perfect for using on children. The effect of taking essences is a bit like meditation in that they allow the individual to tune in to aspects of their higher self – the more they are used, the more they help that person tap into their own self-awareness. So, they are ideal for nurturing that emotional side of the child and cultivating a more positive parent-child dynamic," Elizabeth explained.

IMMUNE STRONG

Children need a strong immune system to fend off illness.

Elizabeth Wells, Nutritionist at Living Planet, which has Australian Bush Flower Essences in its portfolio, commented: "As kids head back to school, the most common health issues tend to remain acute viral infections such as ear infections, throat infections, coughs, colds, and other respiratory illnesses, and, of course, the viral landscape is now also dominated by Covid infections, although these tend to be milder in young children. "A good diet and a healthy lifestyle with fresh air, sunlight, exercise, enough sleep, and time away from screens is a great foundation for a child's immune system."

Try this

- ★ Natures Aid Super Stars Multivitamins & Minerals
- ★ Silicea Gastro-Intestinal Gel
- ★ NaturesPlus Animal Parade
- ★ A.Vogel Cough Spray for Kids
- ★ ORGANii Foam Bath and Shampoo For Sensitive Skin

ADDRESSING SKIN CONDITIONS

Another area of prevalence among children is skin conditions.

Ingrid Hume, Marketing Manager at Pravera, which has Lavera and Benecos ranges, explained: "Eczema is most common in children, affecting around 10 per cent of children and babies. Eczema is a chronic itchy skin condition and can be encouraged using conventional skincare products that contain parabens, SLS and synthetic chemicals."

Sue Harrison, from Mahi Naturals, which has the Hope's Relief range, added: "Skin conditions in children are quite common due to the skin being so delicate. Babies susceptible to conditions like eczema can also react to food the mum is eating when they are breastfeeding and even some formula. Many will be using chemical-based shower gels and bubble baths that can affect skin health. Being aware of food triggers, type of clothing (usually synthetic), that can irritate skin, changes in temperatures, use of air conditioning and heating and products used directly on the skin and indirectly like washing powders on the laundry."

When it comes to easing it, Ingrid suggested: "Certain food can cause eczema to flare up, so making dietary changes could help diminish flare-ups. Choose foods which are anti-inflammatory such as fish, green leafy vegetable, colourful fruits."

Sue added: "Gluten is found in research to trigger flare-ups of eczema and some citrus, tomatoes and processed foods appear added to the list"

When it comes to changing your child's skincare, Sue recommended: "Avoid harsh chemicals and ingredients in products like SLSs that are artificial foaming ingredients that can dry out the skin, parabens, SLESs, fragrances and parfum, detergents, artificial colouring, lanolin, urea, and ethanol. Keep it natural, simple, and gentle. We recommend using gentle shea and cocoa butter and goat's milk cleansing bars."

Ingrid added: "Young skin easily absorbs more toxins therefore natural, organic, and safe products should be used instead of conventional chemical-filled products. The skin will absorb 60 per cent of the topical product that you put on it. Keeping the skin's moisture intact will help control eczema."

HOLISTIC HOMEOPATHY

Homeopathy is a good choice for many children's ailments.

Roz Crompton, from Helios Homeopathy, explained: "Homeopathy offers a safe and gentle approach to health, is non-toxic and without side effects. Ailments such as teething, colic, minor feverish illness, earache, sore throats, coughs, colds, flu and minor injuries can be helped at home. Remedies can work well alongside conventional medicine too. The following are my current top remedies for the first aid cabinet at home:

- **ABC 30c** – this combination contains Aconite, Chamomilla and Belladonna. It has a long history of traditional use for childhood teething, minor fevers, earache and sore throats.
- **Aconite 30c** – the number one remedy for nipping colds in the bud, if they start suddenly, after exposure to cold.
- **Ant-Tart 30c** – a rattling cough remedy where the child finds it difficult to cough up any mucous and feels short of breath, weak and drowsy and is much better for sitting upright.
- **Arsenicum Album 30c** – number one for diarrhoea and a

great remedy for colds where discharges are burning and watery.

- **Bryonia 30c** – a remedy for dry painful coughs, with dryness of mucous membranes and thirst for large amounts at long intervals.
- **Chamomilla 30c** – for teething in babies and young children.
- **Colocynthus 30c** – a remedy for spasmodic colic in babies where they draw their legs up to their tummy.
- **Gelsemium 30c** – typical 'flu symptoms of shivering up and down the spine, dull, heavy headache and aching bones, complete physical exhaustion.
- **Pulsatilla 30c** – not only is this a great remedy for catarrh, one of its other main uses is for babies and young children who are clingy to parents, cry and find it difficult to go off to sleep.
- **Arnica/Rhus/Ruta 30c** – this combination of remedies is excellent for bumps, bruises, strains and sprains.
- **Hypericum/Calendula cream** – a great healer and soother for minor abrasions and cuts."

BACK TO SCHOOL ESSENTIALS

Back to school is often the time when the whole family picks up coughs and sneezes, so we've selected a number of natural products to keep you well.

BRAIN FOOD

Strath liquid is the perfect supplement for children of all ages and particularly if they want to improve concentration and absenteeism.

Studies have shown that it increases concentration and improves results in various cognitive tests.



TUMMY UPSET

Back to school can often lead to tummy upsets and for some with sensitive stomachs, which can be affected by stress.

Silicea gastro gel works for all gastrointestinal disturbances.



BETTER BREATHING

Herbetom Pulm is a unique botanical food supplement which has been shown to improve breathing problems associated with asthma, which effects around 12 per cent of school age children.

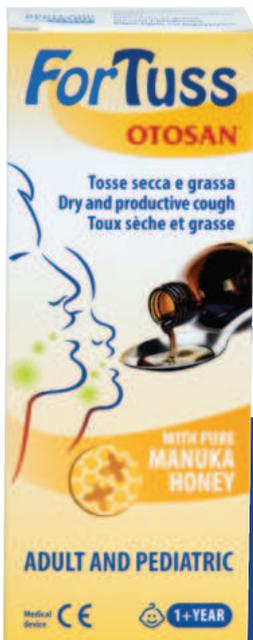
Taken daily, Herbetom helps strengthen the airways and encourages natural removal of bronchial irritants.



MANUKA MAGIC

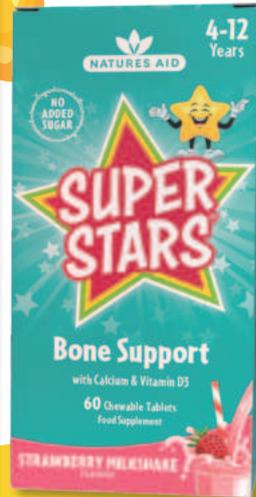
Manuka honey not only tastes great, but it has well documented anti-viral and anti-bacterial properties, which make it a key ingredient for a natural throat medicine.

Otosan combines manuka with a selection of herbs, which can be used for any cough or sore throat.



NEW

Year



www.naturesaid.co.uk

NATURES AID
Juniors

Join Us
for fun facts
and games



Ask the experts



YOUR STRESS MANAGEMENT GUIDE...

by Louis Soteriou

What happens in the body when we are stressed and what signs – physical and mental – might we experience if we are stressed?

Various incidents in life can cause physiological stress. This might be physical, such as an intense workout, an accident or an illness but it could also be emotional or psychological.

Our body is well equipped to deal with short, acute periods of stress by producing a hormone called cortisol, which helps the tissues in our body adapt appropriately by producing more energy. This helps us to feel normal by balancing our metabolism. The problem is that our bodies are not adapted to deal with ongoing stress as this causes a chronic and ongoing activation of cortisol, which burns out the cells in the tissues. They start to produce reactive oxygen species instead of energy and become resistant to the cortisol. When this happens, our body can no longer normalise the stress response and we feel the effects, which can manifest as fatigue, insomnia, and a felt inability to deal with even the smallest stressful situation in some chronic cases.

What is the longer-term effect of prolonged stress on our body?

As the body uses up more and more free cortisol, the brain will see that there is none left in our system and so upregulate signals to the adrenals to

produce more. This will tax the adrenals and also cause the liver to convert more cortisone to cortisol. The cells in our tissues will then become resistant to the cortisol and so will not be able to adequately deal with the negative effects of stress. This path is now set for a faster degeneration of health in various ways.

Can you suggest a health plan to allow our body to cope with stress, including diet, lifestyle and key nutrients?

Supplementing with key nutrients such as magnesium, vitamin C from amla berry, vitamin B6 and B5 from holy basil, lemon and guava can help to support adrenal function. Using herbs, nutrients and adaptogens, such as ashwagandha, lemon balm, L-theanine, reishi mushroom, maca, rhodiola, Siberian ginseng and holy basil can help the body to cope with the stress and balance the cortisol response.

Reduce body fat tissue, sugar and inflammation with an anti-inflammatory Mediterranean diet that includes fruit, vegetables and the omega 3 oils, EPA and DHA, from fish or algae. Using mindfulness or non-interpreting insight meditation can help us become less reactive to emotional and psychological stressors and to heal psychological triggers and trauma in our nervous system to prevent this kind of ongoing attack to our physiology.

Q How can I make sure I keep my energy levels up during the busy summer?

Linda O'Byrne suggested: Summer is typically a busy time for everyone; we spend more time outside as the days grow longer and schools are out, and so many of us are busy keeping the children occupied. It's important to keep your energy levels up so you can enjoy yourself, rather than being left drained and stressed out.

Diet is key in maintaining energy levels, eating regularly – no skipping meals – and having a balance of energising complex carbs, protein and healthy fats in every meal is vital. By having regular meals, your blood sugar levels stay on an even keel, so you don't feel any dips in energy. Avoiding junk food will help too – it's easy to reach for a sugary snack to give you an energy boost but this will be followed by an energy crash, leaving you feeling zapped, rather than invigorated.

In summer, in particular, people skip meals or tend to snack more as life is so much busier. Supplements can be a great way to support your diet and fill in any nutritional gaps, so consider a good multivitamin and mineral. B vitamins are great for supporting energy levels and help your body to process nutrients and convert to energy. Magnesium is a key player in energy production as well as nerve and muscle function and can make a big difference to your energy levels. Magnesium citrate can be chemically combined with citric acid and is easily absorbable. Lastly, coenzyme Q10 (CoQ10) is also important as it's found in almost every cell in the body and plays an important role in energy production.

About the experts



LOUIS SOTERIOU is a naturopathic nutrition and meditation therapist who specialises in somatic-healing, incorporating functional nutrition with meditation to balance the physiology and heal emotional trauma and triggers. He is a Nutritionist and Sales Executive at NaturesPlus.



EMMA THORNTON is a qualified nutritionist and unsurprisingly, she is passionate about all things food. Emma has had experience working in nutrition research, within a health food store setting, conducting one to one consultations and now works as a trainer, writer and vlogger for A.Vogel.



LINDA O'BYRNE is a Nutritionist at the supplement brand, Solaray. Linda is an experienced nutrition and fitness professional, with a BSc in Nutrition and International Sports Sciences Association (ISSA) certified in Performance Nutrition, Fitness Coaching and Fitness Nutrition.



TIM GAUNT gained his degree in Biochemistry from the University of Lancaster in 1988. He joined Natures Aid in 1991, where he has continued to gain experience in the field of nutrition and now leads its research and development programme. Tim is a Chartered Biologist, which was granted by the Institute of Biology for his continued service to the science of biology.



every drop counts

TEA-M UP! TOGETHER FOR SUSTAINABILITY.

Unique & Delicious Flavours of Sustainable, Organic Teas



100 %
plastic-free

100 %
vegan

100 %
organic
certified



Flexibility
Trust
Respect
Innovation
Transparency
Collaboration
Family - Orientation
Passion
Engagement
Quality
Knowledge



www.just-t.org [@Just_T_moments](https://www.instagram.com/Just_T_moments)



ra.org

Ask the experts

COLD CONTROL...

by Emma Thornton

What are the common reasons our immunity can be lowered and why does this raise our risk of getting a cold?

Sleep deprivation and stress are two common reasons our immunity can be affected. This puts our bodies into a state of mild stress, during which our immune responses don't work optimally. Poor sleep or stress or anxiety can easily crop up in adults or children alike; for example, going back to school can be a significant shift-up in routines.

Poor diet, particularly those high in processed foods which are full of refined sugars, compared to fresh food diets rich in essential nutrients, including magnesium, zinc, vitamin A and vitamin C can also have a detrimental effect on immunity. An additional vitamin C supplement can help to up vitamin C levels and ward off some of the scavenging effects of excess sugars.

Can you suggest a healthy diet and lifestyle plan to strengthen immunity ahead of the cold season?

My advice would be to eat as many wholefoods as possible, as part of your daily routine, including fruit, vegetables, wholegrains, nuts and seeds; this helps provide lots of the essential nutrients including zinc and vitamin C that we need to keep our immune systems healthy. Limit more pro-inflammatory and nutrient-depleted processed foods.

Getting enough sleep (particularly ensuring we get to bed early enough), reducing stress with the help of stress management techniques



and moving little and often, although not obsessively, can all also help to support optimal immune responses.

What supplements are key for this time of year and why?

Firstly, a vitamin D supplement is essential – this is essential for the most part of the year, but especially as the sunshine hours get shorter and we are ever more reliant on the immune modulating benefits that adequate vitamin D can bring.

Next, echinacea is a herbal remedy which has been traditionally used to help relieve the duration and severity of cold and 'flu symptoms by strengthening the immune system. Finally, if you were to get an infection, keeping up with a source of echinacea would be recommended.

What do I need to consider when choosing a multivitamin for my child?

Tim Gaunt explained: Sometimes, it can be difficult to feel sure that a child's diet provides everything they need. Multivitamin supplements can be a great choice to help provide a bridge between what they should eat and what they actually eat.

The key things to consider when choosing a children's multivitamin will vary according to the age and size of the child, and the size of the supplement that you may wish to give to them.

Format is important. Large tablets, whilst they may be suitable for the child, can present a choking hazard in young children. For infants and younger children, a liquid format may provide the best option as they can be given discreetly for minimal fuss. On the other hand, older children often like to be involved in choosing their vitamins as they're beginning to

assert independence and are learning about a healthy lifestyle in the classroom. Market research suggests that school age children prefer a chewable format, with both chewable tablets and gummies being highly rated.

Also, think about flavour and palatability, as children will not keep taking something that tastes unpleasant or feels strange in the mouth. Great flavours are important for continued use. Research has shown that the top five flavours among children are orange, cherry, raspberry, blackcurrant and strawberry.

Try to avoid sugar, artificial sweeteners, gelatine or artificial ingredients, which could reduce the health of the product. Whilst sugar does make products taste nice, there is plenty of research showing the negative impact of sugar on our health. I would look to avoid sugar and other unnecessary additives by choosing chewable tablets based in tooth-friendly xylitol for older children, and liquid supplements without added sugar or artificial sweeteners for



infants and smaller children.

Generally, parents choose multivitamins to support general health and wellbeing. So, when it comes to ingredients, I would recommend looking for a broad-spectrum supplement which includes vitamin D for bone and immune system support, B vitamins for healthy energy levels, nervous system and psychological support, plus minerals such as iodine and zinc for cognitive development in children of school age.

'The College of Naturopathic Medicine gave me an incredible sense of meaning and purpose'



Carli Louan

Carli-Louan Foster, CNM Nutritional Therapy Graduate, details the positive experience of her studies.

Life is too short to be stressed and miserable – take action and do something about it before it's too late, especially if it's impacting your health.

After a Master's Degree in Reproductive and Sexual Health Research at the London School of Hygiene and Tropical Medicine, I worked for a FTSE 100 company and did project work with the Head of Corporate Social Responsibility, an ex-auditor who had trained at one of the big four. Her success inspired me, so I obtained ACA qualification and worked in a series of demanding, intense roles in the financial sector. My career was the start of 10 years of chronic stress and working long hours with no work-life balance, where it got so bad, I was at breaking point, running on adrenaline, not eating properly and experiencing chest pains. The turning point was when someone asked me what I wanted my legacy to be. It was a huge wake-up call.

Using exercise to help me cope with the stress, I went to an event my trainer (a CNM graduate) was running on nutrition (Keris Marsden and Matt Whitmore of Fitter Food). I was hooked. I've always been interested in health but at that point, I was exhausted, stressed, my hair was thinning and I was still struggling with acne and a hormone imbalance.

Working with Keris and Matt transformed my health and perspective on life. I realised the damage I was doing and that I needed to fix it. I also realised I had a huge desire to help other people but the voluntary work I've done over the years wasn't enough – there was no fulfilment or meaning to my life.

I knew quite a few people who had studied or were studying with CNM, so I decided to join. The clinical experience, observing and working with clients, was fascinating, emotionally intense and fulfilling. It challenged me, pushed me outside of my comfort zone and gave me an incredible sense of meaning and purpose.

I love the definition of health from Moshi Feldenkrais as 'the ability to live your dreams'. I want my legacy to be helping other people live their dreams. The CNM course emphasises the need to tackle the root cause of symptoms. This was so true in my life; I needed to tackle the root cause of my stress – being in the wrong career that didn't align to my core values. I feel so happy that I'm now on a path where I'm excited to get up in the morning because I can make a difference to someone's health and wellbeing. I'm no longer stressed and miserable, I feel like a new person.

I've been able use my knowledge from the course to build a really good, healthy foundation for myself.

More recently, I also used this knowledge to prepare my body for having a baby and I managed to fall pregnant pretty much straight away at 37 and now have a beautiful, healthy baby girl at the end of a great pregnancy. I'm planning to specialise in female health and fertility doing what I love. Which is making a positive difference in people's lives.

Interested in studying?

CNM (College of Naturopathic Medicine) has a superb 22-year track record training successful natural therapy professionals in class and online. Full and part-time studies. Colleges across the UK and Ireland, and 80 per cent of graduates are practising.

Contact CNM to find out more or to book your free place at the next Open Event at your nearest CNM College. Call 01342 777 747 or visit www.cnmcourses.com







COLLEGE OF NATUROPATHIC MEDICINE

Training Successful Practitioners

CHANGE CAREER

Train to become a...

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

Full & Part-time studies

In class or online

NEW Health Coach

Colleges across the UK and Ireland

01342 777 747

cnmcourses.com

Attend a FREE Online Event



Holistic pain management plan

Our natural health experts guide you through holistic ways to ease pain and inflammation.

The reasons we can experience pain – whether from time to time or on a prolonged basis – are varied but can seriously affect the quality of life of sufferers. And while any concerns about pain or injury should be discussed with your GP, there are some important natural steps that can ease pain.

Emily Simpson, NPD Technologist at BetterYou, explained: "Poor nutrition, smoking and BMI are just a few factors which can contribute to increased systemic inflammation. High levels of inflammation can exacerbate pain, so it is important to keep levels low. A poor diet can contribute to persistent low-grade inflammation and studies have found the immune system reacts to an unhealthy diet in the same way it would respond to a bacterial infection. The function of the immune system is thought to be affected by deficiencies in various micronutrients including zinc, selenium, folic acid, vitamins A, C, D and E"

Linda O'Byrne, Nutritionist at Solaray, went on: "Painkillers are often used, sometimes Ibuprofen or Paracetamol or stronger painkillers. Ibuprofen, in particular, has been linked to stomach disorders and stronger painkillers can become addictive so never a good idea in the long term. Much better to treat the pain holistically and look for other, more natural solutions."

It's important to emphasise if have any concerns about pain, particularly if it is unexplained, consult your GP, especially if you take supplements along with medication.

Try this

- ★ A.Vogel AtroGel
- ★ Helios Homeopathy Injury
- ★ Good Health Naturally SerraPlus+
- ★ Natural Health Practice D-Flam Support
- ★ ArtuculaSil

Causes of pain

There are many facets to consider in terms of why we experience pain.

"Occasional aches and pains are experienced by everyone. Sudden pain is the nervous system's way of alerting you to a possible injury and preventing further tissue damage. This pain should become less severe as the injury heals," Emily explained.

"On the other hand, chronic pain is defined as pain lasting at least 12 weeks, which is usually instigated by an initial injury that causes nerve damage. This is where, even after an injury heals, your body continues to send pain signals to the brain. Certain types of pain may be caused by a single factor, or a combination of factors. Back pain, for example, can be caused individually by poor posture, improper lifting of heavy objects, injury, being overweight, ageing or a combination of these factors."

Jenny Carson, Senior Nutritionist at Viridian, added: "Pain is a response that is generated by the central nervous system through a network of nerve endings that send signals to the brain. Chronic pain is long-term pain and this can be associated with health conditions such as fibromyalgia, lower back pain, post traumatic pain, arthritis, nerve damage, besides pain that develops in response to emotional distress, stress and trauma."

Firouzeh Ahari, from Dexsil, which has the VitaSil brand, went on: "In many cases, a holistic approach is necessary, as pain in one locality can be derived from inflammation or injury from a different site in the body – often described as referred pain. Consequently, different treatment protocols need to be employed."

The effects of medication

Many people turn to conventional medicine to treat pain, and while these play an important role, we should be aware of drawbacks.

"Traditional solutions typically include OTC medicines like Ibuprofen (non-steroidal anti-inflammatory drugs (NSAID)), paracetamol and, if they don't work stronger prescribed drugs," advised Dr Marilyn Glenville PhD, the UK's leading Nutritionist. "The trouble with NSAIDs is they can damage the gut lining, leading to irritable bowel syndrome including intestinal permeability, aka leaky gut. Paracetamol seems to aggravate the gut less and put extra load on the liver."

Emily added: "Prescription medications include opiates (for example codeine, morphine and oxycodone), non-opiates (nefopam) and benzodiazepines. Opioids help relieve serious short-term pain but have severe side effects, including addiction and overdose, so healthcare professionals are advised to avoid prescribing for long-term pain. Nefopam can cause side effects including nausea, dry mouth, numbness and tingling in hands or feet."

And Jenny pointed out: "Continual pain can affect mood and so antidepressants or anti-anxiety medications are recommended. These too may induce side effects, such as sexual dysfunction and loss of libido. While agitation, increased anxiety, stomach ache, changes in bowel frequency, dizziness and insomnia or daytime sleepiness may occur. Although medication has a beneficial effect for some, considering the associated side effects, it is understandable that those in pain may not wish to use medication for the long term."

Dietary choices

Some changes to your diet can help to manage pain and target.

"Diet can make a huge difference to pain, and we recommend an anti-inflammatory diet, which means cutting back on animal protein (meat and hard cheese) and eating a largely plant-based diet to incorporate lots of colourful fruit and vegetables, wholegrains, oily fish and nuts and seeds," Dr Glenville advised.

"The darker green the vegetables, the more magnesium, which is important in a pain management diet. Some people experience benefit from cutting back on wheat and dairy too, which can be pro-inflammatory. Keep phytates, which are found in bran-based foods, tannin, and tea to a minimum as they can increase excretion of key vitamins and minerals. Turmeric and ginger are incredibly powerful as natural anti-inflammatories so incorporate in cooking as well as 'golden milks'."

Lindsay Powers, Nutritional Therapist and Health Coach at Good Health Naturally, added: "Following an anti-inflammatory diet free from sugars and ultra-processed foods is essential. Aim to include various fruits and vegetables, whole grains, lean protein, healthful fats, and spices. Have sources of anti-inflammatory omega 3 fatty acids, such as oily fish, grass-fed beef, flaxseeds, hemp seeds, chia seeds and walnuts."

And Linda suggested: "It makes a big difference following an anti-inflammatory diet and cutting out junk foods. Sugary foods increase inflammation too, so opt for a diet high in healthy fats, protein and complex carbohydrates from fruit and vegetables."

Jenny went on: "Processed foods contain trans fats, sugar and salt. Trans fats are fats that are heat damaged and as a result they become aggressive and cause damage in cells. Finally, salt in larger quantities can affect blood pressure, blood mineral balance and hydration. Subsequently in a dehydrated state energy production is lowered and pain tolerance decreases. Food allergies and intolerances may exacerbate pain, for example, pain perception is altered in those diagnosed with coeliac disease. Similarly, the dehydrating effects and interaction with the central nervous system from caffeine and alcohol increase pain."

Overhaul your lifestyle

It's important to remember that being sedentary, not moving and excess stress can make pain worse, as Emily advised: "One study found that one in four individuals using alternative medicine did so to avoid the side effects of conventional treatment or because conventional treatments failed to cure their pain. It is important to take care of your body and reduce stress by eating a healthy, well-balanced diet, getting enough sleep and exercising regularly. Lifestyle remedies to help ease chronic pain include physical therapy, yoga, meditation, hypnosis, massage, and hobbies, for example, photography and knitting."

Jenny added: "Aim to exercise for at least 30 minutes, five times each week. This should be enough to trigger the secretion of endorphins, which temporarily lift mood and reduce pain. Hence, we need to do some form of exercise most days and it really does not matter what, it can be a moderate walk, some yoga or swimming."

Evelyn Liddell, Pharmacist and Natural Wellbeing Expert at Weleda UK, also advised: "Approaching the management of pain holistically reaps many benefits. It is generally understood that we repair when we sleep. So sleeping well is very important when considering how best to repair well. Having a cool but not cold bedroom, being comfortable with absolute darkness and ensuring adequate exercise throughout the day to be 'ready' for sleep can all help."

Supplements for pain

There are key nutrients that have properties to help cope with pain and inflammation; we advise you talk to your health food store about your specific issues and inform staff if you are taking medication.

Dr Glenville recommended: "There has been a wealth of research linking low vitamin D with reducing inflammation, particularly rheumatoid arthritis and headaches. Vitamin D is difficult to get from the diet (about 15 per cent comes from oily fish and egg yolk) but it is largely from sunshine and supplements. Vitamin D supplementation, ideally in liquid form, is ideal as it gets absorbed quickly into the system. Low magnesium, quite a common deficiency with modern day living, is also a contributory factor. Low omega 3 essential fats can also contribute to pain because of its anti-inflammatory benefit."

And Lindsay advised: "Many anti-inflammatory herbs, nutrients and enzymes are available to ease inflammation and pain naturally. One of the most well-known is curcumin, the active ingredient of the turmeric root. Curcumin has many studies supporting

its use for arthritis and pain conditions due to its potential as a COX-2 inhibitor, helping reduce inflammation and pain.

"Serrapeptase is a proteolytic enzyme also recommended for its powerful anti-inflammatory properties and ability to clear unwanted scar tissue from the body, easing painful symptoms related to various health conditions."

Emily went on: "Supplementation with magnesium has been shown to reduce the intensity of fibromyalgia symptoms. Capsaicin at low inclusion levels in topical creams can help to ease back pain when applied directly to the affected area. This is due to it stopping a group of proteins which control your body's response to inflammation. Glucosamine is a natural substance within cartilage which decreases around your joint with ageing. Supplementing can reduce pain associated with osteoarthritis and improve stiffness."

And Linda advised: "Bromelain is great for relieving pain due to its anti-inflammatory properties. Turmeric contains a compound called curcumin, which is great

for pain relief and omega 3 fish oils have a great anti-inflammatory effect."

Jenny added: "Research shows that a specific boswellia extract called AKBBA can reduce pain within five days. Ginger is considered to reduce the amount of inflammatory signalling compounds and it is a source of salicylates. Upon consumption, the body transforms salicylates into salicylic acid, which prevents nerves from making the chemicals that signal pain to the brain."

Firouzeh suggested: "Stinging nettle extract contains natural anti-inflammatory, antioxidant properties. Silicium, soluble silica, is a natural product from nettle and has been used for many years for treating inflammation and pain. Bioavailability is crucial and this can be achieved by choosing liquid products over tablet formats. Look for products that have organic silicium bio-activated."

And Evelyn added: "Arnica is nature's anti-inflammatory agent, helping with everyday aches and pains for each stage of life."

NATURAL LIFESTYLE'S Top Picks



Helios Injury

Award winning Injury from Helios combines three homeopathic remedies Arnica, Rhus tox and Ruta grav. These three remedies have a long and proven history of traditional use to relieve the pain and inflammation of injuries and trauma to soft tissue, bone, sprains, strains and ease stiffness of muscles and arthritic joints. Helios Injury may aid recovery after strong physical exertion, so an excellent addition to the sports bag, and comes in organic, sucrose pill form in our easy-to-use, single-dose dispenser.

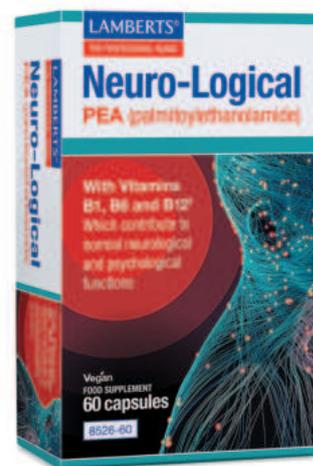
www.helios.co.uk



Neuro-Logical

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

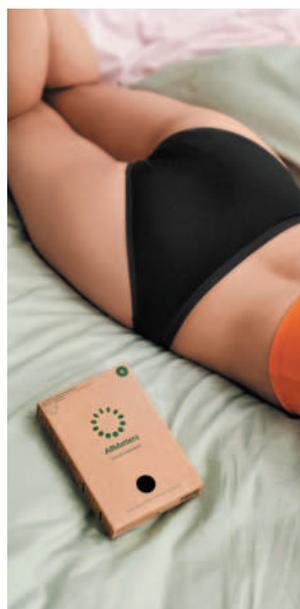
www.lambertshealthcare.co.uk



NEW: AllMatters Period Underwear

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

www.allmatters.com



Premium Montmorency Cherry Juice

CherryActive is a premium 100% concentrated juice using the highest quality Montmorency cherries. Nutrient-rich and scientifically-proven to have powerful, health-promoting qualities. It has a delicious taste and does not contain preservatives, sugars*, colours or flavours. Each 946ml bottle contains the juice of approximately 3000 Montmorency cherries. Mix 30ml with 240ml of water to make a delicious drink or add directly to smoothies, natural yoghurt or recipes. A 30ml serving counts as one of your 5-a-day.

*contains natural occurring sugars.

Also available in 473ml & 237ml sizes and in a convenient capsule format. CherryActive is available from Health Stores nationwide.

www.active-edge.co.uk



NaturalLifestyle

Retailer of the Year 2022



CHAMPIONING INDEPENDENT HEALTH STORES

HAS THIS STORE GONE THE EXTRA MILE FOR YOU?

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

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

Deadline for entries: 30 September 2022

**NOMINATIONS
NOW OPEN**

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



Proudly sponsored by



TERRANOVA
SYNERGISTIC NUTRITION

Building

BETTER

BONES

We bring you the essential advice when it comes to key nutrients for our bones.

Calcium is synonymous with bone health in today's world. And while calcium is absolutely an essential mineral for optimal bone health, a lesser-known – but equally important – necessity are cofactors for bone health. Bone health cofactors are nutrients that work synergistically to direct calcium to where it is needed most in the body, and to aid in its absorption and utilisation.

Here is where calcium gets a little tricky: high calcium intake has been associated with an increased risk of kidney stones and cardiovascular disease, along with other serious health conditions. This is because, when calcium is consumed, especially in excess, it begins to collect in the organs, arteries, brain, and joints. This is why bone health cofactors are critical not only to bone health, but to our overall health and wellbeing as they work together to direct calcium to where it needs to go in the body, while preventing build-up in dangerous places.

There are many nutrients needed for bone health, however, the key players for calcium utilisation are magnesium, vitamin D, vitamin K2 and boron.

MAGNESIUM

Many bone health formulas contain magnesium, and that is due largely in part to magnesium's influence on the synthesis and utilisation of the active form of vitamin D, which aids the body in absorbing calcium and phosphate into the bones and teeth.

Magnesium also works to stimulate a hormone called calcitonin, which is needed to draw calcium out of the blood and soft tissues and put it back into the bones, thereby promoting healthy bone structure while simultaneously preventing calcium build-up in the organs and arteries.

VITAMIN K2

Vitamin K2 is a big player in calcium absorption and utilisation, as it activates two proteins – osteocalcin, which directs calcium to the bones and teeth, and matrix GLA protein, which helps remove calcium from the soft tissues. The activation of these proteins makes vitamin K2 an essential cofactor for calcium.

It is also important to note that vitamin K2 plays a critical role in preventing vitamin D toxicity, a condition that leads to a build-up of calcium in the blood, known as hypercalcemia. Hypercalcemia may occur in cases of vitamin D3 supplementation when not enough vitamin K2 is consumed to prevent calcium from accumulating in the wrong places.

VITAMIN D3

As previously discussed, vitamin D relies on sufficient magnesium intake in order to be utilised, otherwise, it is stored in the body's fat cells until there is enough magnesium available to activate it.

The activation of vitamin D is absolutely essential for bone health, and here's why: without sufficient levels of vitamin D, the body cannot form enough of a hormone called calcitriol, which is critically necessary for the body to absorb dietary calcium.

BORON

Boron is often overlooked when it comes to bone health, but it plays a key role in the absorption of magnesium and vitamin D, thus increasing the multiple health benefits associated with both, including optimal bone health.

Studies suggest boron may have beneficial effects on an array of bodily functions, including calcium metabolism, bone formation, and the function of steroid hormones, including vitamin D and oestrogen, both key players in preventing bone deterioration. Boron also works to reduce the amount of calcium and magnesium the body loses through urinary output.

While calcium is necessary for bone health, it is not a standalone solution and can be harmful when consumed in excess. When you look for a bone health supplement, be sure to choose one that has the necessary cofactors for calcium absorption.



Reader offer

Winner of Best Women's Product, MAG365 BF checks all the boxes for a must have bone formula. Not only does it contain your daily dose of calming magnesium, but it also includes other vital co-factors for calcium absorption and bone health, including vitamin D, vitamin K2, boron and more. As a bonus, this formula also contains nutrients that support hormone balance, immune health, and heart health – and *Natural Lifestyle* is offering readers the chance of winning one of five. See opposite page to enter.

NATURAL LIFESTYLE Giveaways

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



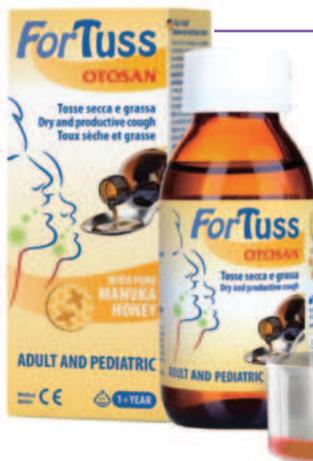
LAMBERTS BIOME BALANCE 25

Containing 25bn live bacteria (at the time of manufacture), Biome Balance 25 is a unique one-a-day formula that combines *Lactobacillus plantarum* and *Lactobacillus rhamnosus* with the exceptionally well-researched strains of bacteria, *Lactobacillus acidophilus* and *Bifidobacterium bifidum*. These strains work synergistically to improve overall gut health and digestion, with each complementing one another's mechanisms. Biome Balance 25 utilises specifically selected delayed release capsules, ensuring that the bacteria reach the gut alive, and *Natural Lifestyle* is offering readers the chance of winning one of five.



TERRANOVA SERUM 768

Keeping firmly in line with Terranova's formulation concept is this unique product, Serum 768 – Organic Skin Oil, created to provide intense, natural nourishment to the skin. As with every formulation within the Terranova range of supplements, Serum 768 – Organic Skin Oil works in an intensely synergistic manner, is precisely balanced, is safe and gentle and contains only natural, active ingredients. Featuring a unique blend of carefully selected organic oils (including almond, jojoba and argan oil) and organic extracts of calendula and arnica, all 16 ingredients are specifically selected for their skin rejuvenating properties and work synergistically to provide a formula that is deeply nourishing to both. *Natural Lifestyle* is offering readers the chance of winning one of five.



OTOSAN MANUKA

Manuka honey not only tastes great, but it has well documented anti-viral and anti-bacterial properties, which make it a key ingredient for a natural throat medicine. Otsosan combines manuka honey with a selection of herbs, which can be used for any cough or sore throat – and *Natural Lifestyle* is offering readers the chance of winning one of five packs.

CRAZY RUMORS BIGGIE BALMS

Crazy Rumors are wonderfully colourful and flavourful vegan lip balms from the USA. The new BIGGIE balms are four times the size of a regular lip balm so you definitely can't lose it! Established over 15 years ago, the exceptional 100 per cent natural lip care is still handmade in small batches for the purest and freshest balms. Clean, tasty and ethical, the balms include super moisturising delights like certified organic shea butter, plus soothing jojoba oil. *Natural Lifestyle* is offering readers the chance of winning one of three Leaping Bunny (Plum Apricot) flavour Biggie Balms.



LAVERA BASIS SENSITIV RANGE

Natural Lifestyle has teamed up with Lavera to give away this amazing set of organic body and hair care from its popular Basis Sensitiv range. This set is enriched with natural and organic plant extracts that will energise, pamper and invigorate your senses while gently cleansing, moisturising and caring for your hair and body for a refreshing feel-good experience. The Lavera range is certified natural and organic by NaTrue, which ensures no mineral oils, SLS, parabens, or synthetic fragrances, colours or preservatives are added, and is vegan and cruelty free. We have three sets to give away, worth £32.75 each.

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

Please tick: Lamberts Crazy Rumors Terranova Otsosan Lavera MAG365 BF

MR / MRS / MS FULL NAME:

ADDRESS:

POSTCODE:

CONTACT NUMBER:

EMAIL:

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

Cooking with Kew

A collection of chefs inspire to help you cook with plants in the new *Kew Gardens Cookbook*.



Dried fruit compote with custard (zurracapote con crema pastelera vasca) Serves 6

By Claudia Roden

Zurracapote, also called marmelada de frutos secos, is a New Year's Eve special in the Basque country and in Navarre. It is great served with the Basque custard that can be flavoured with rum or cognac.

Ingredients:

- 250g prunes
- 250g dried peaches or apricots
- 250ml red wine
- 250ml water
- 100g sugar
- 100g lightly toasted flaked almonds or coarsely chopped walnuts

For the crema pastelera vasca:

- 500ml whole milk
- 6 large egg yolks

- 175g sugar
- 3tbsp plain flour
- 3-4tbsp rum

Method:

- Soak the dried fruits in water for two hours, then drain and put them in a pan with the wine, water and sugar and simmer, covered, for 20-30 minutes, until they are very soft.
- For the crema pastelera vasca, bring the milk to the boil in a heavy bottomed pan. In a bowl, beat the egg yolks with the sugar to a light pale cream

with an electric hand beater, then beat in the flour.

- Gradually, pour in the milk, a little at a time, beating vigorously until well blended. Then pour the mixture back into the pan. Stir constantly with a wooden spoon or spatula over very low heat until the custard thickens. If any lumps form at the start, they will disappear as you work the custard vigorously. Add the rum and mix well.
- Serve cold in little bowls, the custard at the bottom, the cooked fruits on top with their wine sauce sprinkled with almonds or walnuts.



Pandan chiffon cake Serves 10-12

By Helen Goh

Pandan, or screwpine, are long blades of leaves used widely in South East Asia to impart a subtle but distinct flavour to both savoury and sweet dishes. The leaves may be knotted and used to infuse rice or pudding mixes, or to wrap morsels of food before grilling or frying. Here, the green juice is extracted by blending with coconut milk to flavour this delightfully light and billowy chiffon cake.

Ingredients:

- 150ml thick coconut milk
- 8 pandan leaves, cut into roughly 3-4cm pieces
- 7 eggs, yolks and whites separated
- 300g caster sugar, divided
- 90ml oil (flavourless and colourless is best)
- 1tsp vanilla extract
- 150g self-raising flour
- 1tsp cream of tartar
- ½tsp salt icing sugar for dusting on top

Method:

• Preheat oven to 180°C/160°C fan. You will also need a 23cm tube/chiffon cake tin with a removable base, and which is not non-stick.

• Combine the coconut milk and pandan leaves in a blender and blend on low speed for about a minute, then increase the speed to medium-high and continue blending until the pandan leaves are crushed and the milk is tinged green. Strain the pandan milk through a fine sieve placed over a medium bowl. Use a spatula or spoon to press on the crushed leaves to extract as much of the liquid as possible, then discard the green pulp. Set aside for the

time being.

- In a large mixing bowl, combine the egg yolks and half of the sugar (150g) and whisk together until light and creamy. Add the oil, vanilla and strained pandan milk. Whisk until well combined, then sift the flour, half teaspoon cream of tartar and salt directly into the mix. Whisk to incorporate, then set the bowl aside for now.
- Place the egg whites in the bowl of a cake mixer fitted with the whisk attachment. Beat on high speed until frothy – about 30 seconds – then add the remaining half teaspoon cream of tartar. Continue to beat until soft peaks form, then gradually drizzle in the remaining 150g of sugar. Continue to whisk until stiff, glossy peaks form.
- Using a large whisk or rubber spatula, gently fold about a third of the egg whites into the bowl with the pandan and egg yolk mixture. Use soft, wide movements with the whisk or spatula when folding – you want to be thorough, but not deflate the air bubbles. When almost incorporated, repeat with another third of the egg whites, then the final third. There should not be any egg whites visible, though some faint white streaks may remain.
- Scrape the batter into the ungreased chiffon tin and

place into the oven. Bake for 55-60 minutes, or until a skewer inserted into the middle of the cake comes out clean. Remove from the oven and immediately invert the cake tin. Don't worry if the removable base slips down a little when the cake is turned over: the cake will still stay suspended because the tin is not greased. Set aside for about one hour, until completely cool.

• To unmount the cake, turn the tin the right way up and using a long metal spatula, loosen the cake from the sides and base of the tin, as well as the central tube. Invert the cake back on to a serving plate. Dust the top of the cake lightly with icing sugar before serving.

NOTE: Once the cake comes out of the oven, the tin is turned upside-down to leave to cool completely. This is because the air bubbles trapped in the cake are heavy, and if left the right side up, the cake would collapse under its own weight. Turning it upside-down allows the cake to be suspended so that it cannot collapse, but only if the tin is not non-stick. If it is non-stick, the cake would fall out when turned upside-down to hold the air bubbles in situ until it cools and forms a firm structure.



Ching's Buddha's Veggie Chow Mein

Serves 4

By Ching-He Huang
Vegan

This is the kind of dish that allows you to use up any leftover vegetables and is so easy using store cupboard ingredients. I love adding some slices of smoked tofu for texture and protein. Of course, use whichever noodles you like but I love organic soybean noodles, which are high in protein, are gluten free and high in fibre too. They have a slight beany flavour too. This dish is not only packed with more than your five-a-day veggies, it's aromatic and delicious. It's perfect as a mid-week supper or a feasting dish for family and friends.

Ingredients:

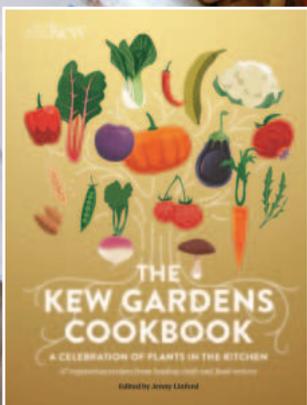
- 200g (dried weight) organic soybean noodles
- 1 tsp toasted sesame oil
- 1 tbsp rapeseed oil
- 2 cloves of garlic, peeled and finely chopped
- 2.5cm of freshly grated root ginger
- 2 large red chilli, deseeded, sliced into julienne strips
- 10 fresh shiitake mushrooms sliced
- 1 large carrot, topped, tailed, sliced into julienne strips
- 1 small handful of mangetout, washed, sliced into julienne
- 200g baby corn, sliced in half on the angle down the middle
- 2 baby pak choy, washed, halved down the middle
- 1 tbsp shaoxing rice wine or dry sherry
- 200g smoked tofu with sesame seeds, (optional), sliced to julienne
- 1 tbsp tamari
- 100g beansprouts
- 2 large spring onions, julienne, placed in cold iced water to 'give curls'
- 1 large handful of toasted cashew nuts
- 1 tbsp black sesame seeds

For the sauce:

- 100ml cold vegetable stock
- 1 tbsp tamari or low sodium light soy sauce
- 1 tbsp vegetarian mushroom sauce
- 1 tbsp toasted sesame oil
- 1 tbsp rice vinegar
- 1 tbsp cornflour
- Chiu chow chilli oil, to serve

Method:

- Combine all the ingredients for the sauce, mix well and place in a jug.
- Cook the organic soybean noodles in boiling water for three minutes. Drain and refresh the noodles in cold water. Dress with 1 tsp toasted sesame oil, mix well and set aside.
- Prepare all the rest of the ingredients.
- Heat a wok over high heat and add the rapeseed oil. Add the garlic, ginger, chilli and stir-fry for a few seconds, add the carrot and stir-fry for one minute, add the shiitake, mangetout, baby corn and pak choy leaves and toss, cooking for a few seconds. Add in the rice wine. Stir gently for one minute. Add the smoked tofu slices.
- Pour in the sauce and bring to the bubble, cooking for less than a minute until the sauce is shiny. Toss the noodles and gently fold them in, mixing the noodles with the ingredients and sauce together in the wok, but being careful not to 'stab' at the noodles or ingredients. Season with 1 tbsp tamari.
- Finally, sprinkle in the beansprouts and give it one last stir together. Spoon out and sprinkle over spring onion curls, toasted cashew nuts and black sesame seeds. Place on the table and serve with other dishes or spoon into individual serving plates. Serve with chiu chow chilli oil on the side.



The Kew Gardens Cookbook, edited by Jenny Linford, photography by Hugh Johnson (Kew Publishing, £20).

BACK to SCHOOL

Cough Spray For Kids

- ✓ Naturally sourced active ingredients
- ✓ Rapid effective relief for dry, tickly coughs
- ✓ Soothing action
- ✓ Convenient Spray format
- ✓ Suitable for ages 4+

A.Vogel Cough Spray for Kids is a medical device that helps bring rapid and effective relief to dry and tickly coughs. The spray creates a layer of protective film in the throat, has an antitussive (cough-relieving) and soothing effect, and helps ensure that irritated mucous membranes are not further irritated.

Echinaforce® Chewable Colds & Flu tablets

- ✓ Chewable orange flavour tablets
- ✓ Lactose & gluten free
- ✓ Suitable for ages 12+

Echinaforce® Chewable Cold & Flu tablets Traditional herbal medicinal product used to relieve the symptoms of the common cold and influenza type infections, exclusively based upon long-standing use as a traditional remedy. Always read the leaflet.

*Contains Echinacea purpurea

Nature-C For Kids

- ✓ Naturally occurring vitamin C
- ✓ Tasty chewable tablets
- ✓ Immune system support
- ✓ Suitable for ages 4+

Nature-C for Kids is a food supplement. Food supplements should not be used as a substitute for a varied and balanced diet and a healthy lifestyle. Suitable for ages 4+.

1) Nature-C is rich in vitamin C from natural fruit sources which contributes to the normal functioning of the immune system.



A.Vogel

Available from health food stores. For further information please visit www.avogel.co.uk or call our Product Advice Line on 0845 608 5858

FERMENTATION

Fermentation is an ancient and natural food processing practice. It is still today used as a means of preservation to improve taste and texture of foods, as well as to improve digestibility and nutritional profile. Common fermented foods include beer, wine, yogurt, tempeh, kimchi and sourdough bread. Recently however, research around fermentation has advanced, with the findings showing amazing benefits of this food processing technique.

THE BENEFITS

- Increased bioavailability of certain nutrients
- Increased antioxidant activity
- Increased digestibility



FERMENTED BOTANICALS
& WHOLE FOODS

A NEW ERA IN FERMENTATION

THE TERRANOVA DIFFERENCE

Our focus is on highly specialized, scientifically-advanced fermentation, using specific microflora strains for each product – an unusual technique for the fermentation pharmaceutical market. For each raw herb we determine which microflora strain is more suitable in order to produce the most active product.



THE TERRANOVA FERMENTED RANGE

- Fermented Turmeric Fermeric™
- Fermented Ashwagandha Fermanolide™
- Fermented Black Garlic FBG22™
- Fermented Ginger Ferzinger™
- Fermented Jiaogulan Fermogulan™



TERRANOVA
SYNERGISTIC NUTRITION

www.terranoVAhealth.com

Follow us:



Terranova Nutrition



terranoVAhealth



Terranova Nutrition