

Natural Lifestyle

LOVE LIFE, LIVE WELL — NATURALLY

www.mynaturallifestyle.com

December 2021



Lift the winter blues

A holistic action plan to manage seasonal affective disorder

Protein power

The many reasons you need enough protein



THE SEARCH IS ON FOR THE BEST NATURAL HEALTH PRODUCTS

Plus WINTER FOOD AND DRINK INSPIRATION • YOUR IRON NEEDS • NATURAL LIFESTYLE GIVEAWAYS • EVERYDAY COOKING WITH EASE

FREE



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Synergistic Immune Support



BETA GLUCANS: ASTRAGALUS & VITAMIN C COMPLEX

- Providing 250mg of immune supporting Beta 1,3/1,6 Glucans, from yeast.
- Enhanced with essential immune nutrients – Zinc & vitamin C
- Also providing Resveratrol, Quercetin and Curcumin, shown to modulate the immune response and augment Beta glucans' functions.
- All in a synergistic Magnifood base, containing powerful immune system-supporting plants such as, Astragalus, Olive Leaf, Elderberry & Matcha



BETA GLUCANS COMPLEX

- Providing 250mg of immune supporting Beta 1,3/1,6 Glucans, from yeast.
- Enhanced with vitamin C and Resveratrol - powerful boosters of Beta glucans' functions.
- All in a synergistic Magnifood base, containing powerful immune system-supporting mushrooms, such as Reishi, Maitake and Chaga

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LOVE LIFE, LIVE WELL – NATURALLY

Welcome



When we look back over the last 18 months or so since the Coronavirus pandemic first took hold, there have been a great many challenges faced, both physical and mental. We've seen huge shifts in our lifestyles, had restrictions imposed on our movements, and haven't been able to access our usual routines in the same way.

We know this took a toll, whether you found it was putting on weight, eating less healthy food, not exercising the way you usually would, or feeling stressed and anxious with the effects of lockdown.

Through it all was your health food store, with the majority remaining open to serve you during the pandemic – they weren't classified as essential retail for nothing! And as well as the wonderful people running these stores, we also want to offer recognition to the products and brands that you can find in your health food stores, the products making a difference to your health and wellbeing every day.

And that is why at this time of year every year, we launch our search for the best natural health products with the *Natural Lifestyle* Product Awards – whether it is your favourite supplement that keeps you in good health or helps resolve a specific health issue, it may be your go to natural beauty product, or perhaps a household product that helps you to reduce your environmental load.

Whatever your top products are, we would love to hear from you. From page 23,

you can read about all those products that are in the running for one of our awards, and then we need you to cast your vote – whatever your reason for voting for the product, you can visit www.mynaturallifestyle.co.uk/awards, or fill out the form on page 24.

And here's to another year of exploring the wonderful world of your health store.

Rachel Symonds,
Editor



THE BEST BITS

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



Editor Rachel got into the great outdoors with her cocker spaniel puppy, Gus, for a trip to the Peak District.



Our Sales Exec, James, and his wife, Anna, took to the water for a canoe ride along the River Cam.



The deer were out in force during a beautiful autumn countryside walk for our designer, Clare.



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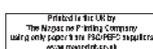
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Contents

REGULARS

6 **INSIDE... Health**

8 **INSIDE... Lifestyle**

10 **INSIDE... Beauty**

12 **Explore in store**

Why we all need to ensure healthy protein intake

15 **Explore in store**

A health twist to your winter food and drink choices

20 **Ask the experts**

Your questions answered

32 **The lowdown**

How to cut your chemical load when it comes to hair dye

34 **NL giveaways**

36 **Recipes**

Simple recipes for everyday healthy eating

FEATURES

16 **SAD management**

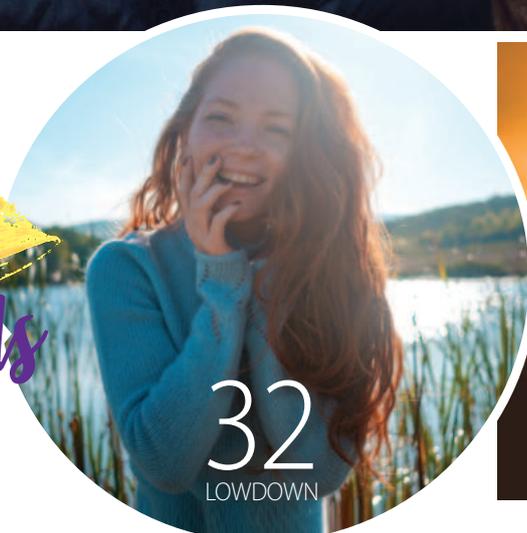
Expert advice on living with seasonal affective disorder

23 **Natural Lifestyle Product Awards**

We reveal what products are in the running for our annual accolades



Natural Lifestyle
Product Awards
2021



Boost your body's *defence*

NEW

Floradix® Immune Support



- Contains vitamins and minerals to support the normal function of the immune system; D, C, B12, B6, selenium and zinc.
- Based on a herbal extract from plants and Echinacea.
- Contains fruit concentrates for a great taste.
- Free from alcohol, preservatives, colourings and artificial flavourings.
- Free from gluten and lactose.
- Suitable for vegetarians & vegans.



A SEASON NOT TO BE SNIFFED AT

While the summer is the more common time to suffer with seasonal allergies, don't forget that Christmas can be a trigger too.

The people at HayMax, a pollen barrier balm, are reminding that decorating for Christmas is usually a fun and creative experience, but for some people, it can trigger unpleasant, hay fever-like symptoms. Christmas tree syndrome, as it is known, is caused by tiny allergens that are hiding in your Christmas tree, and so Max Wiseberg, founder of HayMax, gives his top tips to help sufferers.

"A team of scientists from Upstate Medical University analysed clippings from 28 Christmas trees, including needles and bark, from a range of species, and found that they housed an unbelievable 53 different types of mould. Plus, pollen from other trees also gets lodged in the bark and there can be allergens such as dust and mould present on synthetic trees too," he explained.

"This combination of allergens can make Christmas tree

decorating a real misery. But there are things you can do to help lessen your allergic reaction."

He suggested hosing down your tree before taking it into the house, or after getting it out of storage, as this can help remove some of the mould and spores, and take care when you're decorating your tree, or get someone else to do it, as allergens will be disturbed as you move the tree into position and move the branches to hang the decorations and position the lights.

He added: "Put your tree up as late as possible to help minimise the risk of exposure to mould and use an air purifier to help clear the air of mould particles."

Inside... HEALTH

SAY NO TO SUGAR

With the festive season upon us, sugar intake can increase, but one doctor is warning of the effects on our health.

Dr Michael Mosley, founder of The Fast 800, explains why sugar is addictive, and how we can break the habit.

"From the first bite, consuming sugary food triggers a cascade of neural events that leads to a powerful urge to keep eating," he explained. "Within the midbrain, pathways release dopamine, driving sugar addiction by rewarding and reinforcing consumption. Studies have shown that the neural chains transmitting pleasure from eating sugar are very similar to those activated by cocaine and heroin – indeed, neuroimaging has shown structural similarities between the brains of obese people and those with established hard drug addictions.

"When you continually consume products that are high in sugar, your pancreas has to produce more and more insulin to regulate your blood sugar levels, which can lead to insulin resistance. Insulin resistance is problematic as it will keep you feeling hungry and will encourage fat storage."

There are a few simple changes you can make which will help combat sugar addiction:

- **Always chose the full fat option** – low fat generally means all the good stuff has been removed and has been replaced with sugar and nasty additives. Full fat products will keep you feeling fuller for longer.
- **Stick to water** – soft drinks and fruit juices contain a large amount of sugar. If you feel like mixing it up, try sparkling water with a wedge of lemon and some cucumber.
- **Look for processed foods** – these have considerable 'hidden sugars' and swap these for less processed alternatives. Eating 'diet' foods like fat-free crisps or biscuits can lead to overeating, because they leave the body wanting more. Additionally, fat-free products often add extra sugar to make up for the lack of fat, and therefore flavour.
- **Ease off alternatives** – you can use sugar substitutes like stevia and xylitol but try to wean yourself off your sweet tooth. While artificial sweeteners may have zero calories, they may cause sugar cravings so I would suggest that you ditch them altogether.



Learn how to calm the gut

A new book is described as the compassionate guide to healing IBS and IBD.

Cara Wheatley-McGrain has penned *Calm Your Gut*, a unique holistic guide to healing gut problems, such as IBS and IBD, with healthy, compassionate methods.

Cara, an Educational Consultant and Wellbeing Coach, was inspired by her own healing process following a flare-up at university that left her just hours away from having her colon removed in hospital. In the book, she takes us on her gut-led journey, sharing tried-and-tested methods, simple exercises, and tasty recipes to heal your gut and dramatically improve your health at every level.

She will walk readers through the 4 Gs: gut knowledge, gut compassion, gut healing and gut integrity, allowing you to take back control and live the happy-gut life you deserve.

You'll also find out how to develop highly effective mindfulness practices in relation to both food and lifestyle, create delicious, gut-friendly meals and incorporate simple daily rituals such as breathing techniques and visualisation into your routine.

We love

NATURE'S ANSWER VITAMIN D-3 DROPS

– vitamin D is hugely important during winter, and two drops of this product delivers 4000IU of biologically active vitamin D3 suspended in extra virgin olive oil, contributing to immune function and bone health. As it is in liquid form, Nature's Answer Vitamin D-3 is quickly absorbed into the body, with no fillers, tableting agents, or additives.

GIN GINS CHEWY GINGER CANDY

– the warming range of Gin Gins are a favourite treat during the cold season. Whether you eat them whole or dissolve them in hot water for a soothing and spicy drink, they are simply yummy.



Your Daily Boost For **Stronger Immune Response**



MAX STRENGTH IMMUNE SUPPORT



SUITABLE FOR VEGETARIANS

Boost your immune system with a unique formulation of **10 immune-supporting nutrients** including EpiCor® and eXselen™ Selenium, along with Zinc, Vitamin C, Vitamin D3, Elderberry Fruit Extract, Immune Assist - Micron Powder and Larch Arabinogalactan Powder. Provides 39mg of Immudyne Beta Glucan 1,3 and 1,6 for optimal immune response.

May protect against infections, allergens and support healthy cell growth.
Contains 90 vegetable capsules per bottle.

Available online at www.GoodHealthNaturally.com

   @GHNGlobal

Winter walks for you

The colder weather is no excuse not to get outside – and a new campaign from the Ramblers is here to help.

Walk Your Way in Winter is helping to encourage everyone to embrace the season, wrap up warm and get out exploring. And to inspire you, the Ramblers has created a free, downloadable 'bingo card' packed with inspirations, tips and challenges to try out.

As you decide which options appeal to you, you can find out what type of walker you are – a Nature Wanderer, an Adventurous Hiker or a Weekend Walk and Talker – and get further inspiration to help you get the most out of your winter walking.

The Walk Your Way in Winter bingo card is live now at www.ramblers.org.uk/walkinwinter/



Inside... LIFESTYLE

Discover your inner peace

A yoga expert is helping the nation find everyday calm and strength with her new book.

Ten years ago, Hannah Barrett had a flourishing career in finance, went to the gym religiously and had all the external hallmarks of success. But it wasn't until she discovered yoga, when trying for her first baby, that she realised what her life was lacking – strength

on the inside, a sense of knowing who she truly was, and the ability to feel completely comfortable in her own company.

Yoga offered Hannah a huge spectrum of benefits beyond the physical, but it wasn't until she suffered an intense personal trauma that she understood just how transformational it could be in regaining her happiness and mental strength.

And now, she has penned *Yoga Happy*, where she encourages you to incorporate key disciplines, thoughts and actions into your everyday life. No matter how little time or space you have, Hannah shows how you can find your energy, reduce stress at home or at work, get a good night's sleep and learn to cope better with whatever life throws at you.

Yoga Happy is an essential companion to help you through life, whether you're a complete yoga beginner or wanting to deepen your home practice. In this beautiful, full-colour book, you will find everything you need to build your inner strength, enhance your yoga practice, and help you find calm, happiness and the resilience to navigate the modern world.



BOODY FOR A BETTER WORLD

The sustainable bamboo brand, Boody, has taken it a step further with a new range.

Championing a closed-loop manufacturing process, Boody has upped the sustainability stakes with its latest collection, expanding on its range of bamboo basics to create their most lightweight line yet.

LYOLYTE is the new range boasting five new styles, four new colours and one new fabric, which is billed as Boody's lightest underwear yet. Created using a closed loop lyocell process, the brand has improved upon its signature fabric's lightweight feel, while managing to retain the same sustainable properties.

Lyocell is a cellulose fibre traditionally made from eucalyptus, oak and birch trees. Breaking with convention, Boody's LYOLYTE range has been developed using organically grown bamboo.

To create this exclusive blend, raw organic bamboo pulp is dissolved using a non-toxic solvent. The cellulose that's left is then pushed through spinnerets to reveal light, white lyocell fibres – which are spun into yarn. The entire garment is then knitted in one piece, using a seam-free technology to reduce waste.

Lyocell is one of the most sustainable fabric processes on the planet as it uses a closed-loop system that recycles 98 per cent of the water used, requires less energy and water overall and with no need for harmful chemicals.



VIRTUAL VARIETY

The Covid-19 pandemic taught us all new ways of working out, and one platform is continuing to show the benefits of virtual workouts.

Ponzu is the new virtual platform that has been built for the post-Covid-19 world and is sustainably transforming how people work out; connecting friends, colleagues and individuals with premium professionals, Ponzu encourages users to sweat and get social.

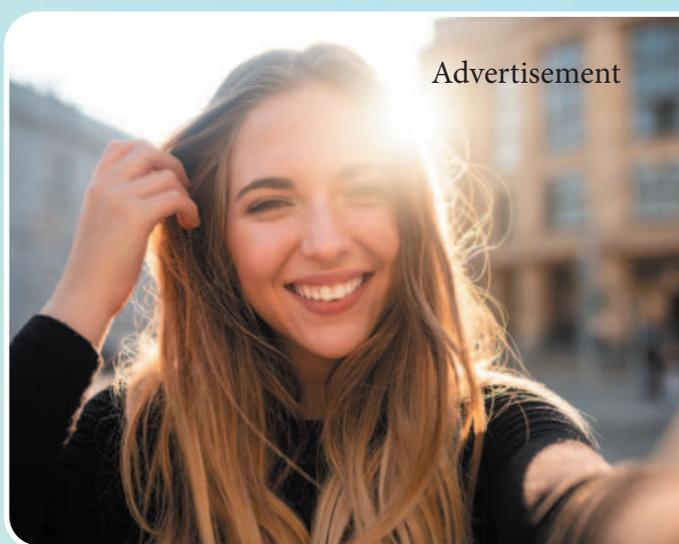
With a variety of wellness disciplines available that are reflective of personal goals, whether to reduce anxiety and boost mindfulness in yoga, increase flexibility and core strength with Pilates, or experience a full body workout with a high energy HIIT session.

Research Ponzu commissioned uncovered that 53 per cent of people fear they're working out incorrectly and 39 per cent lose motivation whilst taking part in a pre-recorded workout. Ponzu instead focuses on personal accountability with real time,

expert trainer who will personally guide and motivate them throughout the class.



Winter Health and Beauty Essentials



Be Kind To Your Skin

The Lavera Basis Sensitiv Rich Moisturising Cream will keep your skin soft, hydrated and nourished throughout the colder winter months. The creamy texture is enriched with organic shea butter and jojoba to intensely moisturise the skin and protect it from drying out. With the addition of organic aloe vera, it soothes the skin and leaves it feeling soft and smooth. Available from health stores and online. www.lavera.co.uk | £13.95



Lip Smackingly Good

The thought of putting chocolate on your lips when you can't eat it might sound mean, but the Benecos sweet cocoa flavoured lip balm is full of natural ingredients to protect and care for your lips. Cocoa and shea butter are the perfect duo to help say goodbye to dry cracked lips! Available from health stores and online. www.benecos.uk | £2.95



You're In Good Hands



Ben & Anna Daily Care Hand Cream offers your hands that extra TLC they crave in the colder months. The lightweight vegan formula intensively moisturises and nourishes skin in a natural way using key ingredients of sweet almond oil and shea butter. Always

thinking of the environment, the packaging is eco-friendly, so you can indulge guilt-free with this little jar of luxury. Available from health stores and online. www.benandanna.uk | £4.45

Feel Fresh

Freshen up your intimate area in the shower with this little bottle of goodness. The certified organic formulation of the Organyc Intimate Wash is infused with soothing chamomile, calendula and aloe vera to gently cleanse and calm the intimate area while helping to avoid irritations. It is ideal for sensitive skin and the gentle formulation is suitable for daily use to keep intimate skin happy and feeling fresh and confident all day long. Available from health stores and online. www.organyc.uk | £8.49



Time To Treat your Skin

Relax, sooth and smooth with the SOiL Organic Aromatherapy Relaxing Massage Body Oil. It is the ultimate relaxation body oil for all skin types. The light, easily absorbing oil is infused with lavender, ylang-ylang and geranium organic essential oils to calm, de-stress and revive the body and mind while also hydrating the skin. For a total feeling of well-being, this oil can also be used as a bath oil to sooth and relax tired, sore muscles. Available from health stores and online. www.soilorganics.co.uk | £13.20



Cotton Softness

Made with Fairtrade organic cotton, the Fair Squared Cosmetic Pads are ideal for gentle cleansing to replace your disposable cotton pads for guilt-free cleansing. Use with your favourite cleanser, toner or oil to remove makeup and daily build up on the skin to leave the skin feeling refreshed and revived. Available from health stores and online. www.fairsquared.co.uk | £12.75





Know your nails

Nail ridges can be a common problem, but the good news is, there's plenty you can do to get rid of them.

Carla Opoku, founder of natural nail polish brand, Cienna Rose, explained: "Ridges are little indentations that start at the cuticle and can run both horizontally and vertically along the nail bed. They can feel a little bumpy or raised to the touch."

"Most of the time, ridges in fingernails are totally harmless. Fingernails are made by living skin cells in your fingers so dryness, a vitamin deficiency, and conditions such as eczema can lead to ridges, which can all be treated. Some people can also be more susceptible to weak and brittle nails."

She added: "Vertical nail ridges can be fairly common and are a natural part of ageing that happens because of a decrease in cellular turnover. Horizontal ridges in rare cases could be a slightly more serious sign so it's worth talking to your doctor just to get them checked out."

So, how can you get rid of them?

Carla advised: "Stay hydrated and drink lots of water, use a gentle hand wash/soap and opt for a non-acetone-based nail polish remover that won't strip away natural oils and dry the nail out. Replenish moisture by using nail and cuticle oils to encourage healthy growth and use a hand cream regularly. Massage your cuticles to increase circulation."

"Take a break from professional gel or acrylic nails to give the nail time to recover and build strength. It might be worth you taking a multivitamin to boost your levels and you could also look at taking vitamins specifically for boosting nail health. Eat a well-balanced diet. Almonds are high in vitamin E, a vital ingredient for maintaining healthy nails. Eggs are rich in protein and are great for building strong nails."

Inside... BEAUTY

Natural cleanse

Look after your skin without the chemical load with these new creations from ORGANII.

The natural brand has unveiled four new organic vegan shower gels in the varieties, Tropical, Citrus, Nourishing, and Neutral.

The shower gels are super-concentrated, yet mild, which are suitable for the whole family, including those with sensitive skin. Dermatologically tested, each shower gel is made with 100 per cent natural ingredients, meaning they have no synthetic fragrance, parabens, sulphates or silicones. As well as being certified COSMOS Organic by the Soil Association, they hold the Vegan Society and PETA cruelty-free logos too.

The shower gels are all created using a base of barley stem water which, while mild and non-irritating on the skin, helps to fight skin infections, gently exfoliates and controls oil secretion.



SCENTS TO RELAX

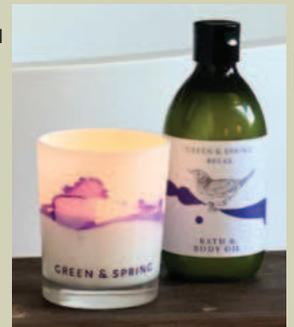
Fill the air with soothing fragrances with this natural indulgence from Green & Spring.

Its new Relax Bath & Body Oil eases mental and muscular tension, helps sleep, and promotes skin regeneration.

Green & Spring is proudly homegrown, with each product created by hand from plants and flowers native to the British Isles and produced in Britain, reducing the brand's carbon footprint whilst supporting local artisan businesses.

The team have eliminated all unnecessary packaging and made any necessary packaging re-useable. The green bottles are made from 100 per cent post-consumer plastic, and the glass hand-painted candles and diffusers come with removable brand stickers so you can use them as mini storage jars after they've burned their last.

The Relax range is made with lavender, rosemary, and marshmallow.



GIVING BACK WITH GREEN PEOPLE

If you're in search of festive inspiration, look no further than the Christmas range from Green People.

The Green People Dazzling Brights Christmas collection is defined by its bold and bright zebra motif; a dazzling array of organic beauty gifts, with all sales supporting the charity, The Ehlers-Danlos Support UK (EDS UK), with a 10 per cent profit donation.

Green People formulas are created using certified organic ingredients and won't contain any nasty extras, such as artificial fragrance, parabens or alcohol.

The range for Christmas includes Glow Wild Day & Night Skin Care Duo, containing Green People's bestselling skin care line, Vita Min Fix Moisturiser, and the night-time skin rejuvenator, Fruitful Nights Night Cream. Or there is Wildly Kind Scent Free Skin Care Duo, a skin care duo for delicate skin, which contains Scent Free 24-Hour Cream and Scent Free Hydrating Calming Serum.

The male population are also catered for with Wildly Fresh Men's Body Care Duo featuring a duo of peppermint products that leave skin feeling festively fresh. The pack contains the Mint and Eucalyptus-scented Green People for Men No.5 Energising Shower Gel and No.9 Mint & Prebiotics Roll-on Deodorant, a non-pore-clogging formula with a three-way natural odour-fighting action against body odour.



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High potency,
purest saffron
extract

CLINICALLY
PROVEN
SAFFRON
extract from
Spain

Enhances that
**STRESS-RELIEVING
FEEL-GOOD**
feeling

SAFFRON
helps resist
**COMFORT
EATING**

Supports
healthy
mood

Supports
cognitive
health

FREE
from GMO,
sugar, gluten,
and soy

FELIX™ Saffron is a feel-good supplement with a highly specialised affron[®] Saffron Extract, the Saffron extract that helps maintain a positive mood.

Say YES to feeling HAPPY!



COYNE
HEALTHCARE

Also available in Felix[®] Advanced 60's



@CoyneHealthcare



@coynehealthcare

www.coyne-healthcare.com

YOUR PROTEIN NEEDS

We need protein no matter our age, yet many of us can be lacking. Here's how you can healthily top up your levels.



Protein has in the past been synonymous with the avid gym goer looking to bulk up, with all manner of products having added protein to it. But it's really important to look beyond that to realise that all of us – no matter our age or lifestyle – must have adequate protein intake and from good sources.

The reasons for this are many (which we come to below), but it's really important to note that how you get your protein is also crucial; picking sugar laden protein powders and drinks can be counterproductive to health, and you really need not buy additional protein products – simply ensure you are planning in enough protein to your daily diet – and here, we show you how.

TRY THIS

Nutiva Hemp Protein

Terranova Nutrition Amino Freedom Protein Digestion Complex

Redferns Protein Tortilla Chips

Viridian Nutrition Balanced Amino Acid Complex

THE IMPORTANCE OF PROTEIN

Protein is considered a macronutrient. This means that we need large amounts daily to meet our health needs. Protein sits with carbohydrates and fats as a macronutrient (sometimes referred to as simply macros).

We have protein requirements right from birth, and it is important at different stages of life.

One of the most important elements is to help the body repair, and to grow, which makes it especially critical for children and into adolescence. Protein also plays a role in muscle health, and helps to carry oxygen throughout the body in the blood.

It also has a role with the heart, liver and brain, and with regard to our immune system. We might need more after intense exercise to allow the body to repair and recover. It is also known that protein can support maintaining a healthy waistline.

The Government guidance in the UK is that women need 45g a day, while men need around 55g.

PROTEIN AND THE BODY

But how do we obtain it and where is it found?

According to the British Nutrition Foundation, amino acids are known as the building blocks of protein; when we consume proteins, the body breaks them down to amino acids. The body then uses these amino acids to make new proteins.

But how can you top up your levels, without having to overload on protein supplements and relying on animal products?

The good news is there are many healthy foods that can help you meet your daily protein requirements; some of our favourites includes beans, lentils, chickpeas, tofu and eggs. It can also be found in meat and fish, as well as nuts and seeds, along with milk and yoghurt (be sure it's plain and without added sugars). You can also find lower amounts of protein in rice, nut and oat drinks.

If you do choose a protein supplement, such as a powder-based product that you make into shakes, check the ingredient label and avoid anything that has additives and sugar in.

Silica – the must have mineral

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

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



Super silica

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

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



Best for beauty

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

and many are packed with sweeteners and flavourings.

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



Gut friendly

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

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

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

Cold sore relief

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

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

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



NATURAL LIFESTYLE'S Top Picks



Chocolate Latte with Ashwagandha

A great-tasting organic and dairy-free instant chocolate latte with raw Cacao and Ayurvedic herbs and spices. Delivering prebiotics and 1 billion heat stable live Biocultures in every serving. Made with a base of organic coconut milk powder for a delicious and creamy texture.



Contains Ashwagandha, traditionally used to elevate energy and support relaxation. Just add hot water or milk of your choice. Available from all good health stores and www.kijaniliving.com

Natural Refresh Reed Diffuser

This brilliant natural home fragrance features an energising blend of essential oils including, Spearmint, Lime and Sweet Orange, specially formulated to help elevate the senses and revitalise the mind and body naturally. Blended by our expert Aromatherapists to help you feel invigorated and ready to seize the day.



This aromatherapy diffuser comes with eight high quality reeds which absorb and gently release this wonderful natural fragrance into your home. To source the best essential oil suppliers we only opt for oils from controlled, sustainable sources that have little or no negative impact on the environment.

www.absolute-aromas.com

Cold & Flu Symptoms?

Cold & Flu symptoms can leave you feeling under the weather, especially when our immune system hasn't been exposed to them over lockdown. Echinaforce® Hot Drink Cold & Flu is an Echinacea concentrate made from extracts of fresh Echinacea purpurea with Elderberry fruit extracts and is a 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. It's simple to make and has a pleasant flavour. Always read the leaflet.

Available from Health Food Stores Nationwide.
RRP: £11.35



Elderberry & Echinacea - Immune System Tea

NutraTea® Elderberry & Echinacea Tea is 1 of 22 herbal blends that has been formulated to help support the immune system whilst helping to aid recovery from the cold and flu.

This resilient herbal blend contains entirely natural, sustainably sourced ingredients with no added flavourings, oils or excipients enabling each tea bag to be reused throughout the day. Containing 40% Echinacea and 60% Elderberry, it helps support the health of the upper respiratory tract and proper functioning of the body's defensive system for a delicious cup of herbal tea that is sweet yet subtly tart.

www.nutratea.co.uk

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Healthy indulgence

Warm yourself up this winter season with some of the tastiest food and drink choices.

The colder weather and the festive season are an obvious combination to encourage us to sit back and indulge in all manner of food and drink. And while we should all allow ourselves a bit of a break from the usual health routine, it's really worthwhile keeping an eye on what you're consuming at this time of year, so you don't undo all your good work, being particularly mindful of your sugar and fat intake.

Your health food store is a great place to discover healthy food and drink products, whether it's those low in sugar, those that are plant-based, alcohol-free choices or warming herbal teas.

Nourishment from the inside

Eating well in winter is really important as this is the time of year more colds and 'flu are doing the rounds, making you more susceptible if you are not in good health.

Hearty stews and soups are brilliantly nourishing, and great for helping to keep you warm. Pack them full of vegetables (parsnips, carrots and turnips are great at this time of year) and batch cook, so you have something on hand all the time.

You could also start your day the warming way with healthy porridge; oats contain protein and fibre, and are also low GI, so will release energy slowly. You can top with fruit, nuts and seeds, or healthy cinnamon for an extra health kick.

When cooking, add in lots of healthy herbs and spices to add flavour and a health kick; garlic is important for immunity, while turmeric can help to ease inflammation, and cinnamon is useful for blood sugar control.

FESTIVE CHOICES

Chocolate, cheese, alcohol and everything in between can be consumed in abundance during the festive season, and can you leave feeling the effects; bloating, poor digestive health, congested skin, and fatigue are just some of the likely impacts of eating excess amounts of these foods so common at Christmas.

If you are a sweet fan, choose dark chocolate, which will have retained some of the healthy properties, such as antioxidants. Raw options are also a good choice as the key nutrients found in cacao won't have been lost.

If you want to drink, try to ensure you moderate, drink water in between alcoholic drinks, and when making choices, the best option is red wine as it contains the antioxidant, resveratrol, which research shows has a range of benefits for the heart. Or remember that there are a great many alcohol-free options out there, from wine and beer to spirits, and all with the added benefit of leaving you feeling fresh the next morning.

Being vegetarian or vegan can be difficult at Christmas, but there are so many recipes out there now for healthy nut roasts, and stock up on the likes of tofu, jackfruit, plant-based milks and cheeses and vegan chocolate – or, better still, make your own treats to ensure they aren't loaded with artificial ingredients.

HEALTHY AND HERBAL

The winter is a time we want to drink lots of hot drinks to give us warmth and comfort, but you need to be careful not to overload on caffeine as excess amounts can leave you dehydrated.

The good news is there are many healthy herbal drinks that can not only warm you up but have a health twist too. Start your day with citrus-focused or ginseng teas to give you an energy boost, while fennel and dandelion are great for detoxing. Echinacea and elderberry are wonderful immune supporters, while the likes of valerian, hops and chamomile can be chosen to support healthy sleep.

And, if you have overindulged, peppermint is great to help with digestion, while ginger is great to ease nausea. You could also try ginger sweets too.

TRY THIS

The Ginger People
Gin Gins Chewy
Ginger Candy

NutraTea Nutra
Cleanse

Organico Organic
Vegan Kebabs

Suma Vegan
Pea & Ham Soup

SOOTHE SEASONAL BLUES

Seasonal affective disorder is a real problem for many come the winter. But with a healthy and holistic plan, you can manage low mood.

It's perhaps no surprise that winter can be a time when we experience low mood; the weather is colder, the nights get darker earlier, and we spend less time outdoors in the daylight. The colder weather can also encourage us to eat a less healthy diet than we perhaps would in the warmer months.

For many Brits, this can lead to seasonal affective disorder, a condition more commonly referred to as SAD, which causes feelings of low mood and other associated issues. However, you need not suffer this winter as there is a huge amount you can do naturally that can keep your mood more stable.

Alice Bradshaw, Head of Nutrition Education and Information at Terranova Nutrition, explained: "SAD is relatively common in the UK, especially around the time that the clocks change and daylight hours are reduced. During the pandemic, we have seen an increase in mood disorders partially brought about by spending more time isolated from others, as well as less time outdoors."

Keeley Berry, Nutritional Expert and Product Developer at BetterYou, went on: "Each year, up to one in four people in the UK will experience a mental health problem, with almost 20 per cent of those aged 16 and over showing symptoms of anxiety or depression – and that's just those that are diagnosed by a medical professional. But that doesn't consider the millions that live with less-than-good moods for days or even weeks at a time.

"As autumn arrives and darker days draw near, it's easy to blame the weather for feeling low, yet there may be more to it than that. Our bodies need the sun and its essential UVB rays, which are vital to stimulate the production of vitamin D. Vitamin D receptors appear in a number of different brain tissues and contribute to nerve formation. Importantly, these receptors are found in areas of the brain that control mood."

Identify the causes

There are various reasons why winter can lead to SAD, with Alice explaining: "SAD is a mood disorder that is sometimes known as winter depression because symptoms are more apparent during the winter months. There are various reasons for the development of SAD, stemming from the fact that we are exposed to less sunlight during winter. The key theory is that this reduced light exposure results in the hypothalamus not functioning as it should.

"As a result, there may be hormonal disruption, such as the overproduction of melatonin (the hormone that makes you feel sleepy) and a lack of serotonin (the hormone that influences mood, appetite and sleep). There may also be disruption to the body's circadian rhythm. There may also be a genetic component to SAD as it appears to run in families."

Keeley looked in greater detail at the role of vitamin D, commenting: "Many Brits rely on their exposure to sunlight to absorb vitamin D and whilst 80 to 90 per cent of our vitamin D stores are provided by the sun, as winter arrives, symptoms associated with SAD can begin to appear. Studies have been found to support this, with researchers concluding that low levels of vitamin D are common among those facing depression, and those experiencing symptoms should be tested for a possible deficiency.

"For those living in the northern hemisphere, the amount of UVB radiation in autumn and winter is not sufficient enough to produce the amount of vitamin D our bodies need and even during the summer months, it is predicted that up to 13 per cent of the UK population will be deficient."

She added: "Research has suggested that vitamin D may help to modulate levels of neurotransmitters, such as serotonin (the happy hormone) within the brain, which play a pivotal role in the development of depression."

SYMPTOM CHECK

The signs you have SAD can be quite obvious, and if you are concerned, do speak to your GP to rule out anything more serious.

Alice explained: "Symptoms that would normally be seen in depression are also seen in SAD. These include an ongoing low mood and loss of interest in everyday activities. There may also be a lack of energy, irritability and cravings for carbohydrates, which may result in weight gain."

And Keeley went on: "If you find yourself suffering from low mood for prolonged periods of time or suspect that you may have a vitamin D deficiency, the first step would be to test your levels. You can do this by either visiting your GP or by using a quick and easy at-home testing service. Blood tests are the most accurate way to understand a person's vitamin D status and allows for tailored supplementation recommendations based upon on the results."

Address lifestyle choices

There are a great many factors that can raise your risk of SAD and make symptoms worse, and these relate to your lifestyle choices.

"Relaxation techniques, such as meditation, deep breathing or visualisation are practices that many find useful to relieve stress and anxiety. However, even simple strategies, such as taking regular, gentle exercise can also be tremendously helpful," Alice suggested.

"Learning to organise the day and manage time can also be effective in providing routine and helping with feelings of depression. More specifically, spending time outdoors during daylight hours is important to those affected by SAD. Some sufferers may also benefit from special lamps and indoor lighting that mimic natural daylight."

Try this

- ★ Bio-Kult Brighten
- ★ A.Vogel Hyperforce
- ★ Terranova Nutrition Full Spectrum Multivitamin Complex
- ★ Nature's Answer Vitamin D-3 Drops
- ★ Natural Health Practice Mental Wellbeing Support

Your mood and diet

The phrase 'you are what you eat' rings true in so many areas of our health and especially with regard to the mind. Putting in poor quality fuel can really affect how your brain functions and so if you suffer with SAD, changing your diet is imperative.

Alice explained: "Our diet can have a huge impact on our mental wellbeing and mood. Caffeine, found in tea, coffee, chocolate and some carbonated drinks, can trigger symptoms such as palpitations, nervousness, irritability and anxiety. High glycaemic, refined foods cause blood sugar swings, which is a contributing factor to diminished mental function. Furthermore, these foods increase levels of cortisol, the body's stress hormone."

So, what changes do you need to make?

Alice advised: "Eating a diet rich in fresh wholefoods is important to address SAD. Avoiding excess sugar, simple carbohydrates and alcohol are also important nutritional strategies to manage depression."

"The mineral, potassium, plays a key role in adrenal support, so increasing fruit and vegetables and reducing salty, processed foods is supportive. Eating on a regular schedule in a calm, relaxed manner, rather than grabbing random meals, will encourage good digestion, blood sugar balance and help to maintain an even mood."

SAD SUPPLEMENTS

We need certain nutrients to keep mood balanced, as well as help with stress, sleep and other associated issues. So, what do the nutrition experts suggest?

"A multivitamin, B complex and vitamin D can be helpful to meet common nutrition deficiencies and iron supplements can be helpful if blood tests show a lack of this important nutrient (which is relatively common)," Alice explained.

"Magnesium is one of the most important nutrients that the body needs but cannot itself manufacture. It's therefore important that the needs for this mineral are met through diet and/or nutritional supplements. Known as the 'anti-stress' mineral, it exerts a calming effect on the whole body and studies show that magnesium is excreted from the body at an increased rate under stressful conditions."

And Keeley reiterated the importance of vitamin D.

"While it is possible to obtain vitamin D from our diet, The Scientific Advisory Commission on Nutrition recently concluded that it is difficult to obtain adequate levels of this vital vitamin from natural sources alone. As such, alternative strategies such as supplementation are becoming increasingly popular to ensure optimal health," she advised.

"When it comes to supplementation, traditional tablets and capsules don't suit everybody and some of us can find them difficult to swallow. There are alternative methods of supplementation available, such as an intra-oral spray, which provides effective and convenient absorption by delivering nutrients directly into the bloodstream, through the inner lining of the mouth. As vitamin D is fat soluble, it is perfectly suited to an oral spray delivery method as it relies on the bloodstream for transportation from the skin to the liver and kidneys. The faster it can enter the bloodstream, the sooner the body can benefit from it."

And how much do you need, and for how long?

"As our bodies react to each vitamin and mineral differently, each person will have a unique response to taking a supplement and the amount of time before you start to see a difference will vary. Those with a deficiency can begin to feel a difference after just two weeks of supplementation, however, significant benefits are experienced after one month," she explained.

"I would recommend that those with inadequate levels of vitamin D, for example, those deemed deficient or insufficient, re-test their levels after 12 weeks of supplementation to ensure levels have increased appropriately."

Keep in mind certain herbs too, wonderful for a range of issues linked to SAD.

Alice suggested: "The herb, *Rhodiola rosea*, as well as Chinese and Siberian ginseng, are known as adaptogens and all support adrenal function and enhance resistance to stress and anxiety. Adaptogens are also thought to enhance energy and mood."

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Ask the experts

COMBATING THE EFFECTS OF STRESS...

by Roz Crompton

What effect can stress have on our health?

Prolonged or frequent stress can be very detrimental to health. Some common symptoms of stress are sleeplessness, fear and anxiety, restlessness, irritability, inability to concentrate and exhaustion. Stress can affect the heart, causing high blood pressure and lower immunity, causing frequent colds. Overeating and cravings for certain foods are common, as is excess alcohol to help relaxation.

How can we counter the effects of festive stress through our diet and lifestyle choices?

Last year, Christmas celebrations were affected by Covid restrictions so I am sure people will be celebrating in style this year. It is the season of goodwill but also a time when stress levels can soar.

Excessive stress can increase appetite and cravings for sugary and fatty food and, of course, being the season to be merry, might just give us the excuse we need for a bit of excess alcohol consumption. Try to eat some high protein snacks such as yoghurt or an apple with cashew nut butter to keep hunger pangs at bay. Go for a good walk as physical exercise can help to reduce tension and stabilise mood.

How can homeopathy help us, and what remedies would you suggest?

Homeopathy is a holistic system of medicine that

can benefit both physical and emotional complaints. For symptoms of mild stress and anxiety, there are many useful homeopathic remedies available over the counter for self-help and, being natural, are without any known side effects:

- **Aconite/Arg-Nit/Arsenicum 30c** – this combination of remedies has a long history of traditional use to relieve symptoms associated with emotional shock, stress, anticipatory anxiety, fear of illness, panic attacks and more.
- **Gelsemium 30c** – indicated when there are feelings of weakness, trembling with mental dullness, or feelings of being paralysed by fear and fear of crowds.
- **Lycopodium 30c** – especially good for those that worry and battle with self-confidence. It is a remedy for fear of change, stage fright of being in the public eye.
- **Nux Vomica 30c** – helps to neutralise the effect of stress on the mind and excess intake of food, alcohol and drugs on the digestive system. A great remedy for overindulgence.
- **Avena sativa/Coffea/Passiflora/Valerian 30c** – stress and anxiety can affect sleeping patterns. This combination can help with difficulty getting off to sleep and frequent waking during the night. It is especially good for those who are unable to switch off and go over things in their mind.

Q How can I support my immune health during winter naturally?

Jenny Carson suggested: In the cooler weather of autumn, nature provides clues on how to stay healthy over the winter months. You may have noticed hedgerows of elderberry, blackberries and wild plums. Elderberry especially is a traditional herb used to address winter illnesses, which is supported by the vitamin C content of the other hedgerow treasures.

The rich black-purple colour of the elderberry signifies the density of oligomeric proanthocyanidins, compounds that have attracted contemporary research interest to investigate their beneficial properties. In fact, research has unveiled that elderberry exerts antiviral, antioxidant and anti-inflammatory effects.

Evidence shows these effects are via several important mechanisms, which include an inhibitory effect on the early stages of influenza development, blocking viral glycoproteins so that they cannot enter the cell and prevention of viral transmission to nearby cells. The dark pigments of the berries are considered to bind to viruses to prevent infection and the potential to damage the external virus envelope, a further deterrent to infection.

Overall, elderberries and vitamin C provide important nutrition to prevent common winter illnesses, especially viral infections such as the common cold and influenza. Given their activity, they can be used as a preventative to infections and during a viral infection to reduce the longevity of the illness.

Elderberries that are raised to Soil Association organic standards are not only free from pesticides and chemical fertilisers but are raised using wildlife friendly methods. Organic certification offers cleaner, fresher and planet friendly produce.

About the experts



KEELEY BERRY is a Biomedical Science graduate and started her career as a Molecular Biologist. Now, as New Product Development Manager at natural health brand, BetterYou, Keeley has over five years' experience in nutrition and is an expert in delivering pioneering, world-leading supplements for the UK and globally.



ROZ CROMPTON has worked for Helios Homeopathy for 24 years. She is a qualified Homeopath and its Sales, Marketing and New Product Development Manager.



JENNY CARSON is Senior Nutritionist at ethical vitamin company, Viridian Nutrition. Jenny has completed a Master of Research (MRes) in Public Health, giving her a wide understanding of public health nutrition.



ROWENA THOMSON is the Nutrition Science & Communications Manager at the Bountiful Company for the Solgar brand.

“CNM helped me transform my health and build a thriving career”

Emma Alexander, CNM Nutritional Therapy Graduate, explains the impact CNM training had on her life and career.

My life has changed so much since studying at the College of Naturopathic Medicine (CNM). I've gained confidence in myself because I now understand how to look after my skin using nutrition.

Changing my diet resolved my chronic acne. I suffered from face and body acne in my early teens, which continued into my early adulthood. I spent years trying every product on the market, hoping that something would help, but nothing ever did. I felt very uncomfortable in my skin and was constantly trying to hide it from the world. I wore baggy t-shirts and went on sunbeds to make my skin look darker so no one would notice my acne or scars.

In my mid-20s, I learnt about the effects that dairy and sugar had on my body. After much research, I embarked on an elimination diet for four weeks. By the end of the month, I not only looked amazing, I felt great too. In that moment, I finally realised the impact that food has on my body, however, I didn't know how it all linked together. This made me want to learn more so I could understand what was causing my breakouts and why.

In October 2017, I took a short course at CNM on natural skincare and nutrition, and I was shocked to discover the link between nutrition and skin conditions. On the way out, I picked up a leaflet on becoming a nutritional therapist and soon after, I booked a consultation to discuss training. I signed up to start the course in January 2018.

The detail CNM goes into for each module is unbelievable – you learn so much! I especially loved the clinic training in the second year; being able to apply my knowledge and help people felt great. The people at CNM, both students and lecturers, are so supportive and welcoming. I really looked forward to studying and seeing everyone at the college on the weekends.

Studying nutrition has transformed my life. I've been able to build a thriving career I'm passionate about and help others. I specialise in acne and plan to branch out into other skin conditions as I believe many people are not informed about how nutrition affects their skin. I want to help people avoid the pitfalls I went through. As my knowledge increases, my health also improves. Knowing I have the ability to help someone look and feel better is the best feeling ever!



Emma Alexander

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Ask the experts

THE IMPORTANCE OF IRON...

by Keeley Berry

Why do we need iron and are certain people more in need?

Iron is a vital component in haemoglobin, the substance in red blood cells that carries oxygen from our lungs to transport it throughout the body. Haemoglobin represents about two-thirds of the body's iron and if we don't have enough, the body cannot make enough healthy oxygen-carrying red blood cells.

Iron deficiency is the top nutritional deficiency in the world, and it's usually caused by inadequate intakes, low iron absorption, chronic blood loss, or a combination of the three. Though, the most common causes of deficiency in premenopausal women is excessive menstruation, pregnancy, and childbirth.

The popularity of plant-based and low greenhouse gas diets is another key factor as to why more of us are suffering from deficiency. This is because animal products, particularly red meat, are the only natural sources containing meaningful amounts of iron.

What signs are there we might not be getting enough?

As iron is essential to a vast number of bodily processes, symptoms of deficiency can manifest in various ways. Common signs that our levels may be low include fatigue, brittle nails, and dizziness, as well as pale skin, restless legs, and shortness of breath. Though the strangest symptom that can often be experienced is called pica. Pica is the compulsion to eat non-food items, which can range from ice cubes to dirt and plaster.

How can we top up our iron levels and should we supplement?

Men aged 19-50 are advised to consume 8mg of iron per day, which is around 11 eggs or over half a kilo of kale. Yet for women of the same age, the recommended amount is 18mg – that's one and a half kilos of turkey or 24 eggs! So, whilst we should ideally get vital nutrients from our diet, it can prove tricky and daily supplementation can help to plug nutritional gaps.

Any iron supplement which travels through the digestive system is likely to have gastrointestinal side effects, including abdominal discomfort, nausea, vomiting and constipation. This is because iron is hard on the digestive tract and only a fraction of the iron consumed will be absorbed, leaving the remaining iron to sit in the gut and cause irritation.

Pill-free supplements provide an effective alternative to this digestive discomfort and poor absorption as the nutrient is delivered directly to the bloodstream through the soft tissue of the inner cheek, bypassing primary digestion for optimal absorption.

Q Can you suggest how I can lift my mood and stay calm during periods of stress?

Rowena Dawson advised: Stress is key for survival and can be a great motivator but when emotional stress persists for weeks or months, this can affect health and wellbeing.

Everyone manages stress differently and our ability to cope under pressure can depend on our genetics, how we were raised, our personalities and our social and economic circumstances. Probably the most essential, and sadly often neglected, aspect of managing daily pressures, is self-care. This includes eating

balanced meals, exercising regularly, and getting adequate sleep.

For those seeking additional support, some nutrients and botanical ingredients have been shown by science to help support calm and relaxation. These include:

- **B VITAMINS:** This family of vitamins is integral to supporting a healthy nervous system. A well-functioning nervous system helps the body adapt and become more resilient to both physical and emotional pressures. Fatigue is a common when feeling stressed too and B vitamins help convert the foods we eat into energy.
- **MAGNESIUM:** When magnesium levels are optimal, individuals tend to feel calm

and more relaxed.

- **ADAPTOGENS:** These are plant-derived substances that help the body adapt to stress and normalise our bodily processes. Rhodiola and ashwagandha are adaptogenic botanicals both shown to support the body during mental and emotional challenges.
- **SAFFRON:** Research shows that a trademarked form of saffron (affron) may be particularly helpful in maintaining a positive emotional outlook.

If you feel like you're experiencing a more chronic form of stress, it is highly recommended to seek advice from your healthcare practitioner.

Natural Lifestyle

Product Awards 2021

Natural health heroes

What gets your vote in the annual
Natural Lifestyle Product Awards?

Every year, we launch the search for the best the natural health world has to offer. Whether it's the best supplement that has supported health, an innovative eco-friendly product that helps to reduce our load on the planet, or good-for-you food, we know how brilliant the makers of the natural health products you find in your health food store are.

And that's why we run the *Natural Lifestyle* Product Awards, to give recognition to those brands doing their bit to support our health. But we need you, our readers, to tell us what should win as it is you using these products.

Over the following few pages, you can read all about the products that are in the running for one of our awards, across various categories, and then we ask you to cast your vote, either through the form overleaf or by visiting www.mynaturallifestyle.co.uk/awards

Whatever your reason for voting, we want to hear from you so we can, in turn, give those amazing brands the recognition they deserve. And we look forward to revealing the winners in the February issue of *Natural Lifestyle*.

NOMINATE NOW

To nominate your favourite product of 2021 please select just one item from each category, fill in your details below and FREEPOST to

Natural Lifestyle Product Awards 2020 FREEPOST ANG10222, BISHOPS STORTFORD, CM22 6ZY.

Closing date - January 6, 2022.

Remember, you can also vote online at

www.mynaturallifestyle.com/awards



SUPPLEMENT (Please tick one product)

- Bio-Kult Advanced Multi-Strain Formulation
- Collagen Plus Joint Formula
- GOPO Joint Health Supplement
- NeoCell Super Collagen Powder
- Quest Immune System Support
- Terranova Living Multivitamin Woman
- Time Health Premium Saffron Complex
- Viridian Man 50+ Prostate Complex

FOOD & DRINK (Please tick one product)

- Bravura Free From Fellows Mallows
- OatWell Crispy Hearts
- Terranova Life Drink

VEGAN (Please tick one product)

- Bravura Free From Fellows Mallows
- Holford Essential 4 Vegans
- Viridian Pine Bark Extract

ECO/HOUSEHOLD

- Bass BioFlex Biodegradable Hairbrushes
- If You Care Waxed Paper
- LoofCo Washing-Up Soap Bars

NEW (Please tick one product)

- BetterYou Air Defence Oral Spray
- Bio-Kult Brighten
- Lifeplan RelaxOn Day and Night
- Natures Aid Elderberry Immune Support Hot Drink
- Neutrient D3 + K2 Vegan Oral Spray
- Terranova Beta Glucans, Astragalus & Vitamin C Complex
- Viridian ApplePhenon

HERBAL (Please tick one product)

- A.Vogel Echinaforce Echinacea Drops
- bee energised energy & focus
- Bio-Health Runo Turmeric
- Helios Stress Relief
- Kalms Rhodiola
- Ricola Original Swiss Herb
- Viridian Black Seed Oil

PERSONAL CARE (Please tick one product)

- Bio-Kult Candéa
- Bladapure
- Dr Jacobs Naturals Palm Oil Free Castile Bodywash

BEAUTY/BODY CARE (Please tick one product)

- Beautivite
- Jason Biotin Hyaluronic Acid Shampoo
- Silicea Kollagen Plus
- Weleda Skin Food

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FREEPOST to *NL Product Awards 2021* , FREEPOST ANG10222, BISHOPS STORTFORD, CM22 6ZY.

Thank you for voting. The winners will be announced in the February issue of *Natural Lifestyle*.

Closing date - January 6, 2022

BEST SUPPLEMENT

What's your gut feeling?

A diverse microflora plays an important role in the development and function of all the bodily systems. The use of live bacteria supplements could be considered as part of a maintenance plan to support a balanced gut flora. Bio-Kult is a scientifically developed, advanced multi-strain formulation containing 14 live bacterial cultures which are proven to survive the high acidity of the stomach. Bio-Kult does not need to be refrigerated and can be taken alongside antibiotics, by children, when pregnant, by vegetarians and as part of a healthy diet.

www.bio-kult.com



BEST SUPPLEMENT

Collagen Plus

For stronger joints and increased mobility ... it has to be Collagen Plus. A unique 3-in-1 collagen supplement offering an unrivalled level of collagen, glucosamine and chondroitin; key ingredients which combine to keep connective tissue flexible and enable bones and cartilage to bear weight. From the age of 25, collagen levels reduce around 1.5% every year. Joints stiffen and, by 45, collagen can reduce by 30%. Completely natural, Collagen Plus (www.arthrovite.com) has a proven track record in providing joint and mobility solutions.



BEST SUPPLEMENT

GOPO® Joint Health Supplement

GOPO® Joint Health is a unique patented food supplement made from specially cultivated rose-hip. Long standing Scandinavian research projects, together with published scientific studies have established that rose-hip (*Rosa canina*) with a high level of GOPO® may play a valuable role in the care of joints and joint tissues. A special patented manufacturing process is used to ensure that this product contains a high level of GOPO® – making it a supplement with completely unique qualities. GOPO® Joint Health is also rich in Vitamin C which is essential for normal collagen formation, needed by the body for health bones and cartilage. Food supplements should not be used as a substitute for a balanced diet and health lifestyle.

www.gopo.co.uk



BEST SUPPLEMENT

NeoCell Super Collagen Powder

NeoCell Super Collagen Powder offers clinically tested, BioActive NeoCell Collagen Type 1 & 3. NeoCell is the world's leading collagen brand and also a pioneer in the field of nutritional science. They are committed to finding the most innovative and effective nutraceutical supplements - for beauty from the inside out. Neocell Super Collagen powder is highly bio-available to the body and ethically sourced to be pure, gluten-free, non-GMO, paleo-friendly and free from artificial ingredients.

Available from all good health food shops and www.kijaniliving.com



BEST SUPPLEMENT

Immune System Support

Immune System Biotix is a multi-therapeutic supplement to help maintain wellness. The combination of 7 ingredients specially selected for their benefits includes: Beta 1-3, 1-6 glucans, aged garlic extract, vitamin D3, zinc, selenium, copper and 5 strains of lactobacillus bacteria. The immune system requires additional support in winter because of the increase in circulating infectious diseases and lack of sunlight. A large proportion of the immune system originates from the gut, so keeping the gut healthy is essential for fighting disease.

www.qnutrpharma.com



BEST SUPPLEMENT

Living Multivitamin Woman

Specially designed for women, this formula provides 30 different vitamins, minerals & accessory nutrients and 12 Magnifood ingredients (e.g. spirulina, dandelion, nettle leaf & cranberry). It also contains more folate (as methylfolate), non-constipating iron, lutein and active pyridoxal 5-phosphate (P5-P) to support women's unique needs. 100% additive free, 100% vegan.

www.terranovahealth.com





BEST SUPPLEMENT

Premium Saffron Complex

More than just a spice, saffron acts as a relaxant and is popular for its ability to improve mood and sleep while helping to relieve symptoms of stress. Affron® is a unique standardized saffron extract (*Crocus sativus* L.) cultivated in Spain. Affron® saffron is widely regarded as some of the highest quality in the world, having undergone three separate clinical studies that demonstrate it's positive benefits for mood, stress, sleep, cognition, and vitality. Our formula is boosted with choline, quercetin and omega-3 for additional cognitive support. Free from fillers, binders and flow agents.

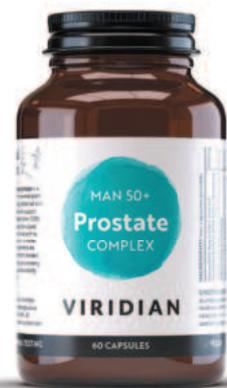


timehealth.co.uk

BEST SUPPLEMENT

Targeted prostate support for men 50+

Developed with human clinical data to support the use in men from age 50 onwards. Features a select range of plant extracts including a researched pollen extract standardised to beta-sitosterols with nettle leaf, pumpkin seed, saw palmetto berry, and Pygeum africanum. Pumpkin seed and nettle extracts help with the maintenance of good bladder function and urinary flow and support normal function of the prostate. All ingredients are gently extracted to maintain the active compounds. Nutritionist formulated using 100% active ingredients and no binders or fillers. Vegan. Ideal to take in conjunction with a complete multivitamin.



www.viridian-nutrition.com

BEST FOOD & DRINK

Free From Fellows

Free From Fellows™ have extended their line up of the nation's favourite sweets by adding three super fluffy vegan marshmallow lines. Our delicious Strawberry and Vanilla Mallows are perfect for BBQing with friends and family while our Mini Pink & White Vanilla Mallows are ideal for adding to home bakes and hot chocolates. Free From Fellows™



Mallows have a free from list which is endless and they don't contain any nasties making them suitable for everyone. They have also been approved by the Vegan and Vegetarian Societies.

www.freefromfellows.com

BEST FOOD & DRINK

OatWell™ Crispy Hearts

OatWell™ Crispy Hearts are available as 7 individual sachets in one case. Each individual sachet contains an oat-based breakfast cereal, providing 3g of oat beta-glucan, equivalent to three to four servings of porridge oats, the amount proven to lower cholesterol levels*. The consumption of oat beta-glucans as part of a meal contributes to the reduction of the blood glucose rise after that meal. Simply enjoy it as a healthy breakfast cereal or as an on the go snack.



oatwell.co.uk

BEST FOOD & DRINK

Life Drink

Deeply nourishing and intensely synergistic, Terranova's multi-award-winning Life Drink powder was developed as a unique foundational nutritional product. Featuring balanced vegetable protein with fresh freeze-dried greens, berries & mushrooms, Life Drink provides a staggering array of naturally occurring phytonutrients, micronutrients, balanced protein, enzymes, beneficial bacteria, Omega 3,6,9 Oils, fibre and much more. 100% additive free, 100% vegan.



www.terranovalife.com

BEST FOOD & DRINK

Must Try Vegan Fajita Strips

These plant-based fajita strips are a vegan miracle, made from 100% soya TVP with no hidden nasties or unpronounceable ingredients. Organic and GM free, they offer the perfect vegetarian alternative to sizzling fajitas. Hugely versatile, you can easily infuse our soya strips in seasoning of your choice and they're perfect packed into a tortilla wrap with stir-fried peppers, onions and a dash of chilli sauce.

www.organicorealfoods.com



BEST VEGAN

Free From Fellows Mallows

Free From Fellows™ have extended their line up of the nation's favourite sweets by adding three super fluffy vegan marshmallow lines. Our delicious Strawberry and Vanilla Mallows are perfect for BBQing with friends and family while our Mini Pink & White Vanilla Mallows are ideal for adding to home bakes and hot chocolates. Free From Fellows™ Mallows have a free from list which is endless and they don't contain any nasties making them suitable for everyone. They have also been approved by the Vegan and Vegetarian Societies.

www.freefromfellows.com

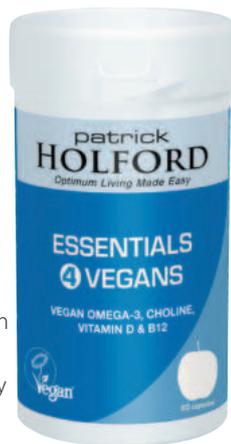


BEST VEGAN

Essentials4Vegans

Essentials4Vegans, designed by pioneer nutritionist Patrick Holford, is a combination of the four nutrients that are hardest to get on a vegan diet. Taking two vegecaps a day provides these four nutrients in optimal amounts: Vitamin B12 10µg, Vitamin D3, derived from lichen, 1000iu (25µg), Omega-3 DHA, algae sourced, 250mg and Choline 200mg. Taken together with the Optimum Nutrition Formula this supplement comprehensively covers all nutrients required for optimal health, supported by a wholefood diet. The whole Patrick Holford range is registered by the Vegan Society and suitable for vegans (except Essential Omegas).

www.holfordirect.com



BEST VEGAN

Organic high potency Pine Bark Extract

Organic Pine Bark Extract is sourced from organically certified forests in Finland, where the air is pure and there is minimal human intervention. Derived from the inner and outer layer of the Pinus sylvestris tree, the organic pine bark extract is rich in naturally occurring Oligomeric Proanthocyanidins (OPC), and sustainably harvested and ethically produced with no animal testing. Standardised to 70% OPCs, making this a high potency formulation and an ideal source of beneficial bioflavonoids. The ingredient undergoes a gentle water extraction that preserves the abundant polyphenol. Vegan. 100% active ingredients.

www.viridian-nutrition.com



BEST ECO/HOUSEHOLD

Bass BioFlex biodegradable hairbrushes

The 'BioFlex' detangler range from BASS brushes is the original patented biodegradable hairbrush. The brushes are effective, affordable, durable, and certified 95% biodegradable with a patented plant-based handle made from cassava, potato, and corn starch! These are a manufacturing breakthrough as they built to last for many years and eventually break down in landfill once discarded to become a natural fertiliser. Perfect for wet or dry detangling, to prepare the hair for styling, or just a quick touch-up. Vegan, sustainable and available in a wide variety of shapes and colours

www.mahinaturals.com



BEST ECO/HOUSEHOLD

Free your food from plastic

If You Care Waxed paper is designed to wrap foods and keep them fresh without plastic or the use of PFA's. It is certified home compostable and made with FSC certified, unbleached, chlorine free paper and coated with Carnuba wax. This vegan friendly, hardworking vegetable wax is collected from the fronds of the Carnuba palm. Known locally as the "Tree of life", they grow in salty marginal soils in harsh environmental conditions where they provide both habitat for wildlife and income for people during the dry summer season.

www.ifyoucare.co.uk





BEST ECO/HOUSEHOLD

LoofCo Palm Oil Free Washing-Up Soap Bars

NEW! LoofCo Palm Oil Free Washing-Up Soap Bars in Lime & Fragrance Free! Complete your plastic-free washing-up routine by replacing washing-up liquid! These 100g bars are



vegan, biodegradable & free from SLS & SLES. Expertly formulated with organic coconut oil & olive oil to cut through grease and clean crockery, cutlery, glasses & pans. Lather with warm water onto a LoofCo Washing-Up Pad, Scraper or Brush, wash item and rinse. Suitable for handwashing laundry. Gentle on skin. Part of the award-winning LoofCo range of plastic free brushes and pads made from loofah and coconut. RRP £3.25.

www.natbrands.co.uk

BEST NEW

Air Defence Oral Spray

A unique blend of vitamins D, B6 and B12, folic acid and selenium, BetterYou's new Air Defence Oral Spray is designed to support the body's immune system and protect cells from oxidative stress, helping the body to better defend itself against damaging free radicals found in air pollution. Offering a convenient and effective alternative to traditional tablets and capsules, the pill-free supplement delivers nutrients through the soft tissue of the mouth, providing smart nutritional support. Certified vegetarian and palm oil derivative free, the great-tasting natural peach and pomegranate flavoured spray is also kind to the planet, contained in 100% recyclable, planet-friendly packaging.



www.betteryou.com

BEST NEW

Smiling from the inside out

The newest addition to the Bio-Kult range, Bio-Kult Brighten, is an advanced multi-action formulation designed to bring out your inner smile. Bio-Kult Brighten contains the same 14 strains as the original Bio-Kult product but with the added benefit of vitamins B₆ and B₁₂, which contribute to normal psychological function as well as the reduction of tiredness and fatigue. Bio-Kult Brighten also contains vitamin D and zinc which alongside vitamins B₆ and B₁₂, contribute to the normal function of the immune system. Suitable for everyday use as part of a healthy lifestyle.



www.bio-kult.com

BEST NEW

RelaxOn® Day and Night

Introducing Lifeplan's new RelaxOn® Day and Night. RelaxOn® Day contains the B Vitamins Thiamine, Riboflavin, Niacin, B6, Folate, B12, Biotin along with Vitamin C and Magnesium, which contribute to normal psychological function. Choline and Inositol have also been added to the formula along with Ashwagandha, Siberian Ginseng and Rhodiola. RelaxOn® Night also contains the B Vitamins Thiamine, Riboflavin, Niacin, B6, and B12, and Magnesium which contribute to the normal functioning of the nervous system. The formula also contains Passionflower, Chamomile, Lavender and Lemon Balm, all popular botanicals to take before bedtime. Both products have been registered by the Vegan Society.



www.lifeplan.co.uk

BEST NEW

Natures Aid Elderberry Immune Support Hot Drink

Natures Aid Elderberry Immune Support Hot Drink provides 5000mg Elderberry, alongside 500mg Vitamin C and 400iu Vitamin D, to help support a healthy immune system, for those times when you need a little extra support.

This comforting, high strength, hot drink is naturally flavoured with Elderberry and Lime, is naturally sweetened with inulin (a prebiotic fibre), has no added sugar and contains no artificial colours, flavours or sweeteners. It is also vegan friendly. Just sit back, relax and enjoy a comforting warm drink, which will nourish and support your immune system.



www.naturesaid.co.uk

BEST NEW

Neutrient D3+K2 Vegan ORAL Spray

New from Neutrient™ is our peppermint D3+K2 MCT oil vegan oral spray.

Neutrient™ is a new, evidence-based food supplement brand designed by a team of health practitioners using high quality, carefully sourced ingredients that deliver superior absorption and efficacy. Clinical research shows that vitamin D3 may rise levels higher and for longer than D3. However it is often sourced from meat, fish and dairy. Neutrient uses a vegan source of vitamin D3 from lichens (algae-like plants) which provide one of the purest plant sources of vitamin D3. This advanced formula delivers a potent dose of 2000IU vitamin D3 with 75mcg vitamin K2 in an MCT oil carrier per spray for maximised absorption.



www.neutrient.com

BEST NEW

Beta Glucans, Astragalus & Vitamin C Complex

This powerful formulation contains a high potency of yeast-derived beta glucans, plus the important beta glucan synergists resveratrol and vitamin C. Featuring a Magnifood blend of fresh freeze dried astragalus, olive leaf and elderberry with Matcha green tea and quercetin supported with the mineral zinc. 100% additive free, 100% vegan

www.terranovahealth.com



BEST NEW

ApplePhenon, naturally potent polyphenols

ApplePhenon is a potent source of polyphenols, rich in powerful OPCs (Oligomeric proanthocyanidins), which are easily absorbed and utilised by the human body. This natural polyphenol food supplement is extracted from native wild green apples using a gentle extraction process. Standardised to 70% of total polyphenols, ensuring a concentrated formulation. Harvested at just the right point for highest potency, the unripe apples in ApplePhenon contain at least 10 times as many polyphenols as ripe apples. Vegan. Contains 100% active ingredients and formulated by expert nutritionists with no artificial fillers and no nasties. Never GMO, against animal testing and ethically made.



www.viridian-nutrition.com

BEST HERBAL

A.Vogel Echinaforce® Echinacea drops

A.Vogel Echinaforce® Echinacea drops help to ward off the woes of cold and flu by supporting your immune system. Nurtured by nature, our Echinacea plants are organically grown and processed fresh, from field to bottle, within 24 hours of harvest on our Swiss farms. Echinaforce® Echinacea drops is a traditional herbal remedy used for the symptomatic relief of colds, influenza type infections and similar upper respiratory tract conditions. Always read the leaflet.

www.avogel.co.uk



BEST HERBAL

Best Herbal Supplement: Runo Turmeric+ Capsules from Bio-Health

Unleash the full potential of organic turmeric! Research shows that the bio-availability of curcumin and curcuminoids, a few of the well documented actives in turmeric, are greatly enhanced by the addition of piperine, an active compound in black pepper. Runo Turmeric+ capsules have been precisely developed in a 5:1 ratio of organic turmeric to black pepper to maximise absorption of the crucial micro-nutrients for maximum health benefits including anti-inflammatory action and potential cognitive and cardiovascular support. No wonder Runo Turmeric+ capsules are an essential part of 1,000s of people's daily health regime. Turmeric... Unleashed!

www.bio-health.co.uk



BEST HERBAL

Relieve Stress Naturally with Helios

Homeopathy is holistic in that it can help both physical and emotional issues which are so prevalent at this time. Helios Stress Relief combines three homeopathic remedies, Aconite, Arg nit and Arsenicum. This combination has a long history of traditional use to relieve symptoms associated with stress and anxiety such as fearfulness, mild panic attacks, fear of illness, crowded places and much more. Being natural Stress Relief has no known side effects and comes in organic, sucrose pill form in our easy-to-use, single dose dispenser.

www.helios.co.uk





BEST HERBAL

Manage stress and fatigue with Kalms Rhodiola

Kalms Rhodiola is the latest addition to the well-loved and trusted Kalms range. Containing Rhodiola rosea, a medicinal plant which has long been known to relieve bouts of stress, exhaustion, fatigue, and mild anxiety. Kalms Rhodiola Tablets, Rhodiola rosea root extract 200mg, A traditional herbal medicinal product used for the temporary relief of symptoms associated with stress such as fatigue, exhaustion and mild anxiety based on traditional use only. Schwabe Pharma (UK) Ltd, Alexander House, Mere Park, Dedmere Road, Marlow SL7 1FX, United Kingdom, THR. Information about this product, including adverse reactions, precautions, contra-indications, and method of use can be found at: <https://bit.ly/3H6Q4hV> www.kalmsrange.com



BEST HERBAL

Ricola

At Ricola, we swear by the nurturing effect of Swiss alpine herbs. That's also why our Original Soothe & Clear cough drop, with its distinctive square shape, is actually more than just a cough drop. The 13 herb blend recipe, which was invented in 1940, has remained virtually unchanged and still serves as the basis for all of our Ricola herbal cough drops today. In our unique blend we use herbs like Horehound, Mallow, Sage and Speedwell to gently give your throat the extra care it needs. www.ricola.com



BEST HERBAL

World's Strongest Organic Black Seed Oil

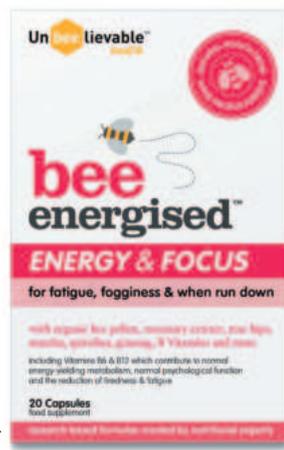
Organic High Potency Black Seed Oil is made from pure, cold pressed Nigella sativa seed and is rich in active compounds. With concentrations guaranteed at least 3% thymoquinone (TQ), the active molecule which provides beneficial properties makes this Viridian's most potent black seed oil. Virgin cold pressed oil. Certified organic by the Soil Association and grown without the use of synthetic pesticides or other chemical sprays creating 'The World's Strongest Organic Black Seed Oil'. Part of Viridian's growing organic black seed range. Vegan, contains no artificial fillers and no nasties. Never GMO, palm oil free and ethically made. www.viridian-nutrition.com



BEST HERBAL

Bee Energised Energy & Focus

Bee Energised energy & focus supplement is formulated by nutritionists & combines therapeutic amounts of 9 ingredients shown to help with brain fog, alertness, energy and even menopause symptoms (such as hot flushes), including organic- bee pollen, ginseng, rosemary extract, & more. The formulas are concentrated and contain no fillers so fewer are required. Benefits also build over time to help with ongoing issues with fatigue. Vegetarian Society Approved. Check out the reviews to see what the buzz is about! www.unbelievablehealth.co.uk



BEST PERSONAL CARE

Targeting the gut and intimate flora

Bio-Kult Candéa is a scientifically developed multi-action formulation with seven strains of live bacterial cultures proven to survive the high acidity of the stomach, and garlic and grapefruit extract well known for their naturally powerful properties. Bio-Kult Candéa does not need to be refrigerated and can be taken alongside antibiotics, by children, when pregnant, by vegetarians and as part of a healthy diet. The capsules can be pulled apart and the contents sprinkled onto food, mixed with a drink or swallowed whole. www.bio-kult.com



BEST PERSONAL CARE

Bladapure

WATER RELIEF Bladapure is a unique food supplement which combines the effectiveness of D-Mannose with organic inulin, cranberry and key nutrients to create an inhospitable environment for bacteria which can cause Cystitis and bladder discomfort. Available capsules or a delicious pure powder, Bladapure provides a pure and natural solution to help maintain a healthy urinary tract.



www.healthy2u.co.uk

BEST PERSONAL CARE

Dr Jacobs Naturals– Palm Oil Free Castile Bodywash

Dr Jacobs Naturals liquid castile soap body wash is made with antioxidant rich olive and coconut oil and fragranced naturally with essential oils. It lathers and cleans just like “normal” soap but without all the toxic chemicals and detergents. Dr Jacobs is different from other castile soaps as it is ultra moisturising, double thickness for a luxurious feel, plus palm oil and preservative free. The soap is also multi-purpose and can be used for hands, face, pets and home cleaning and laundry... the uses are endless! 16 varieties available in 2 sizes

www.mahinaturals.com



BEST BEAUTY/BODY CARE

Beautivite

Retaining a youthful appearance - with glowing skin, shimmering hair and strong nails - is every woman's wish. Studies show that adding collagen to your daily diet can combat the effects of ageing. Beautivite is a natural, pure collagen supplement for women who want to stay looking younger for longer. Easy to use - simply add to hot/cold drinks, soups, cereals, yoghurts and more - it's also free from gluten, artificial colours, flavours and preservatives, lactose, salt and yeast. Beautivite is the latest addition to the renowned range from UK collagen specialists ArthroVite.



www.beautivite.com

BEST BEAUTY/BODY CARE

For 2x Thicker & Fuller Hair

New and improved Everyday and Therapy Hair Care formulas from JASON - with on-trend ingredients and clinically proven results! Restorative Biotin is now Thicken & Restore Biotin with Hyaluronic Acid. Instrumentally tested and shown to: provide 2X less breakage, create hair that looks 2x thicker and fuller in volume, and repair up to 72% of split ends. An ingredient that is well-established in skincare, last year saw hyaluronic acid appearing in more and more hair care products. It helps moisturise the scalp, prevent hair from thinning and falling out. It can even increase the strand diameter of your hair and increase hair growth.



Available from all good health stores and pharmacies nationwide. For more information visit www.jasonnaturalcare.co.uk

BEST BEAUTY/BODY CARE

Ultimate beauty formula

Silicea Collagen Plus combines the highest quality Verisol collagen with a whopping 150mg of Haplex hyaluronic acid and Silicea's famous Silica gel all of which have been subject to clinical studies covering, skin elasticity, wrinkles, hair & nail growth, and skin moisture levels. Flavoured only with fruit puree and packed in individual sachets for convenience.



www.healthy2u.co.uk

BEST BEAUTY/BODY CARE

Every Body Needs A Hero

WELEDA Skin Food Body Lotion provides intensive, long-lasting moisture offering immediate comfort to dry or stressed-out skin. It's easily absorbed and relieves the feeling of tightness, leaving skin soft, supple and soothed, with a subtle sheen but no feeling of stickiness. Made with key botanicals packed with effective plant actives, and a natural fragrance synonymous with Weleda's iconic Skin Food original, this deeply nourishing Lotion is a delight for all the senses. The vegan formulation is NATRUE-certified natural, and 79% of its all-natural ingredients are organic quality. The fully recyclable lightweight bottle is made from recycled rPET for added sustainability.



www.weleda.co.uk

JUST ADD colour

Ease up your chemical load by switching to gentler hair colours.

Thinking of making a change to your hair colour? Hair dye is a good place to start as you can really bring out your personality, whichever colour you choose. But, if you don't want to go for a drastic change, it is ideal to have a subtle change, and then you can adjust it by a few shades if you want to.

There are many hair dyes on the market, such as conventional, chemical-filled to plant-based, henna, herbal and natural. But which one do you choose and what is best for you?

Chemical caution

Conventional hair dyes come with a lot of caution. Did you know that they can include a whole host of chemicals which can be potentially harmful to your body, cause skin allergies, allergic reactions and skin irritations?

The harsh chemicals that are used to make the colour include resorcinol, a skin irritant which may cause allergic reactions to the skin, and ammonia, which is one of the most commonly known toxic ingredients in conventional hair dyes. Ammonia can also give you severe irritation or can lead to burning and irritate the eyes and lungs. Over time, ammonia makes the hair dry and brittle.

Another ingredient to watch out for is hydrogen peroxide, which is widely used in hair dye to remove the pigment from the hair, so if you are making a drastic change, such as black to pink, the hydrogen peroxide allows this to happen by taking away original pigments and replacing them with the new colour.

It's important to note that these chemicals sit on your scalp for 45 minutes, while making their way into the bloodstream. And did you know the scalp is one of the most absorbent parts of the body? As hair dye sits on the scalp, chemicals are absorbed through the skin and into the bloodstream.

In addition, conventional hair dye penetrates into the hair cuticles and enter the cortex, reacting with the melanin in your hair, which permanently colours the hair. Even though conventional hair dyes are easy, convenient and quick to do, they can do more damage to your hair than good. Frequent colour of your hair can cause damage, breakage and dryness of the hair, something we don't really want.

Plant-based choices

Plant-based hair dyes offer a lot of benefits for your hair. Instead of penetrating deep into the hair, plant-based hair dyes place a protective wrapping around every strand to give you intense lasting colour, care and shine to your hair.

Each ingredient should be carefully selected to give you extra shine, volume and be damage free. Look for brands made with hair-loving natural ingredients, such as indigofera, madder, brahmi, cassia, henna, fenugreek, amla, and chamomile, so there are no preservatives, additives or bulking agents.

The process of using plant-based hair dyes is easy; you start by mixing the powder with warm water to create a viscous mixture that is ready to apply. Application is easy; simply part the hair into sections, using a brush apply the hair dye paste. Once applied, it is time to start the timer, allow the colour to develop and once finished, just rinse thoroughly with water, dry and wait 48 hours to see the fully developed result.

Plant-based hair dyes are the way to create long lasting colour with gorgeous shine and caring for your hair at the same time.

Reader offer

The Ayluna range includes 14 plant-based hair dyes, and two ghassoul spa clays, which are gentle and natural cleansers for the hair, deeply cleansing to remove dirt particles. This amazing product can also be used as a pre-treatment prior to colouring the hair. There is also a gorgeous hair oil which smells amazing and provides care to the hair from the root to the tips, counteracting splits ends for luscious locks. *Natural Lifestyle* is offering readers the chance of winning one of three sets featuring the Ghassoul and Hair Oil. See page 34 to enter.





IMMUNE DEFENSE & ENERGY

Multi Vegan™ Gummies are a brand new multivitamin from the award winning, international supplement manufacturer, New Nordic. The tasty gummy contains 9 different vitamins, is easy to take and can be used by the whole family to support the immune system and provide energy.



www.newnordic.co.uk



The vegan gummies contain **ONLY** natural colours and flavours from orange, apple, raspberry, strawberry and blackcurrant.

Where to buy Multi Vegan™ Gummies?

Multi Vegan™ Gummies are available from leading independent health food stores, or you can purchase online at www.newnordic.co.uk

ADVICE & QUESTIONS

You are always welcome to contact our New Nordic helpline at

0800 389 1255

~ INDEPENDENT ~
Health Food Stores

NATURAL LIFESTYLE Giveaways

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



ABSOLUTE AROMAS FESTIVE HOME BUNDLE

This Festive Home bundle includes the new Aroma-Bliss Diffuser, and best-selling Noel Blend, as well as an Essential Blend and Natural Room Spray – the perfect selection to create a warm and joyful atmosphere this Christmas! The Noel Essential Blend is a cheerful, all-natural essential oil blend containing notes of orange, clove, pine, myrrh and cinnamon. Create a warm Christmas atmosphere in minutes by adding a few drops to your diffuser and use your Noel Room Spray to bring a quick spritz of festivities to any space. *Natural Lifestyle* has one bundle to give away.



NATURESPLUS SOURCE OF LIFE GOLD

Natural Lifestyle has teamed up with NaturesPlus to offer lucky readers the chance of winning one of five bottles of Source of Life Gold Liquid, worth £44.95. Source of Life Gold is the most advanced whole food multivitamin supplement available. It contains over 200 nutrients in a wholefood complex derived from over 100 different fruits, vegetables, algae and superfoods.

VIRIDIAN ORGANIC ELDERBERRY EXTRACT

Organic Elderberry Extract is a great-tasting, vegan friendly elixir suitable for the whole family. Formulated to provide immune support, with research showing faster recovery from colds and flu. Certified by the Soil Association, this elixir contains a potent source of organic elderberry extract combined with vitamin C-rich Brazilian acerola cherries. Vitamin C helps with the normal functioning of the immune system. Contains 100 per cent active ingredients with no added sugars, preservatives, sweeteners or additives – and *Natural Lifestyle* is offering readers the chance of winning one of three.



FREE FROM FELLOWS

Free From Fellows has extended its line-up of the nation's favourite sweets by adding three super fluffy vegan marshmallow lines. The delicious Strawberry and Vanilla Mallows are perfect for barbecuing with friends and family, while the Mini Pink & White Vanilla Mallows are ideal for adding to home bakes and hot chocolates. They have a free from list which is endless and are suitable for everyone including vegans and vegetarians – and *Natural Lifestyle* is offering readers the chance of winning one of five sets, featuring a bag of 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: January 1, 2022. Or you can enter online – visit www.mynaturallifestyle.com

Please tick: NaturesPlus Absolute Aromas Viridian Free From Fellows Ayluna

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



• EAT WELL • SLEEP WELL • BE ACTIVE

LOVE LIFE, LIVE WELL NATURALLY.

SUPPORT YOUR LOCAL INDEPENDENT HEALTH STORE, SO THEY CAN CONTINUE SUPPORT YOU AND YOUR FAMILY.

VISIT THEM AND TALK TO THEIR STAFF FOR EXPERT TIPS TO STAY HEALTHY, SAFE AND WELL.



NaturalLifestyle

LOVE LIFE, LIVE WELL - NAT... FALLY

MYNATURALLIFESTYLE.CO.UK

EVERYDAY ESSENTIALS

Let Darina Allen guide you through tasty dishes that can be cooked with ease.



Toasted nut and grain granola Serves 10

We all need a few tasty breakfast recipes to add pep to our step. Altogether more delicious than virtually any granola you can buy, this recipe is bursting with nutrients – seek out organic grains, fruit and nuts and have fun experimenting with extra fruit, nuts and seeds. Add some coconut flakes, dried banana slices, a teaspoon of ground cinnamon or dried cranberries, cherries or blueberries. If you don't have all the different grains, you can just use 485g (18oz) rolled oats instead. There are two methods here, both crunchy but one deliciously clumpy.

Ingredients:

- 110ml (4fl oz) light olive or grapeseed oil
- 175g (6oz) runny honey
- 235g (8 ½ oz) rolled oats
- 100g (3½ oz) barley flakes
- 100g (3½ oz) wheat flakes
- 50g (2oz) rye flakes
- A pinch of salt
- 75g (3oz) seedless raisins or sultanas
- 75g (3oz) almonds, peanuts, hazelnuts or cashews, split and toasted
- 15g (½ oz) toasted sunflower and/or pumpkin seeds
- 25g (1oz) chopped dried apricots
- 45-50g (1¾-2oz) chopped dates (optional)
- 35g (1¼ oz) wheatgerm and/or millet flakes
- 1 large organic, free-range egg whites (for the clumpy version)

To serve:

- Natural yogurt, Jersey milk or milk of your choice
- Sliced banana or a handful of berries, such as raspberries or strawberries

Method:

- Preheat the oven to 180°C/350°F/gas mark 4.
- Pour the oil and honey into a saucepan over a low heat and warm just enough to melt the honey. Stir into the oats and flakes, add the salt and mix until well coated.
- Spread thinly over one to two baking sheets and bake for 20-30 minutes. Keep an eye on it and stir the edges into the centre frequently, making sure it doesn't burn. It should be just golden and toasted, not roasted!
- Leave to cool completely, then stir in the raisins or

- sultanas, toasted nuts and seeds, chopped apricots and dates, if using, and add the wheatgerm. Store in a screw-top jar for two to three weeks.
- For the clumpy granola, break up the egg white with a whisk, add it to the dry ingredients. The fruit needs to be added at the beginning as it can't really be stirred in at the end because of the clumps.
- Bake at a lower temperature of 140°C/275°F/gas mark 1 for four to five minutes so that the fruit doesn't burn. Leave a space about 23 x 15cm (9 x 6in) in the centre of the tray, otherwise the middle won't be fully crisp and golden, and you mustn't stir! Leave to cool, then break into clumps. Store in an airtight glass jar for at least two weeks.
- Serve the granola with sliced banana or some fresh berries in season, or just with a blob of natural yogurt, Jersey milk or milk of your choice.

Vegetable lasagne

Serves 12

Lasagne is basically just a formula and once you've learned that, you can start to play around and have fun making it with a variety of different vegetarian or meat fillings.

Ingredients:

- 375g (13oz) plain or spinach lasagne sheets
- 1 x Piperonata (below)
- 2 x mushroom la creme (below)
- 225g (8oz) freshly grated Parmesan or mature Cheddar cheese or a mixture of both

For the béchamel sauce:

- 1.8l (3 pints) cold whole milk
- 1 carrot, sliced
- 1 onion, sliced
- 6 peppercorns
- 2 small sprigs of thyme
- 2 small sprigs of flat-leaf parsley
- 270g (10oz) roux made with 135g (4½ oz) butter and 135g (4½ oz) plain flour
- Sea salt and freshly ground black pepper

For the buttered spinach:

- 900g (2lb) spinach, Swiss chard or kale, stalks removed, washed and drained
- 50-110g (2-4oz) butter, according to taste
- A little freshly grated nutmeg

Method:

- Preheat the oven to 180°C/350°F/gas mark 4.
- Blanch the lasagne sheets as directed on the packet, if necessary.
- To make the béchamel sauce, put the milk into a saucepan with the carrot, onion, peppercorns, thyme and parsley. Bring to the boil, then simmer for four to five minutes. Remove from the heat and leave to infuse for 10 minutes.
- Melt the butter over a low-medium heat to make a roux. Add the flour, stir and cook over a medium heat until it becomes the consistency of wet sand. Stir and cook for about two minutes.
- Strain out the vegetables, bring the milk back to the boil and whisk in the roux to thicken. Season with salt and pepper to taste.
- To make the buttered spinach, melt one tablespoon of the butter in a wide frying pan, toss in as much spinach as will fit easily and season with salt and pepper. As soon as the spinach wilts and becomes tender, strain off all the liquid, increase the heat and add the remaining butter and freshly grated nutmeg.
- Spread a little béchamel sauce on the base of a 30 x 20 x 6cm (12 x 8 x 2½ in) lasagne dish or two 21 x 13.5 x 4.5cm (8½ x 5½ x 1¾ in) dishes, cover with lasagne, then Piperonata. Top with another layer of lasagne. Spread with half the remaining béchamel sauce, sprinkle with half the grated cheese and add the buttered spinach. Cover with another layer of pasta, then the mushroom a la creme, then top with a layer of lasagne. Carefully spread the remaining béchamel sauce over the lot and finally sprinkle liberally with the remaining cheese (make sure all the pasta is under the sauce). Clean the edges of the dish with a cloth.
- Bake for 30 minutes or until golden and bubbly on top. If possible, leave to stand for 10-15 minutes before cutting to allow the layers to compact. Serve with a good green salad.

Piperonata Serves 8-10

Ingredients:

- 2tbsp olive oil
- 1 garlic clove, crushed
- 225g (8oz) onion, sliced
- 2 red peppers, deseeded and cut into 2-2.5cm (¾-1in) pieces
- 2 green peppers, deseeded and cut into 2-2.5cm (¾-1in) pieces
- 6 large, very ripe tomatoes
- A few fresh basil leaves (optional)
- Sea salt, freshly ground black pepper and sugar

Method:

- Heat the olive oil in a casserole, add the garlic and

cook for a few seconds, then add the onion, toss in the oil, cover and soften over a gentle heat for five to six minutes.

- Add the peppers to the onion and toss in the oil; replace the lid and continue to cook for five to six minutes. Meanwhile, scald the tomatoes in boiling water for 10 seconds, pour off the water and peel immediately. Slice the tomatoes and add to the casserole, season with salt, pepper, sugar and a few fresh basil leaves, if available. Cook for 30 minutes until the vegetables are just soft.

Mushroom a la crème Serves 4

Ingredients:

- 15-25g (½-1oz) butter
- 75g (3oz) onions, finely chopped olive oil, for frying
- 225g (8oz) mushrooms, sliced
- A squeeze of lemon juice
- 110ml (4fl oz) single cream
- 20-25g (¾-1oz) roux
- 1tbsp chopped flat-leaf parsley
- ½tbsp chopped chives (optional)
- Sea salt and freshly ground black pepper

Method:

- Melt the butter in a heavy saucepan until it foams. Add

the onions, cover and sweat over a gentle heat for five-10 minutes or until quite soft but not coloured.

- Meanwhile, cook the sliced mushrooms in olive oil, in a hot frying pan, for four to five minutes or until they are browning at the edges, in batches if necessary. Season with salt, pepper and a tiny squeeze of lemon juice. Add the mushrooms to the onions, then add the cream and allow to bubble for a few minutes. Thicken with a little roux to a light coating consistency. Season to taste and add the parsley and chives, if using.

Tofu, vegetable and peanut stir fry

Serves 6

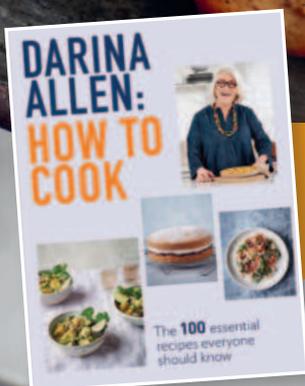
Tofu takes on other flavours brilliantly and is loaded with protein. Keep a couple of packs of organic tofu in your fridge to add to salads and stews.

Ingredients:

- 2tbsp dark soy sauce
- 2tbsp rice wine vinegar
- 1tbsp light soft brown sugar or palm sugar
- 1tsp freshly grated ginger
- 1 chilli, chopped, or 1tsp chilli flakes
- 2tsp Chinese five-spice powder
- 350g (12oz) firm tofu
- 500g (18oz) Thai fragrant rice
- 2tbsp extra virgin olive oil
- 200g (7oz) chestnut mushrooms, sliced
- 1 large red pepper, quartered and sliced at an angle
- 1 large yellow pepper, quartered and sliced at an angle
- 200g (7oz) broccoli, romanesco or cauliflower florets, blanched and refreshed
- 1tbsp toasted sesame oil
- 50g (2oz) roasted peanuts
- 2-4 spring onions, sliced
- 1tbsp toasted sesame seeds
- Flaky sea salt and freshly ground black pepper

Method:

- Mix the soy sauce, vinegar, sugar, ginger, chilli and five-spice powder together. Pat the block of tofu dry with kitchen paper. Cut the tofu 2.5cm (1in) cubes.
- Transfer to a small pie dish, cover with the marinade and leave to soak up the flavours for one to two hours if time allows. It will be OK left in a cool place in the kitchen but can be popped into the fridge if desired.
- Measure the rice in a measuring jug. Wash gently in two to three changes of cold water. The final water should almost be clear. Drain the rice well in a sieve or fine strainer, then tip it into a heavy-bottomed saucepan.
- Add equal volume of water and ½-1tsp of salt. Stir to mix. Bring to the boil, then reduce the heat to the absolute minimum, use a heat diffuser mat if available. Cover with a tight-fitting lid – no steam must escape.
- Steam the rice for 15-20 minutes, remove from the heat and rest for five minutes. The rice will now be dry and fluffy but will keep warm for up to 30 minutes.
- Meanwhile, drain the tofu, reserving the marinade. Heat a wok or frying pan, add most of the oil. Cook the tofu in batches for two to three minutes on each side until golden, then transfer to a plate. Increase the heat, add the remaining oil, toss the mushrooms and season with salt and pepper. Toss for five to six minutes until fully cooked through. Add the peppers, stir and fry for a minute or two, then add the blanched florets. Drizzle with sesame oil and stir-fry for two to three minutes. Add the tofu, peanuts, spring onions and the reserved marinade. Allow to bubble and season. Scatter with sesame seeds and serve immediately with the Thai fragrant rice.



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