

Natural Lifestyle

LOVE LIFE, LIVE WELL – NATURALLY

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Dec 23 / Jan 24



Holistic heroes

The *Natural Lifestyle* Product Awards are back – what gets your vote?

HEALTH STORE CHAMPION

WE CAN REVEAL THE *NATURAL LIFESTYLE* RETAILER OF THE YEAR

Soothe your stress

An essential guide to managing the effects of stress and anxiety

Plus

TRYING PLANT-BASED THIS JANUARY • ESSENTIAL FATS FOR ALL
• *NATURAL LIFESTYLE* GIVEAWAYS • A VEGAN FESTIVE FEAST

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Products

Perimenopause

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LOVE LIFE, LIVE WELL — NATURALLY

Dec/Jan 2023/2024

Welcome



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

EDITOR

RACHEL SYMONDS

e: rachel.symonds@targetpublishing.com

CONTRIBUTORS

Alice Bradshaw, Sarah Orecchia, Vanessa
Quarmby, Tina Lond-Caulk

THE TEAM

SALES DIRECTOR

RUTH GILMOUR

e: ruth.gilmour@targetpublishing.com

KEY ACCOUNTS DIRECTOR

ABIGAIL MORRIS

e: abigail.morris@targetpublishing.com

SENIOR SALES EXECUTIVE

JAMES LLOYD

e: james.lloyd@targetpublishing.com

DESIGN AND PRODUCTION

DANIELLA COMPARETTO

e: daniella.comparetto@targetpublishing.com

ADMINISTRATION/DISTRIBUTION

DONNA WENHAM

e: donna.wenham@targetpublishing.com

ACCOUNTS

LORRAINE EVANS

e: lorraine.evans@targetpublishing.com

ALISON BARNES

e: alison.barnes@targetpublishing.com

MANAGING DIRECTOR

DAVID CANN

e: info@targetpublishing.com

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Life in recent years has felt difficult in a range of ways for so many people. From a pandemic, the likes of which we had never experienced, straight into a cost-of-living crisis, coupled with conflict around the world, it can be difficult to find ways to feel positive at times.

It's perhaps no surprise then that levels of stress are at a high, with estimates suggesting 74 per cent of people have felt stressed to the point of not being able to cope at some point in a year.

And while we would not be so simplistic to suggest that this can simply be taken away with a few changes to your diet and lifestyle, we certainly know that a more holistic, consistent approach can really help you to cope with stress and anxiety.

It feels more important than ever that we all try to make some small tweaks to how we live our lives to try to alleviate some of the stress and anxieties being felt in these modern times. And so we have gathered a panel of natural health experts on page 32, who offer advice on everything from understanding the effects of stress and anxiety on your health, to the dietary changes that can help your body cope with it, and the supplements you might want to consider to ensure you aren't missing out on key nutrients. And, as always, we'd love to hear from you about any stress-reduction techniques you have discovered that could benefit other readers – simply email me at rachel.symonds@targetpublishing.com and we will include in our next issue.

In our bid to try and bring some joy at a time of difficulty for many, here at *Natural Lifestyle*, we wanted to pay special tribute to health food stores across the country, all doing their bit to support our health and wellbeing. Health stores are truly special places to visit, where you are welcomed with an open arm and ear, gain advice and support, and access quality products. This is why we run the *Natural Lifestyle* Retailer of the Year Award, and we are delighted to be reveal the 2023 winner is Amaranth, in Bramhall, Cheshire. You can read all about it on page 22 and we hope you agree it demonstrates just how many great health stores we have in the UK.

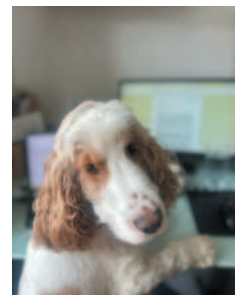
All that remains is to wish all our readers a very happy Christmas and a healthy, holistic 2024.

*Rachel Symonds,
Editor*



THE BEST BITS

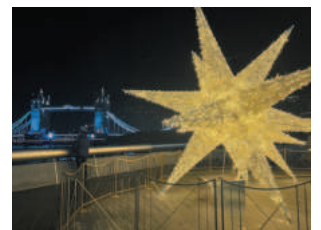
An insight into what the *Natural Lifestyle* team have been up to this month.



Our Editor in Chief, Gus, was busy overseeing the finishing touches to this issue of *Natural Lifestyle*.



It was a festive family affair for our design whiz, Daniella, as she took her children to London to enjoy some Christmas lights.



Editor, Rachel, got in the festive spirit on an organised 10km through London to take in the best of the Christmas lights.



VISIT OUR WEBSITE
www.mynaturallifestyle.com



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We reveal the hugely promising results from our reader trial in partnership with supplement leader, BioCare

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Expert advice on how to manage stress and anxiety for a healthier you



82% of menopausal women experienced an improved quality of life*

When taking Menopause Multinutrient and Female Balance together.

91%

reported an improvement in *hot flushes*

90%

reported an improvement in *night sweats*

81%

reported an improvement in *sleep*

75%

reported an improvement in *stress & anxiety*

75%

reported an improvement in *tiredness*



Over 84% would recommend to friends and family

*Independent user trial. Results are from 82 participants over 12 weeks.



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Menopause products here



RESEARCH REVEALS SCALE OF STRESS LEVELS AMONG CHILDREN

Concerning new research has revealed that seven in 10 therapists working with children saw an increase in stress over the past year.

The data from the British Association for Counselling and Psychotherapy (BACP) shows seven in 10 (69.8 per cent) of therapists working with children noticed an increase in under 18s getting stressed over exams or school in the past year. It also showed 47.6 per cent working with children and young people saw an increase in stress in children unrelated to school or exams.

Children, Young People and Families Lead at BACP, Jo Holmes, commented: "Family issues, the cost of living, exams, bullying, pressures of social media, self-worth, and the effects of the pandemic are some of the reasons why children are stressed right now. And we know that when a child feels stressed, it can have a tsunami sized effect on all areas of their life – including their ability to learn in school, which impacts their futures.

"NHS services simply do not have the capacity to meet the rising need in children and young people's mental health, so more investment from the government is desperately needed to increase access to therapy in schools. We believe that a paid counsellor should be available in every secondary school, academy and FE college in England – in Scotland, Wales, and Northern Ireland, counselling is available to all post-primary children."

School counsellor and BACP member, Pete English, added: "Over the last few years, I've noticed more young people appearing to be overwhelmed and unable to cope with the everyday challenges of school. Many have been, and still are, affected by the impacts of Covid, but whether I'm helping them with exam stress or friendship falls out, on the whole, children seem to be lacking the internal resources to cope and are not as resilient – which heightens and exacerbates any feelings of stress.

"Parents, who are also under more pressure, seem to be more stressed too which young people pick up on. One technique I've found that really helps is teaching my clients how to use breathing techniques to relax. I also teach them how their bodies react to any threats, like stress, so they understand the physical symptoms."



Inside... HEALTH

LEADING DOCTOR HELPS NATION TAKE CONTROL OF THEIR HEALTH



Dr Ranjan Chatterjee is the latest figure to join an online platform to teach people how to take back control of their health and maximise their happiness.

The renowned doctor and broadcaster has joined BBC Maestro's online platform of world-class experts. His course, titled A Blueprint For Healthy Living, is now available.

A medical doctor with more than 20 years of clinical experience, Dr Chatterjee taps into the key pillars of health to create a rounded, holistic approach to wellbeing and give learners the tools and information to

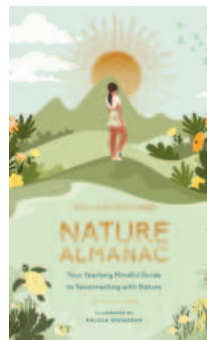
make informed choices. Across 24 lessons, you will explore how to create healthy habits around relaxation and stress management; healthy eating, and why a one-diet-fits-all approach doesn't really work; physical wellbeing, and why movement should be fun; and how sleep is the key to good physical and mental health.

He commented: "Many of us today are out of sync with our own bodies. In my day-to-day, around 80 to 90 per cent of problems I see are in some way related to our collective modern lifestyles. We live busy lives which revolve around work and other necessary commitments, are constantly contactable through our phones and other devices, and are increasingly time-poor.

"I know that making big changes for many people is almost an impossibility, which is why through my new learning course, A Blueprint for Healthy Living, I want to teach people ways to make manageable but impactful changes which work alongside, not against, modern life. I'm incredibly excited to have been given the opportunity through BBC Maestro to reach so many people, and hope that I'll be able to create a foundation for a healthy, happy and long life. Health doesn't need to be complicated – it's about enjoying it and having some fun!"

• Find out more at bbcmaestro.com.

The power of nature



Reconnect with nature and support your wellbeing with the help of a new book

Nature Almanac – Your Yearlong Mindful Guide to Reconnecting with Nature has been published by Leaping Hare Press and is designed to help us embrace the blooming benefits of nature, mindfulness and eco-therapy.

Lovingly crafted and filled with nature affirmations, activities, and reflections, this new book will help readers connect to the seasons, be empowered by eco-spirituality, and be mindful of nature all year long. Each page shares an eco-insight for nature connection, and the yearlong structure means that the activities are tailored for the natural seasonal rhythms, guiding us through winter, spring, summer, and autumn.

We love

A.VOGEL PERIMENOPAUSE BALANCE

This new multi-nutrient drink from A.Vogel is designed to support 10 different aspects of your health, including energy and vitality, tiredness and fatigue, cognitive function, hair, skin and nails, nervous system support and more. It is made with nutrients including magnesium, zinc, potassium, calcium and vitamin D.

HERBETOM TRANSIT

The festive season can leave our digestion a little sluggish. Give it some support with this unique liquid formulation, which uses a combination of gentle plant extracts to avoid over stimulation.

SAY HELLO TO

World's best tasting vitamins.

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vitamin
gummies.



Frank
fruities

Distributed in the UK by Bio-nature Ltd

For orders and more information contact 01535 611446 info@bionature.uk.com



Love the skin you're in

We might still be in festive mode, but one organic skincare brand is turning the attention to love with its new The Pink Dream Duo Set.

Evolve Organic says Valentine's Day is the time to not only show your love for others but for yourself too and is encouraging people to indulge in some self-care with its perfect pink products.

Cleanse your face with Kalahari Dream Cleansing Oil from The Pink Dream Duo Set, removing impurities and make-up from your skin with this luxurious pink oil-to-milk cleanser. You can either use the Rose Quartz Gua Sha that comes in the set as a part of the cleansing ritual, or you can apply Rosehip Miracle Oil first.

Nourishing yet light, Rosehip Miracle Oil contains natural retinol from organic rosehip oil and antioxidants from organic argan oil to revitalise and visibly replenish and restore dry skin.

Inside... BEAUTY



NOURISH SKIN FROM THE INSIDE

We all need to ensure we're feeding our skin with key nutrients and here to help is Beauty Complex by Revive Active.

The supplement, which has just won Best Collagen Supplement in the Marie Claire Skin Awards 2023, is made with eight premium active ingredients in a comprehensive powder formula,

which nourishes, plumps and protects skin, hair and nails.

Ingredients include 7000mg marine collagen peptides, together with hyaluronic acid, biotin, phytoceramides, vitamins C and E, selenium and copper, which work in synergy to provide outstanding support. Beauty Complex is an easy addition to any daily routine; simply mix with water to enjoy a tasty and refreshing orange and pineapple flavoured drink.



Wild about rose

Give yourself a natural pamper with Faith in Nature's Wild Rose Hair & Body collection.

The range encapsulates the rejuvenating beauty benefits of rosehip oil to care for hair and body. Faith in Nature is vegan, paraben and SLS free, 99 per cent naturally derived and housed in 100 per cent recycled and recyclable packaging.



SKIN SOOTHERS

Give your skin some nourishment with Green People's Hydrating Firming Serum.

The serum has a fresh new look and even more moisturising power, thanks to a new COSMOS organic skin-barrier boost formulation.

The silky organic skin serum is designed to hydrate, soothe and plump all skin types. Hydrating Firming Serum's new formula boosts skin defences against dehydration with moisture retaining actives and a blend of pre and probiotics that help to enhance the skin barrier. This organic facial serum smooths, plumps and firms for instant radiance and a silky softness.

It is made with Bacillus Ferment, a postbiotic skin plumper, which delivers hydration, firmness and radiance. Marshmallow has been added to keep hydration locked in, while aloe vera and chamomile calms and soothes. Vegan, cruelty free and suitable for all skin types, it is delicately scented with organic rose germanium petals and the soothing fresh scent of eucalyptus oil.



NUTRIVITALITY

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Discover Nutrivitality's Children's Multivitamin range, formulated by experts with your child's health in mind. Our liquid formats ensure easy absorption, delivering essential nutrients to support their growth and development.



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Mushroom Extract



Traditional Hot Water Extract/Alcohol free

THE MUSHROOM GLYCERITES THE CONCEPT:

Over the last few years it seems as though companies involved in producing mushroom supplements have been engaged in an "arms race" of sorts, with each company trying to outdo the other in terms of how many beta-glucans or other of the important constituents of mushrooms end up in their supplements. The problem with this "pharmaceutical" approach to herbal extracts is that you end up with standardised or concentrated extracts that bear little similarity to the whole natural herb. You end up with a pharmaceutical!

This approach distracts us from the fact that these mushrooms have thousands of years of use; their reputations growing way beyond other herbs and medicines. Reishi for example, has been practically worshipped thanks to its reliability and effectiveness. All this incredible history was not based on pharmaceutical extraction or concentrating and isolating active components...it was based on simply making tea from them! Boiling them in water, simple hot water extraction. So, what we have done with our extracts is to take a step back in time, to traditional methods using whole mushroom fruiting bodies cultivated on organic substrate. Our mushrooms are extracted by the traditional hot water

www.improve-me.co.uk

YOUR PLANT-BASED *exploration*

If you're joining one of many people across the globe ditching animal products for the month of January, here's all you need to know about a healthy plant-based lifestyle.

More and more people – both in the UK and globally – are discovering the benefits of cutting out or reducing their intake of animal products. You only have to look at the increasing numbers of people who take part in Veganuary, the annual campaign encouraging us all to follow a plant-based diet for the month of January.

And the benefits are many, both for our own health and that of the planet; well-planned plant-based diets are known to be supportive of lowered blood pressure and cholesterol, lower rates of heart disease and type 2 diabetes, while they also have a range of environmental benefits; the production of meat and other animal-derived products is heavily reliant on

grain feed, which is linked to deforestation and habitat loss for the likes of soya. Plant-based food, on the other hand, relies on a lower quantity of crops and water. And we should also remember that plant-based prevents animal exploitation and animal cruelty.

The most important message is it can take time to change your diet, and that's OK – make some plans for meals that are vegan that you think you would enjoy, stock up on the right ingredients and just get started. You might decide to make the transition over time, rather than all in one go, and if you do accidentally consume animal-derived food, it's OK to make a mistake. The process is about learning and discovering what you like to eat.

PLANNING PLANT-BASED

Any change in your regular eating pattern can take some time to get used to, but with some simple planning and stocking up the store cupboard, you will find there are many different foods you can eat, with plenty of variety. A good place to start is with a weekly meal planner so you know you have both balance in your diet but also all the important nutrients you need.

It's important to remember that just because something might be labelled as vegan, that doesn't mean it's healthy, and there is a plethora of vegan 'junk' food type products that would be best avoided. As a basic rule, we would advise you try to cook from scratch where you can, with fresh ingredients and the likes of wholegrains, rather than their white counterparts, such as rice, pasta, and bread.

Herbs and spices can help to add flavour and variety to your dishes, while naturally vegan foods to keep on hand includes tofu, jackfruit, tomato puree, peanut butter, chickpeas, kidney beans, coconut milk, and pasta, among many more. And, of course, fruit and veg, which you need plenty of to get to ensure you get a broad range of nutrients.

And remember, there are vegan alternatives to many everyday staples, whether that's milk, cream, yoghurt, cheese and chocolate.

Check the ingredients

While vegan food is usually well-labelled these days, there are some ingredients that aren't obviously animal-derived that should be avoided.

Those to watch includes whey, casein and lactose, which are all sourced from dairy, not to mention being in a range of processed foods. Gelatine is used in a whole host of products as a thickening agent, most commonly in confectionery, and should be avoided as it comes from animal bones.

Be familiar with checking labels of bread products, beer and wine, crisps and other savoury snacks, as well as refined sugar, as these can also have hidden animal ingredients.

And the likes of honey will also be avoided by vegans as they come from bees, but beware that beeswax is also often used in confectionery and also beauty products.

WATCH YOUR NUTRIENTS

With a well-planned diet, that is balanced and with plenty of fruit and veg, you should be able to get a good intake of nutrients, but certain supplements are recommended too.

We would start with a quality multivitamin and mineral that is vegan certified to bridge any nutrient gaps you might have. A good B complex is to be advised as this ensures you are getting a broad range of these vitamins, so critical for our nervous system and for energy. Of particular importance is vitamin B12, which is very difficult to obtain in adequate amounts through a plant-based diet.

You should also keep an eye on your iron levels, as this can be lacking in a non-meat-eating diet, as can omega 3, which mainly comes from oily fish, and iodine.

And vitamin D, a hugely important supplement for us all during autumn and winter, will usually be sourced from lanolin, which comes from sheep wool, so be sure to look for a vegan certified alternative made from lichen.

Finally, collagen, made from skin, bones and connective tissue of animals, is used in many supplements, so should be avoided.

- ### TRY THIS
- DR.VEGAN Vitamin B12
 - Terranova Life Drink
 - Frank Fruities Pump Iron
 - Booja-Booja Salted Caramel Chocolate Truffles

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Vaginal probiotic
& UTI support

- 🌿 Advanced natural formula
- 🌿 Supports vaginal flora
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- Christian, DR.VEGAN® Customer

“Noticed a real difference when taking these probiotics. Highly recommend.”

- Sue, DR.VEGAN® Customer

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*88% of Gut Works® users enjoy relief within 4 weeks or less. **Based on a survey of 246 people who take Gut Works® during September 2022. Nationally representative. Can only be redeemed at www.drvegan.com for new customers only. Valid on the full range, cannot be used in conjunction with any other offer or bundles. Offer closes 30/06/2024.

Natural Lifestyle Top Picks



Are you looking for a high quality, lab tested collagen?

Osavi's Collagen Hair, Skin and Nails, in powder form with VERISOL®, clinically proven collagen peptides to keep your skin strong, elastic

and youthful looking. Collagen is often called the protein of youth because as you age, your body produces less of it. This powder form is ideal for those who don't want to take tablets. Thanks to the neutral taste and smell, you can easily mix it into your smoothies, salads and desserts. It does not contain any additives, as the only ingredient is bovine collagen.

www.osavi.com



Colladeen® Derma Plus

Expertly formulated to support the health of the skin, Colladeen® Derma Plus combines naturally sourced anthocyanidins (extracted from grapeseeds and bilberries) with plant-derived lutein, zeaxanthin and green tea extract. As well as being powerful antioxidants, research has identified anthocyanidins to be

active in supporting and repairing collagen-rich structures in the body. Lutein and zeaxanthin are two of the most well-known carotenoids, often considered skin 'loving' phytonutrients, whilst there has been much attention on the antioxidant properties of green tea. Our formula is complete by the addition of vitamin C, niacin and biotin, supporting collagen formation and normal skin health.

www.lambertshealthcare.co.uk



Lysine Lip Balm

Good Health Naturally's Lysine Lip Balm is a unique formula containing lysine and monolaurin to protect and nourish your lips. Studies indicate that lysine may benefit recovery and recurrence of cold sores. Zinc oxide acts as an aid to healing for times when you need extra help from irritations. The balm is also

ideal to protect the lips from daily environmental stressors. The Lysine Lip Balm is certified organic and includes the nourishing benefits of coconut oil, olive oil and jojoba oil with a pleasant mango flavour. Contains no artificial ingredients or preservatives. Suitable for daily use. Vegetarian.

www.goodhealthnaturally.com



Serranol®

Good Health Naturally's Serranol® is a powerful combination of plant-based enzymes and other nutrients for wide-reaching support. Each capsule provides 85mg Bromelain, 20mg Papain, 250mg CurcuminX4000™, 1000iu vitamin D3 and 50mg full-strength ecklonia cava extract. This unique formula delivers excellent anti-inflammatory and antioxidant benefits. Serranol is the top choice for anyone wanting to support areas such as skin, heart, lung and joint health, and much more. There is no better formula than

Serranol to support healthy ageing processes and your life-long total body wellness. Available in fully recyclable glass bottles and refill pouches. Suitable for vegetarians. 90 Capsules.

www.goodhealthnaturally.com



Nourishing Castor Oil

Cult US beauty brand Heritage Store's 100% cold-pressed Castor Oil is a nourishing treatment that is perfect for the winter months. It protects and shields your skin and hair, keeping it hydrated and providing long-lasting moisture for skin and nails. Single ingredient but multipurpose, our clean, vegan, Castor Oil will bring your boldest brows and lashes, shiniest hair and it can

even be used as a warming massage oil. **Available with lavender for a soothing and relaxing treatment, this hexane, phthalate, and sulfate-free winter beauty staple is available from Whole Foods Market, Planet Organic, www.superfooduk.com and independent health stores and pharmacies.**

FRIENDLY FATS

Learn why we need fats for good health, and how to tell the difference between the good and bad ones.

Not all fats are bad, despite what you may have been told over the years. In fact, it's quite the opposite – we need good fats to keep us healthy in so many ways, for our brain function, for immunity, for our joints and bones, and for our skin health. They also play a crucial role in healthy hormone balance, to support cellular function, and are needed to help the body cope with stress.

Yet for so long, we have been fed a message that fats are bad

for us, hence the plethora of low-fat foods on the market. The truth is, some fats – the so-called bad fats – are just that, no good for our health and wellbeing. But there are other fats, often referred to as good or essential fats, that are absolutely critical for so many body systems.

So, what do you need to know the different types of fats available, how you can obtain them and why they are so critical to health?

Guide to good fats

There are all kinds of fats, and these can broadly be broken down to good and bad fats. There are different types of bad fats, but as a general rule, these will be found in products that are processed.

The bad fats to try and avoid are saturated and trans fats, with the latter found in fried foods, sweet products such as cakes, biscuits and pastries, and margarine made with hydrogenated oil, and the former in the likes of fatty meats, such as sausages, ham, burgers, hard cheeses, whole milk, butter and palm oil. These can raise levels of the 'bad' HDL cholesterol in your blood, raising your risk of cardiovascular disease. We need to minimise our intake of these as much as possible.

The fats we need are monounsaturated and polyunsaturated varieties. Let's start with mono, which can be found in rapeseed and olive oil, avocados, nuts including almonds, cashews and hazelnuts, and then polyunsaturated, which is in oily fish, sesame and sunflower seeds, as well as rapeseed oil, among others.

Then comes in the essential fats, omega 3 and 6 – so-called essential because the body cannot make them. This means we need to ensure an intake of both, especially EPA and DHA, from omega 3. We can get both omega 3 and 6 from polyunsaturated fats.

ARE YOU GETTING ENOUGH?

The good news is it's easy to both cut back on bad fats and increase your intake of good fats through your diet and topping up further with supplementation.

The best foods to obtain omega 3 is oily fish, such as mackerel, sardines and salmon, but nuts, seeds and avocados also contain it. But remember simple switches, such as vegetable oil to olive oil when cooking and using in salads will help keep your intake up, or adding in green leafy veg, and instead of processed crisp snacks, opt for healthy options instead, such as flaxseed and chia seeds.

It's important to note that we often consume a lot of omega 6 foods and not enough omega 3 so a supplement can be important to ensure you aren't missing out. Where it can become a little more confusing if you are choosing a supplement is there are different sources of omega 3, all with differing benefits.

Fish oil is the most common source used in omega 3 supplements, which means it isn't vegetarian or vegan. There are some supplements on the market that use ingredients from unsustainable sources so where you can, seek those with some kind of certification and verification as to where it came from. Organic is also a good choice to ensure it is a quality fish oil, and free from contaminants.

We also love krill oil as it is a rich source of omega 3 EPA and DHA. Krill oil contains two forms of fat – triglycerides and phospholipids – which both contain omega 3.

If you want to supplement with omega 6, then evening primrose oil is a good choice, especially for female health, while omega 7, although not essential, is an important fat that comes from sea buckthorn oil and can help support healthy mucous membranes, making it important for women at the menopause who are experiencing vaginal dryness.

TRY THIS

Terranova Organic Omega
3-6-7-9 Oil Blend

Cleanmarine MenoMin

Pure Encapsulations
O.N.E. Omega

DR.VEGAN Vegan
Omega 3

Udo's Choice Ultimate
Oil Blend

A graphic for the Natural Lifestyle Product Awards 2023. It features a white outline of a house-like shape with a pointed top and a hexagonal base. Inside this shape, there are two overlapping yellow brushstroke-like shapes. The text 'Natural Lifestyle' is written in a white, sans-serif font inside a white rectangular box on the top yellow stroke. Below that, 'Product Awards' is written in a large, red, cursive font across the middle yellow stroke. '2023' is written in a large, red, sans-serif font at the bottom right of the graphic.

Natural Lifestyle
Product Awards
2023

www.mynaturallifestyle.com

Pride in natural health

With so many wonderful brands making products that support our health and wellbeing, the search is on for the winners of the *Natural Lifestyle* Product of the Year Awards.

Our wonderful independent health food stores up and down the country help to support our health and wellbeing in so many ways. Not only do they offer excellent advice, but they also provide high quality natural health products that truly help to keep us in good health.

And we at *Natural Lifestyle* – as a magazine dedicated to all things natural health – believe this should be recognised, which is why each year, we run our Product Awards, to bestow brands with praise for their dedication to making such fantastic products.

Across a range of categories that you would find in your local health food store, over the following pages, we reveal all those products that are in the running for one of our prestigious accolades. And then it is over to you, our loyal readers and the people using these products every day. Whatever your reasons for voting for a particular product, we want to hear from you. All you need to do is fill out the form opposite or head to www.mynaturallifestyle.co.uk/awards, where you can cast your vote. And keep an eye out for our next issue in the new year, where we will be revealing the results.

VOTE NOW

To nominate your favourite product of 2023, please select just one item from each category, fill in your details below and FREEPOST to **Natural Lifestyle Product Awards 2023 FREEPOST ANG10222, BISHOPS STORTFORD, CM22 6ZY.**
Closing date – February 5, 2024.

You can also vote online at
www.mynaturallifestyle.com/awards



BEST SUPPLEMENT (Please tick one product)

- Arthrovite Collagen Plus
- A.Vogel Menopause Support
- BlueIron Liquid Iron
- Strath Kids + D
- Sun Chlorella Sun Wakasa Gold Plus
- Syno-Vital
- Terranova B Complex with Vitamin C
- Viridian Pregnancy Multivitamin

BEST FOOD & DRINK (Please tick one product)

- The Ginger People Ginger Shots
- Pukka Morning Berry Tea
- Terranova Life Drink

BEST VEGAN (Please tick one product)

- Booja Booja Salted Caramel Truffles
- Solaray Immufocus
- Terranova Vollagen Complex

BEST NEW (Please tick one product)

- Cleanmarine PeriodPlan
- Faith in Nature Mint Body Wash
- R.Y.M Nutrition Brain Formula
- Terranova Serum 768
- The Ginger People Turmeric Juice
- Verity Labs Dentobiotic
- Viridian Vitamin D3 Spray

BEST HERBAL (Please tick one product)

- A.Vogel Echinaforce
- Helios Sleep
- Herbetom Liver Support
- NutraTea NutraTrim
- Terranova Fermented Ashwagandha
- Unbelievable Health Energy and Focus
- Viridian Menopause Complex

BEST BEAUTY/PERSONAL CARE (Please tick one product)

- Beautivite
- Beauty Kitchen Pure Source Collagen
- Otosan Manuka Cough Syrup
- Terranova Advanced Beauty Complex
- Viridian Repair 5 Serum

Full name:

Email:

Telephone:

FREEPOST to NL Product Awards 2023 , FREEPOST ANG10222, BISHOPS STORTFORD, CM22 6ZY.
Thank you for voting. The winners will be announced in the February issue of *Natural Lifestyle*.

Closing date – February 5, 2024



BEST SUPPLEMENT



COLLAGEN PLUS

Collagen Plus provides pain relief for anyone suffering with arthritis, joint and mobility issues.

This acclaimed unique 3-in-1 collagen supplement offers 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 track record in providing joint and mobility solutions. www.arthrovite.com

BEST SUPPLEMENT



SUPPORT THROUGHOUT THE MENOPAUSE

Looking for nutritional support throughout all stages of the menopause? A.Vogel Menopause Support is a herbal food supplement with a unique formulation of Soy Isoflavones, Magnesium (known to help with tiredness and fatigue and support the nervous system) and hibiscus. It provides 50mg of

bioavailable Soy Isoflavones, based on the recommended daily intake of 2 tablets. Menopause Support may be used with HRT, is GM Free and is suitable for vegans. www.avogel.co.uk

BEST SUPPLEMENT



NATURAL NORDIC ENERGY*

The only iron supplement formulated with delicious Nordic blueberries, BlueIron provides iron which is highly bioavailable and fast working. With the added benefit of a patented micro-encapsulated form of iron, it is easily absorbed and gentle on the

stomach. Iron is an essential mineral used by our bodies for many health benefits including maintaining cognitive function and reducing tiredness and fatigue. BlueIron provides the full recommended reference intake of iron for renewed energy*, focus and natural vitality. It is suitable for vegans and includes no artificial colours.

*BlueIron contains naturally-sourced Nordic blueberries for flavour plus Iron which contributes to the reduction of tiredness and fatigue. Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle. www.blueiron.co.uk

BEST SUPPLEMENT

STRATH KIDS + D

The Bio-strath herbal yeast supplement has been available in UK health stores for over 60 years and has been the go-to product for anyone looking to improve overall health especially immunity, recovery from illness and mental performance. This unique product has been subjected to more than 30 clinical studies including children with neuro diversity and absenteeism from school. Based on the original formula, Strath kids with Vitamin D supports children's development from 1 year while contributing to important bone growth and immunity. Bio-Strath continues to support Health stores and is not available in Supermarkets. Free point of sale material available on request www.bio-strath.com



BEST SUPPLEMENT

THE GOLD STANDARD IN NUTRITION

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

www.sunchlorella.co.uk
info@sunchlorella.co.uk



BEST SUPPLEMENT

THE LEADING BRAND IN ORAL HYALURONIC ACID ...



Syno-Vital is the leading brand of pure liquid Hyaluronic Acid which is easily absorbed by the body. Hyaluronic Acid may help to increase the viscosity of the synovial fluid and so restore the cushioning affect for the joints thus improving flexibility. As we get older, we produce less

Hyaluronic Acid, hence we start to show and feel signs of ageing, such as aching joints and wrinkly skin !! Hyaluronic Acid, makes up a massive 80% of the human eye, 60% of the skin, and crucially 9% of the joints. Taking Syno-Vital can help to top up those levels and ease joint problems, whilst hydrating the skin and eyes too.

www.modernherbals.com

BEST SUPPLEMENT

B COMPLEX WITH VITAMIN C

Terranova B Complex with Vitamin C provides the full spectrum of B Vitamins, plus choline and inositol, along with Vitamin C, and a Magnifood Complex featuring botanicals that work in synergy with these nutrients. While most B complex supplements include folic acid and vitamin B12, this formulation features calcium L-methylfolate and methylcobalamin. As well as these highly bioavailable B vitamins, this formula also contains vitamin C, which contributes to energy metabolism, the health of the nervous system as well as the reduction of tiredness and fatigue. 100% additive free, 100% vegan.



www.terranoahealth.com

BEST SUPPLEMENT

PREGNANCY MULTIVITAMIN

Pregnancy Formula is a balanced multivitamin to support mother and baby through all trimesters and when breastfeeding. Specially formulated with 27 essential nutrients, including 400µg of folic acid, the Government's recommended daily amount to support foetal development and researched levels of iron along with iodine, vitamins D and B5 and B12 which contribute to

the reduction of tiredness and fatigue. The addition of beta carotene enables the body to safely produce appropriate levels of vitamin A which is important for vision, skin and immune health. Contains 100% active ingredients, with no artificial fillers and no nasties. Sourced according to Viridian's strict ethical criteria.

www.viridian-nutrition.com



BEST FOOD & DRINK

GINGER PEOPLE GINGER SHOTS

Our Ginger shots are pressed using only the finest ingredients, ensuring they are bursting with flavour and nutrients. Unlike many shots they contain over 99% pure juice with a natural preservative. Not only are our shots healthier for your customers, but they are also better for the environment. By choosing glass bottles with aluminium lids, we are helping to reduce plastic waste and promoting a more sustainable lifestyle. So why settle for less when you can offer your customers a premium product that

is both healthy and eco-friendly? Call Halina on 01782 528611 for a point of sale pack.

www.wfbm.co.uk



BEST FOOD & DRINK

MORNING BERRY

Morning Berry is Pukka's latest herbal tea: an organic, caffeine-free blend of bold berry flavours and uplifting rooibos and hibiscus flower. It is an awakening combination of organic, fairly sourced, highest-quality herbs for a deliciously fruity and revitalising flavour. Since it is caffeine-free, Morning Berry gently awakens you for a positive start to the day. This unique blend is bursting with blackcurrant, blackberry and blueberry notes for a mouth-watering fruity taste.

It has been recognised across the industry as an innovative new blend winning a Great Taste Award and runner ups at both The Grocer New Product Award and The Natural & Organic Innovation Awards 2023.

www.pukkaherbs.com/uk/en/products/morning-berry-tea



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.terranovahealth.com



BEST VEGAN

SALTED CARAMEL MOCHA CHOCOLATE TRUFFLE LOGLETS

New Booja-Booja Salted Caramel Mocha Loglets are especially long, melt-in-the-

mouth chocolate truffles rolled in dark chocolate flakes. Magically moreish, these delicious bites of chocolatey bliss mingle sweet caramel, smooth dark chocolate and Cornish sea salt with a gentle hint of freshly roasted coffee. Ideal to share or as a special gift, they're perfect for elegant nibbling. Made in Norfolk, these irresistible delights are dairy free, gluten free, soya free, vegan and organic. If you've not tried them yet you're in for a wonderful treat!

www.boojabooja.com



BEST VEGAN

IMMUFOCUS FROM SOLARAY



Live brighter with IMMUFOCUS high-efficacy, high-potency formulas, for general and targeted support for the body's natural immune function. IMMUFOCUS Daily offers a potent combination of Vitamin C, Vitamin D, Selenium and Zinc

to help maintain the normal function of the immune system, all year round. For targeted help when you need it most, IMMUFOCUS Respiratory and IMMUFOCUS Response contain higher quantities of Daily formula ingredients, combined with additional natural ingredients for effective respiratory and seasonal support. All IMMUFOCUS products are lab verified, gluten free, vegan, and sold in 100% PCR bottles. Available in local independent health food stores or pharmacies. www.solaray.co.uk customerservice@solaray.co.uk

BEST VEGAN

VOLLAGEN®

Vollagen® is a complex of amino acids providing precisely the same proportion as those found within human collagen, with key advantages over typical collagen supplementation: Produced using fermentation and microencapsulation process, resulting in the creation of an amino acid blend rather than simply a combination of individual amino acids. 100% suitable for vegans, ethically and sustainably sourced, from non-GM corn. Free from common allergens and contamination with heavy metals and other toxic elements that may occur in animal-derived collagen. The amino acids in Vollagen® are already isolated and are therefore readily absorbed into the body. Independent consumer testing has shown incredible results within 60 days of use.

www.terranovahealth.com



BEST NEW



CLEANMARINE PERIOD PLAN. BE YOUR TRUE SELF. PERIOD.

Time of the Month, Aunt Flow, The Curse... enough is enough! Calling all people with periods - the time has come

to feel empowered to take control. Cleanmarine proudly introduces PeriodPlan. The body is impacted by hormones every day, but when taken consistently PeriodPlan supports mind, skin and energy levels supporting people with periods through every day of their cycle. PeriodPlan has been scientifically formulated with a fantastic combination of Omega 3 krill oil, B vitamins and vitamin D3 so just two capsules each day provides extra nutritional support for your period, day after day.

www.cleanmarineuk.com
hello@cleanmarineuk.com

BEST NEW



MINT BODY WASH

Everyone loves a fresh new fragrance, and they don't get fresher than our new Mint Body Wash. Our founder, Rivka, blended this one with extra-minty English peppermint oil, to pep up your shower (and your mood). Because mint, has a lot going for it. To create this revitalising scent, Rivka "blended English peppermint with local English lavender, geranium and bergamot, along with other notes to deliver the most stimulating shower experience." Mint Body Wash benefits the skin as well as the senses, with peppermint oil being known to soothe inflammation, relieve itchiness, enhance skin tone, and deliver a cooling sensation.

Faithinnature.co.uk

BEST NEW

NEW BRAIN FORMULA FROM R.Y.M. NUTRITION

R.Y.M. Nutrition Brain Formula is a breakthrough supplement that calls upon carefully selected botanical ingredients clinically proven to support your body's response to reducing stress,

bringing energy & calmness, enhancing memory, and improving quality of sleep. R.Y.M. stands for Rejuvenate Your Mind, which represents the founders' vision of a lifestyle brand truly focused on cognitive health and mental well-being. Products are created with science-backed nutritional ingredients and botanical extracts, developed and manufactured in GMP-certified premises in the UK, and the whole range is vegan, dairy-, gluten-, yeast- and soy-free with no artificial flavours, colours, preservatives, sweeteners, synthetic fillers or binders. Available from leading health stores and independent pharmacies nationwide and www.kijaniliving.com



BEST NEW

TERRANOVA SERUM 768

Terranova Serum 768 is a unique blend featuring 14 carefully selected organic oils, combined with organic extracts of calendula and arnica. All ingredients have been specifically selected for their skin rejuvenating properties and work synergistically to provide a formula that is deeply nourishing and intensely restorative to skin that is affected by dryness, ageing or other common challenges to skin health. 100% Vegan 100% Natural 99.49% Organic of Total. UK distributor Bio-nature Ltd, call 01535 611446 or email:

info@bionature.uk.com
www.terranovalhealth.com



BEST NEW

DITCH THE PLASTIC, DRINK THE JUICE

Turmeric shots are all the rage, but individual plastic bottles are very wasteful, and they often contain less than 20 per cent juice.

The Ginger People's Fijian Turmeric Juice is over 99 per cent juice and is packed in glass bottles with up to 20 shots per day! They are new so ask your store to order if you don't see them on shelf.

www.th Gingerpeople.co.uk



BEST NEW

DENTOBIOIC - SUPERIOR ORAL CARE

Our family friendly and innovative formulation is comprised of a targeted blend of live bacteria strains, vegan Vitamin D3, Zinc and L-Lysine to create a natural oral microbiome, maintain

normal teeth, support gum health and combat bad breath. The blend of probiotics increase resistance to caries risk factors and bad bacteria, whilst L-Lysine amino acid, which cannot be produced by the body, acts as a barrier to microbial products.

Adults and children over 5 years old may dissolve 1 tablet in the mouth once or twice a day after brushing teeth to restore the friendly oral bacteria. www.veritylabs.co.uk



BEST NEW

VITAMIN D3 SPRAY

Vitamin D3 Spray from Viridian is a unique, great tasting way to get a high potency dose of vitamin D. Derived from lichen, a vegan form of vitamin D, this all-natural formulation has no additives or artificial preservatives. Containing natural orange oil, two sprays daily provide a 2000IU dose of vitamin D3 which is absorbed sublingually, making it ideal for those looking for a pill-free way to increase their intake of this essential nutrient.

Vitamin D contributes to the maintenance of normal bones, teeth, muscle function and immune function. Each bottle contains 20ml, equivalent to 70 doses. Ethically sourced and non-animal tested.

www.viridian-nutrition.com



BEST HERBAL

NURTURED BY NATURE

Help fight the misery of colds and flu by supporting your immune system with A.Vogel Echinaforce® Echinacea drops. Echinaforce is made from extracts of freshly harvested, organically grown Echinacea purpurea herb and root, processed within 24 hours of harvest from our Swiss farms. Echinaforce® 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



SLEEP WELL WITH HELIOS

Helios Sleep contains four homeopathic remedies Avena sativa, Coffea, Passiflora and Valerian. This combination has a long, tried and tested history of traditional use to relieve all manner of sleep disturbances, from difficulty getting off to sleep to frequent waking during the night.

Being homeopathic, Helios Sleep is without any known side effects, is gentle and safe to use both short and long term, and comes in organic, sucrose pill form in our easy-to-use, single dose dispenser.

www.helios.co.uk

BEST HERBAL

HERBETOM LIVER SUPPORT



Liver health is becoming a key health category as the issue of non alcoholic fatty liver disease (NAFLD) increases. This condition is often symptom free in the early stages and may not present until more serious liver symptoms occur. Herbetom Liver Support is a complimentary formulation with blackcurrant extract, milk thistle, artichoke, blessed thistle, radish, fennel, peppermint and sage. Each plant is known for its positive effect on the Liver health, detoxification and health bile production. Samples bottles and point of sale is available from your WFBM representative or call Halina on 01782 528611.

www.wfbm.co.uk

BEST HERBAL



NUTRATRIM - WEIGHT MANAGEMENT TEA

NutraTrim® by Nutra Tea® is 1 of 30 functional herbal teas that has been expertly formulated by pharmacists and nutritionists to aid in weight management and help support metabolism. This unique herbal blend

contains 100% active botanicals that have been sustainably sourced including Alder Buckthorn, Kelp, Dandelion Root and many more well-established ingredients to help increase satiety and support digestion. This comprehensive herbal tea blend contains no flavourings, oils or excipients allowing each biodegradable tea bag to be reused throughout the day, offering a tasty way to help with weight control whilst maintaining a natural digestive function.

www.nutratea.co.uk

info@nutratea.co.uk

BEST HERBAL

FERMENTED ASHWAGANDHA

Terranova Fermented Ashwagandha – Fermanolide™ contains bioactive ashwagandha, fermented by lactobacillus plantarum. An important adaptogenic botanical, ashwagandha has a wide range of applications. Thanks to the special fermentation process, the active substances are made more readily available to the body, thus creating a very powerful ashwagandha formula. 100% additive-free, 100% vegan.

www.terranovahealth.com



BEST HERBAL



NATURAL ENERGY & FOCUS WITHOUT JITTERS

Unbelievable Health is one of the only brands formulating all-in-one plant, herb and food sourced supplements blending beneficial ingredients (not usually found in a regular diet), with no added fillers or excipients. Bee Energised energy and focus

supplement is formulated by nutritionists & combines highest quality nutrients with proven benefits including organic bee pollen, royal jelly, rosemary extract & much more and are Vegetarian Society Approved. Bee Energised is helpful for fatigue, brain fog, sports & fitness training, jet lag, menopause, long covid, exams & more. Effects are usually felt right away and benefits build with time.

www.unbelievablehealth.com

BEST HERBAL



MENOPAUSE COMPLEX

Menopause Complex is a combination of targeted and potent plant extracts to support a wide range of menopausal symptoms and includes sage which helps with physical and mental comfort during the menopause. A standardised extract from hops, provides a well-studied phytoestrogen (8-prenylnaringenin (8-PN)) which can help with the tell-tale signs associated with the menopause,

such as hot flushes, sweating, restlessness, and irritability. Lemon balm contributes to relaxation and supports sleep and the addition of saffron supports emotional balance and improved libido. Suitable for all stages of the menopause. One-a-day vegan capsule. Contains 100% active ingredients with no fillers or binders.

www.viridian-nutrition.com

BEST BEAUTY/PERSONAL 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 the No 1 UK collagen specialists ArthroVite.

www.beautivite.com

BEST BEAUTY/PERSONAL CARE



NEXT GENERATION COLLAGEN VEGAN BEAUTY DUO!

Introducing Seahorse Plankton Intense from Beauty Kitchen, the next generation of microalgae Pro-Collagen skincare, designed to boost the body's natural collagen production and to

combat the visible signs of ageing from the inside and out. Pure Source Collagen SPI4™ Serum is formulated using 8 pure ingredients, including the proprietary SPI4™ complex encapsulated in olive oil to reduce the appearance of fine lines, wrinkles and sun damage while improving skin elasticity and texture. Complementary product Pure Source Collagen SPI4™ Gummies are scientifically formulated with SPI4™ complex, zinc, vitamin E, biotin and selenium. **Available from leading health stores and independent pharmacies nationwide and** www.beautykitchen.co.uk

BEST BEAUTY/PERSONAL CARE

OTOSAN MANUKA COUGH SYRUP

Offering a range of benefits for individuals suffering from cough and respiratory discomfort. This natural and soothing syrup is formulated with a blend of herbal extracts, including plantain, sundew, and honey. These ingredients work together to help alleviate cough symptoms, soothe irritated throat, and promote respiratory health.

Otosan Cough Syrup is free from artificial colors, flavors, and preservatives, making it a safe and gentle choice for both adults and children. It helps to reduce cough frequency and intensity, providing relief and allowing for a more restful sleep. With its natural ingredients and effective formulation, Otosan Cough Syrup offers a natural solution for cough relief and improved respiratory well-being.

www.otosan.com



BEST BEAUTY/PERSONAL CARE

INTRODUCING TERRANOVA'S ADVANCED BEAUTY COMPLEX

A unique and innovative formulation designed to support collagen production and maintenance, skin integrity, ageing and much more. Featuring Vollagen® a complex of Amino Acids in the same proportion as those found within collagen. This formulation comprehensively and broadly supports skin, hair and nail health. It not only provides the building nutrients for collagen production (such as vit C) and skin health (such as vit A as retinyl palmitate), but also features botanicals that contain specific beauty supportive compounds along with their naturally occurring, synergistic composites to enhance absorption and bioavailability.

www.terranovahealth.com



BEST BEAUTY/PERSONAL CARE

REPAIR 5 SERUM

Living with skin issues and dry skin can take its toll on confidence and impact every area of people's lives. Organic Repair 5 Serum is a blend of well-researched natural oils – black seed, flaxseed, lavender, chamomile and safflower formulated to support skin health. A study by Viridian found that 98% of people who used Organic Repair 5 Serum reported significant improvements in the appearance of their skin. Black seed oil is rich in

active compounds. The addition of safflower helps to fight against skin dryness. COSMOS certified guaranteeing organic and natural skincare, avoiding the use of synthetic fragrances or colourings. Cruelty and palm oil free.

www.viridian-nutrition.com



Natural Lifestyle

Retailer of the Year 2023



Holistic hero

The search is over, and we can now reveal the deserving winner of the *Natural Lifestyle* Retailer of the Year Award 2023.

As a magazine, *Natural Lifestyle* is dedicated to all things natural and holistic, and of championing all those wonderful independent health food stores across the UK who help us all to better health through their excellent advice and support, unparalleled customer service, and their supply of quality products.

Which is why each year we run our Retailer of the Year, in search of those stores that go the extra mile for their customers and the communities they live in. And this year's awards, sponsored by our friends at Terranova Nutrition, proved just what a difference health food stores make to customers as we were inundated with nominations for shops the length and breadth of the UK. Stores were nominated for a whole host of reasons but some of the running themes throughout was how valuable a community resource they are, and how incredible the service and advice is.

We whittled down all our entries to a shortlist of six, and, after a judging process by the *Natural Lifestyle* team, we are delighted to announce that our deserving winner for 2023 is Amaranth, in Bramhall, Cheshire.

This thriving store is owned and run by Joanne Hill, herself a qualified Nutritional Therapist and with a team of other qualified natural health experts. Not only is the store itself a thriving business, but Joanne and her team spend a lot of time getting involved in events within the community, not to mention offering personalised consultations for their customers utilising their excellent nutritional knowledge.

As well as the shop, there is a busy therapy centre within the store, as well as an online business. But Joanne goes much further than that; with her nutrition skills, she has developed a close working



relationship with a local GP, so much so that the GP will suggest people visit Amaranth in some instances where nutritional support is better suited than medication.

Comments from customers nominating the store included, "Amazing knowledge of products and issues. Provide amazing customer service with free consultations and give advice for free. They care about their customers. Amazing team of enthusiastic women who love helping people", and "Joanne and the team are amazing. I have changed my health and outlook with their advice. The prescriptive approach to me as an individual has worked, I have more energy, less tired, highly, highly recommend".

Another customer said: "Amaranth is a real asset to our village. Their ethos is all about wellbeing. All of the staff care and are extremely knowledgeable in their field. They genuinely have customers' wellbeing at the centre of everything they do and strive to find the most suitable products. I'd be lost without them all."

And another wrote: "Amaranth are my fourth emergency service. No

enquiry or request for help is too little or too small. If they don't cover it, they know who will. I'm confident with them."

Commenting on the win, Joanne told us: "We couldn't be more delighted to be announced as the *Natural Lifestyle* Retailer of the Year 2023. The fact that we were shortlisted through nominations received from our customers makes the award even more special. We are so thankful to everyone that has taken the time to nominate us. This award is a credit to the dedication and commitment of the Amaranth team. They have a true passion for natural health and lifestyle and they are always learning so that they can provide the very best advice for the health of our customers. 2024 will be our 10th year as Amaranth and there couldn't be a better way to kick off the celebrations!"

Adding her congratulations, Rachel Symonds, Editor at *Natural Lifestyle*, commented: "We would like to extend our congratulations to Amaranth on their well-deserved win. Amaranth and the team who work there stood out as our winner for the sheer range of initiatives they get involved in to support their customers and the wider community. This is clearly a store that is held in high regard by customers, and where customers can access qualified, responsible advice and support, high quality products and a pleasurable shopping experience. We look forward

Our runner-up

Our runner-up was the wonderful Bare Health, in Congleton.

Run by Mel Ratcliffe, who has worked in the natural health trade for many years, Bare Health is a true haven of natural health, and run by a team of experts.

We loved how much Mel got involved with the local community, not only with events in the area but hosting all kind of initiatives in store.

Comments from her customers included: "Superb customer service, a credit to the community. Mel and her team go above and beyond, providing amazing therapies and advice combined with fantastic products. The shop is a treasure trove of alternative goodness."

Another customer commented: "Bare Health is at the heart of the community. A place that takes part in community events spreading the access to health advice and health options. Mel runs amazing events at the shop too, bringing in speakers from all parts of the healthy living world, keeping customers updated and building their knowledge. Service is friendly and efficient and while Bare Health have a great range of goods, Mel will always order for you if it's not in stock. One of the best health stores far and wide."

Commenting on being runner-up, Mel said: "We're absolutely thrilled to hear we've been announced as runners up in this year's *Natural Lifestyle* Retailer of the Year Award and so very grateful to our lovely customers who took the time to nominate Bare Health. We'd like to extend our congratulations to this year's winning store, Amaranth, and all of the other wonderful stores who were shortlisted.

"The awards are certainly a great way to celebrate and recognise health stores across the UK and the fantastic work they do to support the health and wellbeing of their local communities. It's a wonderful industry to be part of!"



to seeing what the future holds for this wonderful store."

"We'd like to thank our readers for getting involved by nominating their favourite store – it was by no means an easy task shortlisting the stores, and it just demonstrates how many fantastic health stores operate in the UK"

Liz Smith, Director at Bio-Nature, which distributes Terranova in the UK, added: "We are delighted to be involved with the *Natural Lifestyle* Retailer of the Year Award to be able to recognise those excellent health stores across the UK, working hard to support the nation's health. We would like to congratulate our deserving winner, Amaranth, as well as our runner-up and those shortlisted."

Our shortlist

From a list of many nominated stores, they were whittled down to six who went through to the judging process. In addition to Amaranth and Bare Health, our shortlisted stores were:

- **Little London Health Store, Nottingham:** One of the oldest health stores in the UK and with a strong reputation, comments included: "My family have been a customer for over 25 years. Outstanding customer care and knowledge on the products that are being sold, anything that is asked by the team, I always get the correct information. Once you step inside Little London, you become a part of history."
- **Peak Health Food, Rugeley:** A real community hub, Marie Longman and her team received a range of nominations, including: "First and foremost, the staff at Peak Health Food are incredibly knowledgeable. Their expertise in health and wellness products is truly impressive. From the moment I stepped into the store, I was greeted by friendly and approachable staff members who were genuinely passionate about their work. They took the time to understand my needs, listened attentively to my concerns, and provided me with valuable recommendations based on their extensive knowledge. It was evident that they were well-trained and up-to-date with the latest advancements in the health industry."
- **Therapy Organic, Wilmslow:** The team at this beautiful store hold various qualifications and so can offer customers excellent advice. Comments included: "Extensive, carefully selected product ranges. Knowledgeable team, always available to assist. Ethical values and support our local community. It's a pleasure to shop at Therapy Organics."
- **Wild Oats, Bristol:** A shop that has been in existence for decades, founder, Mike Abrahams, has recently retired and the shop has passed to long-serving store members. Comments from customers included: "Absolutely amazing staff, always highly knowledgeable and very helpful. Ample choice of high quality, natural products, innovative and very ethical. They have been running for well over 30 years and they have gone a very long way educating the people of Bristol. I'm so glad they exist! I couldn't do without them."

SUPPORTING WOMEN THROUGH THE MENOPAUSE

After teaming up with BioCare to put its menopause range of supplements to the test, we are delighted to reveal the promising results from our readers.

When we launched our menopause trial in partnership with BioCare earlier this year, we were delighted to have such a response but not surprised to be inundated with applications from readers to take part. This reaffirmed just how much women are suffering with symptoms associated with this stage of life, and how they are in need of a holistic solution.

And we couldn't have teamed up with a better brand to support women at this life stage; BioCare is a company dedicated to supporting menopausal women and offered readers a three-month trial of its Menopause Multinutrient and Female Balance supplements.

Explaining why the initiative was so important, Hannah McMartin, Nutritional Therapist and Brand Manager at BioCare, commented: "We're passionate about supporting women through the menopause, so we were thrilled to have partnered with *Natural Lifestyle*

for our 12-week menopause trial. We know that many of our customers are at some stage in their menopause journey and a GenM report found that at any one time, 15.5m women are affected by the menopause, yet 87 per cent of mid-life women feel overlooked by society and brands. As a brand, we're committed to supporting women through the menopause by providing specially-formulated food supplements alongside free, expert nutrition advice.

"This trial has been particularly important to us as we know that small changes in lifestyle and nutrition can have a huge impact on menopause symptoms, but understand that it can be overwhelming knowing where to start. We wanted to give readers the opportunity to try our products over a 12-week period to see if implementing these nutrients helped to provide balance both in mind and body, by reducing the frequency and severity of menopause symptoms."

THE TRIAL

We received more than 800 entries for the trial, demonstrating a clear demand for targeted menopause support. These were whittled down to the 150 spaces we had available for the trial.

Of the 150 readers who took part, 82 per cent said taking Menopause Multinutrient and Female Balance improved their quality of life after 12 weeks. Common symptoms that were noted to have improved included hot flushes, which led to better quality sleep and less anxiety throughout the day, improved focus and memory, increased energy levels and a general improvement in stress levels. Improvements in symptoms including skin health, joints and increased vaginal lubrication were noted, as well as improvements in relationships, which was reassuring to hear, as the menopause can be extremely isolating for some women.

IMPROVED QUALITY OF LIFE

The results have revealed that an impressive 82 per cent of women said taking these supplements improved their quality of life after 12 weeks, more than 84 per cent would recommend Menopause Multinutrient to friends and family and more than 85 per cent would recommend Female Balance to friends and family. Furthermore, 91 per cent of women said they experienced an improvement in hot flushes, while 90 per cent of women found an improvement in night sweats. For 75 per cent, stress and anxiety improved, while 81 per cent saw improvements in poor sleep and 75 per cent of women experienced less tiredness.

"We're delighted that the trial results show that our products offered symptom relief and helped to bring back a sense of normality in what can feel like a hugely overwhelming time. As one reader put it, 'I feel like me again!'. There are many pieces to the menopause jigsaw, and we are proud to be a part of a movement that empowers women to take back control of their health, piecing together their new normal," Hannah added.



BRINGING BACK BALANCE

Hannah commented “There are many areas of health affected during the menopause, from bone to heart to brain to vaginal health, and we know that no two women experience symptoms in the same way. Our menopause supplements have been designed with specific nutrient dosages alongside specially chosen botanical ingredients to support female hormones and to bring back balance to the body. We’ve spent a lot of time over the years refining these formulas, using science-based research to ensure we’re providing optimum nutrient quantities in forms that are easy to absorb.

“Whilst we continuously receive anecdotal evidence of the significance of these products in supporting menopause symptoms, this was our first reader trial, which has been really exciting alongside other activity, including our newly released *Menopause Guide* and free menopause consultations with our in-house nutrition team.”

Quotes from our readers included:

- “Overall, this has helped improve my mood, reduce tiredness, gives me more energy, less redness and hot flushes and has improved night sweats. It helps me sleep better all round. Better skin, hair and nails. Feel like me again!”
- “My general wellbeing is so much better, I’m able to have good relationship with my husband and kids, which make my mental wellbeing good”.
- “I feel tonnes better. My mobility is better. I’m not so uncomfortable with sweats and flushes. My joints have improved. I am happier, I would definitely recommend”.
- “I am getting a much better night’s sleep and because of this, my mental health is much better”.
- “Night sweats have reduced considerably, so I’m getting a much better night’s sleep. Sleep improved within five days”.
- “The difference is amazing. I was dreading the summer, but not having a single hot flush was such a relief. Hot flushes used to make me feel sick and light-headed, so feeling normal again was such a relief”.
- “Probably the area where I noticed the most improvement was brain fog, memory, concentration, focus – I’ve been feeling like I was ‘there’ more, more in the moment, more able to stay focused on things/conversation topics/ideas/thoughts. My mind has been feeling more ‘together’, as opposed to dissipated and all over the place, as it had been before the trial”.

THE PRODUCTS

Menopause Multinutrient is an advanced multivitamin for women’s health during and after menopause, containing vitamin B6 to support female hormones, with magnesium, zinc, green tea, and lycopene. The combination of nutrients are designed to support female hormone balance, energy, mental health and wellbeing, skin, hair, nail, bone and, heart health. Green tea protects cells from oxidative stress, supports fat metabolism, heart function, and energy, whilst lycopene has potent antioxidant properties. It includes high potency nutrients using the best and easiest nutrient forms for the body to absorb and use, such as methylfolate and methyl B12.

Female Balance is an advanced botanical complex with red clover, sage, broccoli and green tea for female hormone balance. Red clover and sage are natural sources of isoflavones and polyphenols and promote female hormone balance, contributing to a reduction of menopausal symptoms. Red clover helps with symptoms associated with menopause, such as hot flushes, sweating, restlessness and irritability, while sage promotes hormonal balance in women, contributing to comfort during the menopause.



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a motorbike.





AFTER A RUN

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 **asics**

sound mind, sound body

Ask the experts

AN ENZYME EDUCATION by Alice Bradshaw

What are enzymes and how does the body obtain them?

The word 'enzymes' has become synonymous with digestion, but what you may not know is that enzymes play multiple roles throughout the entire body in every system and organ.

Enzymes are defined as biological catalysts, something that speeds up chemical reactions in the body. While they are critical to digestion, they are also needed for respiration, muscle and nerve function, hormonal health and much more.

What do you consider to be the most important enzymes for health, and can we commonly be lacking?

Proteolytic enzymes are of particular interest to many nutrition experts. These are 'protein-digesting' and while they aid digestion of foods, there's much interest in their non-digestive roles throughout the body, including modulating the immune system, inflammation and potentially pain. These enzymes also break down excessive scar tissue and proteins involved in blood clotting.

As with many things in health, our innate production of enzymes diminishes with age. Pineapple and papaya are well-known for being good sources of enzymes, but it's common to take supplemental digestive enzymes to support the digestive process in later life. Similarly, many people are starting to supplement with systemic enzymes to support many aspects of health as they age.

Can we obtain them from the diet, or would you recommend that we supplement?

There are more than 200 peer-reviewed research articles covering the many potential health benefits of taking systemic enzymes. Some of the most popular include papain, bromelain, trypsin, Nattokinase and protease complexes.

Systemic enzymes have a long-standing history of use for their various potential health benefits, however, if you are on medication (especially anti-coagulant meds), you should not self-supplement without first talking to a health care professional.

Q What do you consider the most important nutrients for teenagers, and would you recommend they take a supplement?

Tina Lond-Caulk suggested: Teenagers require more nutrients than at any other time in their lives. It is a time of rapid physical and mental growth, often characterised by intense physical activity, brain development, and hormonal changes. These factors create increased nutritional demands, making it crucial to provide the body with the right nutrients to support overall health and wellbeing.

Calcium is crucial for strong, healthy bones. Inadequate calcium intake can lead to weakened bones, setting the stage for future issues like osteoporosis. Vitamin D, likewise, is crucial as it helps the body to absorb and use calcium efficiently. I always think food first, therefore, best sources of calcium are dairy i.e., milk and cheese and of course the best form of vitamin D is sunshine! If your teen is not getting adequate exposure to sunlight and not eating the right foods, then supplementation is a strong recommendation.

Iron is essential to produce red blood cells, therefore, a lack of it could cause your teenager to become anaemic, making them feel incredibly tired. Girls need extra iron to replenish what is lost during their monthly cycle. Vitamin C, found in fruit, fruit juice, broccoli and red peppers, can improve the absorption of iron, so pair foods like red meat, kidney beans, nuts and dried apricots with a source of vitamin C.

The pace of family life, rising food costs and potentially dealing with a fussy eater, are all challenges for parents to deal with to guarantee that teenagers are obtaining all the necessary nutrients they need. This is why I, as a parent myself, would recommend a supplement with comprehensive support for adolescent development, with essential vitamins and minerals.

About the experts



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



SARAH ORECCHIA founded Unbelievable Health in 2010. The expient-free plant-based supplements blend bee ingredients with plants and herbs that bees pollinate. A lifelong bee nerd and health nut, Sarah was brought up in a home where natural health was a priority.



TINA LOND-CAULK is Brand Ambassador for Revive Active, a nutritionist and the author of *Eat Well & Feel Great*; *The Teenager's Guide To Nutrition & Health*.



VANESSA QUARMBY is a Consultant Dietitian, based in Yorkshire, and she delivers training and advises private clients, as well as advising businesses regarding all things nutrition related.

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Ask the experts

THE HEALTH BUZZ

by Sarah Orecchia

What is propolis and why is it good for us?

Bee products have been used since ancient times to support health and immunity. According to renowned propolis expert, James Fearnley, honeybees are often referred to as 'flying pharmacists' as the products they produce have been proven to be wonderful, natural ways to improve and optimise health.

Bee propolis is a fascinating substance which bees make from resins collected from plant and tree buds. It's incredibly nutrient-dense and contains high levels of flavonoids, antioxidant phytonutrients responsible for its antibacterial, antiviral, anti-fungal and anti-inflammatory actions. The immune supporting properties of propolis have been the focus of numerous clinical studies, which have shown it to be effective in promoting the body's natural defences. Propolis has more than 2,000 studies on its use for human health.

And what about bee pollen – what health benefits does that have?

Bee pollen is the only food known to contain the full spectrum of vitamins and minerals and all of the amino acids. Studies show bee pollen exerts highly beneficial biological activities for the recovery of muscle protein and energy metabolism. Many people take bee pollen to help combat seasonal hay fever by reducing their body's histamine response to pollens.

Bee pollen is a pre-digested

food, which easily moves through the digestive tract, and is quickly absorbed and utilised by the body and contains nutrients which help enhance stamina and energy.

And can you tell us a bit about royal jelly?

Royal jelly has been the subject of numerous studies which show it may help ease anxiety and depression. It contains high levels of vitamins and 17 different amino acids, including the eight essential amino acids that the human body cannot produce. Studies have confirmed it can aid improved cognitive performance and it is shown to contain longevity-promoting factors.

Do you advise we take them in supplement form and what should we look for when choosing?

Propolis has a strong aromatic flavour so for many, supplement form is best (capsules can be opened into juice or food for those who don't like swallowing pills). Bee pollen can be sprinkled on food but taking it in supplement form can ensure the pollen stays fresh.

The key things to look out for is the quality and amount. Many supplements contain fillers and bulking agents to bring costs down, which means lower levels of active ingredients. Look for supplements with no added unnecessary ingredients or excipients like magnesium stearate and generous amounts of active ingredients.



Q I find I can get low mood in the winter – what nutrients do I need to make sure I am getting enough of?

Vanessa Quarmby advised: Making sure our diet is the best it can be can really help us to feel good. Food influences mood. Ensuring our blood sugar is stable is a good start, so try to eat wholegrain starchy foods regularly throughout the day.

If you are feeling tired, then consider getting your iron levels checked out. Anaemia is common; eating red meat, pulses and fortified cereals is a good way to increase your intake of iron.

If you have low mood, making sure you get enough B vitamins is important, and foods such as meat, fish, eggs and dairy provide B vitamins. Not eating enough folate can increase your chances of becoming depressed. Folate is found in dark green leafy vegetables, citrus fruit, pulses and fortified foods such as breakfast cereals and yeast extract.

Another nutrient to consider is selenium, and many of us don't eat enough. If we are selenium deficient, we can feel low in mood. Good sources of selenium are Brazil nuts, seeds, fish and wholemeal bread.

There is some evidence that oily fish and the omega 3 fat that it contains may be linked to improving mood; a good reason to feast on mackerel pate, salmon or trout for dinner and kippers for breakfast.

Eating a wide variety of protein and vitamin and mineral-containing foods to support the body's functions is important. A balanced diet including fruit and vegetables, wholegrain foods (brown rice, wholemeal pasta, muesli, porridge etc) with some protein foods, including oily fish, will provide nutrients for good mood.

The best source of vitamin D is the sun, but between September to April, it's hard to get enough in the UK, which means supplements might be necessary – consider taking 10mcg per day.

Wherever possible, it's best to look to our diet to provide the wide variety of nutrients we require. Sometimes supplements can help people who cannot achieve that.

Support your digestive health

Discover these natural health essentials to keep your digestive health in check.



IBS relief

Silicea gastrointestinal gel is a remarkable natural medical device which helps remove toxins, gases and pathogens from the digestive system by acting like an absorbent sponge.

Symptoms including IBS symptoms, heartburn, diarrhoea, nausea and bloating can all be relieved.



Love your liver

The liver is often forgotten when it comes your health and if you're not a heavy drinker, you probably think it's in good shape.

Unfortunately, non-alcoholic fatty liver disease

(NAFLD) affects up to 20 per cent of the population and often presents with no symptoms.

Herbetom Liver Support contains specific plant extracts known to support liver health, helping to keep this crucial organ in good order.

Gently does it

A sluggish digestive system can lead to constipation but when giving it a helping hand, you should always take a gentle approach.

Herbetom Transit's unique liquid formula uses a combination of gentle plant extracts to avoid over stimulation which could lead to unwanted side effects.



Super roots



Ginger and turmeric go hand in hand in the plant world and they share similar gut health benefits, which date back thousands of years.

The Ginger People Fijian Turmeric & Ginger Shots contain more than 99 per cent juice with natural preservatives and unlike many products, give eight full potency shots compared to many plastic shot products, which contain less than 20 per cent turmeric or ginger.

Products are available in health food stores across the UK

Time to tame your stress

We live in a stressed-out society, which has a huge impact on our health and wellbeing. Here, our experts offer a holistic action plan to ease the effects of stress.

We are a nation of stressed people, and this has only become a greater problem since the Covid-19 pandemic. Data from Censuswide on behalf of CIPHR found an overwhelming majority of UK adults (79 per cent) feel stressed at least one day a month, with one in 14 saying they feel stressed every single day. And this ongoing state of stress has a huge effect on our wellbeing, both mental and physical, being closely linked to anxiety, poor sleep, low mood, and more.

Keri Briggs, Senior Brand Specialist at Lamberts, advised: "It has been estimated that 74 per cent of people have felt stressed to the point of not being able to cope at some point in a year. A survey conducted by the Mental Health Foundation suggests women are more likely to suffer than men, and those aged 18-24 are more susceptible than over 55s."

Catherine Gorman, Nutritional Therapist at Good Health Naturally, added: "Our collective stress levels seem to be at an all-time high. It should come as no

surprise really as we've been through a lot during the last three years, a pandemic, lockdowns, wars and a cost-of-living crisis."

Elizabeth Hughes-Gapper, Senior Brand Manager at Kalms, also pointed out: "Since 2008, there has been a rise in the incidence of anxiety in the UK, especially in women and young adults. Uncertainty and lack of control are common triggers. A major example is the Covid-19 pandemic. The global prevalence of anxiety and depression increased by 25 per cent during the first year of the pandemic but numbers were increasing well before this and have continued to do so even after lockdown rules were lifted.

"Research suggests social, environmental, and economic factors contribute to development and maintenance of anxiety. Paying bills, putting food on the table and navigating relationships, work and health are commonly cited contributors. There is a factor, particularly relevant for the younger population, that we are not currently able to fully assess the impact of – social media."

IDENTIFY STRESS AND ANXIETY

Knowing the signs of stress is important.

Catherine explained: "Studies show chronic stress can be just as bad for mental and physical wellbeing as smoking, obesity or lack of exercise. Long-term stress keeps us in a heightened state of 'fight or flight'. Imagine constantly pushing your foot on the accelerator, it would wear out the car; persistent stress will do the same to our bodies. If stress becomes chronic, the body doesn't get the signal to stand down, and energy and nutrients carry on being diverted away from other body systems, which can lead to hormone imbalances, high blood pressure and poor immunity. It can impact our excretory and digestive systems, causing stomach aches, nausea, diarrhoea, and other digestive issues, like irritable bowel syndrome or loss of appetite."

Roz Crompton, Homeopath at Helios, added: "Prolonged stress can create cardiovascular problems such as high blood pressure and/or arrhythmia, lower immunity, making people susceptible to frequent colds etc. Skin complaints are common, along with muscle tension, causing neck and back problems and tension headaches. Emotionally, it can cause fearfulness, restlessness, irritability, inability to concentrate, sleeping problems, negativity, depression and eating disorders."

And we must also understand anxiety and how this can manifest.

Corin Sadler, Technical Services Supervisor at Viridian Nutrition, explained: "Anxiety is an emotion, and whilst it can be triggered by stress,

and be a normal response to threat in order to protect us, it can be part of other mood disorders or as a response to trauma and even side effects of medication. Like stress, it involves numerous body systems and the brain, and is the body's way of helping us to cope with an unknown or adverse situation or perceived threat. It too has a protective effect, helping avoid life-threatening situations but can become debilitating if the amygdala in the brain, which processes emotion, playing a role in creating emotional memory, consistently over-reacts to what it perceives as threatening situations. Anxiety persists even when the stressor is gone."

Alice Bradshaw, Head of Nutrition Education and Information at Terranova, continued: "Anxiety can manifest in many ways, but typically symptoms include restlessness or nervousness, a sense of impending danger, panic attacks, trouble concentrating and disturbed sleep patterns. Sadly, it would seem anxiety disorders are more prevalent than in the past. Some people experience worsening anxiety after a stressful life event, such as a death in the family, ill health, worries about work or finances and so on."

Elizabeth went on: "Anxiety has a very real impact on both mind and body and can heavily disrupt people's lives. In addition to feeling tense, nervous, unable to relax, worried, depressed and fearful, patients with anxiety can experience several physical manifestations, including breathing problems, heart palpitations, stomach aches, pain, sleep disruption and changes in sex drive."

CONTRIBUTORY FACTORS

Stress is hard to avoid but we can minimise it by better understanding the triggers.

Corin explained: "Busy lives with lots of screen time, social interactions, low levels of exercise and not enough down time, relaxing activities or restorative rest to activate the parasympathetic nervous system recharge can play a role in driving anxiety and stress. Poor sleep often accompanies stress and anxiety, which becomes a vicious cycle as good sleep is vital for stress resilience. This can be a factor for adults, but children too. Current estimates suggest one in four children will experience problems sleeping at some point."

Keri added: "Chronic stress is a long-term condition and is often considered to be a dysfunctional state, which can have effects on many other areas of health. Triggers include high pressured or unfulfilling work, relationship issues and financial concerns, but also issues which affect coping, such as loneliness, poor sleep, lack of green spaces and over-crowding. It occurs when the systems involved in the normal stress response become overloaded or out of balance. Chronic stress can lead to behaviours which further deteriorate the body's normal reaction; avoidance of friends, overconsumption of foods and alcohol, reducing physical exercise and sleep disruption. It increases the retention of sodium and water by the kidneys, as well as blood volume, which all lead to higher blood pressure.

"Elevated levels of stress hormones can affect immunity and inflammation. There are also changes in insulin sensitivity and thyroid function hormone production. Stress can affect a variety of neurotransmitters, including dopamine (associated with reward and learning), serotonin (involved in mood), melatonin (sleep) and GABA (relaxation and reducing anxiety). Therefore, long term stress is likely to increase disorders such as depression, anxiety and sleep disturbances, which may increase stress."

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- ★ A.Vogel Passiflora Complex
- ★ Viridian Nutrition L-Theanine & Lemon Balm
- ★ Kalms Lavender One-A-Day Capsules

Check your diet

We must not underestimate the effects a poor diet can have on your body's ability to cope with stress.

Alice explained: "Caffeine, found in tea, coffee, chocolate and some carbonated drinks, can trigger symptoms such as palpitations, nervousness, irritability and anxiety. High glycaemic, refined foods may cause blood sugar swings, which is a contributing factor to diminished mental function. These foods can contribute to an increase in levels of cortisol, the body's stress hormone."

Catherine added: "Periods of stress can cause us to emotionally eat. We can reach for things which give a quick energy boost like high-sugar snacks, caffeinated drinks or processed food, which are low in nutrition and full of bad fats and starchy carbohydrates. While these may give a quick energy fix and a temporary relief from stressful feelings, the lift will be followed by a crashing drop in blood sugar levels, which can make you feel worse and irritable.

"Studies have found a correlation between diets high in refined, processed carbohydrates and worsening of symptoms of mood disorders, such as anxiety. Not only do they impair the body's regulation of insulin, they cause further harm to the brain by promoting inflammation and oxidative stress. Caffeinated drinks act as a stimulant, causing the adrenal glands to release even more stress hormones. They can cause insomnia and nervousness and deplete magnesium and B vitamins."

So, what should be considered to support a stressed out body?

Keri suggested: "A Mediterranean style diet focuses on vitamin C and magnesium-rich fruits and vegetables, foods such as nuts and seeds, which contain omega 3 and 6, olive oil, lean meats and oily fish, such as herring, mackerel, salmon and sardines. Processed foods are

discouraged, and the emphasis is on fresh, unprocessed or minimally processed foods, naturally lower in sugar, salt and trans and hydrogenated fats. This diet has been shown to alter the gut microbiome, and a diverse microbiome is associated with a high level of good cholesterol. Studies have suggested the gut microbiome can play a role in stress reactivity and stress can damage the gut and adversely affect the range of bacteria."

Alice added: "The mineral, potassium, plays a key role in adrenal support, so increasing fruit and vegetables and reducing salty, processed food 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 ultimately manage stress."

And Catherine suggested: "Make sure the diet includes plenty of vegetables and fruit, especially broccoli and leafy greens as these are nutrient-dense, antioxidant-rich, and high in fibre, magnesium and folate. Ensure B vitamins by including wholegrain foods nuts, seeds, avocados, bananas and sweet potatoes. Keep the microbiome happy with fermented foods such as kefir, sauerkraut, or kimchi, fibre, and prebiotic vegetables including artichoke, leek, apple, garlic, and onion."

In terms of deficiencies, there are key ones to be aware of.

"The B vitamins, which are important for neural and psychological health, may be lacking in those who suffer with anxiety disorders. Magnesium, zinc and omega 3 fatty acids are common deficiencies in those consuming a typical, nutrient-poor Western diet," Alice advised. "These nutrients are also important to the correct functioning of neurotransmitters such as dopamine and serotonin, which play a role in regulating mood and brain function. Numerous nutrients are required for the conversion of tryptophan to serotonin (a calming neurotransmitter) and studies show deficiencies may exacerbate anxiety disorders." ►

STRESS SUPPORTIVE SUPPLEMENTS

While diet should be the primary focus for nutrient intakes, supplements, especially in times of heightened stress and anxiety, can be really useful.

Catherine recommended: "It is important to ensure the adrenals and nervous system are well supported with B vitamins, especially B5, B6, B12, magnesium and vitamin C. Two amino acids to consider are L-tryptophan and L-theanine. L-tryptophan is found in white meat and oats. It's a precursor to the 'feel good' neurotransmitter, serotonin. A study showed it can help calm the mind and improve mood and sleep. L-theanine is found in green tea. Studies show it can help reduce stress-related symptoms and anxiety and help promote relaxation."

Alice went on: "Of the B vitamins, pantothenic acid (vitamin B5) is particularly crucial to stress management as it is intricately involved in adrenal health. A lack of pantothenic compromises adrenal function and may contribute to fatigue, poor sleep and anxiety."

"Magnesium is one of the most important nutrients the body needs but cannot itself manufacture. It's important needs for this mineral are met

through diet and/or nutritional supplements. Known as the 'anti-stress' mineral, magnesium exerts a calming effect on the whole body, literally from head to toe. Studies show that magnesium is excreted from the body at an increased rate under stressful conditions."

Corin also suggested: "Rhodiola, Siberian ginseng and panax ginseng are well-known and can be used to good effect, but ashwagandha is especially good for those with anxiety, or long-standing stress, as it is known as a calming, nourishing adaptogen. Research has shown it reduces anxiety and stress whilst promoting restful, restorative sleep. Adding in lemon balm and L-theanine can be effective for using at times of added stress, or for a particularly stressful event. For those who really feel stress effects as brain fog or memory problems, brahmi, which has been described as a calming, cognitive enhancer, can be useful."

Elizabeth added: "Pharmaceutical-quality lavender oil contains terpenes, such as linalool and linalyl acetate, which may have a calming effect on chemical receptors in the brain. Studies have shown a daily capsule is as effective as lorazepam or paroxetine, with no sedative effects, and is well-tolerated."

Homeopathic help

Homeopathy can be really helpful too.

Roz explained: "Homeopathy is a holistic system of complementary medicine and is beneficial to both physical and emotional complaints."

"Avena sativa/Coffea/Passiflora/Valerian is a combination remedy with a long tried and tested history of traditional use for all manner of sleep disturbances from difficulty getting to sleep, caused by an overactive mind and worry, to frequent waking during the night. Kali phos in

tissue salt form is excellent to support the nervous system on many levels, from sleeplessness, mild depression and lowered vitality to tension headaches and fatigue.

"Arsenicum is suited to individuals who are extremely anxious and restless, with many fears. Aconite/Arg nit/Arsenicum is a combination traditionally used to relieve mild stress and anxiety including fearfulness, anticipatory anxiety, mild panic attacks and more. Nux vomica is particularly suited to sensitive, mentally active, irritable and angry people who are unable to switch off from business concerns."

CALM YOUR DAILY ROUTINE

Making some simple changes to your everyday routine can make a big difference to managing stress.

Alice suggested: "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 be tremendously helpful. Limiting screen time, social media and spending more time with friends or in nature can be an important part of maintaining good mental health."

Kay added: "The first thing to do is to identify what makes you feel stressed, and when you feel anxious. A woman may feel more anxious during certain points in her monthly cycle – you will then understand the cause is hormonal and be able to predict when you may be feeling symptoms, making you feel more in control. The same with stress; if you always feel stressed at certain times of year, or times like just before a big meeting at work, then try and beat the stress before it appears. Assess changes you could make that would help you feel more in control."



AN ESSENTIAL ADDITION

Another form of holistic support is aromatherapy.

Kay Tomlinson, co-founder of Absolute Aromas, explained: "Aromatherapy is a personal way to support mental and physical health so it's worth taking the time to discover which scents you find appealing and experiment with blending a few of these together. There are different groups of essential oils to help in different ways. Punchy, herbaceous oils like peppermint can be awakening and help you feel fresh and enlivened. Citrus oils like lemon and bergamot can be freshening, and calming oils like lavender, vetiver and chamomile can be soothing and calming. All of these can be used alone (diluted) or in a blend."

"A simple way to use aromatherapy, is to pop some essential oil on a tissue – keep it in a pocket or up your sleeve and have a few deep inhalations when you feel overwhelmed or stressed. The simple act of stopping for a breath and focussing on this can be a super-easy way to swiftly reset your mindset and help you feel reassured that you are supported and in control."



Did you know?

Did you know? Stress depletes your body's magnesium reserves. Here's the catch: When your magnesium levels are low, your body is unable to adequately manage stress, leading to a vicious cycle of stress leading to more stress. Break free with MAG365, an award-

winning ionic magnesium citrate supplement. Its exceptional bioavailability ensures fast absorption, empowering your body to combat stress quickly and effectively. Choose MAG365 for a significant difference in breaking the stress cycle. Say goodbye to tension and hello to a calmer you!

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Find Your Inner Kalm

If you've been feeling more stressed or anxious recently, you're certainly not alone. There's a lot going on in the world and it's not surprising if you feel unsettled as a result. Kalms Lavender One-A-Day Capsules are a traditional herbal medicinal product used for the temporary relief of the

symptoms of mild anxiety such as stress and nervousness, exclusively based on long-standing use as a traditional herbal remedy. Contains Lavender Oil. Always read the label.

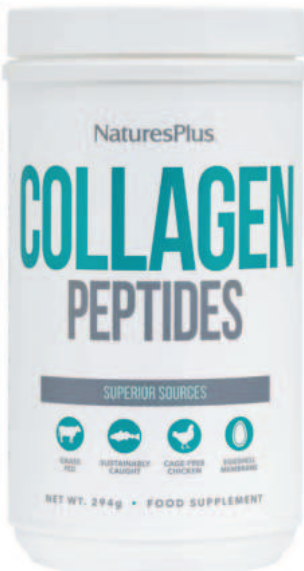
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Beauty Complex

voted Best Collagen Supplement

Discover more about this beauty boost that your skin craves.

The good people at Revive Active are still glowing from the news that their super supplement, Beauty Complex, has won Best Collagen Supplement in the prestigious *Marie Claire* Skin Awards 2023.

While Beauty Complex has been well known and loved in its native Ireland, it is perhaps less known in the UK. But all that is set to change with this super collagen supplement now readily available through independent health food stores and online at reviveactive.com

More than a collagen supplement

While 'collagen' has been the buzzword for the past umpteen years, not all collagen is created equal, so knowing the difference is a key first step when looking at any potential beauty purchase.

- **Rule 1:** Ensure you choose type 1 collagen – that's the most abundant form in our bodies.
- **Rule 2:** Ensure you choose marine collagen – that is the most bioavailable form for skin, hair and nails. Bovine and porcine supplements i.e. animal derived forms of collagen are not as well absorbed and therefore are not as well used by the skin.

Beauty Complex uses premium marine collagen peptides in its unique formula but unlike many other products on the market, it delivers a further seven highly effective nutrients to support skin, hair and nails from the inside out.

Beauty from within

Our skin is a fascinating and complex organ, which requires the right nutrients to be healthy. It's also a unique organ as it can be fed in two directions: outside in via good topical skincare, and the inside out through good diet and the right supplements.

The convenient orange and pineapple flavoured powder sachets of Beauty Complex are easily dissolved in water, juice or even a fresh smoothie and can be enjoyed at any time of the day after food at home or on the go. The powder formulation of Beauty Complex provides maximum bioavailability, ensuring that ingredients are rapidly absorbed into the body and get to work quicker!

The purity of ingredients ensures that Beauty Complex is free from fillers, artificial colours and preservatives plus, it's gluten free, halal certified and naturally sweetened by stevia – so zero calorie, diabetic and coeliac friendly.

Hero ingredients

- **Marine Collagen Peptides (7,000mg)** – type 1 collagen, where the protein has been hydrolyzed, making it highly bioavailable and more easily absorbed by the body.
- **Hyaluronic Acid (100mg)** – has the unique capacity to bind and maintain water molecules, so plays a key role in skin moisture.
- **Phytoceramides (10mg)** – ceramides derived from plants, which play a key role in the skin's barrier function to protect from environmental factors.
- **Biotin (150µg)** – a water-soluble B vitamin that plays a role in the maintenance of skin and hair.
- **Vitamins C and E, copper and selenium** – support the skin, hair, nails, teeth, and gums. Vitamin C contributes to normal collagen formation for the normal function of skin, selenium contributes to the maintenance of normal hair and nails and vitamin E contributes to the protection of cells from oxidative stress.



COLLAGEN BUILDING BLOCK

Collagen is what gives skin structure and elasticity. It's the primary building block of our muscles, bones, tendons, and ligaments, and is present in our skin.

In winter and over the festive period, we tend to indulge a little bit more, with more processed and sugary foods in our diet and potentially a little more alcohol. All these can have an impact on collagen levels. But as well as collagen, we need to maintain correct levels of ceramides and hyaluronic acid, especially during the winter.

Ceramides are like the glue that holds your skin together. They create a protective barrier, which allows your skin to stay tight and intact, protecting our skin from external and internal environmental factors, like weather, air conditioning and central heating. Then, hyaluronic acid's function is to retain water and hold it in place, helping with moisture within our skin.



beauty
complex

VOTED BEST COLLAGEN SUPPLEMENT

for Skin, Hair & Nails



20% OFF Beauty Complex

Use Code: **WINTER20**

reviveactive.com



Premium ingredients in their **purest** and **most bio-available** form to nourish and plump. **Marine Collagen, Hyaluronic Acid, Biotin, Phytoceramides plus Selenium, Copper, Vitamin C** and **Vitamin E** work together to support **skin, hair and nails** in just one handy sachet, to give you that all round beauty glow

- ✓ 7,000mg Marine Collagen
- ✓ 100mg Hyaluronic Acid
- ✓ 10mg Phytoceramides
- ✓ 150µg Biotin



**SHOP
BEAUTY**

20% off Beauty Complex 30 day and 7 day sachets is valid when applying code WINTER20 at checkout and is valid until 15 February 2024 or whilst promotional stocks last. Strictly one use per customer. The promotion is not valid on subscription offers. We reserve the right to amend or withdraw this offer without further notice. Promoter: Revive Active, Galway Business Park, Dangan, Galway, Ireland, H91 EE39.

reviveactive

HOLISTIC HORMONE BALANCE

Learn how krill oil – rich in important essential fats – can help to support hormone health.

Hormones are incredibly important chemical messengers that play a crucial role in our body. They move around the body and interact with different tissues to support a variety of functions.

Among them are sex hormones, such as oestrogen, progesterone and androgens (with testosterone being the primary one). These hormones are produced at multiple sites in the body and travel to different tissues to promote or initiate essential functions. Hormones are made of fat, including cholesterol, and depend on healthy fat intake. Many things can affect hormone levels, including stress, insufficient rest, and poor nutrition. That's where omega 3 comes in as it can help in maintaining a balanced hormonal level.

ESSENTIAL FATS EXPLAINED

It is important to ensure adequate intake of omega 3 as it is considered an essential nutrient that the body does not produce. There are three reasons why omega 3 is necessary for hormonal health:

- Omega 3 intake is necessary for hormone production. Women who suffer from hormonal imbalances could benefit from taking omega 3. Hormonal imbalances could cause symptoms like PMS, PMD, irregular periods, changes in period symptoms, heavier or lighter bleeding, mood changes, sleep changes, and more. For women going through perimenopause or menopause, hormonal imbalance could make menopausal symptoms worse.
- Omega 3 positively impacts the hormonal network by affecting inflammatory pathways. Inflammation can reduce tissue health and function, and overall health. Anti-inflammatory nutrients promote healthy functions by promoting healthy cellular growth, function, and exchanges. This includes reducing stress on cells by promoting stress hormone (cortisol) reduction. The endocrine system does not work in isolation, and inflammation could affect its complex network of nutrients and chemical messengers.
- Omega 3 could potentially relieve symptoms of hormonal imbalance by supporting detoxification mechanisms. Omega 3 is crucial for the health and function of all cells and multiple systems. Omega 3 deficiency could impact hormones in terms of production, ability to work within the body, and elimination.

Why krill oil?

Krill oil has become a popular supplement in recent years due to its rich source of omega 3 fatty acids, similar to fish oil. However, unlike fish oil, krill oil contains two forms of fat – triglycerides and phospholipids – which both contain omega 3.

As a result, krill oil delivers two forms of omega 3 to the body, supporting a broader range of tissues. It is important to note that omega 3 is essential for the health of all cells, not just certain tissues like the heart, cardiovascular system, and brain and nervous function, which are commonly associated with the health benefits of EPA and DHA fats found in fish oil and krill oil. This includes hormones, and the network by which hormones influence processes in the body.

Omega 3 krill oil is a great choice for those looking for a sustainable and clean source of marine omega 3. Unlike other omega 3 supplements, krill oil is available in phospholipid form and also contains a natural antioxidant called astaxanthin, which gives it its bright red colour. Additionally, the phospholipid fats in krill oil contain choline, which is an essential nutrient for brain health.

Reader offer

Natural Lifestyle has teamed up with Cleanmarine to offer readers the chance of winning a three-month supply of **PeriodPlan**, a scientifically formulated blend of omega 3 and multivitamin designed for individuals aged 15-40 who have periods. With **PeriodPlan**, you can be your true self all month long. Its expert blend can support your hormonal activity, mind, skin, and energy. This proactive approach can help manage your menstrual wellbeing. See opposite page to enter.



NATURAL LIFESTYLE Giveaways

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



PHYTOCEUTICS ORAL VITAMIN SPRAY HAMPERS

Natural Lifestyle has teamed up with Phytoceutics to offer readers the chance of winning one of five Phytomist Oral Vitamin Spray hampers. Providing optimal absorption through the membranes of the mouth, this range is designed to support the nutrient shortfalls present in many modern-day diets. Available in Vitamin D3, Vitamin D3+K2 and Vitamin B12. Sugar free, all-natural fruit flavoured and delicious.

LAMBERTS WINTER BUNDLE



Established in 1982, Lamberts is one of the UK's leading suppliers of specialist dietary supplements, using nutrition

and herbs in healthcare. It offers an extensive range of more than 200 products, enabling you to create a supplement regime that is perfectly tailored to you and your requirements. *Natural Lifestyle* is offering readers the chance of winning one of three Lamberts Winter Bundles, worth more than £50! Including Vitamin D3 2000iu, Biome Balance 25, and N-Acetyl Cysteine (NAC), this bundle is not one to be missed.

VIRIDIAN VITAMIN D3 SPRAY

Vitamin D3 Spray is a unique, great tasting way to get a high potency dose of vitamin D3. Formulated by Viridian to provide an optimal dose, two sprays daily provide 2000IU of vitamin D3. With a natural orange flavour, this spray is absorbed sublingually, making it ideal for those looking for a pill-free way to increase their intake of this essential nutrient. The all-natural vegan Vitamin D3 Spray contains no artificial preservatives, flavours or additives, and *Natural Lifestyle* is offering readers the chance of winning one of five.



HELIOS SLEEP

Difficulty sleeping is one of the most common complaints asked about over the counter. Helios Sleep contains four homeopathic remedies, Avena sativa, Coffea, Passiflora, and Valerian. This combination has a long history of traditional use to relieve all manner of sleep disturbances from getting off to sleep, to frequent waking during the night. Being natural, Helios Sleep has no known side effects and comes in organic sucrose pill form in a single-dose dispenser. *Natural Lifestyle* is offering readers the chance of winning one of 20.



BIOCARE MENOPAUSE MULTINUTRIENT



Are you struggling with menopause symptoms? *Natural Lifestyle* has teamed up with BioCare to offer readers the chance of winning one of five of its Menopause Multinutrient, an advanced daily multivitamin for women's health during and after menopause, containing vitamin B6 to support female hormones, with magnesium, zinc, green tea and lycopene.

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: February 1, 2024. Or you can enter online – visit www.mynaturallifestyle.com

Please tick: Phytoceutics Lamberts Viridian Helios BioCare Cleanmarine

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VEGAN COOKING AT CHRISTMAS

Whether you're reducing your meat intake or catering for plant-based friends and family, *A Very Vegan Christmas* offers some plant-based twists on iconic Christmas dishes

Spinach and apricot wreath Serves 6

This dish has the flavours of the classic Greek spinach pie, spanakopita, but uses ready-made shortcrust pastry instead of filo and is formed into the shape of a wreath for a perfect Christmas table centrepiece.

Ingredients:

- 2tbsp olive oil
- 2 onions, finely diced
- 4 garlic cloves, very finely chopped
- 250g (8oz) spinach leaves, wilted, drained and squeezed of excess moisture
- 50g (2oz) toasted pine nuts
- Handful of dill, chopped, plus extra fronds to garnish
- Handful of flat leaf parsley, chopped

- Finely grated zest of 1 lemon
- 50g (2oz) ready-to-eat dried apricots, roughly chopped
- 200g (7oz) silken tofu
- 50g (1lb) ready-made vegan shortcrust pastry
- Plain flour, for dusting
- 50ml (2fl oz) oat milk
- 50g (2oz) mixed black and white sesame seeds
- Salt and pepper

Method:

- Heat the olive oil in a large frying pan and sauté the onions with the garlic over a medium heat for about six minutes until softened. Stir in the wilted spinach and cook until any excess water evaporates. Then add the toasted pine nuts, herbs, lemon zest, apricots and tofu, season to taste with salt and pepper and mix together. Remove from the heat and let the mixture cool.
- Preheat the oven to 200°C (400°F), Gas Mark 6. Line a large baking sheet with non-stick baking paper.
- Roll out the pastry on a lightly floured work surface to a rectangle about 20 x 60cm (8 x 24in). With one longer side nearest to you, spread the spinach mixture evenly over the pastry, leaving a 1.5cm (¾ in) clear border along both longer sides and a 2.5cm (1in) clear border along both shorter sides. Roll up the pastry from the longer side nearest to you in a long sausage shape, then brush the opposite longer pastry border with a little water and press to seal. Place seam-side down and curve into a ring, then pinch the ends together to seal.
- Slice the outer side of the ring into sausage-roll-sized sections, leaving the inner side intact so that it makes a neat wreathlike shape. Carefully transfer the wreath to the lined tray, brush all over with the oat milk and sprinkle over the sesame seeds.
- Bake for 45 minutes until golden brown. Remove from the oven and let the wreath cool for 10 minutes, then garnish with extra dill fronds, slice and serve.

Rainbow layered nut roast Serves 8

This truly is a mega centrepiece for your Christmas feast. Layers of soft, almost creamy vegetables are sandwiched between those of sweet and savoury nut roast for a wonderful contrast of flavour and texture, as well as colour. It's easy to prep ahead too.

Ingredients:

Sweet potato layer:

- 625g (1¼ lb) sweet potato, peeled and thinly sliced into half-moons
- 2tbsp olive oil
- Leaves from 3 thyme sprigs
- 1 tsp ground cumin
- 1tbsp maple syrup

Spinach layer:

- 300g (10oz) spinach leaves
- 2tbsp olive oil
- 1 onion, finely diced
- 4 garlic cloves, very finely chopped
- Pinch of ground nutmeg

Beetroot hummus layer:

- 300g (10oz) ready-cooked beetroot
- 400g (13oz) can chickpeas, drained and rinsed
- 1 garlic clove, very finely chopped
- 1tbsp lemon juice
- 2tbsp tahini
- ¼ tsp sweet smoked paprika
- 1-2tbsp olive oil, if needed

Nut roast layer:

- 2tbsp olive oil, plus extra for greasing
- 4 red onions, finely diced
- 6 sage leaves, chopped
- Leaves from 1 rosemary sprig, chopped

- 2tbsp vegan red wine vinegar
- 2tbsp soft light brown sugar
- 750g (1½ lb) mixed nuts
- 100g (3½ oz) ready-cooked peeled chestnuts, roughly chopped
- 2tbsp dark soy sauce
- 2-3tbsp tahini
- 100g (3½ oz) fresh white breadcrumbs
- Salt and pepper

Method:

- For the sweet potato layer, preheat the oven to 200°C (400°F), Gas Mark 6. Toss the sweet potato slices in the olive oil, thyme leaves, cumin, maple syrup and some salt and pepper. Spread out on a large baking tray and roast for 20 minutes, or until soft and just about to colour. Remove from the oven and let them cool.
- Meanwhile, for the spinach layer, put the spinach into a large saucepan with a splash of water, cover with a lid and cook briefly over a low heat until wilted. Drain and squeeze out the excess moisture. Heat the olive oil in the pan and sauté the onion with the garlic over a medium heat for about six minutes until softened. Add the spinach, nutmeg and salt and pepper to taste, stir well and cook until any remaining liquid has evaporated. Remove from the heat and set aside.
- For the beetroot hummus layer, blend together all the ingredients, except for the olive oil, in a food processor, seasoning to taste with salt and pepper. Then mix in just enough oil to moisten if the mixture is too dry – you

don't want a loose consistency like a regular hummus, as it needs to hold its shape.

- For the nut roast layer, heat the olive oil in a large frying pan over a medium heat and cook the onions for about eight minutes until slightly caramelized. Stir in the herbs, vinegar and sugar and cook for another two minutes until the vinegar evaporates and the sugar dissolves. Remove from the heat.

- Pulse the mixed nuts and chestnuts in a food processor until mostly finely chopped but with a few coarse pieces for texture. The mixture should be soft but not mushy. Transfer to a large bowl, add the caramelized onions and the remaining ingredients, along with salt and pepper to taste, and mix until well combined and the mixture holds together if you squeeze some in your hand. If it doesn't, add a little more tahini.

- Preheat the oven to 160°C (325°F), Gas Mark 3. Grease a 25cm (10in) springform cake tin and line with non-stick baking paper.

- Divide the nut mixture into quarters. Spread one-quarter evenly over the base of the tin and press down. Repeat with the sweet potato slices, followed by another quarter of the nut mixture, then add the spinach and another quarter of the nut mixture, and lastly the beetroot hummus topped with the final quarter of nut mixture.

- Make sure everything is firmly pressed down, then bake for 40 minutes. Remove from the oven and leave to cool in the tin for 15 minutes before flipping out and slicing into wedges to serve.



Mincemeat and apple strudel Serves 8

Mincemeat and sweet spiced apples make the perfect pairing for a seasonal strudel. It's an impressive dessert but an easy one to whip up.

Ingredients:

- 625g (1¼ lb Bramley apples, peeled, cored and cut into roughly 1cm (½ in) chunks
- 2tbsp soft light brown sugar
- 1tsp ground cinnamon
- ¼ tsp ground nutmeg
- ¼ tsp ground ginger, finely grated
- Zest of 1 lemon
- 250g (8oz) vegan mincemeat
- 50g (2oz) ground almonds
- 4 vegan filo pastry sheets, each about 48 × 25cm (19 × 10in)
- 50g (2oz) vegan butter, melted
- 50g (2oz) flaked almonds

Glaze:

- 50g (2oz) icing sugar
- 2tbsp lemon juice

Method:

- Preheat the oven to 200°C (400°F), Gas Mark 6. Line a large baking tray with non-stick baking paper.
- Mix together the apple chunks, brown sugar, spices and lemon zest in a large bowl, then stir in the mincemeat and ground almonds.
- Place a filo pastry sheet on the lined tray and brush with some of the melted vegan butter. Top with another sheet of pastry and again brush with the butter, then repeat with the remaining two sheets.
- Form the mincemeat and apple mixture into a log shape about 9cm (3½ in) wide lengthways in the centre of the layered filo, leaving at least a 7cm (3in) clear border at either end. Fold in the short sides, then roll up the pastry tightly around the filling from one longer side to the opposite longer side until you have a giant spring roll-type shape, with the seam on the underside.
- Brush all over with the remaining melted vegan butter, scatter over the flaked almonds and bake for 40-45 minutes until golden. Remove from the oven and let the strudel cool for 30 minutes or so.
- Mix the icing sugar with the lemon juice in a bowl to make an opaque but viscous glaze. Using a spoon, drizzle the glaze over the strudel, then slice and serve.



A Very Vegan Christmas by Sam Dixon. Published by Hamlyn. Photography: Charlotte Nott-Macaire.

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