

Natural Lifestyle

LOVE LIFE, LIVE WELL — NATURALLY

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February 2022

The UK's
best
FREE
HEALTH
MAGAZINE

Balance your bowels

Holistic advice to
alleviate IBS

Pause PMS

Manage your hormones
and ease PMS

KNOW YOUR THYROID

THE ROLE OF THE THYROID, AND
HOW TO KEEP IT HEALTHY

Plus MAKING FAIRTRADE CHOICES • RECIPES FOR A HEALTHY MIND •
NL GIVEAWAYS • CHILDREN'S NUTRITION AND MENTAL HEALTH

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LOVE LIFE, LIVE WELL – NATURALLY

Welcome

February 2022



The Covid-19 pandemic certainly shone the light on the need to consider our own health and to nourish our bodies from the inside. This has seen a huge rise in the number of us buying supplements, especially to protect our immune systems. But while Covid-19 was the immediate concern, it must be kept in mind that other common health issues don't simply disappear, pandemic or not. And, in fact, the issues connected with the pandemic and associated lockdowns can make some health issues worse.

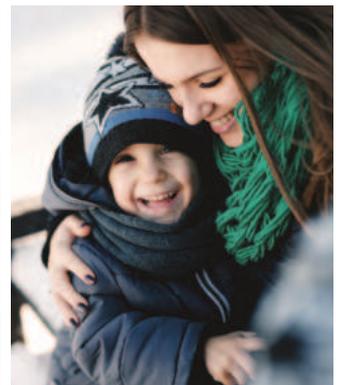
A good example of this is with regards to irritable bowel syndrome, better known as IBS. This is a condition that affects huge numbers in the UK, bringing with it some incredibly debilitating symptoms. What makes it worse is there are such a collection of symptoms, with many sufferers experiencing a different range, that it can be difficult and take time to achieve a diagnosis.

We should also remember that some of the knock-on effects of lockdown – poorer diet, increased alcohol intake, stress and less movement – are all factors that can actually make this condition worse.

And so, it is timely that we turn the focus on IBS in this issue of *Natural Lifestyle*; we have gathered a panel of leading natural health experts to offer you the guidance you need to better understand the condition, identify the most common symptoms, and learn to live with it through better nutrition and lifestyle. You can read all the advice on page 26.

That's not all in this issue. Another matter that doesn't go away – pandemic or not – is PMS, suffered to varying degrees by a huge proportion of women. Turn to page 18 for all the holistic health tips on minimising symptoms. And don't forget, as always, we have a collection of fantastic natural health and lifestyle giveaways up for grabs – turn to page 31 to see what's on offer.

Rachel Symonds,
Editor



LOVE LIFE, LIVE WELL — NATURALLY

February
2022

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Natural Lifestyle
Product Awards
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bioadvanced

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SORT YOUR SLEEP HABITS

Lack of sleep has a huge knock-on effect to so many aspects of our lives, so it stands to reason that we should invest time in making our night-time habits healthy.

And so, Thomas Høegh Reisenhus, Tempur Sleep Specialist and Sleep Counsellor, has suggested changes to enjoy our best sleep ever, explaining: "On average, we spend a third of our lives asleep, with our ability (or inability) to sleep impacting our mood, as well as our mental and physical health. And yet so many of us don't consider the importance of sleep when setting goals for the year ahead.

"If we're sleep deprived, we're less productive, less able to deal with stress and struggle to concentrate. And if this lack of sleep becomes a long-term problem, we're more likely to suffer from poor mental and physical health."

In terms of changing sleep habits, Thomas suggested:

- **Start your day right** – how we start our day impacts our ability to get the most out of it and enjoy better quality and quantity of sleep come night-time. A solid morning routine can help improve productivity by helping you better prioritise your time and anticipate what lies ahead, allowing you to feel better equipped to cope with the demands of the day. A consistent wake time is just as important as a consistent bedtime, so aim to wake up at the same time every day and avoid hitting snooze, as this will leave you feeling groggy.

- **Enjoy a mood boosting activity first thing** – checking your phone and getting sucked into social media first thing isn't the most positive way to start your day. Some light stretching, meditation, a morning walk, a mindful shower, or even just a quiet cup of tea before you crack on with your to-do list are great ways to ease yourself into a new day. A healthy breakfast is also a key part of any morning routine. Aim to enjoy a healthy mix of whole grains, lean protein, healthy fats and slow-release carbohydrates, such as wholegrain toast with poached eggs and avocado, Greek yoghurt with mixed berries and seeds, or a bowl of porridge topped with sliced banana and nut butter.

- **Exercise smarter, not harder** – enjoying small amounts of regular exercise is a sure-fire way to improve mood and cognitive function, meaning better sleep long-term, whilst helping reduce the risk of sleep disorders such as sleep apnoea and restless leg syndrome. Furthermore, it's a healthy way to ensure you expend energy and will help you feel more tired and ready for sleep in the run up to bedtime. We should aim for 150 minutes of moderate intensity activity a week, meaning 30 minutes of exercise every day. If you enjoy more strenuous forms of exercise, it's best to schedule them into your morning routine, as exercising in the hour or so before bed

will leave you feeling more alert and doesn't allow time for your core body temperature to cool, potentially delaying the onset of sleep.

- **The dos and don'ts of caffeine consumption** – whilst there's nothing wrong with enjoying a morning cup of coffee, caffeine can have a detrimental effect on sleep, with its stimulatory effects peaking 30-60 minutes after consumption, but lasting up to six hours. Come bedtime, caffeine can impact the onset of sleep, as well as reducing quantity and quality. It also reduces the time spent in Stage 3 non-REM sleep – the period of deep sleep that you need to feel refreshed in the morning. So, rather than indulging in a cup of coffee or energy drink to help beat the afternoon slump, come midday, it's best to switch to decaff tea and coffee to ensure you aren't feeling wired at bedtime. If you're struggling without your caffeine hit, make sure you're drinking enough water and aren't dehydrated, which can leave you feeling groggy and tired, and ensure you exercise – just a 10-minute power walk in the fresh air is enough to leave you feeling refreshed and energised.



Inside... HEALTH

MAKE YOUR EATING HABITS SUSTAINABLE

As we progress into February, some New Year's resolutions may have fallen by the wayside – so, how can you make sustainable eating habits stick?

Dr Alona Pulde, a leading doctor at Lifesum, the leading global nutrition app that helps users improve health through better eating, explained: "It's high time we ditch the New Year, new you mentality. Even with the best intentions, New Year's diet resolutions have an unreliable track record with 80 per cent failing by February. By understanding why diet resolutions fail, we can resist the temptation to succumb to the pressure and, instead, build sustainable eating habits in 2022 that actually work."

To make long-lasting change, Dr Pulde suggested:

- **Find your 'why':** Typically, we focus on what, not why, we want to change. The 'what' is self-limited and challenged in times of stress and illness. Knowing and connecting with our 'why', and establishing strategies that help meet those needs increases ability to succeed.
- **Pace it:** Don't aim for 100 per cent on January 1! Incremental changes over three months to a year are the best way to maintain healthy eating habits. Losing 10 pound in 10 days only to gain 20 back is not sustainable. Instead, what if we lost one pound every 10 days in a way that we could enjoy and sustain? For example, if you are trying to incorporate more plant-based meals to aid weight loss goals, change breakfast to be plant-based, have meatless Mondays, or choose local and seasonal fruit and vegetables for the next three months. Create small changes you can incorporate into your life, rather than changing everything at once.
- **Define specific goals:** The more specific you define why and what you want to change, the greater the success. Provide as many details as you can and include preparation in your planning. What are the things you need to set in place before attempting your goals? Creating meal plans and shopping lists help with changing eating habits, and creating a budget helps to manage your finances.
- **Plan to get back on the waggon:** Distractions, disappointments and failures are part of life. We should expect to fall off the waggon at some point or several points throughout the year. Success lies not in avoiding these situations, but in planning for them. So, as you plan your what and why, include how. How will you get back on track? What are some of the steps you will take to bring yourself back to your goals?



FREE FROM FLAVOURS

The first alcohol free off-licence has opened its doors in London.

Mindful Drinking Festival creator, Club Soda, has opened the UK's first alcohol-free off-licence in London's West End. The pop-up store, which launched on December 13, will give people the chance to discover the wide range of alcohol-free drinks available in the UK.

A range of brands can be found there, including FLUÈRE non-alcoholic distilled spirits, Oddbird Wines, and High Point Aperitifs and Digestifs, being among the nearly 70 ground-breaking alcohol-free drinks appearing in the store.



We love ♥

FLORADIX VITAMIN-B-COMPLEX Contributing to the normal function of the nervous system, this supplement comes in a pleasant tasting liquid formula, is suitable for vegetarians and vegans, and is free from preservatives, colourings and preservatives.

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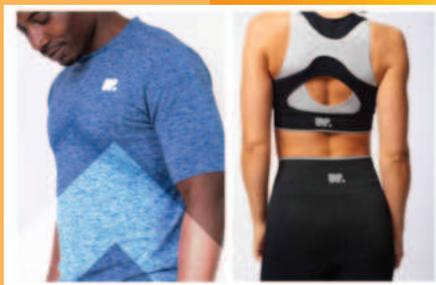
A new range of sports clothing has been created with people and planet at the heart.

Universal Performance (UP) is a new ethical activewear brand born from a passionate belief that performance wear should do good everywhere; the range is for active people who want to make an active difference by choosing quality, handmade, stylish performance clothing that helps protect the planet.

Benefits to the range includes:

- **Sustainable** – committed to reducing wastage, from fabrics used to make the garments to the water needed to wash them.
- **Responsible** – the brand will never support fast fashion, or flash sales because it never wants to see its clothing end up on a landfill.
- **Fair** – UP does right by the craftspeople who make the clothes and the planet that provides the raw materials and will never treat either without the utmost respect.

The Universal Performance activewear range features Polygiene, which eliminates odour by preventing the growth of bacteria. When bacteria can get into your clothes, it's hard to get out, meaning you find yourself washing your activewear more than you would like. But with Polygiene BioStatic Stays Fresh technology, bacteria molecules are permanently broken down on contact. According to Polygiene, 45 per cent of people discard garments after washing due to odour and UP wants to be part of the solution to that problem. In addition, all packaging is either fully recycled or made from eco-friendly, carbon-neutral sugar cane. To avoid overproduction and overconsumption, all the clothing is made in smaller batches to help protect the world's resources.



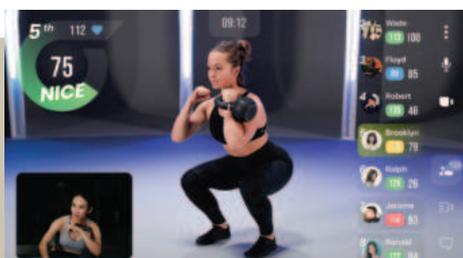
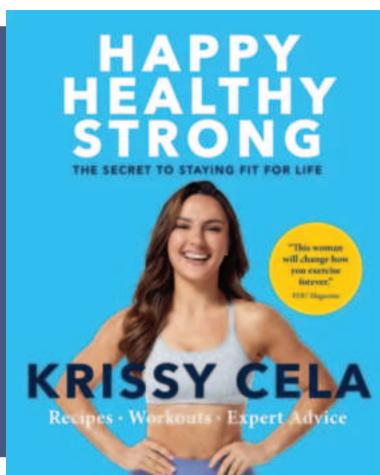
Inside... LIFESTYLE

STEPS TO HEALTH AND HAPPINESS

Fitness guru, Krissy Cela, has launched her first-ever practical fitness book.

Happy, Healthy Strong is out now, and has been penned by Krissy, who is striving to change mindsets across the nation so we can say goodbye to poor relationships with our bodies and diets forever.

This new book features tools to improve mental strength, functional exercises and smart, simple and delicious recipes, offering a 360-degree approach to revolutionising lifestyles for good.



The wonder of exercise

Wondercise is a new format in physical activity, making it easier to work out remotely.

Last year, the fitness technology industry boomed due to worldwide lockdowns and restrictions, giving people the chance to continue their workout routines in the safety and convenience of their homes. But Wondercise recognised that a vital element that was missing from connected fitness experiences – a true sense of community.

To bring the companionship of fitness to homes, Wondercise is launching Wondercise Studio, the first fitness-focused social media platform. It brings together users anywhere in the world to host classes, challenge one another and have fun. Wondercise Studio combines workout classes with technology that prioritises shared experiences and relationships.

Connections are made possible through its innovative video chat function, while the live leaderboard functionality displays scores based on an individual's technique, creating a fun and playful atmosphere in sessions.

Supported by wearables including Apple Watch and Garmin, Wondercise Studio also works with the new Wondercise Timeless Band. A lightweight, screen-less wristband, the Timeless Band focuses on high precision motion tracking, as well as in-depth health monitoring, such as workout heart rate, resting heart rate, blood oxygen meter, and heart rate variability (HRV).

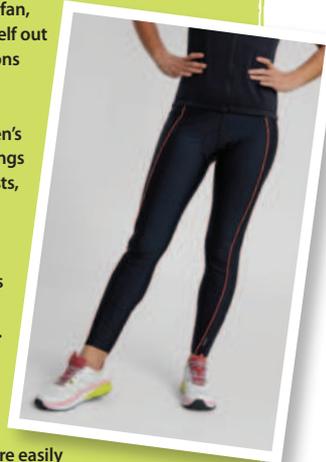


BETTER BIKING

If you're a cycling fan, why not kit yourself out with these creations from Mountain Warehouse?

The Pro Women's Cycling Bib Leggings are ideal for cyclists, made from quick-wicking premium fabric with silicone grips and premium gel chamois padding. They have practical side pockets and reflective details to make sure you're easily seen when cycling in low light conditions. They are high waisted, very stretchy and opaque, making them perfect for any cyclist.

You could also try Femme Women's Lightweight Cycling Jacket, which is lightweight, breathable and made for movement, and is made with a panelled water-resistant outer. Engineered to ensure on-road safety, this active jacket features reflective trims for better visibility in low light settings, whilst its open back yoke offers extra ventilation when clocking up the miles.



WELLNESS EDIT

If you're looking to treat yourself, then our specially curated wellness edit can offer you plenty of inspiration



Say goodbye to dry cracked lips this Winter. The benecos fresh and fruity Raspberry Lip Balm is suitable for vegans and packed with natural ingredients to keep lips soft and supple. Organic raspberry seed oil is used to give the fruity flavour while organic shea butter helps to moisturise dry lips. Available from health stores and online www.benecos.uk | £2.95



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



This Face Mist from lavera will boost hydration levels to relieve dehydrated, tight complexions. The refreshing natural and organic formula is developed with hyaluronic acid and organic algae to instantly rejuvenate and soften the skin, leaving the face revived and awakened. A quick spritz throughout the day rehydrates the skin in seconds. Available from health stores and online. www.lavera.co.uk | £9.95



Check out this amazing newly fragranced natural deodorant from Ben & Anna. This amazingly scented Coco Mania Deodorant will enliven your senses, reminiscent of pina colodas on the beach! Infused with organic shea butter, coconut oil and bicarbonate of soda to effectively protect against odour and wetness for all-day freshness. Available from health stores and online. www.benandanna.uk | £6.95



This on the go aromatherapy blend is the perfect little pick-me-up to enhance your wellbeing. The SOiL Organic Aromatherapy Revive Remedy Roller is a synergy blend of comforting geranium, rosemary and uplifting grapefruit organic essential oils that will help to boost your mood and lift your spirits. Simply apply to the pressure points to stimulate and energise the body and mind. Available from health stores and online. www.soilorganics.co.uk | £4.70

Botanical beauty

Treat your skin to natural botanicals and mood enhancing aromatics with this new range, Yoga My Life.

The natural vegan skincare and therapeutic wellness range is bursting with botanicals, natural oils and mood enhancing aromatics that are coupled with positive affirmations and life affirming mantras for beautiful skin and a renewed sense of inner calm.

Founded by Farah Khan, a renowned Holistic Yoga Therapist, Trainer and Social Entrepreneur, Yoga My Life's New Afterglow range is a complete all-natural, energetic, vegan and cruelty-free skincare range that is enriched with fragrant white flowers, vanilla and nutrient rich oryzanol (rice bran oil), which is conscientiously developed to help you achieve beautiful and healthy glowing skin, whilst empowering you to bring the very best out of yourself.

The range features Clarifying Melting Cleanser, Soothing Facial Toner, Hydrating Moisturising Cream, Exfoliating Facial Polish, and Replenish & Repair Night Oil.



Inside... BEAUTY

Scent-sational and soothing

The Miller Harris Mandarin Candle combines Sicilian green mandarin, grapefruit and lemon with fresh marjoram, geranium and a base of cedar, moss and sweet musk. Made using natural wax, it's a gorgeous blend of soy and rapeseed that's been developed to be sustainable and give the perfect burn and scent throw.



NUTRITION FOR YOUR SKIN

Packed full of nutrients is this Quinoa & Calendula Shower Gel from Green People.

Gluten-free superfood quinoa significantly increases the skin's absorption of nutrients in this shower gel, while larch tree, rich in polysaccharides, protects the skin, keeping it moisturised long after showering.

Skin-kind calendula is ideal for sensitive skin and is rich in plant actives, which act on the metabolism of collagen fibres. Mood lifting sweet orange and energising lemongrass create an exotic aroma whilst boosting circulation and soothing dry skin. The shower gel is made with 82 per cent certified organic ingredients.

ORGANIC INDULGENCE

Treat your skin to natural luxury with this nourishing mask.

Organic Series Soothing Mask is an organic, vegan and extremely effective mask to soothe irritation and redness thanks to the rich amount of active ingredients. Containing anti-inflammatory marine camomile and rose, the mask helps reduce redness and soothe skin. Hydrating aloe vera and hyaluronic acid moisturise the skin, making it look plumper, firming the skin whilst nourishing.

The revolutionary formula of the mask remains active all night long, giving skin the greatest ability to regenerate, and antibacterial lavender and rosemary regulate sebum production.



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Available from all good health food stores.

TAKE TIME FOR YOUR THYROID

Responsible for many functions, the thyroid can often be overlooked in terms of how to nourish it. Here, we bring you the natural health advice you need to maintain its function.

It may be small, but the thyroid is so incredibly important for a whole range of health functions. Yet it is something that can often fail to be considered in terms of how to nourish it – until something goes wrong.

The most common issues with the thyroid is when it is either overactive or underactive. We go into more detail below, but we must remember that even if you haven't been diagnosed with a thyroid condition, you must fuel it with nutrients needed to function.

WHEN IT GOES WRONG

There are two common conditions associated with the thyroid, one being underactive (known as hypothyroidism), when not enough thyroxine is produced, and overactive (called hyperthyroidism), which occurs when too much is produced.

When you have hypothyroidism, you can commonly feel cold, gain weight, experience poor concentration and depression, while hyperthyroidism can bring about weight loss, anxiety, heat intolerance and sore and gritty eyes. If you are concerned, seek advice from your GP as you will need it confirmed with a blood test.

Thyroid problems are more common in women, although people of any age can be affected. According to the British Thyroid Foundation, around one in 20 people have some kind of thyroid disorder.

HOW IT WORKS

The British Thyroid Foundation explains that the thyroid is an endocrine gland that is found in your neck and makes two hormones that are secreted into the blood: thyroxine (T4) and triiodothyronine (T3). These hormones are necessary for all the cells in your body to work normally, helping control growth, cell repair, and metabolism. These thyroid hormones are released when the thyroid gland is stimulated by thyroid stimulating hormone (TSH), a hormone released by another gland in the brain called the pituitary.

The thyroid gland lies in the front of your neck and is made up of two lobes, each about the size of a plum cut in half, which are joined by a small bridge of thyroid tissue called the isthmus. The two lobes lie on either side of your windpipe.

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NUTRITION AND THE THYROID

Although there are a range of factors to consider in terms of why someone develops a thyroid issue, there are some key points to note in terms of how you can look after it.

General advice is to eat at least five portions of a variety of fruit and vegetables every day, have some dairy or dairy alternatives and eat some beans, pulses, fish, eggs, meat and other protein. You should also choose unsaturated oils and spreads and eat them in small amounts and drink plenty of fluids (at least six to eight glasses a day).

Nutrient wise, one of the most important is the mineral, iodine, and certain people, particularly vegetarians and vegans, can be deficient. In terms of foods, iodine can be found in sea fish and shellfish, along with plant foods, such as cereals and grains, but the levels vary depending on the amount of iodine in the soil where the plants are grown. This means a supplement may be important to consider.

Omega 3 fats are also really important for the thyroid, while vitamin D, important for general health and for our immunity, is also necessary for the thyroid; it is thought that low levels could be connected with thyroid disorders. And the minerals, selenium and zinc, are also known to be beneficial for supporting thyroid hormones.

If you have a thyroid condition, it is worth seeing a nutritional therapist, who can create a bespoke plan based on your needs. And always tell your GP if you are taking any supplements as they may contraindicate with medication.

YOUR GUIDE TO CHOOSING CBD

The team at Endopure explain what you need to know when choosing a reputable and quality CBD brand.

You may have heard of CBD but not sure if it's for you, or you may have tried one of the many different CBD products available but weren't clear on what you needed to look for when choosing what was right for you.

Given how many products are on the market, these are common questions, and so the team at Endopure, a brand that makes quality CBD products from certified organic hemp, are here to explain what CBD is, and how you can make sure you're choosing a quality and safe product that will support health and wellbeing.

WHAT IS CBD?

The cannabis family that includes hemp (*Cannabis sativa L*) contains over 120 known cannabinoids, chemical compounds which exhibit a range of physiological effects in humans. Cannabidiol (CBD) can be derived from most parts of the hemp plant. They are selectively extracted, concentrating CBD and removing or reducing psychoactive components such as Tetrahydrocannabinol (THC), Tetrahydrocannabinolic Acid (THCa), Tetrahydrocannabivarin (THCV), and Cannabinol (CBN), defined as controlled drugs under The Misuse of Drugs Act 1971 and should not be present in any consumer product.

However, CBD and other minor cannabinoids, such as Cannabigerol (CBG), are non-psychoactive and are therefore not controlled drugs. A food supplement product containing CBD must not exceed 1mg combined of any controlled drug when tested by an independent and accredited laboratory and in order to prove this, it is necessary to deploy highly sensitive analytical

methods, such as those embedded into Endopure's own approach to quality.

THE ENDOPURE DIFFERENCE

Endopure doesn't mess around or cut corners when it comes to consumer safety. It invests heavily in internal quality resources and systems that monitor safety and compliance within the entire supply chain, flagging any quality or safety issues before they have a chance to occur.

Importantly, it further ensures that all of its products undergo extensive independent analysis from one of the world's leading food safety authorities and one of few UK accredited testing laboratories. The food supplements are screened for controlled drugs, THC, THCa, THCV and CBN, with highly sensitive instruments that can detect within 0.00025 per cent or more than 2.5mg per kilogram.

Whilst the hemp crops are certified organic, Endopure provides extra assurance and screens for various pesticides, mycotoxins, heavy metals and other known contaminants inherent with hemp cultivation, especially in some popular growing regions throughout the world.

All of its CBD products are only derived from hemp leaf and are subject to a number of rigorous quality and safety checks from testing of ingredients using cutting edge analytical technologies to scrutiny of finished product labelling by the compliance team of experts, all of which are subject to enforcement by the UK Trading Standards Agency. Most importantly, no medical claims should be implied or suggested regarding any CBD product,

unless authorised by the UK Medicines & Healthcare products Regulatory Agency (MHRA).

PICK OF THE PRODUCTS

The range at Endopure is wide, and includes standard CBD oil, along with many topical skin and bodycare products.

We particularly love the CBD Spray Oil, which is available in five per cent, 10 per cent and 20 per cent strengths, containing 500mg, 1000mg and 2000mg CBD, and offers quick and convenient dosing, best sprayed under the tongue and allowed to absorb.

Then there is CBD Shampoo, enriched with ultra-pure CBD, omegas 3, 6 and 9 and vitamin F, it provides a gentle but thorough clean, leaving hair beautifully soft and strengthened and is vegan friendly. Or add some luxury with CBD Bath Oil, a luxurious blend of soothing and hydrating natural oils, enriched with ultra-pure CBD, rosemary, lemongrass, rosehip, helianthus, hemp seed and essential oils. The kind formula gently cleanses and nourishes even sensitive skin.

You can find out more about Endopure products at www.endopure.co.uk



NATURAL LIFESTYLE'S Top Picks



Organic Jointkare

At the Good guru. A supplement named Organic JointKare has been introduced to take utmost care and replenish the needs of your Joints and Bones with all our thoughtfulness and support. The Good Guru Jointkare contains the best quality herbal ingredients listed below:

Organic Turmeric- Curcuma longa, Organic Aloe vera- Aloe barbadensis, Organic Cat's Claw-Uncaria tomentose, Organic Ginger- Zingiber officinale, Organic Cinnamon- Cinnamomum Verum, Organic Fenugreek - Trigonella foenum-graecum

www.thegoodguru.com



PMS becoming a pain?

Do you find that you have a week 'stolen' every month due to PMS? A.Vogel Agnus castus oral drops is a traditional herbal medicinal product used to help relieve premenstrual symptoms such as irritability, mood swings, breast tenderness, bloating and menstrual cramps, exclusively based upon long-standing use as a traditional remedy. Always read the leaflet. RRP £10.85.

*Not suitable alongside hormonal contraceptives



NutraThyroid - Thyroid Support Tea

NutraThyroid® by NutraTea® is 1 in a range of 22 herbal remedy teas that has been uniquely developed by pharmacists and nutritionists to help support thyroid function and the associated symptoms. This comprehensive herbal blend contains 100% active botanicals that have been sustainably sourced including Ashwagandha, Bugleweed and Siberian Ginseng to help maintain energy levels and the natural hormone balance. Each natural herbal tea bag is free-from

flavourings, oils and other fillers enabling each biodegradable tea bag to be reused up to 3 times a day; providing a simple, delicious way to help maintain hormone production and thyroid function.

www.nutraatea.co.uk

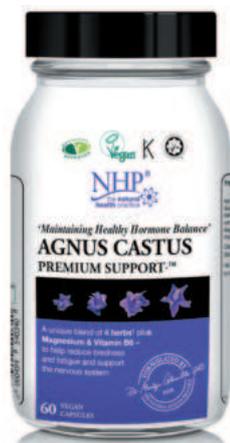
Maintaining Healthy Hormone Balance

AGNUS CASTUS PREMIUM SUPPORT
Unique combination blend of Agnus Castus, Skull Cap, Milk Thistle and Lemon Balm complement each other and work most effectively together to help maintain female hormone balance. Contains

- Vitamin B6 and Magnesium contribute to the reduction of tiredness and fatigue, and to the normal functioning of the nervous system.
 - Vitamin B6 contributes to the regulation of hormonal activity.
 - Magnesium contributes to the normal functioning of metabolism.
- Free From Sugar, Gluten, Starch, Wheat, Dairy, Soya, GMOs, Fillers, Binders, Anti-caking Agents, Artificial Sweeteners, Flavours, Colours, Preservatives.

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

www.naturalhealthpractice.com



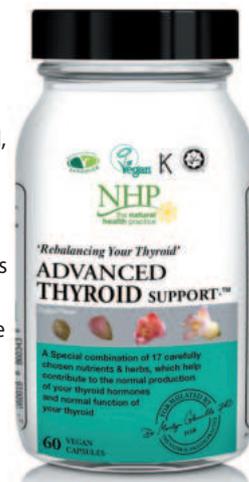
Supporting Your Thyroid Health

ADVANCED THYROID SUPPORT

A remarkable combination of 17 nutrients and herbs in one supplement designed for your Thyroid health. When you are aiming to improve the health of your thyroid gland, you want a good combination of key nutrients and herbs formulated specifically for that purpose. Includes Iodine from a natural source, seaweed, Selenium, Vitamins B6, B2, B6, B12 and D3, Magnesium, Tyrosine, Gum guggul and Manganese. Free From Sugar, Gluten, Starch, Soya, Wheat, Dairy, GMOs, Fillers, Binders, Anti-caking Agents, Artificial Sweeteners, Flavours, Colours, Preservatives. Nutrients in their most bioavailable form to aid absorption.

Vegan and Vegetarian Society registered, Kosher and Halal approved.

www.naturalhealthpractice.com



SUPPORTING A FAIRER WORLD



The Fairtrade movement has never been as important as it is today following the effects of the pandemic. So, how can you make some simple shopping switches to support workers and producers?

Each February, Fairtrade Fortnight shines the light on the importance of the movement, showing us how simple changes to our shopping habits can add up to a lot when it comes to supporting farmers and workers across the globe.

For two weeks each year, thousands of individuals, companies and groups across the UK come together to share the stories of the people who grow our food and drinks, mine our gold and who grow the cotton in our clothes, people who are often exploited and underpaid.

As we move into a new year, the event is drawing ever closer, starting on February 21 and running until March 6 – so, how can you get involved and why should you consider making the switch to some Fairtrade items?

This year, the campaign will be online, and features the Choose The World You Want Festival. Last year's festival saw campaigners, shoppers, students and businesses come together in a show of support for the farmers behind our food on the front line of the climate crisis. From online panels to bake-offs and coffee mornings, more than 100 events took place up and down the UK, shouting about the power of Fairtrade and what needs to happen next to ensure farmers and workers are put front and centre of conversations on how to tackle the climate crisis.

Furthermore, the Covid-19 pandemic has shown us more than ever how interconnected we are globally. This interconnection is at the very heart of the Fairtrade message and is where your role begins in changing your shopping habits.

THE BENEFITS OF FAIRTRADE

Fairtrade as a movement is about social, economic and environmental justice and choosing products that are certified Fairtrade fights for improvements in producers' livelihoods, with collective strength through co-ops and their bargaining power, the protection of a Minimum Price and Fairtrade Premiums.

In 2019, Fairtrade also launched an ambitious new living incomes campaign to lead the way to a sustainable future for cocoa farmers. A living income would provide farmers with a decent standard of living – enough to cover all their cocoa farming costs and enough to cover their basic human rights, like a nutritious diet, children's education and healthcare. Only when they have met these basic needs can they start to meet the challenges of our changing climate.

There are a huge number of Fairtrade certified products these days, numbering more than 6,000 and in all shopping categories you could want, from fruit and veg, chocolate and herbs and spices, to tea, coffee and wine, skin and body care products, right through to flowers, jewellery and clothing.

Your local health food store will stock a whole host of fairly traded products and if you can't find something that you want, ask the retailer – if they know there is demand, they will be more likely to expand their Fairtrade offering.

THE CLIMATE EFFECT

One of the important factors around Fairtrade and its role in the planet is around climate. The Fairtrade Foundation, which organises the fortnight, explains that since the last Fairtrade Fortnight, we have seen the G7 and COP26 take place. Over 33,000 campaigners joined 1.8m Fairtrade farmers and workers in backing the Be Fair With Your Climate Promise challenge to world leaders at the UN COP26 summit. But frustration came as the wealthiest nations failed to recognise the urgent need to invest in farmer expertise by delaying their promised \$100bn annual funding to the most climate vulnerable countries until 2023.

TRY THIS

Fair Squared Cosmetic Pads

Suma Columbia Coffee Beans

Divine Chocolate 70% Dark Chocolate

SOil Pure Organic Shea Butter

Natural health gold stars

You voted in your droves, and we can now reveal the very deserving winners of the prestigious *Natural Lifestyle* Product Awards.



BEST FOOD & DRINK OatWell Crispy Hearts

OatWell Crispy Hearts are available as seven individual sachets in one case and each individual sachet contains an oat-based breakfast cereal, providing 3g of oat beta-glucan, equivalent to three to four servings of porridge oats, the amount proven to lower cholesterol levels.

The consumption of oat beta-glucans as part of a meal contributes to the reduction of the blood glucose rise after that meal. Simply enjoy it as a healthy breakfast cereal or as an on the go snack.

Sarah Brockhurst, Marketing Director, commented: "We are delighted to learn that our OatWell Crispy Hearts have won this award and we'd like to say a huge thank you to all the *Natural Lifestyle* readers who voted, we really appreciate it. OatWell Crispy Hearts are a great product with proven claims for helping to lower cholesterol, so we're thrilled to know that our customers are enjoying them."

Highly commended: Free From Fellows Mallovs

Natural Lifestyle Product Awards 2021



BEST SUPPLEMENT Viridian Man 50+ Prostate Complex

Developed with human clinical data to support the use in men from age 50 onwards, it features a select range of plant extracts, including a researched pollen extract standardised to beta-sitosterols with nettle leaf, pumpkin seed, saw palmetto berry, and *Pygeum africanum*. Pumpkin seed and nettle extracts help with the maintenance of good bladder function and urinary flow and support normal function of the prostate, and it is ideal to take in conjunction with a complete multivitamin.

Aimee Benbow, Director of Nutrition at Viridian Nutrition, enthused: "We are delighted Viridian's Prostate Complex has won the Best Supplement category in *Natural Lifestyle's* 2021 Product Awards. Prostate Complex contains a carefully selected range of scientifically studied plant extracts, including a researched pollen extract standardised to beta-sitosterols with nettle, pumpkin seed, saw palmetto berry, and *Pygeum africanum*.

"Like all Viridian supplements in the range, Prostate Complex contains 100 per cent active ingredients with no binders or artificial additives. This vegan formulation is non-GMO, palm oil free, non-animal tested and ethically sourced. Winning Best Supplement category is a fantastic achievement, and we'd like to thank everyone for voting for us. Our aim is to ensure better health and happiness to everyone."

Highly commended: GOPO Joint Health Supplement



BEST ECO/HOUSEHOLD Bass BioFlex Biodegradable Hairbrushes

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

"We are absolutely thrilled to receive this award! Bass Bioflex Brushes represent true eco innovation with a 97 per cent biodegradable hairbrush that breaks down in landfill. By helping people to make simple everyday swaps to products that have less plastic, we can together help the environment and improve our purchasing decisions without compromising on effectiveness or style," commented Meghna Patel, Director at Mahi Naturals, which has the range in its portfolio.

Highly commended: If You Care Waxed Paper





BEST BEAUTY/BODYCARE Jason Biotin with Hyaluronic Acid Shampoo

New and improved Everyday and Therapy Hair Care formulas from JASON, with on-trend ingredients and clinically proven results.

Restorative Biotin is now Thicken & Restore Biotin with Hyaluronic Acid, instrumentally tested and shown to provide two times less breakage, create hair that looks two times thicker and fuller in volume, and repair up to 72 per cent of split ends. An ingredient that is well-established in skincare, last year saw hyaluronic acid appearing in more and more hair care products. It helps moisturise the scalp, and prevent hair from thinning and falling out. It can even increase the strand diameter of your hair and increase hair growth.

Highly commended: Beautivite

BEST HERBAL Ricola Original Swiss Herb

Ricola swears by the nurturing effect of Swiss alpine herbs. That's also why the Original Soothe & Clear Cough Drop, with its distinctive square shape, is more than just a cough drop. The 13 herb blend recipe, which was invented in 1940, has remained virtually unchanged and still serves as the basis for all of the Ricola herbal cough drops today. In the unique blend, Ricola uses herbs including horehound, mallow, sage and speedwell to gently give your throat the extra care it needs.

Andy Richman, Managing Director at Ricola UK, commented: "That's why we are all so proud to have won this award with our Original Cough Drop; with over 80 years of passion and hard work that are the backbone of our Swiss drops, we still have a winning formula after all this time. Our thanks to all our voters and if you haven't tried us as yet then pick up a packet at your local independent natural food store – you don't need to wait another 80 years!"

Highly commended: A.Vogel Echinaforce Echinacea Drops



BEST PERSONAL CARE Bladapure

Bladapure is a unique food supplement which combines the effectiveness of D-Mannose with organic inulin, cranberry and key nutrients to create an inhospitable environment for bacteria which can cause cystitis and bladder discomfort.

Available in capsules or a delicious pure powder, Bladapure provides a pure and natural solution to help maintain a healthy urinary tract.

Commenting on the win, Mark McCarty, Director of World Foods Brand Management, which has the range in its portfolio, enthused: "We are delighted to have won this award from *Natural Lifestyle* magazine as it demonstrates how much the product is helping people with bladder infections. Thank you to everyone who voted."

Highly commended: Bio-Kult Candéa



BEST NEW Terranova Beta Glucans, Astragalus & Vitamin C Complex

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

"We are truly grateful to the readers of *Natural Lifestyle* magazine for choosing our Beta Glucans, Astragalus & Vitamin C Complex as Best New Product in this year's awards! And, as always, we are thankful to the UK's independent health food stores and their wonderful customers for the support they give to Terranova every day," enthused Stephen Terras, CEO and Founder of Terranova Nutrition.

Highly commended: Natures Aid Elderberry Immune Support Hot Drink



BEST VEGAN Viridian Pine Bark Extract

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

"We'd like to thank everyone at *Natural Lifestyle* magazine for presenting Viridian's Organic Pine Bark Extract with the Best Vegan Award. This innovation is a UK first, with Viridian developing the first Soil Association certified organic pine bark extract in the country," commented Aimee Benbow, Director of Nutrition at Viridian Nutrition.

"Viridian Pine Bark Extract is a high potency formulation that has been created using well researched ingredients that are grown responsibly and produced with no animal testing to ensure the highest ethical standards in formulations. Our pine bark extract is sourced from organically certified Nordic forests in the Finnish Arctic, a location known for having one of the lowest pollution rates in the world. Gaining organic certification from the Soil Association guarantees the pine bark is non-GMO and grown using sustainable methods, without the use of harsh chemicals or pesticides. We are extremely grateful to everyone who has voted for us, which further reinforces our message of creating better health for all."

Highly commended: Holford Essentials 4 Vegans



PRESS PAUSE

ON PMS

There are many changes you can make to your lifestyle to ease the symptoms of PMS so you need not suffer every month.

Given PMS affects the majority of women, and on a monthly basis, finding solutions that are manageable and sustainable but, importantly, effective, is key to learning to live with it. The good news is, holistic health options are hugely effective with anything hormone related, and with some simple switches to your diet and lifestyle, you can stay more balanced, and ease the symptoms experienced.

Dr Marilyn Glenville PhD is one of the UK's leading nutritionists and author of *Overcoming PMS The Natural Way*. She commented: "Years ago, doctors claimed that PMS did not exist. Today, it's one of the most common conditions suffered by women, with symptoms that can be anything from

mildly inconvenient to positively debilitating. PMS is estimated to affect 70-90 per cent of women and 30-40 per cent are believed to have symptoms severe enough to interfere with their daily lives."

Aimee Hipwell, Technical Advisor at Viridian Nutrition, added: "Pre-menstrual syndrome (PMS) is a recurrent set of physical and emotional symptoms that occur one to two weeks before menstruating, sometimes interfering with everyday life. Most women at childbearing age will experience symptoms, especially in their late 20s to early 40s, and around one in 20 have symptoms severe enough to stop them living their normal lives. It is estimated that as many as 30 per cent of women can experience moderate to severe PMS, with five to eight per cent suffering severe PMS, this being around 800,000 in the UK."

UNDERSTANDING YOUR HORMONES

PMS is all related to fluctuations in your hormones, which cause the symptoms.

"PMS is commonly associated with psychological and behavioural symptoms such as mood swings, depression, tiredness, fatigue or lethargy, anxiety, feeling out of control, irritability, aggression, anger, sleep disorder, food cravings and physical symptoms such as breast tenderness, bloating, weight gain, clumsiness, and headaches," Aimee explained.

"The causes are still to be identified. However, there is compelling evidence that symptoms are directly related to fluctuation of hormone levels in the monthly cycle."

But Dr Glenville pointed out: "There has been an enormous amount of research into PMS and an equally enormous amount of confusion in terms of its cause and treatment. It is assumed that PMS has an effect on a woman's general health by giving her any number of 150 different symptoms. But what if the situation is really the other way round? In other words, what if that woman's general health is what's causing PMS to manifest itself?"

"If a woman hasn't been eating well, lacking in certain vitamins and minerals, not exercising, suffering from stress and generally feeling run down, it is very possible that her body's ability to produce the right balance of hormones and to utilise those hormones properly each cycle will be seriously compromised."

She went on: "Over 150 symptoms are now believed to form part of the syndrome, and these include mood swings, irritability, anxiety and tension, bloating, breast tenderness and swelling, water retention, acne, tiredness, weight gain, headaches/migraines, crying spells, depression, sugar and food cravings, constipation and dizziness. The personality changes associated with this time of the month can be very severe. Indeed, some women describe a 'Jekyll and Hyde' change, in which they literally become a different person pre-menstrually."

BALANCED EATING

To support healthy hormones, a balanced diet is critical. And while women may crave sugary, carb-laden foods, such choices can be counterproductive.

"When it comes to diet, keep it simple, increase plant foods (fruit, vegetables, nuts, seeds and legumes), moderate quantities of meat and dairy, reduce fat, sugar and salt, eliminate simulants such as caffeine," suggested Sarah Fergus, Nutrition and Sales Specialist at NaturesPlus.

"Keeping your liver healthy and functioning optimally is essential. The liver is responsible for detoxification and elimination of chemicals and excess hormones, including oestrogen. Inefficient detoxification can lead to a build-up excess oestrogen, therefore a large contributor to oestrogen dominance."

Dr Glenville also advised: "The most important dietary change is to keep your blood sugar levels steady: the higher your sugar intake (and caffeine), the more severe your symptoms are likely to be. My advice is to cut out sugar and caffeine completely. Also, eat every three hours as this prevents your blood sugar levels from dropping and stops the release of your stress hormones, which block the hormone progesterone in the second half of your cycle."

"Good quality unrefined carbohydrates are important as they not only keep your blood glucose balanced but they help to increase blood serotonin levels, the 'calming' brain chemical that helps to lift mood and curb appetite. Alcohol should also be eliminated or drastically reduced in order to support liver function so that it can detoxify and excrete hormones efficiently."

And Aimee added: "A balanced nutrient dense diet is needed to support hormone synthesis and eliminate circulating toxic free radicals that can lead to an inflammatory response. Follow a healthy balanced diet, including lots of fruits and vegetables. Heavy, refined carbohydrates such as pizza and white bread can cause a rapid release of blood glucose, which may affect mood swings and may contribute to hormonal imbalances."



RAISED RISK

Some women experience severe periods, including PMS, while others can get through the month relatively unaffected. So, why are there such differences?

Sarah advised: "PMS can be a big issue that has somehow become relatively accepted as a normal part of being a woman. While not inevitable, there are many factors of our genetic make-up and our day to day living that heighten the risks, however, knowledge is power. Oestrogen, progesterone and testosterone are the three main sex hormones that work closely together to maintain general and reproductive health. Elevated levels of oestrogen are linked to PMS, known as 'oestrogen dominance'."

Dr Glenville went on: "There are a number of risk factors that can make a woman more likely to suffer from PMS. They include:

- Being in her 30s or 40s.
- Having had two or more children.
- Having a mother who suffered from PMS.
- Having recently experienced a hormonal upheaval, such as having a baby, termination or miscarriage, being sterilised or coming off the pill.
- Experiencing several pregnancies in quick succession."

Aimee continued: "Obesity is a predominant risk factor for women suffering with PMS, individuals with a BMI over 30 are three times more likely to incur symptoms. In addition, high levels of tobacco and caffeine have been associated with a higher prevalence and women under emotional and physical stressors. Biological risk factors for PMS include women with heavy loss of blood during menstruation and low circulating levels of serotonin."

We must also consider the effect a sedentary way of life can have.

Aimee advised: "Lifestyle factors can play a huge role in exacerbating PMS

symptoms. Following an active and healthy lifestyle will ensure you maintain a normal weight and create the right environment in your body for regular hormone production."

Sarah went on: "Nutrition and lifestyle play a big role in PMS. We can focus on parts of our lives that we can mainly control, such as the importance of eating well, keeping hydrated, exercising, even getting enough sleep. Unfortunately, there are some things out of our control, such as everyday exposure to toxins, pollution, and chemicals. A key player in hormonal imbalance are xenoestrogens, which are endocrine disrupting chemicals that mimic natural oestrogen. They are found in plastics, some food, medications, cosmetics and even drinking water."

Stress management is also a must when it comes to PMS.

"Stress depletes serotonin and dopamine, two mood-enhancing hormones involved in the prevention of PMS symptoms, such as breast pain, digestive upset, cravings, depression, anxiety, poor concentration, and lack of motivation," Aimee explained. "Stress also raises the hormone, aldosterone, which contributes to water retention and magnesium loss. It could be advisable to supplement your diet with additional magnesium to replenish the magnesium lost."

When it comes to some effective lifestyle changes, Dr Glenville suggested: "The aim is not to look at all the different symptoms but to work on overall lifestyle to ensure optimum health and wellbeing. This means making sure you are eating well, getting enough sleep, reducing stress levels and using nutrients shown to help with PMS. Exercise is important for general health, but also important to help control PMS. Exercise releases brain chemicals, endorphins, which help you feel happier, more alert and calmer."

Try this

- ★ A. Vogel Agnus Castus Oral Drops
- ★ NaturesPlus BioAdvanced Monthly Support
- ★ Terranova Nutrition Living Multivitamin Woman
- ★ Natural Health Practice PM Support

KEY NUTRIENTS

Women can be lacking in certain nutrients, especially if they have very heavy periods.

Aimee advised: "Magnesium, vitamin B6, calcium, folic acid and essential fatty acids are essential for the prevention and treatment of PMS. Vitamin B6 and magnesium are especially helpful for breast pain, water retention, cravings, tension headaches, depression, and anxiety. It might be worth considering looking at your vitamin regime and supplementing with these essential nutrients, alongside a balanced diet, to support hormone production."

You may want to consider adding in certain supplements, depending on the PMS symptoms you experience.

"Certain nutrients such as vitamin B6 and magnesium can be hugely beneficial when it comes to reducing PMS symptoms. Vitamin B6 plays a vital part in synthesising neurotransmitters that control mood and behaviour. Magnesium is classed as nature's tranquilliser and is, therefore, vital in symptoms that relate to anxiety, tension, or irritability," Dr Glenville explained.

"Agnus castus is the wonder herb for PMS. One study in the *British Medical Journal* stated that agnus castus is an 'effective and well-tolerated treatment' for PMS."

And Sarah added: "There are many tried and tested nutrients

and herbs that work in synergy and with our bodies. B complex including vitamin B6 (pyridoxine) is required for the production of our 'feel good' hormones, dopamine, and serotonin, our happy hormone. B6 also plays a role in oestrogen detoxification.

"Zinc has anti-inflammatory properties that may help period pain and chromium is known for its effects on blood sugar and is very beneficial in combatting cravings. Lemon balm can relieve menstrual cramps and PMS. It promotes a sense of wellbeing and increased alertness. Milk thistle enhances detoxification through boosting glutathione levels, our master antioxidant and repairs damaged cells of the liver."

Aimee highlighted saffron: "Saffron, a highly prized spice from the crocus flower, has long been used to improve mood and wellbeing. Specifically, it has been shown to reduce the symptoms of PMS, especially the emotional symptoms, as well as reducing food cravings in several clinical studies," she explained.

The mineral, calcium, could also be considered, with Aimee adding: "Individuals who suffer with PMS have shown to have calcium deficiencies. Calcium levels may also change throughout the menstrual cycle. Calcium has shown in clinical research as an effective treatment for reducing mood disorders during PMS."



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1ST USDA CERTIFIED ORGANIC CBD BRAND



2400mg Broad Spectrum CBD Oil

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Ask the experts

BETTER HORMONE BALANCE...

by Sarah Fergus

What causes PMS and what are the most obvious symptoms?

Premenstrual syndrome (PMS) is relatively accepted as a normal part of being a woman, with symptoms such as breast pain and tenderness, irritability, and painful and irregular periods.

PMS stems from an imbalance of the sex hormones. Oestrogen, progesterone and testosterone are the three main sex hormones that work closely together to maintain general and reproductive health. Elevated levels of oestrogen are linked to PMS. This is known as oestrogen dominance.

How much of a role does our nutrition and lifestyle play in how badly a woman suffers and what are the worst culprits?

Nutrition and lifestyle play a big role in PMS. It is so important to eat well, drink water, exercise, and get enough sleep; these things we can mainly control, but there are things out of our control such as our everyday exposure to toxins, pollution and chemicals. Xenoestrogens are endocrine disrupting chemicals that mimic natural oestrogen. They are commonly found in plastics, some food, medications, cosmetics and even drinking water. The liver is responsible for the detoxification and elimination of chemicals and excess hormone, including oestrogen. Inefficient detoxification pathways can lead to a build-up excess oestrogen,

therefore, a large contributor to oestrogen dominance.

Can you recommend the best diet and supplements to help balance our hormones?

When it comes to diet, keep it simple, increase plant foods, moderate quantities of meat and dairy, reduce fat, sugar and salt, and eliminate caffeine. There are many tried and tested nutrients and herbs that work in synergy and with our bodies. Adequate nutritional support is essential for hormone health. This includes:

- **B complex including vitamin B6** (pyridoxine) is required for the production of our 'feel good' hormones, dopamine and serotonin. B6 also plays a role in oestrogen detoxification.
- **Broccoli sprouts** naturally contain the highest amount of sulphur-rich compounds, showing powerful antioxidant and anti-oestrogenic properties, as well as supporting the liver.
- **Zinc** has anti-inflammatory properties, helping period pain.
- **Chromium** is known for its effects on blood sugar and is very beneficial for cravings.
- **Lemon balm** can relieve menstrual cramps and PMS. It promotes a sense of wellbeing and increased alertness.
- **Milk thistle** enhances detoxification through boosting glutathione levels, our master antioxidant. It also repairs damaged cells of the liver.

Q What are the most important nutrients for children, and would you recommend they take a supplement?

Jenny Logan suggested: The early years are a time of huge growth and development. Therefore, the requirement for nutrients is very high. Calcium and vitamin D are required to help build strong bones and teeth, the omega 3 fat, DHA, is required to help support health brain and eye development, and iron is required to support healthy cognitive development.

Of course, we all want to do the best we can for our children, but despite our best efforts, can we be certain that they are getting everything the growing body needs from their diet? It can sometimes be challenging to encourage children to follow a healthy balanced diet. Therefore, supplements can just give a little peace of mind that no matter what, a child is getting the nutrients required to help them thrive. A daily multivitamin is always a good idea. Additionally, key supplements to consider include:

- **Vitamin D:** It is recommended that every child under five years takes a supplement providing 400iu vitamin D every day. Vitamin D is not easy to obtain from the diet, and in the UK, children rarely see enough sunshine for their body to make what they need.
- **DHA:** DHA is mainly found in oily fish – not always a favourite food! Whilst the body can make some DHA, this rarely provides the 250mg needed daily to support healthy brain and eye development.
- **Iron:** A baby is born with enough iron to last the first six months of life. After this, it really needs to be provided in their diet. Breast milk is not rich in iron, so unless they are taking a fortified formula milk, or eating lots of greens or having red meats, a supplement will help them top up.

About the experts



SARAH FERGUS is a Sales Specialist and Nutritional Therapist for NaturesPlus. After almost 10 years in the industry, she has a passion for natural and alternative health, and finds seeing natural medicine truly help people beyond rewarding.



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



JENNY LOGAN is a Nutritional Therapist who has worked with clients in health foods stores and private clinics for over 20 years, and is Product Development & Training Manager for Natures Aid.



PATRICK HOLFORD is a nutritionist and author. He founded the Institute of Optimum Nutrition in 1984, and is author of over 45 books, including *The Optimum Nutrition Bible*.

Studying at CNM has improved every aspect of my life

Joy Harrison, CNM Nutritional Therapy Graduate, details the impact nutritional therapy training has had.

There isn't one area of my life that hasn't been positively impacted by studying nutrition at the College of Naturopathic Medicine (CNM). Nutritional Therapy is my passion, my career, and what I'm now known for.

Nutrition was the key to my health issues. After suffering from chronic allergies, skin issues and digestive complaints for many years, it wasn't until I learnt about nutrition that profound changes occurred in my health. I was inspired to study natural therapies after seeing a close family member recover from chronic fatigue syndrome by making nutrition and lifestyle changes, despite being told they would have the condition for life and only given anti-depressants to help. They are now thriving and brimming with energy – I've always wanted to

champion this kind of change in other people's lives.

CNM's study schedule sets you up for success. Whilst I was looking at different colleges to study nutrition, I came across CNM, which looked very impressive. I decided to find out more about the course as I loved the sound of it. The weekend study option offered by CNM Belfast suited me perfectly as I could continue working while studying.

The first year of biomedicine helped lay down the foundations for understanding how the body works – this knowledge is invaluable. I especially loved the clinical hours, which commenced in my second year. I observed consultations for 100 hours and then undertook 100 clinical hours with my own clients; this level of clinical experience really sets you up for success when you graduate. You learn so much and get a true feel of what your future

career could look like!

Changing people's lives is so rewarding. I now run my own business, Joy Fuelled Nutrition, where I consult with clients privately. I also work out of a family-run clinic alongside a Herbalist and a Kinesiologist. I specialise in gut health, skin health and autoimmunity, paired with relevant functional testing. I'm so inspired by clients who are ready and willing to do what they need to do to get their health back and overcome chronic illness. It's so rewarding to see the difference I've been able to make to my client's lives, enabling them to get their health and quality of life back.

If like me, nutrition is your passion, CNM is a great way to grow and harness your skills. Studying at CNM equips you with a wealth of tools to succeed and make your dream career a reality.



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Ask the experts

Q Why is mood often lower in the winter, and can you suggest natural ways I can lift it?

Patrick Holford explained: There's sound scientific evidence to support the idea that the season can affect your mood. Lack of daylight probably plays a part with shorter daylight hours in winter and can mean you get seasonal affective disorder (SAD). It is also believed that serotonin levels in the brain are lowest in winter and the amount of serotonin our brains produce is directly related to how much daylight we are exposed to. My recommendation would be to get more light into your day, get active, especially outdoors, and eat yourself happier in winter.

Winter blues can make you crave sugary foods and carbohydrates such as chocolate, pasta and bread, but better to include plenty of fresh fruit and vegetables in your diet. It's especially important to eat omega 3-rich oily fish – salmon, mackerel, herring, sardines or trout, two to three times a week and if not, supplement with omega 3 oils.

Some typical symptoms are associated with vitamin D deficiency. You want to get vitamin D blood level up to 80nmol/l for maximum protection. A tryptophan-derived brain chemical, melatonin helps to balance the brain in the absence of light. Supplementing it has also proved helpful for those with SAD. Since melatonin is made from serotonin, and serotonin is made from 5-HTP, it is likely that, if you are prone to SAD, supplementing 5-HTP may help.



YOUR HEART HEALTHY GUIDE...

by Alice Bradshaw

What are the factors that can raise our risk of heart-related ill health?

There are numerous factors that could raise our risk of heart disease. These include genetic predisposition, a sedentary lifestyle, smoking, excess alcohol consumption and various dietary factors.

Can you recommend a heart healthy diet to protect us from problems?

A heart healthy diet requires a wide diversity of foods, especially plant-based foods. Vegetables, fruits, nuts (especially walnuts) and seeds contain many nutrients that are supportive of heart health. Omega 3 fatty acids found in oily fish and certain nuts and seeds have long been researched for their health benefits. It used to be advised to consume a low-fat diet to protect against heart disease, however, nutritional science now shows that the right type of fats actually support heart health.

Additionally, avoiding a high intake of vegetable oils and foods fried in them is another important step to reduce the risk of heart disease. Refined carbohydrates, excess sugars and alcohol are all implicated in poor cardiovascular health and contribute to

unhealthy cholesterol ratios, hypertension and impaired glucose metabolism (which also results in compromised heart health).

What supplements would be considered important to protect the heart?

Many nutritional supplements have been researched for their benefits to heart health. These include magnesium, B vitamins, vitamin D3 and K2 and coenzyme Q10. Numerous botanicals such as hawthorn, ginger, garlic and many other phytochemicals have also demonstrated heart health benefits. Research shows that natural compounds such as tocotrienols, tocopherols and gamma oryzanol provide valuable therapeutic and preventive options for some chronic age-related conditions. They may support healthy arteries, lower homocysteine levels and improve insulin sensitivity.

Citrus bergamot is a phytonutrient compound containing neoeriocitrin, neohesperidin and naringin, which have been shown in research to have a significant effect on glucose metabolism and cardiovascular health. You can find this plant compound in supplement form, but it's also the ingredient responsible for the fragrant aroma of Earl Grey tea.

Gut health masterplan – three pillars of good gut health

The experts at Bimuno explain how you can ensure a healthy gut for a healthy you.

Our body contains trillions of microbes, such as bacteria and viruses which are important for our overall health – many of them are found in our large intestine and are collectively known as the gut microbiome.

The gut microbiome contains both good and not so good gut bacteria. Research has shown that good types of gut bacteria, such as *Bifidobacteria*, have a variety of functions in the body, including supporting our gut, immunity and brain health, so it's pretty vital that we take care of it and maintain adequate levels. To conceptualise a masterplan to achieve better gut health, here are three pillars that will act as a foundation for your gut microbiome to thrive.

Eat a varied diet

Although there is no consensus on what the perfect gut microbiome looks like, it is widely accepted that a diverse microbiome is beneficial for health. A diverse diet contributes to a diverse gut microbiome.

Challenge yourself to eat 30 different plant-based foods a week that's made up of fruit, vegetables, wholegrain cereals, nuts and seeds. In the UK, adults are recommended to get 30g of fibre per day, and currently, average intake is around 60 per cent of this – therefore, we should be including more fibre in our diets. Our guts love fibre and it can be easily incorporated into the diet by eating fruit as a snack, using whole grain alternatives when possible and eating high-fibre foods like flaxseed or chia seeds.

We're far more likely to succeed if we start with one goal at a time such as aiming for a new fruit or vegetable in our weekly shop or by choosing wholegrain bread instead of white bread. You'll be amazed at how quickly it becomes a habit and you'll soon be ready for the next challenge.

Prioritise mental health

The gut is connected to the brain via the gut brain axis. The vagus nerve, linking the gut and brain, acts as a highway, sending signals both ways and so a diverse gut microbiome could help to modulate stress, support cognitive function and sleep. Prioritising our mental health will, in turn, help the gut to thrive. This can come from exercising regularly, reducing stress and getting enough good quality sleep. How often do you get eight hours of restful sleep? Poor sleep can have an impact on our gut, concentration levels and even our appetite – additionally, if you're getting less than six hours of sleep at night, you're more likely to consume 200-300 calories extra per day. Try to set your body clock by going to bed at the same time each night to achieve the right amount of sleep to enhance your mental health.

Prebiotics and probiotics

Probiotics may dominate the conversation in wellness circles, but prebiotics play an arguably even more important role when it comes to supporting health.

In a nutshell, probiotics are live bacteria, whereas prebiotics are a special kind of fibre which act like fertiliser for the good bacteria in your gut, encouraging them to thrive and drown out the potentially bad bacteria. Probiotics can be affected and even destroyed by digestion, whereas prebiotics can't. Prebiotics are also highly stable and are unaffected by temperature

changes or long-term storage.

Some fermented foods contain probiotics that help balance your gut microbiome, including kefir, kombucha, kimchi, pickles and sauerkraut. Whilst prebiotic foods include grains, pulses and legumes – some examples of these include lentils, oats, bran, flaxseed and many others.

Supplements also offer a convenient way to consume prebiotics and could be considered if you feel your normal diet is not giving an adequate source of these types of fibres.

One supplement that seamlessly fits into your daily routine is Bimuno DAILY. It works by feeding and stimulating the growth of good bacteria in your gut, specifically *Bifidobacteria*, helping them to thrive. When taken daily, Bimuno works within just seven days*. Bimuno DAILY is a taste-free powder that can be added to hot or cold drinks or stirred into food. It won't radically affect your lifestyle and is a very convenient way to add prebiotics into your routine to help your gut. The product has over 3,000 reviews on Trustpilot which rate it as excellent.

For as little as 30p a day, you could be feeding the beneficial bacteria in your gut; subscribe today and receive a 25 per cent discount on your first order of Bimuno DAILY. Visit bimuno.com/bimuno-daily-triple-pack to find out more.

* Scientific data shows that daily use of Bimuno increases *Bifidobacterial* levels within seven days, results may vary.

BIMUNO

When IBS attacks

Your natural health guide to managing the symptoms of irritable bowel syndrome.

So many people in Western societies experience digestive discomfort, an issue that seems to be increasing in prevalence. There are many reasons why it's so common, but the problem can be achieving a diagnosis.

This is certainly the case with irritable bowel syndrome, commonly called IBS, a condition that affects vast numbers of the population, yet one that can be painfully slow to be diagnosed with.

Claire Barnes, Technical Advisor at ADM Protexin, which has the Bio-Kult and Lepicol brands, advised: "It is one of the most commonly diagnosed gastrointestinal (GI) diseases and studies suggest 10-25 per cent of the global population in developed countries are affected by the condition. In fact, IBS accounts for up to 50 per cent of visits to the doctors for GI issues."

Alice Bradshaw, Head of Nutrition Education and Information at Terranova Nutrition, went on: "Digestive health issues and IBS symptoms do appear to have increased in recent years. More and more people report that their lifestyle has become increasingly stressful due to work patterns, changes in lifestyle and social culture and family commitments.

"Stress is arguably the number one trigger for digestive dysfunction due to its adverse effect on digestive secretions, neuromuscular function in the intestines and immunological health. Additionally, fast paced lifestyles very often do not allow enough time for proper eating habits. It's become the norm to eat lunch at the office desk, or while walking down the street, neither of which are conducive to good digestive health."

Lindsay Powers, Nutritional Therapist and Health Coach at Good Health Naturally, went on: "According to epidemiological studies, IBS affects around 11 per cent of the global population, with about 30 per cent seeking medical assistance for their symptoms. This figure rises to an estimated 20 per cent of the people in the UK, with over half of these seeking help from their GP."

Seeking help

It's important to note that if you have digestive concerns and changes in bowel habits, you should speak to your GP. Once a diagnosis has been reached, and other issues ruled out, this is where a nutritional therapist and your health food store can help.

Leyla El Moudden, Naturopath and Director of Education for Enzymedica UK, advised: "Doctors diagnose IBS by using a measure called the Rome IV criteria. According to this, IBS is present if recurrent abdominal pain associated with a bowel movement has been going on for at least six months. If the IBS symptoms are very severe, a GP may make a referral to a gastroenterologist, who will rule out other potential causes such as Crohn's or coeliac disease."

Alice continued: "Irritable bowel syndrome is known as a diagnosis of exclusion, meaning that a doctor may carry out tests and examinations to rule out other serious pathologies. Alternative medicine practitioners may also carry out tests such as stool tests or breath tests to find any underlying causes that may be at the root of IBS and its symptoms."

Are you a sufferer?

The issue with IBS is there are so many symptoms, which is why getting a diagnosis can be difficult.

Dr Marilyn Glenville PhD, one of the UK's leading nutritionists and author of *Natural Solutions to IBS*: "IBS is defined as a chronic, relapsing, gastrointestinal problem, characterised by abdominal pain, bloating and changes in bowel habit. There can also be mental symptoms such as mood swings, depression and anxiety. IBS ranks as high as the common cold for people needing days off work to cope with it.

"The exact cause is not known but a number of theories have been suggested. One is that a stressful event such as divorce or bereavement can trigger the onset and another is that it is triggered by a gastrointestinal infection as a person is twice as likely to develop IBS after having an attack of gastroenteritis. Another is that in some people, the nerves and muscles in the bowel are extra sensitive and can react when eating and when the bowel stretches, causing pain and spasms.

"Research shows that taking a course of antibiotics can increase risk by more than three times. Sensitivity to certain foods has also been suggested and for women, there may be an interaction between the bowels and female hormones because IBS symptoms can get worse during menstruation."

Jenny Carson, Technical Manager at Viridian Nutrition, added: "Symptoms will often vary in severity day to day and are not always related to the intestine. Side effects of suffering from IBS can cause sleep and energy problems, increased anxiety, depressive symptoms, and even back pain."

Hayley Purtill-Quin, Nutritional Therapist, continued: "IBS can have numerous causes and triggers, and this can differ for different people. Stress can play a big role in the development and triggering of IBS like symptoms, as can viral or bacterial gastro infections. However, there are numerous lifestyle and nutritional factors that can contribute such as imbalances in gut bacteria, insufficient hydration and fibre, nutritional deficiencies, lack of variety in the diet, food sensitivities and intolerances and medications."

Food check

Some foods will exacerbate IBS and it's important to keep a food diary to track your triggers.

Claire advised: "Many with IBS are particularly sensitive to high FODMAP (Fermentable Oligo-, Di-, Mono-saccharides, And Polyols) foods, which includes vegetables such as onion and garlic, some fruits (especially stoned fruits), beans and lentils. Gluten and dairy are often noted as triggers. Of particular note, processed foods which contain many hidden sugars, sweeteners, additives and emulsifiers are likely to have a negative impact on the bacteria living in our gut, which may then lead to increased inflammation and a worsening of IBS symptoms."

Alice added: "It's important that individuals are advised not to resort to extreme dietary measures, which may cause stress or further digestive imbalances. Basic advice regarding eating small, regular meals and eating slowly should be initially addressed. Avoid large meals too close to bedtime.

"Temporarily reduce or avoid common gut irritants, including caffeine, alcohol, dairy produce, gluten (some people may do better with no grains) and nuts. Some individuals do better with more fibre, while some do better temporarily limiting fibre."

Hayley also pointed out: "An elimination diet works by eliminating the most common food triggers – gluten, dairy, sugar, eggs, soy and legumes. These foods can

then be slowly reintroduced one at a time whilst monitoring symptoms to allow the individual to pinpoint the foods that are causing them issues.

"It is important to eat foods that are rich in prebiotic fibre, which is the fuel for these beneficial bacteria to thrive in our guts, foods rich in prebiotic fibre are chicory, dandelion greens, Jerusalem artichoke, leeks and asparagus. Foods with anti-inflammatory and soothing properties such as ginger, turmeric and bone broth can also be supportive of the gut."

Leyla added: "Foods that are nutritional to the lining of the intestines and bowel can soothe some irritation of IBS. Baby carrots, green beans, sweet potatoes and oats are examples of high soluble fibre foods that are nutrient dense. Oats can feel very soothing as they contain beta glucans which are anti-inflammatory. They should be taken in moderation; although they are low FODMAP, too much soluble fibre can irritate a sensitive gut."

Lindsay went on: "Foods high in lectins can cause digestive disruption. These are naturally occurring proteins found in plants, which protect them as they grow but can bind to the gut wall and cause damage. Foods high in lectins include beans, peanuts, tomatoes, potatoes, aubergine, wheat and other grains. These foods can also be removed from the diet whilst healing takes place."

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Beneficial bacteria

One of the most important supplements for IBS sufferers is a probiotic.

"Accumulating evidence supports the view that an imbalance of gut bacteria contributes to IBS. In the largest trial of its kind, on the use of live bacteria supplements in IBS, 400 adult patients with moderate-to-severe symptomatic IBS-D were randomised to treatment with either Bio-Kult Advanced Multi-Strain Formulation or placebo for 16 weeks. Bio-Kult significantly improved overall symptom severity in IBS patients and was well tolerated," Claire commented.

"Abdominal pain and frequency reduced by an average of 69 per cent and 34 per cent of participants were completely symptom free at the end of the four month trial. Significantly though, as well as relieving IBS-D symptoms, it was also shown to markedly improve all aspects of Quality of Life. This includes psychological issues such as anxiety about health, depression, lack of enjoyment of life, and feelings of having to avoid stressful situations."

Manage deficiencies

Keep in mind that IBS sufferers can experience nutrient deficiencies.

"One study looking at the dietary intake of IBS subjects found that consumption of calcium, potassium, zinc and vitamins B2, B5 and B9 were significantly lower in IBS patients compared to healthy controls, with borderline significant associations for phosphorus and vitamins B1 and C," Claire advised.

"Nutrient deficiencies could potentially develop for two main reasons: decreased absorption of nutrients from food due to poor digestive function; and avoidance of certain nutritious foods/overly restrictive diets used to control IBS symptoms. Whilst removing certain foods such as FODMAPs may be beneficial for reducing IBS in the short-term, long-term adherence to low-FODMAPs can starve our gut bacteria of its food source, leading to gut bacteria imbalances, which may cause further problems down the line."

Leyla went on: "IBS disrupts the digestive tract, which is where most of our nutrient absorption occurs. Many IBS sufferers will instinctively adjust or change their diet and begin to eat less to try to manage their symptoms. Protein is often the first food group to go, and this can lead to deficiencies in B12, folate and protein. Zinc and magnesium absorption can be affected if the IBS is linked to poor gut bacteria or gut inflammation. If the IBS is diarrhoea dominant, potassium levels can fall and lead to an electrolyte imbalance."

Lindsay also advised: "Research shows that there may be a link between low vitamin D status and IBS, as there seems to be a significant number of IBS sufferers with low vitamin D worldwide."

Gut support

As well as probiotics, there are other supplements to help ease inflammation and heal the gut.

"Low digestive enzyme production and low stomach acid prevent the healthy breakdown of food and allow undigested food molecules to reach the gut and ferment. This can generate excessive gas, bloating and flatulence and creates the ideal environment for unhealthy bacteria to thrive. Using digestive enzymes will support the thorough breakdown of food and reduce the likelihood of an intolerance reaction, even to FODMAP foods," Leyla explained.

And Jenny suggested: "Peppermint oil in the colon has shown to improve the relaxation of the smooth muscle, allowing it to increase the movement of chyme through and reduce the associated pain and bloating associated with IBS. Betaine HCl is a source of hydrochloric acid and has been shown to increase stomach acid and improve the pH allowing for proper

digestive processes and enhanced nutrient absorption."

Alice went on: "Digestive botanicals such as fennel seed, ginger rhizome, cardamom pod and gentian root have a considerable role to play in battling gut reactions. For example, gentian and ginger stimulate the release of protein-digesting compounds in the stomach, while fennel, ginger and cardamom relax the intestinal muscles, which may relieve abdominal spasms and cramps and may release trapped wind."

Dr Glenville also highlighted: "Vitamin D is important for IBS as it has a balancing effect on immune function. It is thought the immune response in the gut with IBS is over-reacting to foods causing pain and cramping. Omega 3 fatty acids are important for their anti-inflammatory action to help reduce sensitivity to pain and cramping. Slippery elm helps calm and soothe the digestive tract by coating the lining of the intestines to reduce irritation and to calm

the inflamed mucous membranes in the intestines."

She also suggested liquorice to heal irritated surfaces of the intestines and as an anti-spasmodic, chamomile to reduce spasms and control 'nervous' reactions in the gut, and artichoke, shown to reduce the symptoms of IBS by over 25 per cent.

Claire added: "High-dose magnesium and vitamin C may assist with constipation, whereas those with abdominal cramps and bloating may find peppermint capsules or fennel can help ease symptoms."

And Lindsay commented: "Curcumin can be used to support those with IBS and IBD, as its anti-inflammatory properties can help calm the digestive tract and aid healing. Curcumin can also improve the function and integrity of the intestinal wall. Other valuable nutrients include collagen, vitamin D3, A and C, plus magnesium and zinc, to support areas such as gut motility and the integrity of the gut lining."

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What's your gut feeling?

A diverse microflora plays an important role in the development and function of all the bodily systems. The use of live bacteria supplements could be considered as part of a maintenance plan to support a balanced gut flora. Bio-Kult is a scientifically developed, advanced multi-strain formulation containing 14

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Supporting mental wellbeing in the young



A guide to how can we help ourselves and our children navigate uncertain times and support mental wellbeing.

Taking care of ourselves is the foundation for supporting our children's mental wellbeing; we are so much better placed to help them to navigate these uncertain times when we are well nourished and rested ourselves. Yet when we feel we are juggling lots of different roles, like now, it's often our own self-care that is dropped first.

Perhaps start small now, from whatever your current baseline is, by adding one small nutritious action into each day; perhaps that's starting a new habit of a daily omega 3 supplement, a homemade turmeric latte before bed, a nutritious salad for lunch or a mood-boosting smoothie for breakfast.

Balance blood sugar

The unfortunate thing about stress is that the immediate knee-jerk coping strategies are often the least helpful; a bar of chocolate or a packet of sweets may feel like the answer for a child needing a pick-me-up in the moment but is only adding to the problem if this is the default every time. Children can soon end up on a blood sugar rollercoaster, left feeling tired, irritable, tearful and less able to cope with another day of online learning as concentration levels start to plummet.

From a nutritional perspective, making dietary changes to support blood sugar balance is a helpful starting point for supporting children's mental wellbeing. Starting steps include reducing sugary drinks and snacks, ensuring meals are structured throughout the day (evening meal before 7pm) and that each meal is well-balanced with enough good quality protein and fat. Swapping a bowl of cereal in the morning for an egg-based breakfast instead is a great start.

Provide brain-supportive fats

Omega 3 fats are essential for mental wellbeing. Nuts, seeds (and their oils) and oily fish such as salmon and mackerel provide the best sources of brain-supportive omega 3 fats, yet they are often lacking in children's diets. And whilst oily fish may well be the best dietary source of omega 3, sadly, it often contains harmful pollutants such as heavy metals, toxins, plastic residues and PCBs, hence why the Government has set maximum weekly intake levels, especially for pregnant women. A daily omega 3 supplement that has been purified to remove contaminants may provide useful additional support without the worry of adding toxins into the diet.

Good quality protein

Protein is not only important for blood sugar balance, it helps to support growth and development and provides building blocks for hormones and neurotransmitters that help to support balanced mood and restful sleep. Meat, chicken, eggs, fish, nuts, seeds, beans, lentils, tofu, yoghurt and cheese all provide good quality protein.

Think magnesium

Magnesium is often nicknamed nature's tranquiliser, which gives some clue as to its involvement in supporting the nervous system. It is essential for energy production, blood sugar balance, mood, calm and for supporting a balanced stress response. Western diets tend to be low in magnesium, as it is often lost in modern-day refining and processing methods. Ensure children are regularly eating foods rich in magnesium, such as leafy green vegetables, nuts, seeds, beans, raw cacao and wholegrains. For older children (over the age of eight), a supplement containing magnesium glycinate in powder form with supportive nutrients such as B vitamins, vitamin C and the calming amino acid, L-theanine, may be a useful support during particularly stressful times.

Water, water, water

And finally, it's helpful to encourage a good habit of filling up a water bottle (glass or metal, not plastic) in the morning for yourself and your children to keep on your desks and sip throughout the day.

Staying optimally hydrated helps to support concentration and energy levels and reduces the likelihood of reaching for sugary drinks instead.

Start small

When it comes to mental health and wellbeing, there are so many positive actions you can take, no matter what age you are. Yet when life already feels stretched, juggling so many different roles as we all are right now, it can feel overwhelming to feel like you need to add more to your to-do list.

Perhaps think of this article as a resource bank of possible ideas rather than a to-do list. Our gentle suggestion would be to start small and try just changing one thing; perhaps a bit of extra time for rest and relaxation, and that means doing less not more.

Reader offer

With many of us living extremely busy lives, MegaMag Calmeze may help to balance the effects of stress and anxiety associated with modern day living. A high-strength magnesium-based formula designed specifically to support normal psychological function and a healthy nervous system. MegaMag Calmeze is a unique combination of magnesium, L-theanine, L-glutamine, L-tyrosine, vitamin C and a range of B vitamins. This synergistic combination of ingredients not only supports the nervous system, but also restful sleep, muscle function and energy production – and *Natural Lifestyle* is offering readers the chance of winning one of 25. See page opposite to enter.



NATURAL LIFESTYLE Giveaways

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



NATURESPUS BIOADVANCED MONTHLY SUPPORT
 BioAdvanced Monthly Support has been carefully formulated by nutritionists for women of menstruating age. Each vegan capsule provides broccoli sprouts, milk thistle, lemon balm and flax, along with B6, zinc, magnesium and key nutrients for hormonal regulation and fertility. This fantastic supplement also contains chromium to help support healthy blood sugars and reduce cravings – and Natural Lifestyle is offering readers the chance of winning one of five.

VIRIDIAN CARDIO MULTI

Cardio Multi is a specific formulation featuring a blend of supportive vitamins to promote cardiovascular health and function, together with bioavailable minerals and selected phytonutrients. Featuring coenzyme Q10, pomegranate, garlic, vitamins B, C, D, E, K2 and natural beta-carotene mix, in addition to supportive minerals. Vitamin B1 contributes to the normal function of the heart. Cardio Multi contains 100 per cent active ingredients with no binders or fillers. Vegan-friendly, non-GMO, palm oil free and non-animal tested, Natural Lifestyle is offering readers the chance of winning one of three.



GOPO JOINT HEALTH PLUS GINGER
 GOPO Joint Health Plus Ginger may help to maintain supple joints and morning flexibility. It's loaded with nutrients and bioactive compounds that may help support good joint health and muscle function. Give your hard-working joints some of the TLC that they deserve, with GOPO Joint Health Plus Ginger, providing care today for an active tomorrow – and Natural Lifestyle is offering readers the chance of winning one of five 150-capsule packs.



STRATH
 Natural Lifestyle has teamed up with Strath to offer readers the chance of winning one of five 100ml packs. When you're getting over an illness, there's nothing better to speed up recovery than a regular spoonful of this remarkable Swiss supplement. Strath has been subject to numerous clinical studies for 60 years and is the perfect tonic all year round.

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: March 1, 2022. Or you can enter online – visit www.mynaturallifestyle.com

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MOOD AND FOOD

Try your hand at these plant-based, nutrient powered recipes for positive mental health.

A mezze of the mind – pistachio falafel, cauliflower couscous and beetroot tahini

Serves 4

This mezze brings me back to a good summer festival in Glastonbury, where we used to hike up to the Healing Fields to this incredible and quirky falafel cafe. Rain or shine, my friends and I would be there, totally exhausted from days in the fields, covered in glitter and wearing the customary soggy wellies. Falafels always provide perfect comfort, especially when served with loads of sauce. This *Mind Food* version is packed full of colours and flavours, perfect to enjoy through the week, or for a feast for you and your friends.

Time taken: 1 hour

Ingredients:

- 1 pomegranate, deseeded, to serve

For the pistachio falafel:

- 100g (scant ¾ cup) shelled pistachios
- 400g (2½ cups) chickpeas, cooked and drained or 1 x 400g (14oz) tin, drained and rinsed
- 30g (½ cup) parsley
- 150g (2½ cups) broccoli florets
- 1 garlic clove
- ½ tsp ground coriander
- ½ tsp dried chilli flakes
- ¼ tsp salt
- 2tbsp chickpea flour, plus extra for rolling
- Olive oil, as needed

For the beetroot tahini:

- 1 medium beetroot, peeled and chopped into smaller pieces
- 200g (scant 1 cup) tahini
- 100ml (⅓ cup) water
- 50ml (scant ¼ cup) olive oil
- 1 garlic clove, roasted
- ½ tsp salt

For the cauliflower couscous:

- 1 cauliflower, washed, dried and cut into smaller pieces, leaves and all
- 20g (¾ oz) parsley, plus extra to serve
- 20g (¾ oz) coriander, plus extra to serve
- 10g (½ oz) mint, plus extra to serve
- 2tbsp olive oil
- 1 lemon

Method:

- First preheat your oven to 170°C fan (190°C/375°F/Gas 5).
- For the falafel, place all of the falafel ingredients in a food processor or blender and process to combine, adding a little olive oil as necessary, so you have a thick but smooth paste with no large pieces. This dough should roll easily into a ball – if it's too crumbly, add more olive oil and if it's too wet and sticky, add a little more flour.
- Place a few tablespoons of chickpea flour on a plate and add a pinch of salt. Roll the blended mixture into round falafels the size of an avocado stone and then toss each one in the flour. Squash each one into more of a disk shape and



Omega seeds and ancient oat bircher

Serves 2

These overnight oats are designed to bring a moment of calm to any morning. When we are looking to bring balance to our brains, eating a simple breakfast within an hour of waking up is a good idea. These oats can be eaten alone or topped with seasonal fruits. You can also add a tablespoon of bee pollen for extra sweetness and a little buzz.

Time taken: 5 minutes, plus overnight

Ingredients:

- 200ml (scant 1 cup) hemp milk
- 60g (1/2 cup) chia seeds
- 100g (1 cup) gluten-free oats
- 1tbsp rose water
- 2.5cm (1in) vanilla pod, scraped or 1/2 tsp vanilla extract
- 1/4 tsp Himalayan pink salt
- 1tsp ashwagandha (optional)
- 1 pipette CBD (optional)

Method:

- Add all of the ingredients to a medium glass jar or bowl and whisk with a fork. Leave to sit for a few minutes and then whisk again – this will prevent the

chia seeds from sticking together. If you have time, repeat the process for best results.

- Place the oat bircher mixture in the fridge overnight and enjoy the next morning topped with fresh fruit, hemp yoghurt and bee pollen.

Tip: Have you heard of ashwagandha? The name comes from the Sanskrit and is said to impart the 'strength of a horse' as it is regarded as one of the most powerful healing substances in Ayurveda. Ashwagandha most commonly comes in powdered form and is a nootropic, which means that it can improve cognitive function and provide a lot of neurological nourishment. Plus, its unique make up is said to help serotonin production for an improved mood and resilience to stress.

place them onto a baking tray.

- Generously drizzle the falafels with olive oil and bake for 25 minutes until golden, turning each one half way through cooking, so they are crisp and golden on all sides.
- For the beetroot tahini, place all of the ingredients into a food processor or blender and blend until super smooth. Taste to ensure that it's seasoned as you like. Transfer to a container and store in the fridge until ready to serve.
- For the cauliflower couscous, place all of the ingredients into a food processor or blender and process until you

have a consistency like couscous and not too over-processed.

- To serve, place the beetroot tahini on the plate – splash it if you dare by lightly tapping the plate with the back of your spoon; this may take a little bit of practice, so be prepared, as it may make a mess first time. Make a bed of cauliflower couscous and lay three falafels on each plate sprinkled with the pomegranate seeds and extra herbs. You could also just allow everyone to share from a serving platter. Enjoy the falafels warm or pack them up for a great packed lunch.





Tahini mousse and ginger florentines Makes 4

This recipe always surprises those making it as it may look like it will not work until it has had its time setting in the fridge. The joy of this particular dessert is that it is light, fluffy and rich all at once. This can be made with any nuts or seed butters, so have a go at trying different flavours and enjoying the taste and versatility of the mousses you can make.

Time taken: 8 hours

Ingredients:

- 100g (3½ oz) vegan 75% chocolate, chopped
- 100g (3½ oz) coconut oil
- 60g (¼ cup) light tahini
- 1tbsp maple syrup
- ¼ tsp salt

For the ginger florentines:

- 2tbsp plant-based butter
- 2tbsp rapadura sugar (or light brown sugar)
- 2tbsp agave
- 100g (1 cup) gluten-free oats
- 2tbsp black or white sesame seeds
- 1tbsp rice flour
- 1tsp ground ginger
- ¼ tsp salt

Method:

- For the tahini mousse, half fill a small saucepan with water and set a heatproof bowl on top. Place over a low heat. Add the chocolate and coconut oil to the bowl and gently stir to melt. Once melted, take the bowl off the heat and set aside for a moment.
- Blend the tahini and maple syrup together with 200ml (scant 1 cup) of water in a food processor or blender until smooth. Stream in the melted chocolate and salt and continue to blend. You will have a thin liquid that is sweet and chocolatey. Taste the mixture – depending on your chosen chocolate, you may like to add a little more salt or maple syrup to taste. Pour the tahini mousse into a square container to set in the fridge for at least six hours, until set to touch.
- Preheat the oven to 180°C fan (200°C/400°F/Gas 6). Line a large baking tray with baking paper.
- Next, make the ginger florentines. Melt the butter and sugar together in a small saucepan over a medium heat. Once melted, turn off the

- heat and add the rest of the ingredients.
- Roll the mixture into six small balls. Place them on the lined baking tray with a good amount of space around each one, so they have room to spread. Bake for 10 minutes until flat and golden. Remove from the oven and leave on the tray to firm up and cool for 30 minutes. Once they are completely cool, transfer the florentines to a small airtight container until ready to use.
- Boil the kettle and pour the water into a cup. Place a metal tablespoon in the cup to heat. Dry the spoon, take the mousse from the fridge and using the spoon facing you at a 50 degree angle, scoop the mousse into a round shape or a quenelle if you are able to, and place it on a plate. Serve with a Florentine on top.

Tip: You could also set the tahini mousse in small glasses or ramekins and serve as they are with a Florentine on the side.



Mind Food: Plant-based recipes for positive mental health, by Lauren Lovatt. Images: © Sara Kiyo Popowa, published by Leaping Hare Press. RRP £20 hardback and ebook.



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