

Natural Lifestyle

LOVE LIFE, LIVE WELL — NATURALLY

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January 2020

The UK's
best
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HEALTH
MAGAZINE

Choose cleanse

Your shape-up
plan for 2020

Perfect plant-based

Our guide to making
the vegan switch

CBD

EXPLAINED

YOUR QUESTIONS
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Welcome



Plant-based has become one of the biggest buzzwords in recent years, with more and more people around the world taking the decision to cut out or to reduce their intake of animal products.

But this rise in popularity of veganism isn't just coincidence; there are increasingly valid reasons why we need to cut back on our intake of animal products, which are backed by solid research. These reasons range from our own health to the health of the planet, not to mention animal welfare.

And, as it's our January issue, and the start of the annual Veganuary campaign, what better time to celebrate veganism and all the benefits it could bring to your health and wellbeing? The good news is, reducing your intake of animal products has never been easier, with a huge number of fantastic brands out there making ethical and sustainable – not to mention tasty – vegan food and drink. And it's easy to be inspired too, with a whole host of recipe books now available, including the recently published *Meat Free One Pound Meals*, extracts of which you can find on page 32 of this issue.

And don't forget, if you need any more advice on making the switch, head to www.veganuary.com or check out our special magazine celebrating Veganuary, which you can find at www.mynaturallifestyle.co.uk/veganuary



Also in this issue, with it being the start of a New Year, our Nutritionist, Esther Mills-Roberts, brings you all the tips and advice you need to start 2020 in the healthiest way possible. You can read all she has to say on page 16. Wishing you the healthiest of starts to 2020.

Rachel Symonds,
Editor



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The best bits

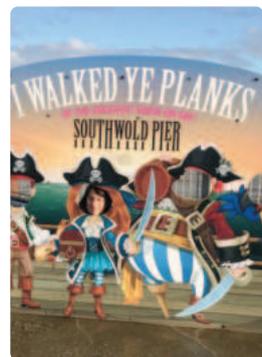
An insight into what the *Natural Lifestyle* team have been up to this month.



It was to the slopes for our Sales Exec, James, who enjoyed a skiing break in the French resort of Val d'Isere.



It was a very wet and windy end to the Surrey Hills half marathon for Editor Rachel.



Sea air at Southwold, in Suffolk, was the theme for our design whiz, Clare's, recent weekend break.

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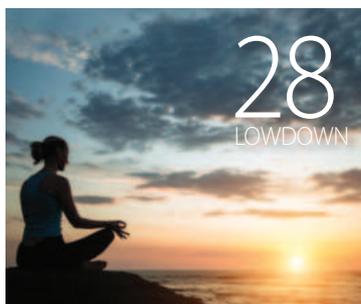
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SHAPE UP
IN 2020



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VITAMIN D AND CUTTING THE COMMON COLD

Research has shown the power of vitamin D in reducing the risk of respiratory infections, including colds and 'flu.

In light of the analysis, carried out at Queen Mary University London, which found that vitamin D helps to reduce the risk of respiratory infections, including colds and 'flu, especially among people who don't get enough vitamin D from exposure to sunlight or from their diets, medical doctor and Nutritionist, Dr Michelle Braude, has reiterated why we need to add a daily dose of the sunshine vitamin to our routine.

"There is clear evidence to support the use of vitamin D supplementation to help reduce both the incidence and severity of cold and 'flu symptoms", commented Dr Braude.

She explained how at this time of year, with the peak of cold and 'flu season, and colds spreading like wildfire, vitamin D deficiency is most prevalent during the peak of the season and there is clear evidence to support the use of supplementation.

She also advised that susceptibility to infection and illness is the primary symptom of a poor immune system and a person with weakened immunity is at an increased risk of experiencing more severe infections, which are harder to treat. Some other signs to look out for include fatigue, digestive difficulties and joint pain.

And if you succumb to winter bugs regularly, Dr Braude's advice would be to eat a colourful, varied diet, filled with fresh wholefood ingredients, instead of highly processed packaged foods and to supplement with vitamin D all year. She also advised that for those who struggle taking tablets, or suffer from pill fatigue, a vitamin D oral spray is proven to be just as effective.



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– made from the ground inner lining of the bark of the slippery elm tree, which is found in the forest glades of the Americas, it is capable of absorbing many times its own weight in liquid. Ideal for those who find milk difficult to digest, when mixed with hot milk, a mucilage is formed, which disperses throughout the milk, preventing heavy clots from forming in the stomach.



Restore your rest

A New Year is a great time to change old habits and address any health concerns – and a new book has been published just in time for those who struggle with poor sleep.

Sleep Recovery, the five step yoga solution to restore your rest has been penned by Lisa Sanfilippo. Lisa is a qualified yoga teacher and psychotherapist, with a BSc in Sociology from Brown University, and an MSc from the London School of Economics. She has worked as a yoga therapist and teacher for 15 years, and her counselling and psychotherapy practice in north London has included work within the NHS.

With insomnia reaching epidemic proportions, Lisa shows how to sweep out sleep saboteurs and rest wreckers, putting in place sustainable strategies that will boost your energy during the day, and help you access a good night's rest. Using the recovery approach, she introduces you to your sleep types, with five steps you can easily use in your daily routine to bring back, or establish for the first time, healthy sleep. Each step uncovers a unique take on the roots of sleeplessness and offers practical tools to repair the places where your sleep has broken.

Inside... HEALTH

A VEGAN DINING EXPERIENCE

If we needed evidence that plant-based has grown in popularity, new research has revealed that 100 per cent of the top 10 ingredients used in Michelin restaurants are meat free, and over half are vegan.

British kitchen and ingredient supplier, Sous Chef, has unearthed the UK's most-used Michelin ingredients, with the top cited in Michelin-starred menus including potato, beetroot, lemon, mushroom, apple and tomato (all vegan), while chocolate (vegetarian) is top of the list. Interestingly, beef, chicken, pork and lamb don't make an entry until much further down the list.

Having said that, caviar does come in at number three, so only suitable for those following a pescatarian diet, with scallops, lobster and crab also featuring in the top 10.

Nicola Lando, Sous Chef founder, commented: "Veganism is at an all-time high, and it's very interesting to see that the UK's top chefs are favouring humble veg, such as beetroot and potato over more traditional ingredients, such as beef or chicken. Eating less meat often requires cooks to be slightly more imaginative in the kitchen, so it's exciting to see that Michelin chefs are finding more and more unusual and delicious ways to serve meat free dishes on their menus."



Beetroot is a favourite

THE EFFECT OF STRESS AT WORK

Worrying new research has revealed that more than half of UK workers experience stress at least once a day during work, and over a quarter claim their company rarely takes action to support them

The research, commissioned by Mindful WorkLife, a UK science-backed mindfulness and meditation skills provider and conducted by Gorkana Surveys, revealed that some 54 per cent of people are experiencing daily stress at work. The poll furthermore found that over a third (36 per cent) say that the stress they experience in their working life affects their personal life.

Commenting on the findings, Martin Zetter, Founder and CEO at Mindful WorkLife, said: "The research shows that UK workers are reporting stress on a very frequent basis but many do not have the right level of support to help manage it. Organisations which are serious about reducing stress, and improving health and wellbeing for staff, need to move on from simply raising awareness in the workplace to taking tangible action.

"For workers to manage stress effectively, they need to integrate stress management techniques into both working and home life. Scientific studies conducted by the Oxford Mindfulness Centre have proven meditation and mindfulness to improve concentration, attention, memory, creativity, reduce social anxieties, and even to boost the immune system."



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YOUR GUIDE TO WINTER BEAUTY

The cold weather can play havoc with our skin and hair, requiring an inside out approach.

And the experts at BioCare are here to help you conquer some of the common winter beauty woes with some top tips.

- **Take an oral probiotic:** Start by giving your gut's microbiome a little TLC. This is our ecosystem of healthy bacteria and if it's out of whack, we know it can have an enormous influence over every aspect of our health, from our sleep patterns to our metabolism. Ensuring a plentiful supply of healthy bacteria will boost

the flora in your gut, meaning more of the nutrients from the food we eat will be absorbed into our bodies.

- **Up your skin game:** One dry skin-trigger is the state of your skin's microbiome. While you may be familiar with the concept of the gut microbiome, our skin has microbiome too and its supply of naturally occurring healthy microbes can also get depleted due to stress or anxiety. Upgrade your normal face wash with a probiotic-based skin cream, which will leave your skin feeling moisturised and supple – even in the dead of winter.

- **Wave goodbye to chapped lips:** A great DIY solution to chapped lips is combining a drop of olive oil and a pinch of brown sugar, then slicking the mixture onto your lips and buffing it off with a warm washcloth. Alternatively, a great conditioning lip scrub will help to get rid of dead skin cells while nourishing the lips.

- **Target scaly hands:** Use a moisturising hand soap to counteract the drying effects, and while washing with warm water feels nice on a freezing day, lukewarm water will do less damage. Dry hands thoroughly (lingering water causes more dryness), then slather on a hydrating hand lotion which contains an ingredient like alpha hydroxy to gently exfoliate rough patches of skin.

- **Keep the frizz at bay:** Windy, damp weather all plays havoc with your hair, and add central heating into the mix and your hair is left dry, brittle and flat. Take extra care of your hair by using a really good nourishing hair mask, especially a protein-rich mask that repairs your hair from the inside out.

Inside... BEAUTY



LOVE YOUR SKIN

Nourish skin while keeping an eye on your environmental impact with this gorgeous soap brand.

kéap, pronounced 'Kear', which means love in Greek, has created a range of herbal soaps inspired by original healing formulas from the washwomen of rural Greece. Made with plant-based glycerin, together with a luxurious infusion of essential oils, they soaps ensure skin is soft, nourished and hydrated with every use.

And they have the added benefit of being natural and fully recyclable.

We particularly like Chamomile Herbal Soap, with anti-inflammatory and soothing properties that is particularly suited for sensitive skin.

Sun safety

Just because we're not in the height of summer, it doesn't mean you should stop protecting your skin from the elements.

The sun can still cause damage with its UV rays during the winter, especially if you are planning on hitting the ski slopes, and so it's important to protect your skin.

To help, you could try Scent Free Facial Sun Cream SPF 30 from Green People, a natural, non-greasy, broad-spectrum UVA/UVB facial sun cream for your daily sun protection needs.

Skin defence antioxidants and vitamins A, C and E (green tea, olive, avocado and rosemary extract) are added to support the skin's immune system and protect against cell damage. Made without essential oils and naturally non-pore clogging ingredients, this cream is perfect for those with sensitive skin.





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FORWARD FORWARD AND SUSTAINABLE

Tala is a sustainable, high performance athleisure and activewear brand with a big eco tick – it has been made from recycled plastic bottles and factory offcuts.

Designed to offer complete transparency in every aspect of its supply chain and sustainability of each item, the garments are designed to be comfortable, functional and encourage ultimate body confidence.

TALA was founded in May 2019 by fitness-minded influencer and entrepreneur, Grace Beverley, and at the heart is a sustainability mission, whereby the brand creates products which are made from 100 per cent upcycled materials – it is now 92 per cent of the way there, and continues to make every effort to ensure all areas of TALA are eco-friendly. The packaging and product labels are all 100 per cent recycled and recyclable and can be planted or composted.



Getting fit in 2020

You may have never heard of functional training rigs but that is among the trends set to hit gyms in 2020.

That's according to Total Fitness' Fitness Content and Programming Manager, Steven Virtue, who has revealed his predictions for the trends we're expecting to see in 2020.

"Exploring new fitness trends and finding a training method that suits your lifestyle is a great way to make exercise exciting," explained Steven. "Not only does this provide a new surge of motivation but it allows you to keep up to date with any new developments in the fitness industry."

Among the forms of training set to be popular this year, Steven predicts:

- **Fitness apps:** Fitness apps are becoming popular for gym-goers at all levels, as they have been specifically designed to make the fitness experience easier. Users can do all sorts, including book classes, monitor workouts and gain specific advice and guidance to help achieve their goals using app technology. The continuing rise of the digital age will see more usage of fitness apps in 2020, covering topics from training, nutrition, lifestyle and more.

- **Virtual fitness equipment:** Virtual classes were extremely popular in 2019, with the virtual concept set to develop even further this year. Equipment manufacturers are developing more equipment which has built-in virtual training concepts, including x-trainers, treadmills and indoor cycles, which are all set to be big in 2020. Machine-based training can often become tedious, so by including a virtual element into the equipment, the user receives an assisted approach to their exercise training and stays focused.

- **Functional training rigs:** Growing demand and improvements in materials mean that these are becoming more accessible for 2020. Available in a range of sizes, these rigs bring together a variety of exercises and allow the user to weight train, bodyweight train and stretch all in one space. Rigs are becoming more affordable for people to use at home, so it's easier to continue exercising between gym sessions.

Inside... LIFESTYLE

POWERED BY PILATES

A sports therapist is reminding of the mind and body benefits of Pilates.

Beth Brougham, who has just opened her own studio, A1 Infinite Performance in the north east, was bullied at school and suffered from the eating disorder and mental health condition, bulimia. However, she also found a keen interest in Pilates and personal training, which helped her not only understand the nature of the injuries she'd received as a keen horse rider but also helped her to fight her anxiety and depression as she became more positive and her mental health improved.

Pilates aims to strengthen the body in an even way, with particular emphasis on core strength to improve general fitness and wellbeing and Beth believes that the exercise is an under used tool with massive benefits.

"Because of practising Pilates, I am much more positive in my outlook to life. It's a great form of exercise as it connects both body and mind together and allows you to focus on what's important. We've a lot of customers who use our classes to help them cope with struggles in their lives. For example, we have cancer survivors building up their physical strength, people who have forms of depression and anxiety and others who simply want to feel or look better. We live in a 500 mile per hour world and it's good to come into the centre and slow down, work at your own pace and forget the challenges of the outside world."



BETTER ON A BIKE

The average UK worker will spend over a year of their life commuting to and from work – and it's taking its toll.

The statistic comes from Merlin Cycles, which found that today's average commute is 56 minutes a day, and so the brand is reminding how cycling can help alleviate the three key side effects of commuting, which are stress, lack of exercise, and expense.

- **STRESS:** A study from the Royal Society for Public Health (RSPH) revealed that over half of respondents said that commuting increased their stress levels. As with any form of cardiovascular exercise, cycling directly counters the effects of stress. Even on your first ride, that pedal power gets you pumping more oxygen into your bloodstream. When all that extra oxygen reaches your brain, it encourages the release of endorphins – the 'happiness' hormone.

- **LACK OF PHYSICAL ACTIVITY:** In the RSPH study, more than 40 per cent of respondents said that their

commute to work decreases the time they spend being physically active. Cycling is a fairly obvious solution to the problem of the sedentary commute. If the average commuter spent the same amount of time cycling as they currently do commuting, they would burn 560 calories a day – that's 2,800 calories a week!

- **EXPENSES:** Total Jobs found that the average person spends £146 a month commuting to and from work. That's over £1,750 a year. One thing that puts people off cycling to work is the fact that they don't want to make that first purchase – the bike itself. But when you put things into perspective, buying a bike costs very little in the long run. In the course of your first year cycling to work, you could save as much as £1,500 on travel costs alone. You could save even more by taking part in a Cycle to Work scheme, such as through Merlin Cycles, which lets you get a bike for commuting tax free.

A BEAUTIFUL PLANET

A leading bodycare brand is helping you to cut your consumption in 2020 for a healthier planet.

Dr Bronner's is encouraging consumers to shop more sustainably by highlighting its super-sized 946ml size, 18-in-1 Pure-Castile Liquid Soap. Due to the concentration of pure, organic, natural ingredients, and the variety of ways it can be used, more can be done with less.

And to kick-start the next 10 years, Dr Bronner's is encouraging consumers to phase out not one, but 10 personal hygiene products in 2020 with one single bottle of its super-sized Pure-Castile Liquid Soap. This includes:

- **Body wash** – one small squirt on a wet washcloth, applied to a wet body.
- **Hand wash** – pre-dilute one squirt of the soap with water to wash hands.
- **Cleanser** – two to three drops on wet hands, apply to wet face in circular motions.
- **Bath soak** – two large squirts into an average sized tub (doesn't bubble, but still cleans).
- **Foot soak** – one squirt in a small tub of hot water.
- **Make-up brush cleaner** – wet the make-up brushes in water. Add one to two drops of castile soap right on to the bristles. Massage in gently for 10-plus seconds, then rinse. Repeat cleaning as needed until water runs clear.
- **Shaving cream** – face, 10 drops, underarms, three drops, legs, one squirt. Work to a lather in wet hands and then apply to area.
- **Shampoo** – one small squirt in hands, worked into wet hair.
- **Toothpaste** – one drop on a toothbrush (yes, it tastes like soap).
- **Mouthwash** – one drop to a cup of water. Swish and rinse.



Inside... GREEN LIVING

COFFEE FOR GOOD



Scoof is a simple new accessory that helps to improve coffee life, as well as reducing your impact on the environment.

The simplicity of this cafetière compared to coffee machines is good for the pocket as they are inexpensive to purchase and also means they are good for the environment as they are less complex to manufacture than coffee machines and the component parts of a glass beaker and steel plunger can be recycled easily.

Where cafetières score less well is in the clean-up, as once the coffee is prepared, the user is left with the problem of the waste coffee grounds. These cannot be tipped out easily and scraping them out with a spoon is messy and time consuming.

Scoof improves the taste of coffee as a stirrer and makes the clean-up process convenient and mess free; it is a kitchen utensil that looks a little like a propeller with a handle that works in two ways: firstly, when preparing the coffee, the Scoof blades are a perfect stirrer that ensures all the flavour reaches the final cup, mixing out the air and ensuring all the grounds are wetted, so that all the flavour is captured. Users simply raise and lower Scoof into the coffee and the blades automatically turn like a spinning top to mix the coffee so no need to grab a spoon from the drawer, so no additional washing up; secondly, when it is time to clean the cafetière, Scoof is an efficient cleaner as the blades are specially designed to collect the waste coffee grounds three easy twists.



A friend to the earth

Ion8 has created a Friends of the Earth reusable bottle.

Friends of the Earth is the international campaigning community dedicated to the protection of the natural world and the wellbeing of everyone in it, with healthy oceans being crucial for a thriving planet.

And so Ion8 has created a new bottle, and is donating 25 per cent of profits of sales from these unique and reusable bottles to support the Friends of the Earth campaign to end plastic pollution. The bottle is available in two stunning designs, Sunset Surfer and Seal Snorkeller.



A guide to CBD

You can't have escaped the growing popularity of CBD oil, but what is it and is it something you need? *Natural Lifestyle* takes a closer look.

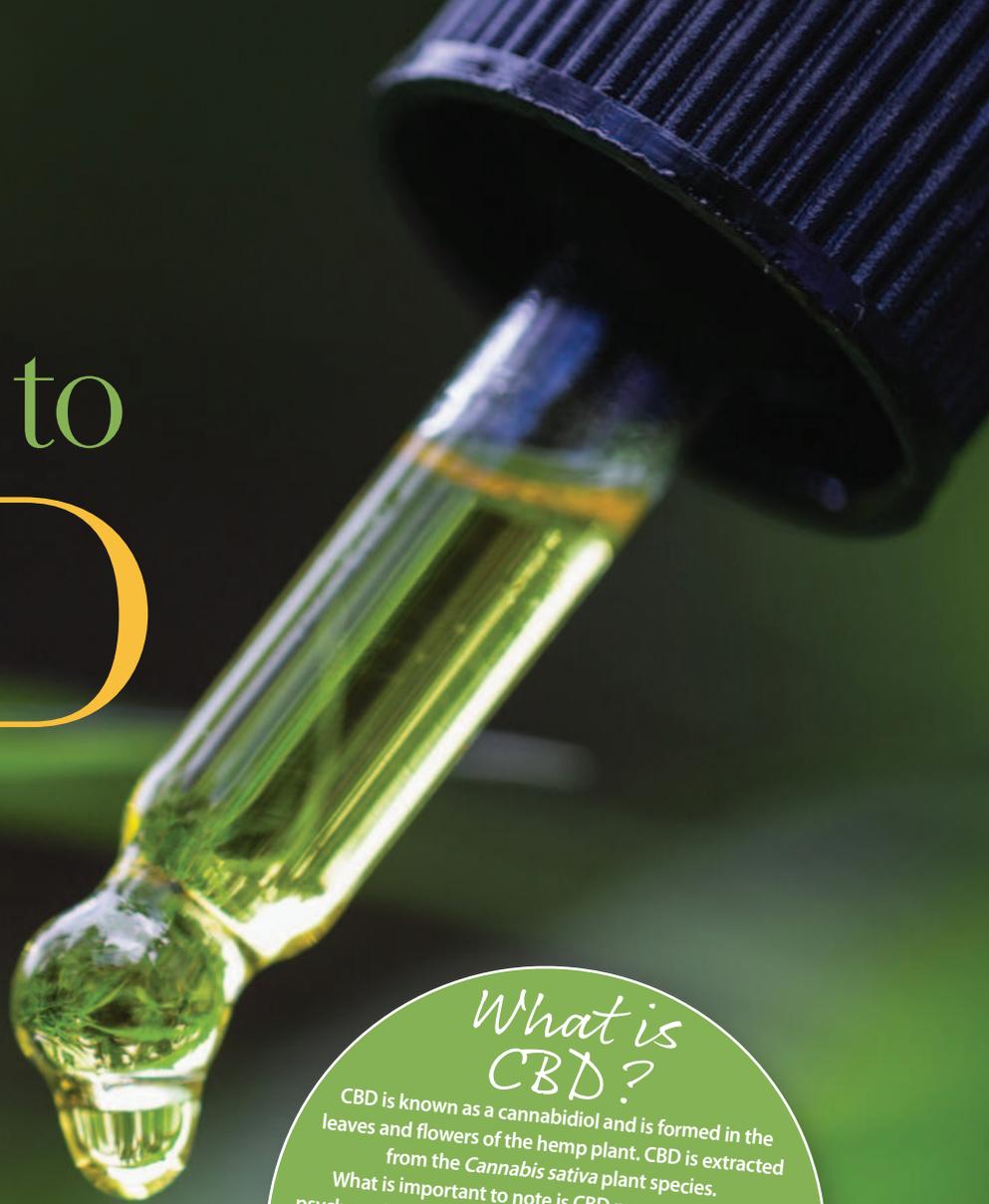
Everyone, it seems, is talking about CBD, whether it's on the shelves of your health food store or gracing your social media feeds, with new data from the Health Food

Manufacturers' Association's Health of the Nation survey revealing that some 15 per cent of UK adults are now taking CBD.

Many people talk anecdotally about how useful it has been for them, but what exactly is CBD and is it really worth the hype?

There is no doubt that CBD – or to give it its formal name, cannabidiol – is proving beneficial to people for reasons that include easing anxiety, supporting better sleep and alleviating pain. But with such a busy and growing market, we are seeing a huge influx of brands, some are not of the greatest quality, and making claims about the product's usefulness that they should not be.

And so, here, we explain just what it is, and how you can be sure you are buying a reputable brand.



What is CBD?

CBD is known as a cannabidiol and is formed in the leaves and flowers of the hemp plant. CBD is extracted from the *Cannabis sativa* plant species.

What is important to note is CBD must not contain the psychoactive component that is found in marijuana, called THC. Any CBD product sold in the UK must contain less than 0.2 per cent of THC, thereby, ensuring there is so such psychoactive ingredients and is not considered addictive.

CBD is sold in the UK as a food supplement and most people will use the oil, placing a certain number of drops under the tongue. You will find it comes in different strengths, which are shown in percentages, such as five per cent, for example.

SHOPPER CHECKLIST

When you are looking to buy CBD, there are certain questions to ask of a brand or the retailer in terms of standards; this ensures you are buying a reputable product.

Questions to ask includes:

- **Where does it come from?** You should ideally opt for a brand that can tell you where their hemp has come from and that they know the supply chain.
- **How does it get to the shelves?** Be sure that the hemp is extracted without solvents. And also stick to premium oils that have rigorous quality control checks in place.
- **Has it been tested?** Ask a brand if it tests its products, which is imperative in respect of ensuring the THC levels are within acceptable standards. Reputable brands should offer independent lab certificates detailing the CBD percentages in their oils and showing that levels of the psychoactive compound, THC, are below the legal limit of 0.2 per cent.
- **How is it made?** A good indicator of a reputable brand is if the product has been manufactured under Good Manufacturing Practice (GMP) standards.

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NATURAL LIFESTYLE'S Top Picks



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www.fish4ever.co.uk



Eco-Max - the new choice for eco cleaners

Introducing Eco-Max, an exciting new choice in eco cleaning & laundry. Founded in 1999, family-run Eco-Max is the best-selling eco laundry brand in Canada. The 28 fragranced and fragrance-free products for home, laundry, dishes and baby, tick all the boxes that consumers expect in a sustainable eco-cleaning & laundry range: affordable, effective hypoallergenic plant-based formulas; made with 100% green energy, vegan and not tested on animals, MIT Free, GMO Free, 1,4 Dioxane Free, sustainable palm oil and pure essential oil fragrances. Eco-Max is Certified by Eco Logo for minimal environmental impact and importantly, to reduce plastic use, offers an option to buy bulk sizes to refill at home.

www.natbrands.co.uk

Dayonix Irofix

Dayonix Irofix® supplements contain microencapsulated IRON. This form of iron is easier for the body to absorb and is gentle on the digestive track. It does not have the unpleasant iron metallic taste and it prevents teeth staining.

Due to its unique microencapsulation delivery system, it inhibits interaction with other ingredients, maintaining its nutritional value. Iron contributes to the normal formation and maintenance of red blood cells and haemoglobin that help with oxygen circulation and reduction of tiredness and fatigue.

www.dayonixpharma.com
shamini@dayonixpharma.com



Leaf Life

Welcome to The Leaf Life, A CBD infused lightly sparkling range of drinks. Available in slim line 250ml recyclable cans in Laidback Lemonade, Relaxing Raspberry and Mindful Mango with Passionfruit flavours. These natural drinks contain 15mg of full spectrum CBD and are free from artificial flavours, colours and refined sugars. We have sourced the most wholesome natural ingredients including the CBD to deliver a fantastic tasting lightly carbonated drink with a functional beneficial twist and all varieties are under 25 calories per can.



BE IN YOUR mind

Take time out to balance your wellbeing by incorporating meditation and mindfulness into your everyday routine.

As busy people, working, raising families, and everything else that comes with the demands of modern life, it can seem a bit of a luxury to take time out to 'relax' and often, self-care comes last, once everything else has been taken care of.

Yet if we're not caring for ourselves first and foremost, we aren't going to be much good to others, we're unlikely to be operating to our full potential and at some point, we will reach burnout.

That is why many of us can benefit from a combination of meditation and mindfulness, forms of therapy which are wonderful for supporting our mind, body and soul. Benefits from the practice of both includes lowering stress levels, easing anxiety, promoting better sleep, not to mention helping with focus and concentration. It can also support your wellbeing generally, promoting feelings of calm and relaxation, and the ability to push negative thoughts away.

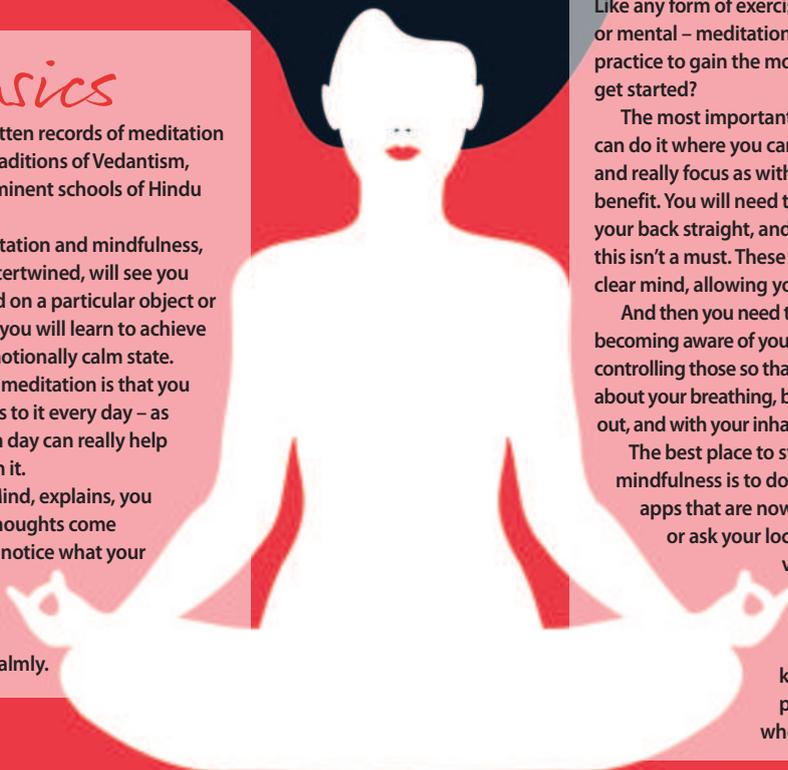
The basics

Some of the earliest written records of meditation come from the Hindu traditions of Vedantism, which is one of the prominent schools of Hindu philosophy.

The premise of meditation and mindfulness, which are very much intertwined, will see you learn to focus your mind on a particular object or thought and over time, you will learn to achieve a mentally clear and emotionally calm state.

The good news with meditation is that you need not dedicate hours to it every day – as little as 10 minutes each day can really help you to gain benefit from it.

And as the charity, Mind, explains, you will learn to spot how thoughts come and go in your mind, to notice what your body is telling you and create space between you and your thoughts so you can react more calmly.



Learning to practice

Like any form of exercise – gentle or intense, physical or mental – meditation and mindfulness take practice to gain the most from it. So, how should you get started?

The most important aspect is finding a place you can do it where you can be calm and comfortable and really focus as without that, you won't be able to benefit. You will need to learn good posture, keeping your back straight, and often cross legged, although this isn't a must. These steps will help you develop a clear mind, allowing your energy to flow freely.

And then you need to focus on your breathing, first becoming aware of your thoughts and then controlling those so that they don't distract you. Think about your breathing, be aware as you breathe in and out, and with your inhalations, try to calm the mind.

The best place to start with meditation and mindfulness is to download one of the many free apps that are now available, such as Headspace, or ask your local health food store; they will

very likely have links with local therapists who teach it so you could take yourself along to a class. Once you know the basics, you can practice when you like, wherever you are.

KICKSTART 2020

You're stuffed full of festive food and feeling sluggish, so, as you start a New Year, why not make it the time to kickstart a cleanse to regain your energy, your waistline and your focus.

When the winter festivities have been and gone, you can sometimes find you are left with more than you bargained for, such as a few extra pounds, lacking energy and poor skin. If that post-picking, extra drink thinking has left you feeling less than your best then you might want to think about starting a healthy cleanse plan, that helps you to detoxify the system and shape up the waistline.

ALL-OVER BODY CLEANSE

Detox has become a bit of a bad word in recent years as people associate it with an overly restricted regime, in which they can't eat much and spend days being hungry and, quite frankly, miserable. The truth is, detox is simply a way of cleansing the system. It's worth remembering that cleansing and slimming will often go hand in hand and that is simply because when you cut out certain 'bad' foods and drink, you can expect to lose weight, although that is not the sole goal. As part of a cleanse plan, nutrition experts will consider supporting liver health and whole body detoxification, which is so important for overall health and wellbeing. It's known that environmental factors can influence hormone health, that toxins can be stored in the body, or even be produced in the mouth from poor dental hygiene, which can affect heart health. You could incorporate cleansing supplements such as barley grass here.

Supporting the liver

Underpinning any detoxification programme (whether three days, 10 days or longer) is the belief that the liver can be cleansed to allow more efficient processing and purification of the blood. The liver is affected by alcohol, medications, it's where nutrients are stored and without optimal liver health, the whole body can be compromised. Detoxification teas include traditional herbs, such as milk thistle, ingredients that help to warm the body such as ginger, to refresh (lemon), calm (chamomile) or include ayurvedic teas, which include cardamom, aniseed and fennel. These are great to keep drinks varied when food might be restricted. For slimming, these teas can help to keep calorie intake lower than traditional black teas as they are often taken without milk. Detoxification supplements often include milk thistle, which is known in research to help regeneration of the liver. Artichoke is also a popular liver supportive herb. At the same time, look out for liver support formulations that might include choline, B vitamins, amino acids and essential minerals.

Give your gut a break

Many people doing a cleanse programme will likely be concentrating on eating a very pure diet or may fast for short, set periods of time. In fact, many people use a regular detox to help keep them focussed on health food patterns and some people use them to help slim down. A key aim is to help the gut to restore, for the gut lining to gain structural strength and for the gut microbiome to be healthy. Bacterial cultures are needed to help increase the diversity and numbers of good bacteria in the gut, so some people supplement with these. Green foods such as spirulina and chlorella are nutrient-rich, gut cleansing additions to their diet. Part of helping to optimise gut function (and the reduction of toxins) is to keep the bowel moving. If you're constipated, look for natural remedies to help clear the bowel, including aloe vera, fibre supplements and seeds, and senna. And don't forget to stay hydrated; if you're slimming, consider using waters, nut or bean milks and non-concentrated juices to keep your diet interesting.

FOOD FEELINGS

We know that weight management is influenced by hormones, genetics, factors influencing metabolic rate, our food habits, our mood and even our 'constitution' – the essence of our character and temperament. We eat when we're bored, we eat when we're sad. We eat just because we can. We snack on high fat and sugar foods to feel good, we skip meals when we feel stressed. We comfort ourselves when we need a lift. And sometimes we need some extra help – not just to safeguard our nutritional health and wellbeing (after all, we are talking about reduction of food), but emotionally too. So, what do you need to know nutritionally to lose some pounds? From the early days of slimming supplements, nutrients, herbs and other health substances have been popular. Using nutrients that are important for the release of energy from foods, such as B vitamins and key minerals, is key as they aim to make your metabolism more efficient. Added to this, you could consider extracts such as green tea – which have been found to have a thermogenic effect – and possibly guarana, as they aim to heighten the rate at which the body metabolises energy to help in the energy releasing pathways in the body. Also look out for chilli, ginger and raspberry ketones. Don't forget that there are some wonderful teas that contain many herbs and spices that are known to have a thermogenic effect. Just one example is cinnamon, as it includes cinnamaldehyde, which helps metabolic health by acting directly on fat cells and working with a metabolic process called thermogenesis, where energy is released.

ADDRESSING APPETITE

To help control your appetite in a more natural way, glucomannan is very popular and can be found in all kinds of supplements, from capsules and tablets, through to liquid shots.

This soluble fibre has an amazing capacity to absorb liquids and expand, which is exactly how it works in the body. Do ask a practitioner whether this is suitable for you, and make sure that when you do eat, that you're having a protein-rich, higher fat meal to keep you going throughout the day.

You may also find Hoodia gordonii in slimming formulations, or yerba mate and daminia, which are formulated to delay emptying of food from the stomach. Another really interesting food component is hydroxycitric acid (HCA), which is from the rind of the tamarind fruit, and Garcinia cambogia, which is often used for appetite management.

Something to consider

- **A good multi-nutrient formulation:** As food is restricted, this will help to maintain good levels of key nutrients. You might also choose to supplement with vitamins A, D, E and K – the fat-soluble nutrients which can be low if you're cutting out fat in the diet. If you'd like to try a phytonutrient-rich alternative to supplements, try 'green' foods, such as chlorella or spirulina.
- **Essential fats:** Dieters often cut out fats, but they're so important for wellbeing. Nuts and seeds are quite calorific, so plan these in carefully. Alternatively, use a supplement of essential fatty acids from fish oils, algae, flax or hemp seeds.

Try this

- ★ Green Magma Barley Grass Juice Extract
- ★ Lepicol Lighter
- ★ A.Vogel Balance Mineral Drink
- ★ New Nordic Apple Cider Gummies
- ★ Garden of Life Raw Organic All-in-One Shake

Curb the carb cravings

If you're a carb-crafter, often reaching out for bread, pasta, biscuits, crisps, cakes, crackers, then you're not alone, as Western diets are very carbohydrate dominant.

If this is you, then there are some steps that you can take which might help. Chromium is a mineral often used by practitioners to help manage blood sugar levels, while spices such as cinnamon have a similar effect.

You might also find it helpful to concentrate on increasing protein in your diet. This is why protein powders and drinks are popular for many people at this time of year, and not just those who are sporty or working out. Instead, many people use them when they'd ordinarily reach for something carb-based.

Protein increases the feeling of fullness for longer and there are all kinds of shakes to make and pre-blended drinks, not to mention high-protein snacks.

NATURAL LIFESTYLE'S

Top Picks



Green Magma Barley Grass Juice Extract

This organic green barley grass juice extract contains more than 70 naturally-occurring food-state nutrients. The unique spray-drying method developed by world expert of barley grass, Dr Hagiwara, ensures the indigestible fibre is removed and enzymes remain intact and live for optimal health benefit. Barley grass was determined by Dr Hagiwara to be 'one of the most nutritionally balanced foods in nature'. Organic Green Magma provides a balanced, nutrient-rich, alkalising and detoxifying drink that tastes great.

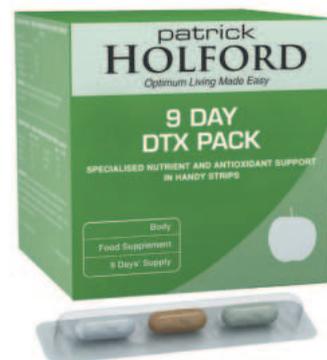


www.riohealth.co.uk

9 Day Detox Pack

This pack, designed by pioneer nutritionist Patrick Holford, contains specialised nutritional and antioxidant support to help a short 9-day detox programme. It contains potent liver support nutrients including alpha lipoic acid and N-acetyl cysteine that have been shown to support the body's natural detoxifying processes and eliminate unwanted substances. To remove the toxins the pack includes digestive support - a combination of digestive enzymes, probiotics and glutamine powder. It not only powers the gut - but heals it too.

www.holfordirect.com



Re-energize Naturally

Aromatherapy is a great and natural way to keep your body and mind focused and energized throughout the day. Certain essential oils when inhaled have fantastic energy boosting and rejuvenating properties to help combat low energy. Citrus Essential Oils are great at helping to increase our energy levels, our Refresh Aromatherapy Blend is packed full of citrus oils to help naturally uplift! If your low energy is more due to lack of sleep, why not try our Goodnight Aromatherapy Blend, it is blended with Lavender, Vetiver, and Chamomile amongst other Essential Oils, renowned for their sleep inducing properties.



www.absolute-aromas.com

Feeling low and anxious?

Life is full of ups and downs. If you are left feeling miserable or unhappy, nervous or less confident than usual, help find a brighter place with a herbal remedy such as A.Vogel Hyperforce St John's Wort tablets. Hyperforce is a traditional herbal medicinal product used to relieve the symptoms of slightly low mood and mild anxiety, exclusively based upon long-standing use as a traditional remedy. Hyperforce contains the herb Hypericum, also known as St John's Wort. It is contraindicated with other medication including hormonal contraceptives, so always read the leaflet before taking it.

RRP £11.99



Support your health, naturally

A closer look at the nutritional products to help you maintain health and wellness if your body needs extra support during medical treatment.



NATURAL SUPPORT

A double-blind study with herbal yeast supplement, *Bio-Strath (Strath), in 177 patients undergoing radiotherapy has shown positive results in reducing the side effects often seen during treatment.

In the Bio-Strath group, improvements were observed in physical activity, appetite, subjective condition and haemoglobin concentration, while the patients in the control group exhibited weight loss during radiotherapy and in the subsequent period of convalescence, the patients in the Bio-Strath group were found to have positive weight development.

*("Schweiz. Zschr. GanzheitsMedizin" 8(6), 1996, F.H. Schwarzenbach, K.W. Brunner)



EASE UTIs

A common side effect of treatment can often be an increased risk of contracting a urinary tract infection.

Chemotherapy drugs can often aggravate the lining of the urinary tract, which, combined with a lowered immunity, can trigger an infection.

Bladapure combines D-mannose with organic cranberry and key nutrients to create an inhospitable environment for the main cause of infection, which comes from the *E.coli* bacteria.



Ease the queeze

Ginger has a long history of use in providing relief from nausea, in fact, the NHS information sheet suggests consuming ginger flavoured drinks or boiled sweets during treatment.

It's important not to overindulge on ginger as a large study in the US identified that just 1-2g was enough to ease symptoms. This is equivalent to just two to three Gin Gins candies per day. Another important factor is to take ginger at least two to three days before treatment commences.

Gin Gins are available from all good health stores and selected Cancer Research UK charity stores.

Focus on hair loss

The most commonly known side effect of chemotherapy can be hair loss, which is often the most distressing.

Although the use of vitamin supplements during treatment should be discussed with your doctor, it could be beneficial to supplement the diet with a specific hair supplement, which can enhance hair growth.

Silicea capsules are high in the essential silica mineral, along with key nutrients, which can help maintain normal hair growth, while improving the skin's moisture and elasticity, which often suffer during treatment.



Ask the experts

WINTER SKIN SALVATION...

by Ian Taylor

Why does our skin become dehydrated in winter and what are the most obvious signs?

Dry skin develops when the skin produces less sebum and it can be caused by many factors, including central heating, the weather and use of skin-drying personal care ingredients. Ingredients that can have a drying effect on the skin include soap, alcohol and aggressive foaming agents, such as SLS. We also change our eating habits in the winter and swapping fresh fruit and vegetables for carb-laden comfort foods can leave your skin low on nutrients. The most obvious sign of skin dehydration is flaky, dry skin. Very dehydrated skin may also be cracked, sore or feel tight.

What changes can we make to our diet and lifestyle to ensure our skin is hydrated?

To keep the skin hydrated, it is important to drink lots of water and to limit your consumption of diuretics, such as coffee and alcohol. Oils rich in omega 3, 6 and 9 fatty acids help to maintain skin hydration and prevent trans-epidermal water loss and are found in oily fish, sunflower and olive oils, and flax seeds. Eating a variety of nutrient-rich fruit

and vegetables will also help to keep the skin barrier strong and healthy.

Can you recommend a natural skincare routine to care for dehydrated skin in winter?

- Cleanse the skin with a gentle balm that is rich in nourishing oils and when rinsing this from the skin, avoid using skin-drying hot water.
- Whilst the skin is still damp, lock in hydration by applying a moisturiser or face oil that contains skin-balancing plant actives and maintains the water content of the skin. Blackcurrant seed oil is great for dry skin as it is rich in omega 3 and 6 and its inflammatory properties mean it is suitable for skin that feels itchy.
- Dry skin can also benefit from applying a hydrating sleep mask two or three nights a week.
- To stop legs feeling dry, apply an antioxidant-rich body oil that contains nourishing ingredients, such as cranberry and safflower oils. To lock in an extra layer of moisture into the skin, apply your body oil to the skin after showering and whilst the skin is slightly damp.

Q What factors affect our cognitive health as we age and how can we protect it?

Amy Loader advised: There are a lot of different factors that can affect our cognitive health, and it's a well-known fact that as we age, our brain and our memory start to decline. But there are social and lifestyle factors that can also impact cognitive functions and social activity and occupation, and your body mass index (BMI). What are the most obvious signs someone is suffering with cognitive decline? There are certain things we should look out for when someone is suffering with cognitive decline. These are things like difficulty concentrating, finding it hard to carry out familiar daily tasks and struggling to follow a conversation or to find the right word. How much of a role does our nutrition and lifestyle play in this? Lifestyle factors like drinking and smoking can have a massive impact on brain health, along with having a poor diet. The best diet for your brain is one that's good for your heart and blood vessels. That means eating lots of fruits, vegetables and whole grains and ensuring you get plenty of proteins from fish and legumes. Health supplements can play a huge role in keeping your mental performance and memory healthy. Look out for supplements containing walnuts; it's no coincidence that brain shaped foods can provide optimal brain benefits, they have almost twice as many antioxidants as other commonly consumed nuts. Pantothenic acid or vitamin B5 offers many health benefits, such as producing energy, fat metabolism and, of course, brain function. Iodine mediates the effects of thyroid hormone on brain development. Iodine deficiency is the most prevalent and preventable cause of mental impairment in the world.

About the experts



IAN TAYLOR is Information Manager and Cosmetic Scientist at pioneering organic skincare company, Green People.



JULIAN LUCAS is Sales and Marketing Manager at Plamil Foods, Europe's original vegan company. Plamil has been pioneering award winning vegan food production since the 1950s.



AMY LOADER works for New Nordic, a Denmark-based international supplier of innovative natural health products that can contribute to a long, healthy and active life.



SHAMINI SINGH SACHDEV has a Masters in Homeopathic Medicine, lectures at various institutes in Anatomy, Physiology and Pathology and has over 15 years experience in retail. She is passionate about natural health and wellbeing and is currently Commercial Director at Dayonix Pharma.

Beautiful Skin, Healthy Joints

What is collagen and why do we need it?

When we are young, we have an abundance of collagen. It is present in hair, skin and nails, bones, cartilage, tendons, ligaments and the connective tissues found throughout the body. It is the underlying structure of the skin that keeps it firm and supple. Collagen in ligaments, tendons and cartilage helps to keep our joints able to withstand the demands of daily life, helping to keep bones strong and healthy.

As we age, the body's natural production of collagen decreases. This normally happens from the age of 25 and by the age of 45 our collagen levels will have depleted by approximately 30%. This is usually when you would start to notice a change in the skin's elasticity and texture and stiffness and joint problems begin.

QUALITY MATTERS

There are various types of collagen on the market. But the ones contained in Dermacoll and Flexicoll have been specifically formulated with high bioavailability. In the case of collagen, a high bioavailability means that the molecular weight (the Dalton) needs to be low, so that the body can absorb and utilise the supplement more effectively. This allows the collagen to be absorbed on a cellular level.

Healtharena use only the highest quality European Collagen.

As well as collagen another significant ingredient in both products is Hyaluronic Acid (HA). HA is found in joints and connective tissues (including abundantly in the skin).

It is used in many supplements and skincare products.

- **DERMACOLL** specifically formulated for skin.

Dermacoll also contains Green Tea and Vitamin C to contribute to normal collagen formation in the skin.

"I wouldn't be without Dermacoll"



Pearl from Washington, Tyne and Wear

"I can't believe how much better my skin looks since using Dermacoll said Pearl, I've been using it for over 2 years now, but after the first 2 months I could see the difference and I've seen consistent improvement ever since."

- **FLEXICOLL** joint formulation.

Flexicoll also contains Celadrin, Rosehip, Green Tea and Vitamin C to contribute to normal collagen formation for the normal function of cartilage.

"Flexicoll transformed my life!"



Kathy, from Salt Spring Island, Canada

"Whilst on holiday in the UK, I visited a natural health store and was recommended Flexicoll. After seeing how it has helped me lots of my friends are taking it. Now I have my Flexicoll shipped over to Canada!"

Healtharena are a brand leader of collagen products. One of the first companies in the UK to manufacture collagen supplements. Producing premium quality collagen products since 2003.

- ✓ Highest quality
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- ✓ Made in the UK



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SCAN ME

Ask the experts

MAKING ECO-FRIENDLY CHANGES...

by Julian Lucas

Can you offer advice on how people can ascertain if packaging on products is of concern?

Since David Attenborough's *Blue Planet* programmes, there has been a seismic move to avoid plastic packaging and, in particular, single use plastic packaging. Great for the environment but suddenly retailers and food manufacturers have had to quickly respond to this anti-plastic lobby. Changing packaging overnight is not possible and food safety must be paramount. There has been a rise in the number of plastic free retailers with shoppers full of products that can be filled into the customer's own containers. These shops are a marvellous addition to our high streets. However, they tend to be no-go areas for some people, particularly those with nut allergies. There can be no one way to wrap food. Different forms of packaging will be needed depending on the product and the needs of the end consumer. Many companies have embraced compostable and biodegradable packaging. This is fine for foodstuffs with a short shelf life but this material is only viable for six months from manufacture, according to the product specifications I have seen. Quite often, although the packaging is compostable, the ink on it is not. Inks can

contaminate soil. I have also seen compostable foils but I'm not certain how good composted aluminium would be for the environment.

There are so many alternatives out there – what should people look for when buying products to be sure they are environmentally friendly?

Some plastic packaging that can be recycled is not accepted by local authorities in the UK. It is said that some that are accepted for recycling by these councils are then incinerated, which is appalling. Not only should manufacturers be trying to reduce their plastic use as much as possible, we need to be investing in ways of recycling the plastic that is used. Food packaging is often made of composite plastics that make recycling more difficult. This type of plastic is used because it keeps our food in good condition. It is said that some plastic waste is still finding its way to Asia. Although China has stopped accepting it, other countries still do, and then some is dumped at sea. At Plamil, we are researching various types of packaging that will be good for the environment and keeps our food safe. So far we have launched our cocoabites, microbars of white dark and milky vegan chocolate sold in glass jars. These can be refilled, reused and recycled easily. Refill packs are also available.

Q What is the likely reason I am feeling fatigued, and is there anything nutritional I could be missing?

Shamini Singh Sachdev explained: If you regularly question why you feel tired all the time, you may put it down to long working days or too many late nights. Often, your solution may well be a good night's sleep and scheduling in some relaxation time. But for many, it's more complex than that. Fatigue is when the tiredness is often overwhelming and isn't relieved by sleep and rest. One of the most common medical reasons for feeling constantly run down is iron deficiency anaemia. Women with heavy periods and pregnant women are especially prone to anaemia but it can affect men and postmenopausal women, when the cause is more likely to be problems with the stomach and intestines, such as an ulcer or taking non-steroidal anti-inflammatory drugs (NSAIDs). An underactive thyroid gland means you have too little thyroid hormone (thyroxine) in your body. This makes you feel tired. In this respect, it's well worth considering the role that nutrition plays, not only in combating fatigue but also how poor nutrition may itself be a factor leading to feelings of tiredness and fatigue. Taking high quality iron supplements contributes to the normal formation and maintenance of red blood cells and haemoglobin that help with oxygen circulation and reduction of tiredness and fatigue.

The naturopathic advisor



Natural Lifestyle has teamed up with experts at **CNM (College of Naturopathic Medicine)** to answer some of your burning health questions. This issue, you asked:



Q What natural ways can help me recover from food poisoning?

Good health starts in the gut so it's important to get back on track quickly. Staying well hydrated with pure filtered water, coconut water

and cooled peppermint or chamomile tea is very important. To ease symptoms, food grade activated charcoal powder can be

taken at half teaspoon in water every two hours for a day. To help eliminate the bugs responsible, try half teaspoon of raw (unpasteurised) organic apple cider vinegar (with the 'Mother') in 200ml of water, or grapefruit seed extract, using about five drops per litre. Aim for two glasses per day. Take oregano oil capsules or pure oregano oil, 500mg four times per day until two days after symptoms subside. Oregano is one of the best things to take for a day as soon as you suspect you have food poisoning, but it's also effective after onset of symptoms.

Saccharomyces boulardii is a probiotic which has action against stomach upset from various causes. It's a good idea to take it from symptom onset for four weeks, in order to support the

body back to balance. Fresh aloe vera inner leaf gel can soothe and hydrate a challenged bowel.

Homeopathic remedies such as *Arsenicum album* and *Carbo vegetabilis* are some of the indicated preparations, under the supervision of a homeopath, and for a longer-term personalised plan to promote gut health, especially if you appear to have repeated sensitivity issues, best to seek the services of a naturopathic practitioner.

YOUR EXPERT



Naturopath, Gemma Hurditch is a CNM (College of Naturopathic Medicine) Lecturer. CNM trains successful natural therapy practitioners, in class and online. Surveys show that over 80 per cent of CNM graduates are practising. Visit www.naturopathy-uk.com or call 01342 410505.

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Living the vegan life

From the food you eat to your skincare choice, there is a plant-based alternative for everything, meaning it's never been easier to follow a vegan lifestyle.



Plant-based fare

So, you've made the decision to try veganism, but where do you start? Your food and drink choices are the first place.

"I personally think it is extremely easy, having been vegan for seven years now. Back then, I had to check before I went anywhere if they had a vegan option and often places didn't. Nowadays, I don't have to bother as vegan options are on nearly every menu I see, both independents and chains," Rebecca explained.

Adrian added: "Getting to know the difference between plant-based and vegan is a good start. Vegan foods by vegan definition should be 'animal free'. Every person will have their own driving motivations to change their diet, ranging from animal welfare, health or the environment or any combination of reasons. Consumers who are finding any transition in their diet a challenge need to remember why they are making that change, but always make sure that meals are tasty and do not become a 'chore'."

When considering foods to avoid, there is the obvious meat, fish, eggs and all dairy products, but be aware there are certain things you buy that are surprisingly non-vegan.

"Being vegan means no meat, dairy, poultry,

fish or honey. They are the major food groups that are not consumed. I think of them as the 'header' groups to avoid but it's just as important to scrutinise the ingredients of various other grocery products if you are not sure as you would be surprised to find just how many products milk is included in – from crackers, to crisps and biscuits, you have to be aware of that," Lisa advised.

"The same applies to sweets – most of the gummies products on the market contain gelatine so look for gelatine free specialist ranges. You also need to be careful with dessert options as many still use eggs."

Rebecca added: "You might want to check alcohol as some contains isinglass, which is fish-based. Milk does sneak its way into lots of unexpected things, some crisps, for example, and some margarines. Pesto is not usually vegan as it contains cheese but there are lots of vegan versions available now."

When stocking up on vegan friendly alternatives, there is so much to choose from.

"I think it is safe to say that there is pretty much a vegan alternative for everything these days, even if you don't want one! Vegan 'fish' has become popular recently, often made out of tofu

January is officially the month to celebrate all things plant-based with the arrival of the Veganuary campaign, the idea being that during the month of January, you pledge to follow a vegan lifestyle for the whole 31 days.

And pledge you are doing, with an impressive 250,000 people taking part last year, with many more expected to do so in 2020. What's more, once people have made the switch and got used to being plant-based, many will either continue as vegans beyond January or at the very least commit to reducing their intake of animal products.

The most important thing to do to get started is to plan, and prepare, both in terms of what you are going to eat, the foods you need on hand, and to be aware of other products in your lifestyle that will also be non-vegan. And here, we have assembled an expert panel to guide you through your first steps.

WHY VEGAN?

There are so many reasons to consider becoming vegan or reducing your intake of animal products

Lisa Gawthorne is a passionate vegan, who co-founded Bravura Foods, a business distributing vegan brands including Free

From Fellows and Freedom Mallows. She explained: "It's actually easier than ever, if you are a new vegan or a vegan of many years – we are all the luckiest we have ever been as we are now surrounded with vegan products in all the major categories. Where this was once limited to staple purchases, it now spans everything from full vegan ready meal kits, vegan chocolate, vegan ice cream and other amazing vegan desserts."

Rebecca Kinnard, co-op member at Suma Wholefoods, added: "Awareness of animal welfare has always been a big reason people have changed their diet, but recently, we are seeing many people making the switch as they become increasingly aware of the environmental impacts of animal agriculture too. With the climate crisis now becoming mainstream news – finally – we are being told by climate scientists that one of the biggest contributors to greenhouse gas emissions is animal agriculture. So, a vegan diet, or even just meat reduction, is something anyone and everyone can do to help."

And Adrian Ling, also a vegan, whose father co-founded the pioneering vegan brand, Plamil, added: "All the reasons why people choose to reduce animal-based foods have always been known, reduction in animal exploitation, health and

or banana blossom," Rebecca advised, adding: "There are many vegan 'cheeses' available, however, it would be fair to say that these can be an acquired taste so it can be good to try a few before writing them off."

And Lisa continued: "If you are looking to replace meat, you have various options that include tofu, tempeh, garden, seitan and jackfruit. These products, like nuts and legumes, are also high in protein for those interested in maintaining a high protein diet. Milk is not a problem – you can go from full flavour to neutral flavours here across the likes of soy, hemp, rice, oat, almond, hazelnut and cashew milks, to name a few. You can even go roasted and unroasted and sweetened or unsweetened. You can swap out butter either for margarine or dairy free spreads like sunflower, olive or soy spreads. When it comes to eggs, the popular alternatives particularly in baking include aquafaba, egg replacer powders, flaxseed and banana. If you miss your scrambled eggs, you can have scrambled tofu, which is really high in protein too."

And don't be afraid to join groups who are also switching, as you will get plenty of support from others.

"The key is to not put yourself under any pressure to be 'vegan' overnight and don't worry if some things take a while to give up. You'll be making a difference on a positive path, which is the most important thing," Rebecca pointed out.

Lisa also advised: "For those on animal protein changing over to a vegan diet, I would say that setting yourself some realistic goals from the outset will help. It may be better to firstly get your meat alternatives sorted and once you are happy with your new choices there, then move on to the milk alternatives, changing something every week or few weeks so it doesn't feel as daunting stripping everything out at the start. Others just prefer to cut it all out and start fresh on Monday with a vegan diet and away they go – it all depends on personal circumstances, do you work away a lot, how will you manage food prep, do you have to consider children in the household, is your partner planning to do it with you?"

"What I will say is like anything habitual, once you have had it in your repertoire for a week or so it will become second nature and so much easier. Once you have picked your favourite foods, your best places to shop and eat out, it all slots into place from there on in."

The skin you're in

One area people don't always consider when becoming vegan is the skin and bodycare products they use each and every day. But it's important you do.

Ingrid Hume, Marketing Brand Co-ordinator at Pravera, which has brands in its portfolio including Lavera, Benecos and Organii, commented: "Over the last few years, many people have become more mindful of what they put onto and into the body. Sales in vegan beauty products have increased. Sales grew 38 per cent in 2018, with research from The Vegan Society finding more than half (56 per cent) of Brits now adopt vegan buying behaviour, such as only purchasing vegan products and checking their toiletries are cruelty free."

Ian Taylor, Information Manager at Green People, highlighted ingredients to watch out for that means a product isn't vegan.

- **Beeswax:** Naturally water resistant, beeswax gives skincare and make-up a natural staying power and is made from a mixture of plant wax, pollen and a secretion from bee glands.

- **Gelatine and keratin:** These ingredients are made from animal cartilage and are used to thicken shampoos and boost their hair-strengthening properties.

- **Lanolin:** Lanolin is a wax that is derived from animals with wool coats and is often used in balms and salves.

- **Carmine:** Commonly found in red lipsticks and nail varnishes, carmine is a non-vegan ingredient that is made by crushing thousands of cochineal beetles."

Ingrid added: "Shellac comes from the secretion of the female lac insect and is mostly found in nail varnishes. It has also been known to be a glazing agent for fruits in the supermarket, and collagen is found in the flesh of connective tissues of mammals, bones, ligaments and skin and is used in a lot of anti-ageing skincare products."

So, what alternatives can you choose from? As a starting point, buy certified vegan brands, such as from the Vegan Society, and those that are PETA or Cruelty Free International approved. But be aware of ingredients that can be used in place of the above.

Ian advised to seek plant-based actives, commenting: "Botanical ingredients such as olive squalene, aloe vera and green tea are derived from plants and are suitable for a vegan lifestyle. Look out for the similarly named squalene, however, which may be derived from whales and is not vegan.

"For a vegan shampoo that's high in hair-volumising protein, switch to quinoa hair care. Quinoa is a complete protein and penetrates the cuticles to strengthen hair and boost shine. Lanolin is not used in any Green People products. Instead, we use natural plant waxes like berrywax and carnauba wax, which are water-resistant. For a vegan alternative to carmine, opt for make-up made with natural earth mineral pigments. These offer an easy-glide application and allow the skin to breathe."

Ingrid advised: "Look for plant-based ingredients in products, such as shea butter, aloe vera, coconut oil, almond oil and cocoa butter. These are kinder and gentler to your skin, therefore, will be better for your skin and vegan skincare products can offer a range of benefits to the skin and body."

And it's not just skincare products, with Lisa reminding: "Vegans don't wear leather, silk or wool – but there are so many kinder alternatives out there now that both top end designers and every day high street fashion houses are well versed in the art of using. Keep a check on winter wear though as angora (rabbit fur) does get used a lot on bobble hats and down feathers feature in a fair number of padded jackets, along with cashmere wool that gets used in a lot of jumpers and jackets."

► environmental reasons. So, two main reasons of reduction; now people believe the arguments always made are now true (nice to say we told you so), and availability of those foods."

However, he added: "This reduction is highly welcome, but there is a confusion between a plant-based diet and a vegan diet. For me, there seems a clear difference. That is plant-based diets focus on deliberately added ingredients, whilst vegans do not deliberately ignore other possible contamination. Does this matter? Well, to the reduction in animal suffering for food it does not, but whilst veganism is a broad church, the dietary terms are generally held jointly with other deeper values. This is not 'vegan exclusivism', but a distinction of those that are adopting a plant-based diet that are on the road towards a vegan animal free diet and lifestyle."

Try this

- ★ Clearspring Organic Japanese Silken & Soft Tofu
- ★ Free From Fellows Wine Gums
- ★ Plamil Egg Free Mayo
- ★ Natural Health Practice Immune Support
- ★ Green People Scent Free Light Moisturiser

A BALANCED DIET

People who criticise veganism will often suggest you can't have a healthy, balanced diet by cutting certain foods, but with careful planning and some additional supplementation, vegans are known to have healthier levels of, for example, cholesterol.

"Following a vegan diet does have its advantages, it can lower blood pressure and cholesterol, as well as reduce the risk of diabetes and heart disease. However, it's important to know that removing food groups from your diet can remove essential nutrients and it can be difficult to obtain all the nutrients the body requires from an animal free diet," explained Keeley Berry, Nutritional Expert and New Product Development Executive at BetterYou.

"When removing animal products, it's important to choose plant sources that are rich in the vitamins, minerals and macro nutrients that we're going to be missing out on. For example, animal products can be rich in protein, so replacing with beans, lentils and chickpeas will help to bridge this gap. It can also be difficult to know what exactly is contained within our fruit and vegetables, and with soils being over-farmed, we can be left at risk of deficiency. The best way to help this is to eat plenty of them and have a varied diet, full of different types of fruit and vegetables."

In terms of what you could be missing, Keeley continued: "The risk of iron, vitamin B12, iodine, calcium, fatty acids and vitamin D deficiency can be increased when following a vegan diet. Research has found that 10 per cent of vegans have optimal levels of vitamin D compared to 78 per cent of omnivores. This is because, while 80-90 per cent of our vitamin D stores come from sunlight alone, few foods provide meaningful levels of the vitamin. The foods that do contribute vitamin D to our diets are predominantly fish and

dairy products, so it's important to monitor your levels closely.

"As vitamin B12 is primarily found in meat, fish and some dairy products, vegetarians and vegans can often be deficient in this energy-boosting nutrient. Unlike some B vitamins, B12 is not found in any plant food, other than fortified cereals, which can make it difficult for vegans to get the optimal amount. Similarly, animal free diets can pose an elevated risk of iodine deficiency. This is because the amount of iodine found in plant-based foods, such as cereals and grains, is inconsistent and depends on how much iodine is in the soil the plant is grown in."

Jenny Carson, Technical Supervisor at Viridian Nutrition, added: "Without careful planning and supplementation, it can be easy to soon fall into a nutrient deficit while adhering to a vegan diet. The main nutrients to be mindful of are vitamins B6 and B12, plus iron, iodine, choline, vitamins D and K, besides essential amino acids and omega 3 essential fatty acids, especially in the form of eicosapentaenoic and docosahexaenoic acids (EPA and DHA). These nutrients are either extremely low or not provided by vegan foods."

So, what do the experts advise to ensure you're not missing out on vital nutrients?

"Consuming fortified plant-based milk everyday will help give those following a vegan diet a daily top-up of calcium, vitamin D and B12, with just one cup-full providing on average 35 per cent of the NRV. If plant-based milk isn't ideal due to allergy or preference, oral supplements can give a daily boost of many minerals and vitamins, such as iodine, which can be overlooked due to the small amounts that are needed," Keeley advised.

"Many vegan sources of DHA and EPA fatty acids tend to come from algae. Vegetable and plant oils such as hemp seed oil and chia seeds are

great sources of fatty acids so upping your intake of these will help to support good health. And I would highly encourage vegans to supplement with a multivitamin containing vitamin D, vitamin B12, iron and iodine as a minimum."

Jenny continued: "A daily intake of B vitamins is necessary as the body has no adequate means of storing these vitamins. Choline also belongs to the B vitamin family and is essential for normal brain and central nervous system function, however, the richest choline food sources are not vegan. And iron losses occur with energy production, injuries and during menstruation and maintaining a healthy balance can be difficult as a lot of green leafy vegetables must be consumed to provide good amounts of iron.

"Supplementation and fortification are key aspects of maintaining a healthy vegan lifestyle. The main nutrients to be mindful of are B vitamins especially, B3, B6, B12, biotin and choline, and the minerals iron, calcium and iodine, while the full spectrum of essential amino acids and the omega 3 essential fatty acids especially in the form of EPA and DHA."

Seek vegan supplements to be sure they don't come from animal sources.

Jenny advised: "In some cases, vitamin D is extracted from lanolin found in sheep's wool. Additionally, some forms of hyaluronic acid are from chicken combe and N-ncetyl cysteine from duck feathers. Once you have assured the nutrients are from vegan sources, ask about the other compounds used, for example, is the capsule shell or softgel free from bovine gelatine?"

• Visit www.mynaturallifestyle.co.uk/Veganuary, where you can find our special magazine, as proud supporters of Veganuary, helping you to make the switch that much easier. And to sign up, visit www.veganuary.com

NATURAL LIFESTYLE'S Top Picks



Sugar Free Wine Gums

The Sugar Free, Vegan confectionery brand Free From Fellows have extended their line up of the nation's favourite sweets. Wine Gums join the line-up of the award winning selection of gummies and hard boiled sweets. These brand new Wine Gums are sugar free, gelatine free, gluten free and are also free from dairy, egg, soy, palm oil and nuts. Available in both 70 and 100g bags, the whole range are suitable for everyone, including vegetarians and vegans.



Free from values from NHP

The vegan range of premium vitamins, minerals and herbs from the Natural Health Practice have all been formulated in association with Dr Marilyn Glenville PHD, the UK's leading nutritionist specialising in female health. With the emphasis always being on the use of quality, clean and natural ingredients, the NHP range is respected for its formulation values and is totally free from gluten, yeast and dairy products.



Additionally registered with the Vegetarian Society and Kosher and Halal approved.

Available in all good independent health food stores
orders@naturalhealthpractice.com

Vegan skin care for beautiful skin

Looking and feeling good shouldn't mean you have to compromise your principles. Green People have a vast



range of Vegan certified products, all 100% natural, vegetarian, and PETA certified. This Veganuary kick start your vegan skin care routine with standout products from their range including award-winning beauty essential, Vita Min Fix moisturiser and for the ultimate pamper, Beauty Boost Skin Restore. There is something to discover for every skin type, including sensitive.

www.greenpeople.co.uk

New Vegan Multi vitamin Gummy for the whole family

Enjoy the health benefits of our new delicious gummies. They are 100% vegan and free of additives, preservatives, and sweeteners. They contain only natural ingredients with the taste of wild berries, apple and orange, with no artificial colouring. Ensure that your family will get all the vitamins and nutrients they need in a busy day, and in a form that's easy for the body to absorb.

www.newnordic.co.uk



Find your magnesi-zen

Amidst the craziness of life, support your relaxation with the crucial mineral, magnesium.

Known for its renewing, cleansing and purifying properties, magnesium is the fourth most abundant mineral within the body, and it can have a huge impact on our overall health and wellbeing. Among its many benefits, magnesium acts as a natural relaxant and can have a huge impact on quality of sleep, relieving muscle tension and improving skin and bone health.

Ancient healers and philosophers have long recommended magnesium salt inhalation for the respiratory and immune systems and to aid skin health. Known as salt therapy, humankind has visited salt caves to seek the therapeutic benefits of magnesium for hundreds of years, and the 'super' mineral is now commonly used as a bath additive for similar reasons. In fact, bathing in magnesium-rich water can improve skin barrier function and contribute to the reduction of inflammation in those with atopic dry skin conditions.

HOW DOES IT WORK?

The negatively charged ions in salt purify the air and improve health and mood, with calming and detoxifying effects helping to reduce stress and headaches, increase energy and influence sleep patterns. And that is crucial because sleep has increased importance throughout the winter months as it's during this time that our body is able to return to its normal state each day, while releasing important hormones, restocking energy stores and battling infections.

Responsible for over 300 actions in the body, more than any other mineral, magnesium has strong rejuvenating properties necessary for cell function and detoxification. Magnesium is also needed by the body to maintain a state of complete rest and low levels can lead to restless muscles that can keep us awake at night. Worryingly, it is estimated that 70 per cent of all adults experience low levels of the mineral, meaning supplementation is essential for many people.

Getting enough

For those who enjoy a hot soak to relax the body and find their zen, reaching for magnesium flakes is a great way to supplement.

Along with other transdermal (through the skin) magnesium supplements, such as lotions and oil sprays, magnesium flakes allow the body to absorb the mineral through the skin's dermal layers and deliver it directly to the bloodstream – avoiding the digestive system, where many nutrients are poorly absorbed. Opting for magnesium flakes rather than the sister-form, Epsom salts, will ensure you're absorbing as much of the mineral as possible. Whilst Epsom salts (magnesium sulphate) are among the most common form of magnesium supplements found in bathrooms across the globe, research has shown that flakes (magnesium chloride) will ensure longer-lasting results, extending the relaxing magic of magnesium.

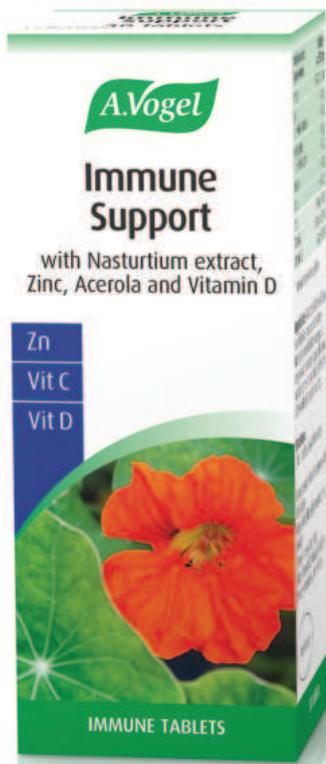
Reader offer Looking for a calm and relaxing start to 2020? Transdermal magnesium is a refreshing ritual to add to your wellness routine, and you can attain your own personal feeling of wellness with BetterYou's award-winning Magnesium Flakes and iconic Magnesium Oil Body Spray. *Natural Lifestyle* is offering readers the chance of winning one of 10 bundles, comprising Magnesium Flakes (1kg) and Magnesium Oil Body Spray, worth over £20. See opposite page to enter.



GIVEAWAYS

NATURAL LIFESTYLE

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



A.VOGEL IMMUNE SUPPORT

Natural Lifestyle has teamed up with A.Vogel to offer readers the chance of winning one of 15 Immune Support Tablets. Immune Support is a dietary supplement containing zinc, vegan vitamin D and vitamin C, which all contribute to the normal functioning of the immune system. This once a day dosage is useful during spells of sickness. Suitable for those aged 12-plus, RRP £12.50.



VSL#3

Natural Lifestyle has one two-month supply of VSL#3, a very highly concentrated poly-biotic, worth £89.70, to give away. VSL#3 contains a whopping 450bn good gut bacteria per sachet and this is spread across eight specially selected strains to help maintain good gut health.



ARTHROVITE BEAUTIVITE

With winter in full swing, Beautivite is the perfect way to protect and enhance your skin, providing 100 per cent pure collagen for women who wish to stay looking younger for longer. Find your way to smoother skin, stronger nails and healthier hair courtesy of leading UK collagen specialists, ArthroVite. Natural Lifestyle is offering readers the chance of winning one of three one-month supplies (RRP £24.50).



BELLA BRIGHTON BUNDLE

Natural Lifestyle has teamed up with Bella Brighton to offer readers the chance of winning one of five bundles, containing its three little tins to help everyday problems: Soothe & Snooze Lavender Balm, helping with insomnia and anxiety; Bump & Bruise Arnica Balm, naturally soothing bruises and swollen legs; and Joint & Muscle Comfrey Balm, ideal for sprained muscles and sore joints. All Bella Brighton Balms are 100 per cent natural and support the body's natural healing processes.

ENTER HERE Please indicate below which giveaway you are applying for, complete form and post back to us at 'Reader Offers', Natural Lifestyle magazine, The Old Dairy, Hudsons Farm, Fieldgate Lane, Ugley Green, Bishops Stortford CM22 6HJ. Closing Date: February 1, 2020. Or you can enter online – visit www.mynaturallifestyle.com

Please tick: ArthroVite VSL#3 A.Vogel Bella Brighton BetterYou

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 I would like to be contacted by Natural Lifestyle and relevant third parties

Your vegan friends

In celebration of this month's Veganuary campaign, we bring you some of our favourite vegan products, which you can find in your local health food store.



January is set to become Veganuary as thousands of us are set to commit to following a vegan lifestyle for a month – and very often, beyond that.

And while there's much in the way of support and advice, not to mention a variety of products, to make becoming vegan that much easier, here at *Natural Lifestyle*, we thought we would help you on your way with some suggestions of some plant-based products.

And don't forget, if you want some inspiration, we also have some delectable meat free recipes over the page, so that you can get creative in the kitchen.

Find out more and discover a range of further recipes by visiting www.veganuary.com and we'd love to hear from you if you take part in Veganuary – you can email rachel.symonds@targetpublishing.com with your plant-based journey.



Panda Liqueurice Raspberry Bars – one of the longest established vegan confectionery brands, Panda has introduced a four-bar multipack of this popular flavour. The range is made with natural ingredients only and is a big favourite with vegetarians and vegans around the world.



Coconut Merchant Organic Coconut Milk Powder – this long-life, easy to use alternative to traditional coconut milk boasts a rich and creamy taste and is commonly used to create coconut cream or milk, thicken sauces or simply added to tea or coffee to give it a creamy twist. Made from Sri Lankan coconuts, it is vegan, and free from preservatives and artificial flavours.



Nairn's Gluten Free Oats, Apple & Cinnamon Chunky Biscuits Breaks – add some flavour to your snacks with these new biscuits, packed full of gluten free wholegrain oats and suitable for vegans. They contain no artificial colours, flavours or preservatives, are high in fibre and boast 50 per cent less sugar than the average sweet gluten free biscuit.



Biona Banana Blossom – a meat free alternative, banana blossom is a large tear shaped fruit that grows at the end of a banana fruit cluster and is similar to jackfruit, with a neutral flavour and flaky texture, making it perfect for creating vegan fish and chips when flavoured with dill and seaweed.

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pharmacies and online at [betteryou.com](https://www.betteryou.com)

VEGAN CUISINE

made easy

Miguel Barclay shows us just how easy it is to create quick and easy vegan fare.



Chinese-style oyster mushrooms

Makes 1 portion

You can make this dish with any type of mushroom, or any veg really, but I find oyster mushrooms have a wonderfully meaty texture that make this a satisfying and substantial alternative to a Friday night Chinese takeaway.

Ingredients:

- ½ mug of basmati rice
- 1 mug of water
- Handful of oyster mushrooms
- Splash of sesame oil
- 1 garlic clove, sliced

- Squeeze of golden syrup or honey
- Squeeze of sriracha
- Soy sauce
- Pinch of sesame seeds
- ½ spring onion, sliced

Method:

- Put the rice and water in a saucepan and cook over a medium heat with the lid on for about seven minutes, until all the water has been absorbed and the rice is cooked.
- Meanwhile, pan-fry the oyster mushrooms in a splash of sesame oil over a medium heat for a few minutes, then add the garlic

- and fry for a few more minutes until the garlic starts to brown. Add the golden syrup and sriracha and simmer for a few minutes until the sauce starts to thicken, then stir in a splash of soy sauce.
- Serve the mushrooms on a bed of basmati rice and sprinkle with the sesame seeds and spring onion.



Portobello stilton burger Makes 1 portion

This is so simple to make. Just crumble some stilton onto a mushroom, bake it, and there you have it; my quick and easy veggie burger. The potatoes become sort of like nuggets when they're cooked and are a perfect accompaniment.

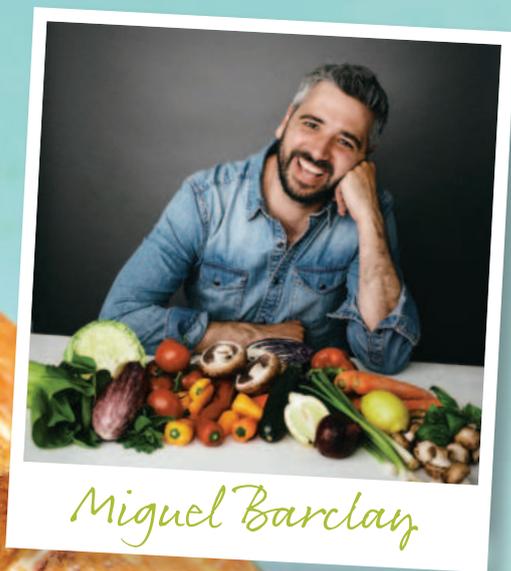
Ingredients:

- A few small potatoes.
- Skin on 1 portobello mushroom
- Small handful of stilton
- 1 bread bun, toasted
- A few lettuce leaves
- Squeeze tomato ketchup
- Olive oil
- Salt

Method:

- Preheat your oven to 190°C/gas mark 5.
- Cook the potatoes in a pan of salted boiling water for about 15 minutes until soft. Drain and let them steam for a bit to dry out.
- Transfer the potatoes to an ovenproof dish and squash each one slightly with the back of a fork to break the skin and expose the fluffy middle. Pour over a generous glug of olive oil, add a pinch of salt and roast for about 40 minutes until crispy.

- When the potatoes have about 15 minutes of cooking time left, brush the outside of the mushroom with olive oil, turn it upside down and crumble the stilton into it. Place on a baking tray and cook for about 15 minutes in the oven until the mushroom is cooked and the cheese has totally melted.
- Serve the mushroom burger in a toasted bun with a few lettuce leaves alongside the crispy potatoes and a ketchup dip.



Potato and leek slice To make 1 portion

This is my version of the famous Greggs cheese and onion slice and is packed with so much flavour. Best eaten in slices.

Ingredients:

- 1 potato, diced
- 1 leek, sliced
- Small handful of grated Cheddar cheese
- 20cm x 20cm sheet of puff pastry
- 1 egg, beaten
- Olive oil
- Salt and pepper

Method:

- Season and pan-fry the diced potato in a splash of olive oil over a medium heat for about 10 minutes until soft, then add the sliced leek and continue to pan-fry for another five minutes. Transfer to a bowl, add the Cheddar and mix everything together, crushing the potatoes slightly.
- Line a rectangular dish approximately 10cm x 5cm with cling film. Transfer the filling to the dish and squash it down with the back of a spoon. Refrigerate for about one hour until it sets into a block shape.
- Preheat your oven to 190°C/gas mark 5. Remove the block of filling from the dish and wrap it in the sheet of puff pastry. Place on a lined baking tray, brush with beaten egg and bake in the oven for about 30 minutes until golden brown, then serve.



Meat-Free One Pound Meals, by Miguel Barclay (£16.99, Headline) is out now.

GET ACTIVE THIS WINTER

Autumn maybe over, but why does your health kick have to go out of the window? Keep moving all year round with Syno-Vital!

The older you get, the harder it becomes to exercise and keep healthy. Your joints become stiff, you feel tired and sometimes, you'd much prefer to spend your time in front of the TV. However, don't let the signs of ageing win! Show your achy joints who's boss with the help of hyaluronic acid.

What is hyaluronic acid?

There's loads of science behind the role hyaluronic acid (HA) plays in the body, but let's keep things simple.

HA is found naturally in the body, it plays an important part in keeping you feeling young and healthy. When you're younger your HA levels are higher, but as you age, these levels of HA start to diminish, leaving you with fine lines, wrinkles and worst of all - aching joints.

When you get over 50, you'll notice your joints becoming stiffer, that's because HA is essential for lubricating your joints. It creates a cushioning effect, reducing friction and compression to help bare the weight of your body and withstand the impact of exercise without pain. Although these levels drop with age, **Syno-Vital Hyaluronic Acid Supplements** can help maintain HA levels and keep your joints healthy.

How can HA supplements help?

Supplements such as the award-winning Syno-Vital from Modern Herbals can help restore your body's HA levels without having to dramatically change your lifestyle - in fact, it's a simple supplement that can easily be incorporated into your day, no matter how busy it is. All you need to do is mix a sachet of Syno-Vital into a drink of your choice and enjoy, it's that easy!



According to research, taking hyaluronic acid daily helps to rebuild the 'pillow' of fluid that cushions your joints for up to 97% of people who try it.

Hyaluronic acid supplements have also been found to help patients with osteoarthritis, reducing inflammation and pain to help them with their daily mobility and overall lifestyle.

Are there any other benefits of hyaluronic acid?

As well as reducing joint pain, mobility problems and inflammation, HA is essential for keeping your skin looking young and fresh. As you age, your natural hyaluronic acid levels drop, making your skin appear less smooth and supple, with fine lines,

wrinkles and uneven skin tone becoming more prominent. By incorporating HA supplements into your diet, you may help your skin look more youthful and beautiful naturally.

It's also ideal for anyone who suffers with dry, itchy, tired eyes - HA keeps them moisturised and hydrated, helping you maintain that sparkle in your eye.

Syno-Vital is available from all good health food stores

Syno-Vital Success Story

"I've been taking Syno-Vital for about 6 months now, I'm amazed by how young looking my skin appears, I look younger than ever! I've been suffering with stiff joints over the past few years, but I can now bend my elbows and knees much easier without pain. I'd recommend Syno-Vital to all my friends and family"



Liz Parkin, Huddersfield



THE SKIN FOOD MENU JUST GOT RICHER



Cleaner Beauty since 1921

You're about to fall in love with Skin Food all over again. Natural beauty pioneer Weleda is expanding the Skin Food line-up further, introducing three additional Weleda Skin Food products. All as highly effective as Weleda Skin Food Original and packed with sustainable ingredients to help soothe any dry and rough skin. Feed skin from top to toe. #weledaskinfoodie Find out more at www.weleda.co.uk or call 0115 944 8200

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Lip Balm

Nourishing support for chapped lips