

Natural Lifestyle

LOVE LIFE, LIVE WELL — NATURALLY

www.mynaturallifestyle.com

January 2022



Your New Year cleanse

An expert guide
for a healthy detox
and shape-up

Plant-based plan

Are you ready to take the
Veganuary challenge?

KICK START
YOUR DAY

THE BEST OPTIONS FOR A HEALTHY
AND SUSTAINABLE BREAKFAST

Plus

IS CBD FOR YOU? • NATURAL LIFESTYLE GIVEAWAYS • CHOOSING
VEGAN SUPPLEMENTS • HEALTHY EATING IDEAS • INSIDE BEAUTY

FREE

Terranova's Vegan Glucosamine, Chondroitin & Boswellia Complex



GLUCOSAMINE CHONDROITIN & BOSWELLIA COMPLEX



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- Myrcocondro® is an extensively researched, clinically-effective form of Chondroitin that is derived from a Bacterial Fermentation process, producing a highly bio-available, pure & consistently effective form of vegan Chondroitin.
- Includes additional synergistic nutrients such as:
- Glucosamine hydrochloride - Pure, vegan source
- AprèsFlex® Boswellia extract - delivers 52% more AKBA (Acetyl-11-keto-β-boswellic acid) into the blood (than regular Boswellia serrata), thereby offering more immediate symptomatic support.
- Provided in a Magnifood base of Nettle Leaf, Ginger Root, Hops and Rosemary leaf, thereby supporting inflammation and circulation.

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LOVE LIFE, LIVE WELL – NATURALLY

Welcome



Anew year has begun, and usually, my welcome note would be full of suggestions of starting a new health and wellness plans and setting new goals for the year ahead. And while this still remains a great way to kickstart a new year, bubbling in the background is the ever-present Covid-19 pandemic – indeed, I write this from home, due to the recent Government advice.

The rise in cases of Omicron probably feel like a lot of doom and gloom to many, and that is a natural way to feel. But here at *Natural Lifestyle*, during the pandemic, we have tried to take the stance of retaining some positivity and encouraging our readers to ensure they are nourishing themselves, inside and out, and restrictions or not, doing things that also nourish your soul. And this remains hugely important as we head into a new year.

Whether it's cutting back on processed foods, caffeine and alcohol, all of which can make you feel sluggish and lower your immune system, taking steps to get outside and exercise more, or adding in some meditation or mindfulness to give your brain a break, there are so many simple things we can do to make ourselves feel good. And if you want to add more structure to a health plan so you achieve a proper body cleanse, then turn to page 18 to get all the info and advice from our natural health experts.

And finally, don't forget that January means Veganuary is upon us, the annual challenges were people try plant-based for the month. There are so many easy ways you can eliminate or cut back on consumption of animal products, and we have all

the advice you need on page 26. And we also bring you our special magazine dedicated to this, *Inside*

Veganuary. The digital magazine can be found at www.mynaturallifestyle.co.uk and we hope it offers you some inspiration.

*Rachel Symonds,
Editor*



THE EDITOR RECOMMENDS

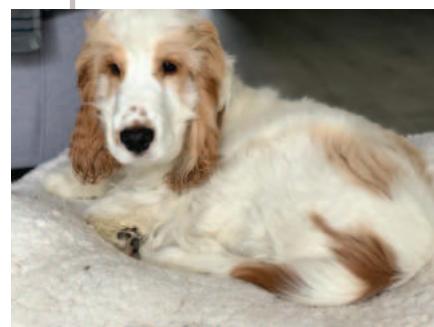
Green Gorilla – the leader of certified organic hemp cannabidiol (CBD) products has officially launched in the UK. Malibu-based Green Gorilla has established itself as the leader in the farm-to-shelf hemp and CBD industry with its own 1,474 acre certified organic farm in Arizona and more than 25 true farm-to-shelf USDA certified organic products. The vegan friendly products within the Green Gorilla range include balms, CBD oils, body lotions, lip balm, packed capsules and gummies..

THE BEST BITS

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



Sales Director, Ruth, took her twin daughters, Grace and Amelia, for an afternoon on the ice.



It was a cosy afternoon for *Natural Lifestyle* mascot, Gus, who couldn't resist looking adorable.



It was a festive feel to proceedings with a recent visit to the beautiful Kenwood House.



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www.mynaturallifestyle.com

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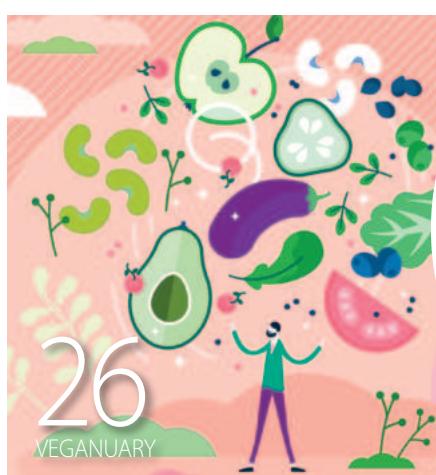
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With Veganuary upon us, now is the time to consider the switch to plant-based





Liposomal GABA™ with L Theanine and Ashwagandha

The unique combination of GABA, L Theanine and Ashwagandha, offers effective support during times of anxiety, stress and insomnia. May also help reduce symptoms of Seasonal Affective Disorder (SAD) during darker months.

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Berry boost for the brain

We know that berries pack a health punch, and research has now confirmed how important they are for our brain health.

Evidence from a new review published in the *International Journal of Food Science and Nutrition* describes how berries could have the potential to influence cognitive function in people of all ages.

In children and young adults, blueberry studies have been shown to improve memory and executive function. Further studies into the benefits of blueberries have also observed improvements in cognitive control of mood.

However, it's not just amongst younger generations that blueberries can have this positive effect. Blueberries have been linked to slower rates of cognitive decline and improved working memory and executive performance as we get older.

The study authors explained that positive effects for extracts, juices, and whole berries (typically freeze-dried and powdered) were seen at doses equivalent to one cup of fresh blueberries. These amounts can easily be achieved within a normal diet.

Dr Emma Derbyshire, Public Health Nutritionist and Adviser to British Summer Fruits, explained: "Blueberries are full of polyphenols such as anthocyanins, which have been linked to cognitive benefits. These are exciting findings and imply that berries have an important role to play in reinforcing cognitive wellbeing, both in school and as we age."

"Berries can be easily included in the diet, no matter what our age. Scattered onto cereals, pureed into porridge, juiced into a smoothie, or simply eaten as a portable snack. It will be fascinating to see how research evolves in this exciting field."

For more blueberry and berry recipes, visit lovefreshberries.co.uk



Inside... HEALTH



SUPPORTING A HEALTHY GUT FOR A HEALTHY YOU

A Nutritional Therapist is reminding of the importance of maintaining a healthy gut to keep the brain functioning.

Nutritional Therapist, Amanda Williams, who is also CEO at Cytoplan, has developed *Healthy Gut, Healthy Brain – 5 Facts about the Gut and Brain Connection*. She explained: "Putting your gut first in terms of health and wellbeing is important all year round, but it is particularly critical during times of acute stress. We've found that stress can negatively impact levels of good bacteria in the gut, and we can experience a 'stress-gut cycle' that can leave us seriously burnt out and depleted before we've even started to enjoy the festive celebrations.

"These times of high stress can result in brain fog, lack of mental clarity and mental fatigue – just when we need our brain to be at its most optimal and brilliant best. What most people forget when thinking about improving mental clarity and counteracting mental exhaustion is the fascinating gut-brain connection and how giving our gut a little TLC during busy times can improve mental clarity and calmness too."

She offered four ways to improve brain fog – and it starts with your gut.

- **Eat the rainbow** – it's a great time of the year to pack your meals full of different vegetables with hearty stews, soups or curries, and rather than worry about eating less (because we don't need another thing to worry about!), try just eating more of the good gut stuff! More veggies, which are high in prebiotic fibre, could really help to support your gut flora this time of year.
- **Accept a helping hand and find a good quality probiotic** – the stresses of life and our Western diets can mean we don't have an optimal amount of beneficial bacteria in our guts. This is where a good quality probiotic can really make all the difference. It's important to find one that is appropriate to your age and to ensure it's the right supplement for you.
- **Regular sleep** – sleep plays an important part in both brain health and gut health. Try to ensure that you schedule enough sleep each week, even if it means counteracting the late-night Christmas parties with a balance of down time too. Adequate rest and a good seven to eight hours of sleep each night can really help to create a resilient brain.
- **Take a daily walk** – regular physical activity has been shown to benefit the brain, so how about fitting in a daily lunch time walk for 30 minutes whilst listening to something enjoyable or calming? I like to call this a 'plod and pod', where I enjoy a good podcast that helps me to connect to the wider world and use nature to melt away the stress for a little while.

REBALANCE YOUR HORMONES

A leading menopause expert has issued important advice to help manage the shift in hormones.

Hormone nutritionist, menopause expert and author of *Happy Hormones for Life*, Nicki Williams, has offered her insight into what hormone changes women can expect, starting in their 40s, and how to optimise these hormones for the absolute best outcome. She explains that as you go through your 30s and into your 40s, hormones start to change as you enter perimenopause. Egg reserve is diminishing, and you may skip ovulation, which reduces your progesterone and can trigger oestrogen fluctuations. Cortisol may be higher due to these changes and additional life stresses and thyroid hormones may also be less than optimal. On top of this, we tend to become more resistant to insulin as we go through the perimenopause transition, meaning we're more prone to weight gain and inflammation.

And how do our hormones change during and post-menopause and what can we do to optimise them for better health and energy levels?

Nicki explained that after the turbulence of perimenopause, once you are officially post-menopausal (12 months after your final period), your sex hormones should start to settle. However, this isn't a time to get complacent; if your oestrogen and/or progesterone are too low, you may have symptoms such as hot flushes, night sweats, poor sleep, memory loss, dry or itchy skin, joint pain and vaginal dryness. And your risk of more serious conditions such as osteoporosis, heart disease and dementia can go up.

So, it's important to get hormone levels checked through perimenopause and beyond and either take body identical HRT or look at your diet, lifestyle and supplements to make sure you're supporting your hormones as much as possible. Including some phytoestrogens in your diet can be helpful, such as organic soy (milk, yoghurt, tofu, edamame beans, miso) and flaxseeds. Managing your stress is also vital during post-menopause as stress can deplete hormones even more. Taking time for yourself every day can help to switch off your fight or flight response.

Supplements can also be very helpful; herbal remedies such as red clover, sage, hops and ashwagandha, plus, vitamin D to support bone health, magnesium to support stress, mood and sleep and a good multivitamin to supply your basic nutrients.

We love.

NATURESPLUS BIOADVANCED LIVER SUPPORT

ideal at this time of year, this advanced formula includes essential nutrients scientifically researched to support liver health, including choline, vitamins B and C, selenium and amino acids, glutathione, methionine, NAC and alpha lipoic acid cofactors, as well as turmeric, milk thistle, dandelion, artichoke and burdock.

NEW NORDIC MELISSA DREAM

support healthy sleep and focus your mind with this supplement, which contains lemon balm to help maintain restful sleep, with L-theanine, chamomile, vitamin B complex and magnesium.



Reset Your Liver With BioAdvanced Liver Support*

Many of us over-do things during the holiday season, or maybe you've stressed your body with a few extras here and there over the past year.

NaturesPlus BioAdvanced Liver Support is an advanced, superior-quality formula made with scientifically studied nutrients that contribute to the maintenance of normal liver function. This unique supplement also features NAC, alpha lipoic acid and choline, as well as turmeric, milk thistle, dandelion, artichoke and burdock.

Your health depends on peak liver well-being - so experience the benefits of BioAdvanced Liver Support.*

Visit your health food store today or go online at
www.naturesplus.co.uk



UP THE INTENSITY?



Inside... LIFESTYLE

WINTER WALKING FOR OUR WELLBEING

New research has revealed that Brits look to walking to support their health and wellbeing in winter.

The results of the YouGov poll for the Ramblers reveal the top reasons for walking in winter, with getting some fresh air being the most popular motivating reason for walking for leisure – it was cited by a whopping seven out of 10 walkers (70 per cent).

Enjoying being in nature would encourage nearly half of respondents (48.6 per cent) to walk, and 37 per cent said getting off the sofa would encourage them to do so. Nearly a third of respondents (30 per cent) saw themselves as 'health walkers' who walked regularly to improve their health and wellbeing, whilst over a third (36.3 per cent) said they walked to relax, perhaps at weekends. Only seven per cent said they were reluctant walkers, demonstrating just how much the British have embraced walking.

The statistics were released as part of the Ramblers' Walk Your Way in Winter campaign to encourage everyone to embrace the season and get the maximum enjoyment from walking in winter, no matter what type of leisure walker they see themselves as.

Tom Platt, Director of Advocacy and Operations for the Ramblers said: "Enjoying walking, connecting with nature, and getting fresh air are things that more of us than ever have valued since the start of the Covid-19 pandemic, and as we head into winter, the Ramblers is here to inspire and encourage everyone to embrace the season and get the most out of being outdoors."

"A winter walk has proven health and wellbeing benefits, like topping up your vitamin D levels and boosting your mood, but we know the shorter days and colder weather can make it harder to get motivated, so we've got lots of inspiration and tips to get everyone out enjoying winter walking."

The Ramblers' Walk Your Way in Winter campaign runs until the end of February. Whether you're a nature wanderer, adventurous hiker, or weekend walk and talker, it offers a wealth of inspiration for getting the most out of rambling your way, including a free-to-download 'bingo card' packed with challenges to complete with friends and family, a chance to find out what type of walker you are, top tips for winter walking and more. You can find it at www.ramblers.org.uk/walkinwinter/



Cardio has become a well-known term when it comes to exercise, but how can you know if high or low intensity is right for you?

There are two key types of cardio, low intensity and high intensity. Both have unique benefits. To help those looking to incorporate cardio into their workout routine understand the key differences and features, Steven Virtue, Fitness Development Manager at Total Fitness, has shared his expert insights:

• **What is low intensity training (L.I.T)?** Low intensity, steady state training refers to aerobic training that is exactly what it says on the tin – low intensity training over a prolonged period of time. Examples of L.I.T includes hiking, walking, jogging, and moderate cycling, most of which can be easily incorporated into your daily routine. This type of training takes a much slower and more sustainable approach to cardiovascular exercise, compared to high intensity interval training, allowing the body time to build up aerobic endurance so that you can work at a comfortable intensity.

• **What is high intensity interval training (H.I.I.T)?** H.I.I.T is an incredibly popular style of exercising that focuses on high levels of effort for a short time, followed by a period of rest, and then repeated for a certain number of intervals to exhaustion. Quite the opposite of low intensity training, H.I.I.T aims to build the aerobic system faster than any other method and is often a favourite of those who want to get their heart racing and pack a punch into a short workout. Another key difference is that this form of exercise challenges our anaerobic system, which is what enables the body to produce energy without oxygen. Anaerobic training is highly stressful so, whilst it allows you to improve speed and strength, you can only maintain this type of training for a limited amount of time.

• **Which type of training is right for me?** If we compare these two types of exercise modalities based on which is the better form of cardio to build aerobic base, then L.I.T is superior. The fundamental long and steady nature of L.I.T teaches the body to pace itself. Whilst this may take longer, the performance peak you can reach is much higher and more sustainable than H.I.I.T, making this training more suited to those new to fitness. However, even those on the opposite end of the spectrum can benefit from low intensity cardio as it aids recovery and aerobic progression. H.I.I.T can still build the aerobic system, but the short intervals do not substitute for the volume of aerobic training that L.I.T provides. Nevertheless, when it comes to working out, it's crucial to enjoy the exercises you are doing, so take this into account. If you love the rush of endorphins after a sweaty H.I.I.T session, still include in your routine, just consider how to also incorporate L.I.T exercises to really strengthen your aerobic system!

Love your movement

Training should be something you enjoy – as well as being good for your health – and one personal trainer is here to help.

Tally Rye is a Personal Trainer, who has embarked on a personal and professional evolution through her Instagram account and YouTube channel, which inspired the message of her first book, *Train Happy: An Intuitive Exercise Plan for Everybody*.

Tally is passionate about helping her audience ditch diet culture and encouraging them to go about their lifestyle intuitively, whether that's exercising or eating. Her Train Happy podcast has had a diverse collection of guests, all talking about their own journeys to positive relationships with fitness, food and their bodies.

Next up is the publication of *The Train Happy Journal*, the companion title to Tally's debut, *Train Happy*. In her new book, Tally creates a 30-day challenge to help you be proactive in rebuilding trust in yourself, and your body, offering a new perspective on what fitness can do for you.



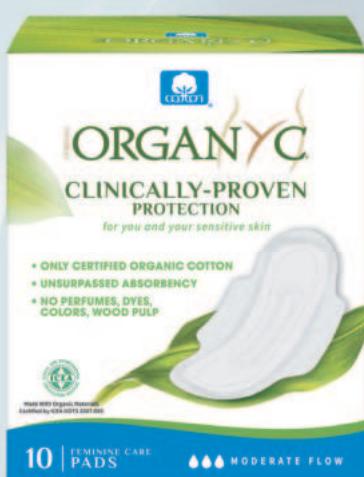
NATURAL CHOICES

Kickstart the new year with these top five natural and organic beauty products



HEAD TO TOE CLEANSING

Nourish and cleanse your skin naturally and gently with an eco-friendly natural bar soap. The Fair Squared All in One Soap is enriched with Fairtrade olive oil, shea butter and coconut oil which gently cleanses and moisturises for softer clean skin. This bar soap is totally plastic free so we have got you covered for making little eco-friendly choices. Available from health stores and online at www.fairsquared.co.uk | £11.45



CLINICALLY-PROVEN PROTECTION

Organyc has you covered when it comes to your time of the month. Organyc's Moderate Flow Sanitary Pads are made using only 100% organic cotton and contain no irritating substances such as SAP's, bleach, cellulose or plastics (which are common in most conventional sanitary pads). The soft wings keep the pad in place however you move and gives protection and confidence when you need it the most. Available from health stores and online at www.organyc.uk | £3.99

BANISH BAD HAIR DAYS

When you would like your hair to be soft and smooth, make the move to the lavera Basis Sensitiv Shampoo Bar. This shampoo bar is enriched with soothing organic aloe vera and quinoa and is kind to sensitive scalps, while the foamy lather gently cleanses and provides intense moisture for your hair. The plant based vegan formula revitalises and adds shine to your hair. 0% plastic. 100% care. Available from health stores and online at www.lavera.co.uk | £8.95



THE ORIGINAL AND THE BEST

Feel at one with nature with the Ben and Anna Persian Lime Deodorant stick. 100% natural origin, vegan and cruelty free with no aluminium and packed with natural and organic ingredients to keep you feeling fresh and dry all day long. The biodegradable and recyclable paper packaging means the deodorant is not only great for you but also great for the environment and helps support Ocean Cleaning. Available from health stores and online. www.benandanna.uk | £9.95



COMPLEXION PERFECTION

The benecos Natural Foundation Stick evens out your complexion in one simple step. The easy to apply formula, made from natural and organic ingredients, melts into the skin, blending seamlessly to leave a fresh, light-weight and dewy foundation finish. Twist up, glide on and blend in with fingers or use the benecos foundation brush. Available from health stores and online at www.benecos.uk | £9.45



A new year skin refresh

Many people take part in a new year cleanse, but is it worth doing a skin detox too?

Freddy Furber, Founder and Director at Q+A, discussed whether it's a good idea to refresh or simplify your skincare regime for the new year.

"I'm a strong believer in 'if it's not broken, don't fix it!'" Freddy commented. "Many of us use January as a time to entirely overhaul our skincare regime, but this isn't always the best idea. It can be tempting to completely discard your current regime and invest in new products. But if your regime is working, and your skin concerns are being targeted, hold off, and stick to what you know. Be patient and consistent, and results will follow."

"Rather than purchasing a completely new regime, use January as a time to research. Look at your skin concerns and read up on the ingredients that will target them best. Then plan your regime for both AM and PM, slowly adding in new products. Doing this is also much less wasteful, making it a better choice for the planet."

When choosing products, Freddy added that natural is better.

"It can be extremely tempting to layer your skin with product after product to fight a specific concern, but this can lead to more harm than good," he explained. "A simple and consistent regime reduces the likelihood of this occurring. It also allows you to easily recognise the most beneficial ingredients for your skin type – it's one of the reasons they are so clearly called out in our product name."



Inside... BEAUTY



ESSENTIAL RESTORATION

Restore your senses during bath-time with these relaxing creations from Tisserand.

When things feel overwhelming and out of control, indulging in simple acts can often be the easiest way to rediscover a bit of balance. Far from just a relaxing treat at the end of a long day, bathing is a proven way to reduce anxiety and stress and can even help reset your natural body clock in times of fluctuation.

In addition to being a simple act of self-care, taking a bath is a powerful way to reconnect with the body's natural needs. Add some aromatherapy in to the mix – proven to help connect with our limbic system and prompt a change in the way we're feeling – and it's a recipe for bliss.

To support your way to soothing frazzled nerves and enhance your daily bath, Tisserand has launched its Nature's Spa Collection.

The range is a collection of four signature scents and uses 100 per cent pure essential oil-enriched formulas to melt away tension and support wellbeing holistically. Inspired by the gentle movement of nature and its ability to carry scent, the collection is designed to be used for both bath and body throughout the day.

WINTER SKINCARE SWITCH-UP

Your skin needs can change with the seasons, so, what do you need to know to keep it healthy during the winter?

According to Charlotte Vølhtz, founder of Green People and organic beauty guru, top tips include:

- Don't use a heavy moisturiser at night; it could prevent your skin from ridding itself of waste. If your skin feels tight or dry, use a facial oil based on jojoba and/or rosehip, followed by a light serum, or try a night time treat containing natural fruit acids.
- Avoid harsh exfoliators, strong detergents and very hot water.
- A soft facial cloth made from ultra-fine micro-fibres is better for the skin than a rough-textured washcloth, which can cause irritation to dry skin.
- Limit alcohol and caffeine, which have a diuretic effect and can aggravate dry skin.
- Keep rooms moist, by placing bowls of water by the radiators, or use a humidifier.
- Always apply moisturiser to your face and neck with light, tapping upward motions, whilst the skin is still slightly damp. This helps lock in moisture and stimulates blood circulation.

And when it comes to products, for a nourishing cleanse, try Age Defy+ Ultimate Wonder Balm. This highly versatile multi-tasking balm is the perfect make-up melter. Enriched with 16 beauty-enhancing actives to revive and rescue dry skin, it's scented with the warm and uplifting aroma of jasmine, champak flower and orange peel.



Radiant rose

Add some gentle nourishment to your skincare regime with the latest additions to the Heritage Store range.

The cult beauty brand has revealed four new products to its skincare collection: Rosewater Moisturiser, Blemish Toner, Ancient Healing Clay, and Rosewater Cleanser.

Established in the summer of 1969, Heritage Store's founder, Tom Johnson, gave up his corporate life to open a wellness store and develop 'soul-to-skin' beauty products that promoted the mind-body connection. It was in this store that the brand's classic Rosewater was created. The products are vegan and cruelty-free.

Boost your body's defence

NEW

Floradix® Immune Support



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

A HEALTHY KICK START

As the first meal of the day, it's important to make the healthiest choices when it comes to your breakfast.

We're often told of the importance of breakfast as the first meal of the day, yet it is so easy to make it unhealthy with many of the packaged food items available that can be loaded with sugar and salt.

Indeed, research in recent years has revealed shocking levels of sugar in many cereals, and most concerningly, many of these are targeted at children.

But with some simple planning, and ensuring you keep some variety, breakfast can be a healthy yet enjoyable meal, which keeps you sustained through the day.

BREAKFAST BASICS

People have different needs when it comes to breakfasts; some like to eat early and with a hearty meal to get them going for the day, while others prefer a later breakfast and with something a little lighter. When and how much you consume is really a matter of choice as everyone's hunger levels are different, but it's important that whatever you eat isn't loaded with additives and contains ingredients that will sustain you through the day.

When choosing foods such as bread, try to go for the wholegrain varieties, rather than white, as they will be less processed and contain higher fibre. And try to make sure you're getting a balance of macronutrients, which includes protein, good fats and healthy carbs.

TRY THIS

Alara Organic Crispy Fruit Muesli

Clearspring Organic Fruit Spread Blueberry

NutraTea NutraBoost

Suma Crunchy Peanut Butter

Kallo Apple & Cinnamon Wholegrain Rice & Corn Cakes

LOOK FOR LOW GI

Low GI foods are the best choice as they release energy slowly, and so avoid the blood sugar spikes that can come with higher GI foods – this simply leaves you craving more such foods. Top of the list here is porridge, which is really low GI, and contains a soluble fibre called beta-glucan, which can help lower cholesterol. You can add fruit, honey, nuts and seeds to your porridge to really pack a health punch. Try to avoid the pre-made porridge oats as these can have added salt and sugar.

You could also opt for granola but be aware many shop bought ones can be just as unhealthy as other cereals – the best option is to make your own to ensure no added sugar and salt. There are plenty of recipes online, but the best are those using a variety of nuts, seeds, oats and dried fruit as they will contain essential fats, protein and other nutrients.

We also love overnight oats, great for slow release energy, easy to prep in advance and take with you on the go, and you can add whatever fruits, nuts and seeds you prefer for an extra health boost. Oat cakes are also a great choice topped with peanut butter, which will fill you up and add in extra protein, while wholegrain toast with avocado adds fibre and healthy fats.

DRINK UP

Some people prefer a breakfast that is a little lighter, and so juices or smoothies are a good choice. Bear in mind they will still contain a lot of calories, so aren't necessarily going to be a slimming choice, but they can be lighter on your digestion than a bigger meal.

The benefit of juices and smoothies is you can make them in advance and take them on the go, making them a convenient choice, and you can add in fruits and vegetables of your choice, along with superfoods, for a real nutrient boost. Great choices include chlorella, spirulina and wheatgrass.

And there are also some great plant-based options to add to your smoothies, such as oat, coconut, soya or hemp milks. And don't forget you don't need to overload on caffeine in the morning; wonderful herbal teas to get your day going includes those made with citrus for an invigorating drink, ginseng, and dandelion and fennel.



IMMUNE DEFENSE & ENERGY



www.newnordic.co.uk

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

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

Where to buy Multi Vegan™ Gummies?

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

ADVICE & QUESTIONS

You are always welcome to contact our New Nordic helpline at
0800 389 1255

~ INDEPENDENT ~
Health Food Stores

NATURAL LIFESTYLE'S Top Picks



OatWell™ Crispy Hearts

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



www.oatwell.co.uk



Designed for relaxation and mental wellbeing

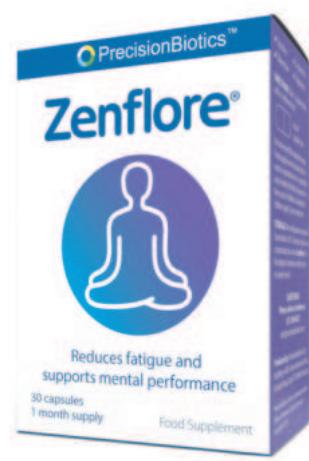
Ultimate Calm is a uniquely formulated natural botanical complex, for those modern life occasions when you are feeling under pressure or

overwhelmed. Designed to balance a worried mind, Solgar® Ultimate Calm combines two plant-based ingredients KSM-66® Ashwagandha and affron® Saffron. Rooted in the tradition of Ayurveda, Ashwagandha is celebrated for its adaptogen properties, promoting mindfulness and calm. Saffron is a potent spice that has a history of use to support emotional wellbeing and a positive mood. One bi-layer tablet is all that's needed on those days when you need a little extra support for relaxation and mental wellbeing.

www.solgar.co.uk

zenflore®

The unique live 1714-Serenitas® culture and specially selected B vitamins, helps support your mind and body during busy and demanding times. The special 1714-Serenitas® live culture in Zenflore was discovered and developed by PrecisionBiotics®, in partnership with scientists and clinicians from one of the world's leading centres of research on the microbiome and the gut-brain axis, the APC Microbiome Institute at University College Cork, Ireland. By combining this unique Bifidobacterium longum 1714-Serenitas® culture with specially selected vitamins, Zenflore helps to support mental performance and combat fatigue



www.PrecisionBiotics.com

Hormone Balance by Motion Nutrition



Find peace and calm for hectic lifestyles. Complete with three elemental sources of Magnesium, together with Vitamin C to support normal nervous system function and the reduction of tiredness and fatigue, Zinc to contribute to the normal function of the immune system and Vitamin B6 for the regulation of hormonal activity. Every ingredient in Hormone Balance is a well-researched nutrient, deeply grounded in nutritional science with excellent human clinical results and is safe for long term use. Suitable for vegans & vegetarians, no gluten and free from Magnesium Oxide.

R-peta The most researched immunity formula



For You Health has the vision of creating food supplements that can safely be taken by you and your family. R-peta is an immunity complex that provides the highest amount of L-lysine you can get per serving with B6 to ensure maximum absorption, it also includes vitamin C, bioflavonoids and 30mg of zinc. This product offers you 4 supplements in one and it's our customers' favourite! It's easy, practical and designed in the U.K. by health professionals who love wellness and high quality products. We commit to always honour our promise to design the best formulas For You.

sales@foryouhealth.uk

www.foryouhealth.uk

IS CBD FOR YOU?

CBD is hugely popular these days and can be found in all manner of products, but is it for you? We bring you all the information you need.

TIn recent years, we have seen CBD in all kinds of products arrive on UK shelves as people extol the benefits of it. But because of where it comes from – the source being the cannabis plant – there can be confusion and concern as to what it is, if it's legal and whether it can actually help you.

And it's important that you understand its functions, and where it comes from, so that you can be sure if you do choose to buy CBD, you are buying from a reputable brand, and using a product that can actually support you.

WHAT IS IT?

CBD stands for cannabidiol and is one of more than 100 compounds that can be found in the *Cannabis sativa* plant. These compounds are better known as cannabinoids.

Where the confusion can come from is people questioning if CBD is actually legal – and the answer is yes. The part that contains the psychoactive properties which make cannabis illegal is tetrahydrocannabinol, more commonly referred to as THC. For a CBD product of any kind to be legally sold in the UK, it must contain no more than 0.2 per cent of THC, although many reputable brands contain less. This means there is no risk of the psychoactive properties and therefore, CBD is not considered a controlled substance.

It is important to note that there is some regulation around CBD as it is now considered a Novel Food. This means that CBD brands must secure Novel Foods approval if their product is legally to be sold in the UK, and so doing checks of any brands you buy is important.

BUYING ADVICE

CBD can be found in so many products these days, from the most common being the oil, to vaping products, sweets and chocolate, and now bodycare. Some are better quality than others so we would advise your starting point to be your independent health food store as they will be of better quality.

If choosing the oil, you will find there are varying dosages that comes in percentages, which relates to the amount of CBD found in the oil. The advice is to start slowly and low and build up as you get adjusted to it and for your own needs.

Also look for brands that have endorsements behind them, such as having certifications including ISO 9001 standards, BRC Food Grade A, and approved by the MHRA for cGMP in API manufacture.

The benefits to gain

CBD has grown to prominence in recent years because of its varying benefits; the main one is regarding pain and inflammation as it is known to be hugely beneficial in this area.

It can also support better sleep, and ease anxiety, as it is known to be very calming. You could also try it in times of tension and stress.

Do be aware that because it is sold as a food supplement, there is regulation related to it which means it cannot make such claims about the benefits. The best approach is to speak to your health food store about your needs, and they can advise you of what's right for you.

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Start your year the healthy way

The start of a new year is great way to set some new health goals – and with a little planning, you can choose a cleanse and shape-up plan that achieves long-term wellbeing.

There's something about a new year that makes us want to make change; whether it's the end of one year leaves us feeling like a fresh start, or perhaps there's just been a little too much overindulgence at Christmas time, come January, millions of people embark on some kind of detox and slimming plan.

And while there is nothing wrong with doing such a plan – indeed, there are huge benefits to be gained – here at *Natural Lifestyle*, we would caution against extreme, faddy diets that restrict food groups, and instead, would always advocate a gentle cleanse that is balanced and sustainable.

And Dr Marilyn Glenville PhD, one of the UK's leading nutritionists and author of a number of internationally bestselling books, including *Natural Alternatives to Sugar*, agreed, explaining: "Rather than following an extreme detox plan that limits just about

every food except fruit and vegetables, it is better to have a more sensible approach that you follow for a week and still allows you to work and function well in your daily life. I would suggest eliminating wheat, dairy, sugar, caffeine, alcohol, processed foods and artificial sweeteners.

"Juice detoxing may not be the best way to do a cleanse. Juicing removes the fibre from the fruits and vegetables that help to make us feel full and satisfied. Also, any weight you lose will be lost as water and be temporary because as soon as you go back to eating normally, all the weight will go back on again. A short juice detox may give you more energy and kick start you into a healthy eating pattern, which is a good thing, but you shouldn't do a juice detox if you have any problems with blood sugar balance, for example, find it hard to go long periods without food or are a diabetic because the sugar load from the juices will be too much."

Should you detox?

The answer to this is often yes, especially because of how we live these days.

"The argument is that our bodies are quite capable of detoxifying themselves, but our diet and environment are not the same as a generation ago, when there was less pollution, more locally grown food, no convenience or fast foods and no additives, preservatives or colourings in our food. So, our bodies have to work harder all the time with this overload, so it is good to give it a cleanse," Dr Glenville explained.

Sara Gibbons, Health Coach at Good Health Naturally, added: "In our modern living environment, it is impossible to avoid at least some toxins. Whilst a healthy body can handle certain amount, when it gets overloaded, there can be problems with both physical and mental health. Stress is also a common factor in modern day living and is responsible for many problems because it both depletes the body of nutrients, as well as making it more vulnerable to toxicity. Taking time out of the normal routine to cleanse and nourish is therefore going to be beneficial for many people."

Krystina Duncan, Nutritional Advisor at FSC, added: "It's important to remember that detoxes and cleanses come in many different forms and have different meanings to different people, for some it's a strict diet that limits foods

or cuts out complete food groups, for others, it could be just cutting out processed foods and eating more plants and whole grains. Our body has its own detox system which removes toxins. If you are following a healthy lifestyle, then you will be supporting your body's natural detoxing process. However, if you eat a diet high in processed foods, binge drink and do minimal exercise, I recommend cutting back and increasing more plants, whole grains and water into your diet to aid your body's natural detoxing process."

But how do you know if you are overloaded with toxins?

Krystina pointed out: "If our body's detox system is not working optimally, you might have chronic fatigue, acid reflux, bloating, constipation, poor cognitive function, moody/depressed and dark urine, to name a few."

Ella Owen, Nutrition Advisor at Kinetic, which has brands including Nature's Answer and Garden of Life, went on: "An individual may benefit from a cleanse if they are experiencing skin issues such as spots, which could indicate their body is eliminating toxins via the skin as a result of other routes of elimination being overburdened. Those experiencing constipation and symptoms of irritable bowel syndrome may benefit from a bowel and liver cleanse."

Try this

- ★ Good Health Naturally
- PrescriptBiotics
- ★ Terranova Life Drink
- ★ Natural Health Practice Lose Your Belly Amino Support
- ★ New Nordic Chili Burn
- ★ NaturesPlus BioAdvanced Liver Support

DIETARY FOUNDATIONS

Cutting out certain foods will help your body detox, and then you want to add in supportive foods that can aid this process.

"A diet that is not limiting and provides you with a wide variety of nutrients would be the most successful for a cleanse as it wouldn't leave you low on energy, feeling hungry and less likely to want to binge when the cleanse is over," Krystina advised.

Sara went on: "When you give your body pure nutrition, the additional resources available enable a cleansing and clearing effect to occur, so both toxicity and deficiency can be addressed simultaneously. This is why undertaking a diet comprising a wide range of fresh, ideally organic, vegetables and fruit juices and smoothies can be so effective. Flooding the body with nutrients in this way enables the cells to move out debris and toxic matter."

"There are lots of ways to cleanse and clean the body, but one of the best is to flood the body with nutrition in the form of organic juices and smoothies. This might seem counterintuitive as this doesn't involve fasting or starving the body, but instead, giving plenty of nourishment in a form that is easy to digest and thus giving the body plenty of

resources to do what it does best, which is organise its own healing and repair. Another powerful cleansing support that many people advocate is fresh celery juice on an empty stomach, first thing in the morning, followed by a clean diet of vegetables and fruit.

"It's important to avoid white goods, such as white rice, flour, sugar or chemical table salt as these affect the process. Dried fruits such as figs and dates can help to clean the colon."

Ella went on: "In the winter months, many people gain from cleaning up their diet and eating habits, particularly if they have overindulged over the festive season. To begin with, this would usually involve removing 'anti-nutrients' from the diet, namely, refined sugars, artificial ingredients, fast-foods, alcohol, pasty and refined flour products. Simplifying the diet at this time of year can have a beneficial effect by enabling the body to detoxify naturally."

"In the cold, contracted winter months, it is important not to eat too much cold or raw food which could otherwise weaken your vital energy and defences. The winter is the best time for easy-to-digest soups and stews that are warming and nourishing."

Benefits to enjoy

As well as likely shedding a few pounds, there are many benefits from a detox.

"All health begins at the cellular level as cells are the building blocks of the body. We have around 75 trillion cells, and inside them trillions of activities take place in nanoseconds, all working together in an astonishing process of signalling and coordination for your optimal health. In essence, there are only two reasons why the cells of the body cannot fully perform this incredible magic. The first is due to a shortage of the nutritional raw materials the cells need. The other is due to some form of toxicity, where the damaging elements interfere with cells ability to function at full effectiveness," Sara explained.

"Granting your body an internal rest and allowing it to recuperate and recharge the batteries is a beautiful gift to give yourself. When toxins and debris are cleared from the system, the results can include brighter skin, more energy, greater mental clarity and even weight loss. It can even also help the body to heal itself!"

HELLO HYDRATION

Drinking plenty and making sure you are drinking the right things is really crucial.

"Your body is two-thirds water, and it provides the means for nutrients to travel to organs and also for toxins to be removed so it is crucial for cleansing. Water is lost through urination, respiration and sweating and symptoms of mild dehydration include joint pain, irritability, headache, tension, swollen ankles and a bloated stomach," Dr Glenville explained.

"Aim for at least one and a half litres (six to eight glasses) of water a day. It does not have to be plain water as herbal teas count towards the daily intake. If you are eating a lot of fruit and vegetables, you will not need so much extra water as these can contain up to 90 per cent water. Lemon is a natural cleanser and aids liver function, which is the 'waste disposal unit' of your body and an important organ for detoxification. Lemon also helps improve digestion so food does not sit in your digestive tract, where it can ferment and cause flatulence and bloating. By improving digestion, it helps to remove toxins out of your body more efficiently."

"As soon as you get up, drink one glass of warm or room temperature water, mixed with the juice of one lemon. It would be good to take a probiotic at the same time to improve the cleansing properties of the lemon."

Liver support

Much of what you are aiming for during a detox is to help the liver function so it can eliminate toxins. And there are certain nutrients essential for this.

Dr Glenville explained: "Your liver is your major waste disposal unit of your body, not only for toxins, waste products, drugs and alcohol, but also for hormones so it is crucial that is working efficiently. Among its many tasks are the storage and filtration of blood, the secretion of bile and numerous metabolic functions, including the conversion of sugars into glycogen, which is the form in which carbohydrates are stored in your body. It plays a vital part in metabolising fat (breaking it down properly) and it helps to use fat to produce energy."

"Herbs that help with liver detoxification include milk thistle, artichoke and dandelion. All the B vitamins are important, and they are needed by your liver for efficient detoxification. Choline and inositol are important for healthy liver detoxification and help to support liver function. Other nutrients such as zinc, magnesium and vitamin C are helpful. Glutathione supports liver detoxification across the two detoxification phases and so do the amino acids, theanine, taurine, arginine, N-acetyl cysteine and carnitine."

And Ella added: "Dandelion root is a bitter herb that is traditionally used to support the liver and gall bladder, and it may be helpful for those with a sluggish liver and can be used as part of a liver cleanse."

EXTRA SUPPORT

There are other supplements you may want to keep on hand to support your cleanse.

"Magnesium chloride flake baths or footbaths help release and pull out more toxins, and many people find them to be a soothing and nurturing part of cleansing. Furthermore, absorbing plenty of magnesium into the cells has also been shown to protect them from toxicity," Sara advised. "Psyllium husks are a good choice if the bowels become sluggish during the cleanse process."

Dr Glenville added: "Probiotics are important for your general health, but they also improve detoxification. One of their major benefits, especially for women, is that they help to control an enzyme which causes 'old' hormones, specifically oestrogen, to be re-circulated instead of being eliminated. This is crucial for women with oestrogen dependent conditions such as endometriosis, fibroids and breast cancer."

Ella added: "Fibre is fundamental to a successful detox and foods that support this include milled seeds and chia seeds, as well as prebiotic foods such as acacia fibre. Triphala is traditionally used for gentle cleansing and detoxification, for promoting regularity, and for optimal digestive health. Many micronutrients, vitamins and minerals are needed for effective detoxification via the liver. These include B vitamins, vitamin B12, zinc, selenium and vitamin C."

She also suggested chlorophyll-rich foods such as wheat grass and barley grass as they may support the body detoxing heavy metals and environmental toxins.

NATURAL LIFESTYLE'S Top Picks



Apple Cider™ Gummies

Introducing first ever vegan Apple Cider™ Gummies New Nordic is now launching a vegan-friendly gummy variant of the popular Apple Cider™ supplement that suppresses your appetite, helps your digestion – and can also assist with mild and healthy weight loss. These delicious gummies are the only ones on the market that contain a unique combination of natural ingredients with the taste of apple and without artificial coloring. They're also a great alternative for people who have trouble swallowing pills.

www.newnordic.co.uk



Goli Apple Cider Vinegar Gummies

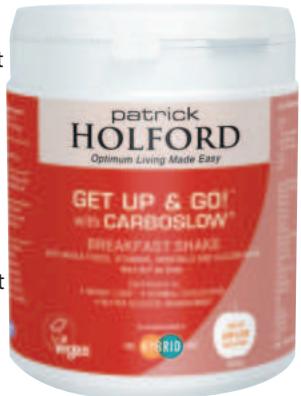
What is so unique about this product? Well, as the Goli team say: 'Taste the Apple, NOT the Vinegar.' With these gummies, you can enjoy all of the benefits of Apple Cider Vinegar without the downsides of drinking it. Goli is an excellent and easy way to incorporate Apple Cider Vinegar into your daily routine. These supplements can help you relieve digestion issues, experience more energy, watch your skin clear up and feel as your body detoxes with Goli Gummies.

www.blukoo.com

Get Up & Go

This delicious, nutritious breakfast shake is a combination of vitamins, minerals, essential fats, protein & fibre, and is designed to be mixed into a tasty shake with milk and berries - a healthy start to your day. This new version, formulated by pioneer nutritionist Patrick Holford, includes glucomannan for healthy weight management and chromium and inulin for better blood glucose management. It's one of a range of products that support the health focus of Patrick Holford's 5 Day Diet which promotes switching between a 'slow carb' maintenance diet and a five day 'high fat' ketogenic diet. Suitable for vegans.

www.holfordirect.com



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For more information visit www.thegoodguru.com or contact at 020 8773 7830



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Cinnamon and Chromium are helpful to support the New Year detox, as both may help balance blood sugar levels and control sugar cravings. It is recommended before meals. 180 vegetable capsules. Suitable for vegans.

www.goodhealthnaturally.com

Natural woman

This month, we look at a number of health issues which are more common in women and some of the natural solutions to treat them.



Yeast away

Yeast infections can blight your life and can be difficult to treat and often reoccur.

Candipure is a new supplement which makes your body inhospitable to the *Candida albicans* yeast overgrowth.

Just one capsule a day can keep yeast at bay!

Burning issue

Cystitis is one of the most common bacterial infections and you're 10 times more likely to suffer if you're a woman.

Bladapure works as both a preventative and rapid treatment for bladder infections, with online reviews hailing it as a lifesaver.



Cramping your style

Stomach cramps during periods are the most common annoyance but issues such as IBS and the menopause can also cause cramping.

The penetrating heat of a natural cherry stone pillow can bring instant relief as it moulds itself to your tummy.



Iron up

Women are much more likely to suffer with iron deficiency, which often leads to some reaching for a sugary energy drink, which can mask tiredness and could point to a deficiency.

Iron Vital F is a tasty and highly absorbable natural iron and vitamin supplement, which won't cause constipation. Dosage can vary depending on your life stage so there's a useful guide to dosage.

Ask the experts

NOURISH YOUR MOOD...

by Kim Plaza

How much of a role can our nutrient levels have on our mood?

Our mood is governed by a whole range of different factors, including the level of nutrients that we consume in our diet. Many different types of nutrients are involved in building mood-related hormones, supporting concentration and regulating stress-related hormones. Vitamin D, for example, is important for many processes within the brain and is required for supplying the body with the happy hormone, serotonin. Vitamins B6 and B12 are also important for supplying mood-related hormones, such as noradrenaline and dopamine, whilst zinc helps to support calming brain chemicals, concentration and learning, which can often be affected if our mood is low.

Many people who are diagnosed with depression show lower levels of these nutrients within their blood, therefore, obtaining them through diet or supplements could perhaps be an easy and simple way to support mood.



Can you suggest a healthy diet and lifestyle to maintain mood?

Evidence suggests that following a Mediterranean-style diet may be beneficial for supporting mood as it provides us with a great range of different nutrients and low levels of sugar (high sugar diets may lead to poor sugar balance and mood swings).

Try consuming a range of colourful fruit and vegetables (B vitamins are found in many leafy greens), as well as wholegrains and oily fish. Additionally, drinking plenty of water is also important for mood regulation, so try a range of herbal teas, hot water with fresh fruit or just straight still or sparkling water.

Gut bacteria have also been suggested to play a role in our mood, so try traditionally fermented foods or supplements to keep topped up with beneficial species. There are

also a range of lifestyle habits to try; walking in green spaces, writing your thoughts in a journal, chatting with positive people, as well as good sleep hygiene.

Why are B vitamins particularly important and should we be adding in a supplement?

B vitamins belong to a group of water-soluble vitamins, which means that they need to be consumed each day and are not stored in the body. To ensure that we get sufficient levels of B vitamins, supplementing may be easier for some, although this is not always necessary as long as a balanced diet containing vitamin B-rich foods is consumed, such as leafy greens, lean meat, fish, legumes, eggs, nuts and seeds.

Q

What can I do naturally to look after my skin when it feels drier during the winter?

Meghna Patel suggested: Weather can have a huge effect on our skin. Cold wind chill factors and central heating can be harsh on the skin and cause skin problems, often irritating the delicate exposed areas of skin on our face and hands. Skin becomes more vulnerable to dehydration and sensitivity. The incidence of dry skin, eczema, psoriasis, dermatitis and often rosacea tends to increase during the winter.

Wash in moderation. Eczema, psoriasis and dermatitis generally hate water and over washing can dry the skin. Do not have water too hot and do not soak in the bath for long periods. Short, tepid showers are best and be careful to pat dry and never rub delicate areas.

When moisturising, pay extra attention to lips and under the nose. Lips

are often one of the first areas to suffer from this during the winter months and can get chapped and inflamed. An increase in the incidence of the common colds and the repeated blowing and wiping of the nose and immediate areas only exacerbate this problem.

In winter, hands can get dry, chapped and cracked very easily so use an intensive hand cream each night before bed to give skin a chance to heal and keep it supple. Remember to wear gloves when it is cold outside and when washing up.

Dry skin affects the whole family so make sure you have plenty of good quality moisturisers to hand for daily use after showering, plus natural moisturising lip balms that are easy to keep in jackets. It is also important to keep very well hydrated so drink plenty of water. Hot water with lemon and ginger can be a more enjoyable way to maintain your water intake whilst keeping warm in winter!

About the experts



KIM PLAZA is a qualified Nutritional Therapist, having graduated at Masters level. She holds a BSc (Hons) in Health, Nutrition and Fitness, and is registered with the British Association for Nutrition and Lifestyle Medicine and listed on the Complementary and Natural Health Care Council's approved accredited register. Kim is Technical Advisor at ADM Protexin, which has the Bio-Kult and Lepicol brands.



SUSIE DEBICE is a Food Scientist and Nutritionist working with Abundance & Health, UK and EU manufacturers of Neurient D3+K2 vegan oral spray.



MEGHNA PATEL is the founder of Mahi Naturals distribution company, which source and import award-winning beauty and personal care brands into the UK, including Hope's Relief skincare for dry skin and eczema.



ADRIENNE BENJAMIN is a Registered Nutritionist and Marketing Manager at ProVen Probiotics and is committed to understanding (and sharing) the ways in which the gut and the microbiome support health.

What is a naturopathic diet?

The College of Naturopathic Medicine (CNM) explains how naturopathy can support your health.



An naturopathic diet is a highly nourishing diet that supplies the body with all the nutrients needed for health, growth and longevity. It's free from harmful substances and focuses on optimising the digestion of food, absorption of nutrients and supporting detoxification processes.

The principles of a naturopathic diet are:

- Eat fresh, organic wholefoods that are in season and sourced locally.
- Consume a wide range of plant-based foods, including vegetables, fruit, culinary herbs and spices, whole grains, seeds (sprouts), nuts and legumes. The more colours the better. Plant foods provide an abundance of powerful vitamins and minerals.
- Only eat organic, grass-fed meat, poultry or game. Meat is highly acidic so limit your intake to once or twice per week. Fish is fine to eat but ensure it's wild caught and not farmed.
- Include a good quality protein at each meal to balance blood sugar levels and keep you satiated. Plant-based protein sources include lentils, quinoa, pumpkin seeds and buckwheat.
- Healthy fats are essential, especially omega 3 fatty acids from wild-caught oily fish, flaxseeds and chia seeds. Omega 3 fats form a vital part of cell membranes, and also support brain function and mood, improve heart health and decrease inflammation.
- Ensure you drink sufficient filtered or spring water as water is needed to regulate body temperature, transport nutrients, remove wastes, nourish joints and cartilage and provide fluid for the production of bile to support digestion.
- Fast regularly to allow the digestive tract to rest and replenish and direct energy to other parts of the body to heal and repair. Fasting also promotes healthy weight management and prevents overeating.
- Avoid over-heating foods (grilling, frying, boiling) as it destroys the nutrients in foods. Instead, opt for steaming vegetables and use steam sautéing rather than frying with oil.
- Avoid cooking with oils where possible as some oils, such as vegetable oils, become toxic when heated. The preferred cooking oil is coconut oil due to its stability when heated. Other alternatives when cooking at low temperatures include extra virgin olive oil and avocado oil.
- Foods and beverages to avoid include:
 - Junk foods are highly processed foods that are devoid of nutrients and often contain genetically modified ingredients, artificial colourings, sweeteners, pesticides and chemical additives.
 - Damaged oils and fats (also known as trans fats) including margarine, fried fast food, commercial baked goods and refined or overheated oils. The oils promote inflammation and an increased risk of heart disease, cancer and other chronic health issues.
 - Refined sugars and artificial sweeteners. Most artificial sweeteners are cancer-promoting and can be toxic to cells in the nervous system.
 - Table salt is highly refined and contains traces of toxic compounds. Opt for rock salt, sea salt or Himalayan salt in small amounts.
 - Processed cows' dairy is difficult for many people to digest, and it contains high amounts of a chemical called insulin-like growth factor, which is linked to acne and increased risk of certain cancers. Nut milks, oat milk and coconut milk are better options.
 - Soya (unless organic) is often genetically modified, and it contains certain compounds that make it difficult to digest. Only eat fermented soy products, such as tempeh.
 - Coffee (including decaffeinated) as the roasting of the beans and the decaffeinating process produces toxic compounds which are harmful to the body. Caffeine impairs sleep and taxes the adrenal glands.
 - Alcohol is a toxin that damages cells, especially in the nervous system and places extra load on the liver's detoxification processes.

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CNM teaches the importance of a naturopathic diet that encourages the use of whole, organic and seasonal plant-based foods prepared and eaten in a way to ensure maximum nutrient absorption and optimal health.

Download the full Naturopathic Diet

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Ask the experts

HOLISTIC SHAPE-UP PLAN...

by Susie Debice

What supplements are important for a New Year shape-up plan?

After a festive season of wining and dining in true 'all the trimmings' style, your New Year waistline, energy levels and motivation may be in drastic need of a shape-up. With keto diets proving to be an easy way to melt fat, power up the grey matter and relaunch your energy, it's time to ditch those carbs and enlist a New Year wellness strategy that uses fats for fuel.

All wellness and weight management protocols have a better chance of success when coupled with nutritional supplements that help you overcome the common challenges of hunger, cravings and fatigue. Here's how MCT powder, hydrolysed collagen peptides and buffered vitamin C can help you get your New Year off to a healthy start.

Everyone is buzzing about MCT powder, which supports any ketogenic, low carb high fat (LCHF) and intermittent fasting protocols. Medium chain triglycerides get rapidly absorbed and readily converted into ketones, an alternative source of energy for body and brain cells when glucose is unavailable. MCT powder is the supplement for helping fast track your body into the fat burning zone. Timing is crucial, so use MCT powder in your morning routine with a keto style bulletproof coffee (or tea) to make those first few hours of your morning really count.

What's so special about hydrolysed collagen peptides?

The key to successful dieting is knowing what to recommend when hunger pangs threaten to sabotage progress. Time to introduce you to hydrolysed collagen peptides. Look for a product with a molecular weight of 2000 Daltons for fast, effective nourishment to help you feel fuller for longer – it is tasteless, odourless and easily dissolves into hot drinks, water, smoothies and bone broth.

These nourishing proteins don't just distract you from snacking but they also add the glow factor to your New Year.

And why is vitamin C also important at this time?

Taking vitamin C is essential for your dieting mood and mindset. Vitamin C is quickly depleted during times of stress and indulgence (sound familiar for Christmas?). Since the body can't make or store vitamin C, a daily dietary supply is essential. Dieting can be stressful and fatigue, energy dips and mood swings can quickly mean that you end up abandoning your new wellness strategy before you've made real progress. Which is why vitamin C is a New Year hero.

Buffered vitamin C helps to reduce tiredness and fatigue, support energy-yielding metabolism, support normal physiological function and protect cells against oxidative stress. With vitamin C on your side, you'll be more likely to feel energised and remain positive as you make necessary changes to your diet and lifestyle.



Q How much of a role does my digestive health play in my weight and how can probiotics help?

Adrienne Benjamin explained: Our gut microbiome is key to digestive health and comprises trillions of bacteria that perform a variety of functions, including supporting digestion and nutrient absorption, helping to regulate metabolism and supporting energy production. An imbalance in this bacteria causes what is known as dysbiosis, which involves lower levels of beneficial bacteria in the microbiome and thus impacts the above functions. Research has shown that there is a link between dysbiosis and weight and obesity.

Probiotics (friendly bacteria) have been shown to support the balance of bacteria in our gut microbiome, adding to the communities of beneficial bacteria and helping to crowd out the potentially pathogenic species to prevent dysbiosis. They have also been shown to impact specific processes required for digestion, such as bile and cholesterol excretion.

While some strains of bacteria have been found more often in people with a healthy weight and at lower levels in those who are overweight, there are no specific 'weight loss' bacteria that ensure weight loss. Research has shown, however, that probiotics help to maintain diversity in our microbiome and optimal function of our digestive system and can help to support our energy levels and to ensure our digestion, detoxification and elimination pathways are functioning well, all of which contributes to healthy weight.

Two recent studies showed that when probiotics were taken daily for between three and nine months, with no other changes in lifestyle, the participants continued with their existing diet and activity levels and lost weight, particularly around their waist.



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JOIN THE PLANT-BASED MOVEMENT

Be inspired to take the Veganuary challenge to eat plant-based during January with these tips from our experts.

January is now synonymous with the annual Veganuary campaign as thousands of Brits try their hand at a plant-based lifestyle for a month. Making such a transition can seem daunting at first, given there are many foods you can't consume. But soon, and with a little planning, you will discover a wonderful world of healthy foods, good for you and for the planet.

Toni Vernilli, Head of Communications at Veganuary, advised: "Ease yourself in. There is no need to reinvent your whole eating habits. If you like a sausage sandwich, have one – just make sure the sausages are vegan. If you want ice cream, go ahead. There are dozens of different delicious flavours out there. You can have almost everything you had before in a vegan version, so just switch like for like. Once you're feeling more confident, branch out and start exploring new foods, flavours and textures."

"And be kind to yourself. Everyone makes mistakes. Whether you ate something non-vegan accidentally or simply gave in to temptation, it's OK. It doesn't mean you are no longer vegan; it just means you are human! Chalk it up to experience and move forward."

Maria Dawson, Director at Clearspring, added: "Shoppers who are looking to make their diets more sustainable and plant-based need not do it all at once, if they feel it is too much of a drastic change. Even reducing the amount of meat an individual consumes and increasing fruit, vegetables and plant-based products can help to make a difference."

CHECK THE LABELS

Vegan foods that are certified will generally be labelled as such, but it's really important you get familiar with checking labels.

"There are many different vegan certification schemes and products that have been registered with them will have a symbol on the packaging, usually quite prominently. Many companies also make their vegan products clearly with the word vegan or Ve," Toni advised.

"When you need to read the ingredients, milk, eggs and seafood are usually listed in bold as these are common allergens, so this makes it easier to avoid them. Sometimes, people are confused by labelling that says 'May contain milk/eggs'. This product recipe will be plant-based but it is either made in the same factory or on the same equipment as products with animal ingredients, so this label is needed for people with severe allergies to those ingredients. If you are avoiding these ingredients for ethical or general health reasons, then these products are fine to eat."

And Maria went on: "It is always a good idea to check the label and ingredients to be sure there are no ingredients used which are not suitable for vegans. There have been some cases in the news where brands have launched a vegan-branded product but have added a precaution on the back in small print, such as 'may contain dairy', which is why checking the label is important."

"You should also look out for the vegan logo on pack. We are members of the Vegan Society UK and many of our products carry the logo to give shoppers the added assurance that our products are suitable for vegans and approved by the Vegan Society UK."

WHY VEGAN?

More and more of us are trying plant-based, whether fully turning vegan or choosing to cut our consumption of animal products. But what can you gain from it, and why are so many choosing to try veganism?

"I think it's a combination of factors," Toni commented. "We know a lot more now about the role animal agriculture plays in climate change and most people accept that we need to at least reduce our consumption of animal products. People are also more aware of the way animals are farmed and most people disapprove of the unnatural and overcrowded conditions most farmed animals live in. And there are so many delicious and easily accessible vegan options available now that if you are concerned about the planet or animal welfare, it is much easier to stop eating animal products than it ever has been."

Alex Smith, Founder of Alara, which has vegan products, added that the pandemic appears to have made more of us look to veganism.

"The pandemic shed a light on the climate emergency and how fragile society and supply chains are. We have also become more aware of the link between health, food and environment and are now looking for food and drinks that are both good for health and also good for the planet," he advised.

"Linked to this there has been a reduction in the amount of meat in people's diet as they are more conscious than before about the impact of meat production on the climate emergency. Plant-based foods have been proved to be not only better for our health but also for the health of the earth."

Let's look in greater detail at the benefits, and this ranges from the planet to our own health.

Toni pointed out: "Research is increasingly showing the link between what we eat and damage to our

planet. Animal farming is a leading emitter of climate-changing gases. It provides us with just 18 per cent of our calories and yet is responsible for 60 per cent of agriculture's greenhouse gas emissions. Oxford University research shows that plant foods – including nuts and soya – have a far less damaging impact than animal foods. The lead researcher concluded that becoming vegan was 'the single biggest thing' a typical consumer could do to help protect the planet.

"Because it requires so much more land than is needed to farm plants, animal agriculture is also a key driver of deforestation. Huge swathes of trees are cleared to make way for animals to graze or to grow crops to feed to animals on intensive farms. The animals who once lived in the forest must flee or die out. Animal farming is also responsible for much air, soil and water pollution, including causing or exacerbating ocean dead zones. These are areas where there is so little oxygen, nothing can survive."

She went on: "Fish are scooped out of the ocean in their billions and fed to farmed animals including fish. And most of the plastic found in the Great Pacific Garbage Patch actually comes from abandoned fishing gear. Consuming animals contributes to this pollution and our oceans dying."

"Decades of research links our diets to a whole array of health conditions, and suggests that vegans suffer less from heart disease, type 2 diabetes and some cancers. But our participants also report improvements in more everyday health concerns after eating vegan for 31 days. Of our 2021 participants, 49 per cent reported increased energy levels, 46 per cent saw improvements to their mood, 38 per cent had a desired change in body weight and 38 per cent saw improved skin appearance."

VEGAN WITH EASE

Making some simple switches to your everyday products is a good place to start, and these are readily available in your health store.

In terms of the top recommended vegan ingredients, Toni suggested: "Plant milks, dairy-free margarine or butter and vegan yogurts are all key ingredients as you can just replace them like for like in most dishes without missing dairy at all. I also love tofu because it is so versatile. The texture changes depending on how you cook it – fry, bake, blitz – and it is a blank canvas that absorbs whatever flavours you add to it so you can use it in curries, stir fries, pasta dishes, salads, savoury pies and smoothies."

"A good vegan mince is also invaluable as it can be used in so many dishes – lasagne, chilli, shepherd's pie, spag bol, tacos – literally any dish where you would use minced beef. As with tofu, the flavour comes mainly from the spices you add so you can customise to your tastes and even change it up every time you make a dish."

Meanwhile, Maria suggested: "All of Clearspring's products are vegan friendly, meaning plant-based shoppers can buy any Clearspring product with confidence. There are a few products in our range which are particularly popular amongst vegan shoppers, including our Organic Silken Tofu, Soya Mince and Soya Chunks, our Coconut Range including Coconut Milk, Jackfruit, Noodles, Miso and Sea Vegetables range amongst many others."

And Alex pointed out that being involved in Veganuary is a great introduction to plant-based.

"Here at Alara, Veganuary is one of the key campaigns of the year as all of our cereals are plant-based. Many cereals in the market still contain dairy ingredients or honey and are therefore not suitable for vegans. Also, Veganuary is the first month of the year when everybody tries to be healthier and change their diets. Many may join the vegan movement just for the month and then go back to their diets, others may not completely switch to a vegan diet but will increase their intake of plant-based foods and some will completely stop consuming animal products," he explained.

Try this

- ★ Organic Organic Vegan Fajita Strips
- ★ Terranova B-Complex with Vitamin C
- ★ Ecoleaf by Suma Multi-Surface Cleaner
- ★ Fair Squared Green Tea Shower Gel

Your guide to vegan nutrition

Discover the nutrients you need when following a vegan diet, and the ingredients to avoid.

If you follow a vegan diet, you need to be aware of certain nutrients that can be lacking through plant-based options. And while it is easy to top them up through certain foods, in many cases, supplements are advised.

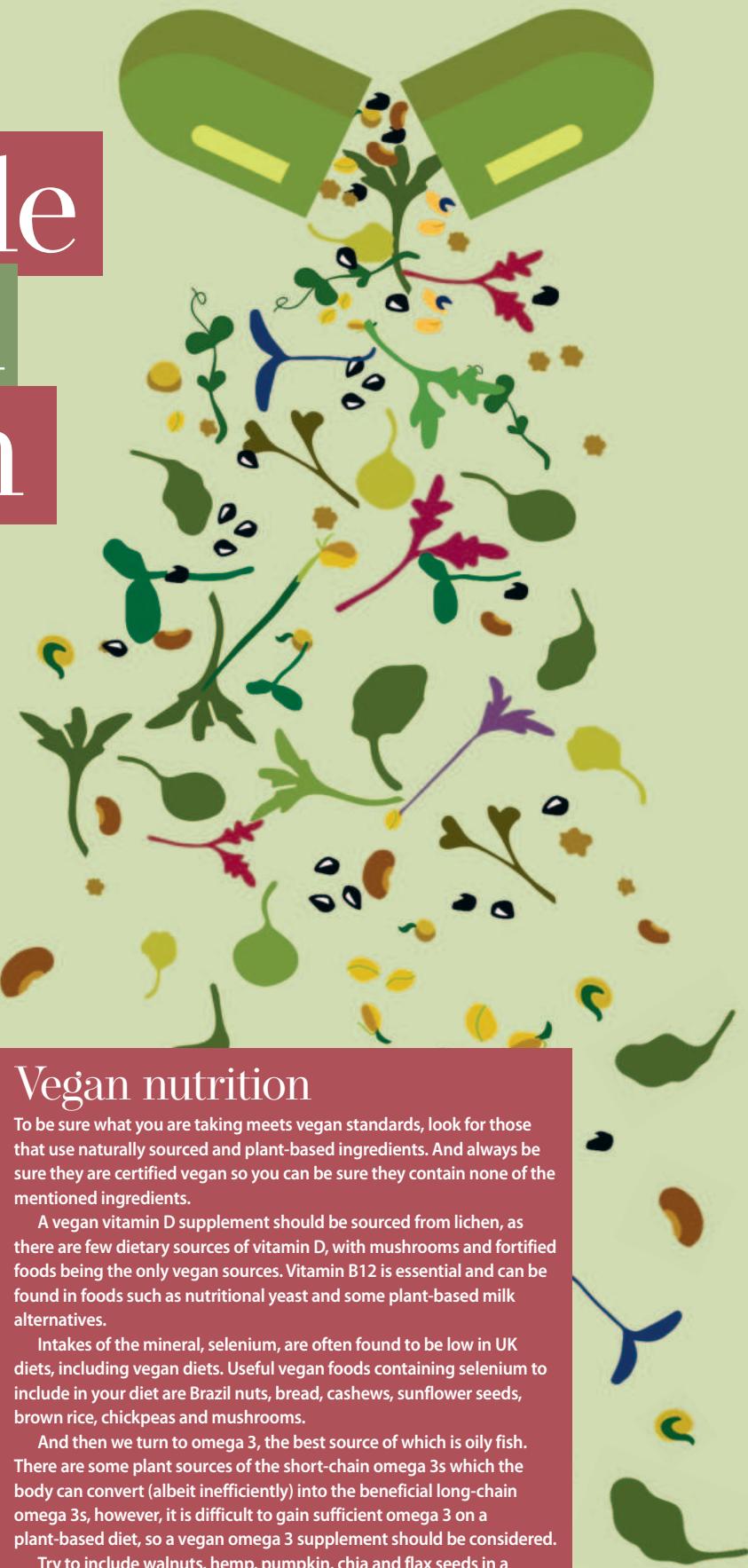
But knowing what you need and how you can make sure any supplements you buy are made to vegan standards can be tricky if you don't know what to look for.

Ingredient watch

Certain animal ingredients are commonly used in supplements, and this includes pig stomach linings, boiled sheep's wool, and shellfish cartilage and are often included as active ingredients or bulking, binding or colouring agents in tablets and capsules, alongside other nasties such as talcum powder and titanium dioxide.

Key ingredients to be aware of include:

- **Gelatin** – a very common additive often found in supplements, it is usually used as a coating ingredient for tablets or filler in capsules and gels. And its source? From boiling the hooves, stomach, ligaments, tendons and tissue linings of cattle and pigs!
- **Lanolin** – the most common source of vitamin D on the high street is sourced from boiled sheep's wool. It is extracted by washing the wool in hot water with detergent before centrifugal separation or solvent extraction. This form of vitamin D is commonly used in supplements as it is cheaper than the vegan form, which is from algae.
- **Collagen** – another very popular supplement, in particular, in many hair, skin and nail supplements, collagen is a fibrous protein found in the connective tissues of animals, normally cows or fish.
- **Magnesium stearate** – a very common form of magnesium used as a filler or coating in tablets and capsules and often found in multivitamins. It is a fatty acid normally derived from pork but can also be found in chicken, beef, fish and milk.
- **Glucosamine and chondroitin** – often taken for osteoarthritis, joint pain and used in skin creams, they occur naturally in connective tissues of humans to help protect cartilage. For supplements, they're derived from shellfish and shark's cartilage respectively. Check your supplements to see if they contain shark cartilage as there are many other options that are cruelty-free.



Vegan nutrition

To be sure what you are taking meets vegan standards, look for those that use naturally sourced and plant-based ingredients. And always be sure they are certified vegan so you can be sure they contain none of the mentioned ingredients.

A vegan vitamin D supplement should be sourced from lichen, as there are few dietary sources of vitamin D, with mushrooms and fortified foods being the only vegan sources. Vitamin B12 is essential and can be found in foods such as nutritional yeast and some plant-based milk alternatives.

Intakes of the mineral, selenium, are often found to be low in UK diets, including vegan diets. Useful vegan foods containing selenium to include in your diet are Brazil nuts, bread, cashews, sunflower seeds, brown rice, chickpeas and mushrooms.

And then we turn to omega 3, the best source of which is oily fish. There are some plant sources of the short-chain omega 3s which the body can convert (albeit inefficiently) into the beneficial long-chain omega 3s; however, it is difficult to gain sufficient omega 3 on a plant-based diet, so a vegan omega 3 supplement should be considered.

Try to include walnuts, hemp, pumpkin, chia and flax seeds in a vegan diet and use rapeseed oil in cooking as these provide plant sources of omega 3 fatty acids.

Reader offer

Gut Works is DR.VEGAN's advanced formula of clinically studied gut-friendly bacteria (pre and probiotics) providing daily support for your gut, digestion and immune health, and relieving symptoms of IBS. Gut Works combines six strains at their optimal levels, providing 50bn CFU, including *Lactobacillus acidophilus*, *Casei*, *rhamnosus*, *Plantarum*, *Bifidobacterium* and *Streptococcus*, with inulin and psyllium husk, making it the go-to daily supplement for optimal gut health. Natural Lifestyle is offering readers the chance of winning one of five. See page 30 to enter.



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NATURAL LIFESTYLE

Giveaways

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



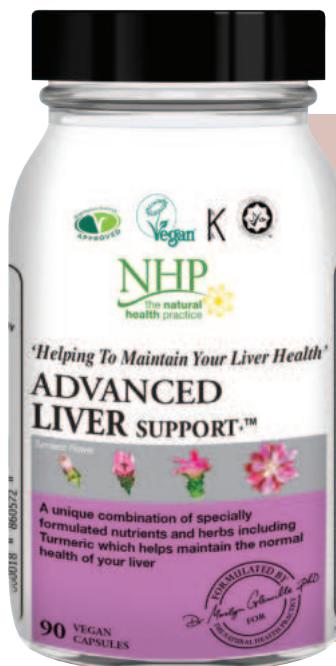
NUTRATEA BUNDLE

Natural Lifestyle has teamed up with NutraTea to offer readers the chance of winning one of two bundles comprising three of its unique herbal blends: NutraVision, NutraLust, and NutraJoint. NutraTea specialises in herbal remedy teas that have been formulated by pharmacists and nutritionists to target specific health issues. Utilising 100 per cent natural and active botanicals that have been sustainably sourced worldwide, each tea bag can be reused up to three times throughout the day.



PROVACAN CBD

Holiday season always stirs up a lot of mixed emotions and that's without mentioning the January blues. This year, you can sail through it with the Provacan CBD Premium Gold range by your side. There to support you at every step, Provacan is one of the UK's most established CBD brands, powered by cannabis healthcare company, CiiTECH. And *Natural Lifestyle* is offering readers the chance of winning one of three bundles, each containing one Premium Gold CBD Oil 600mg, one Premium Gold CBD Balm 300mg and one Premium Gold CBD Gummies 100mg.



NATURAL HEALTH PRACTICE ADVANCED LIVER SUPPORT

Advanced Liver Support is a unique combination of 24 nutrients and herbs to help you restore your liver health, improve detoxification and support the effects of alcohol withdrawal. Your liver is the major waste disposal unit of your body, not only for toxins, waste products, drugs and alcohol. It includes milk thistle, artichoke and dandelion and *Natural Lifestyle* is offering readers the chance of winning one of 10.

TIME HEALTH PREMIUM SAFFRON COMPLEX

More than just a spice, saffron acts as a relaxant and is popular for its ability to improve mood and sleep, while helping to relieve symptoms of stress. Affron saffron is widely regarded as some of the highest quality in the world, having undergone three separate clinical studies that demonstrate its positive benefits. Time Heath's formula is boosted with choline, quercetin and omega 3 for additional cognitive support. Free from additives, *Natural Lifestyle* is offering readers the chance of winning one of five.



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, Ugly Green, Bishops Stortford CM22 6HJ. Closing Date: February 1, 2022. Or you can enter online – visit www.mynaturallifestyle.com

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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 bear 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

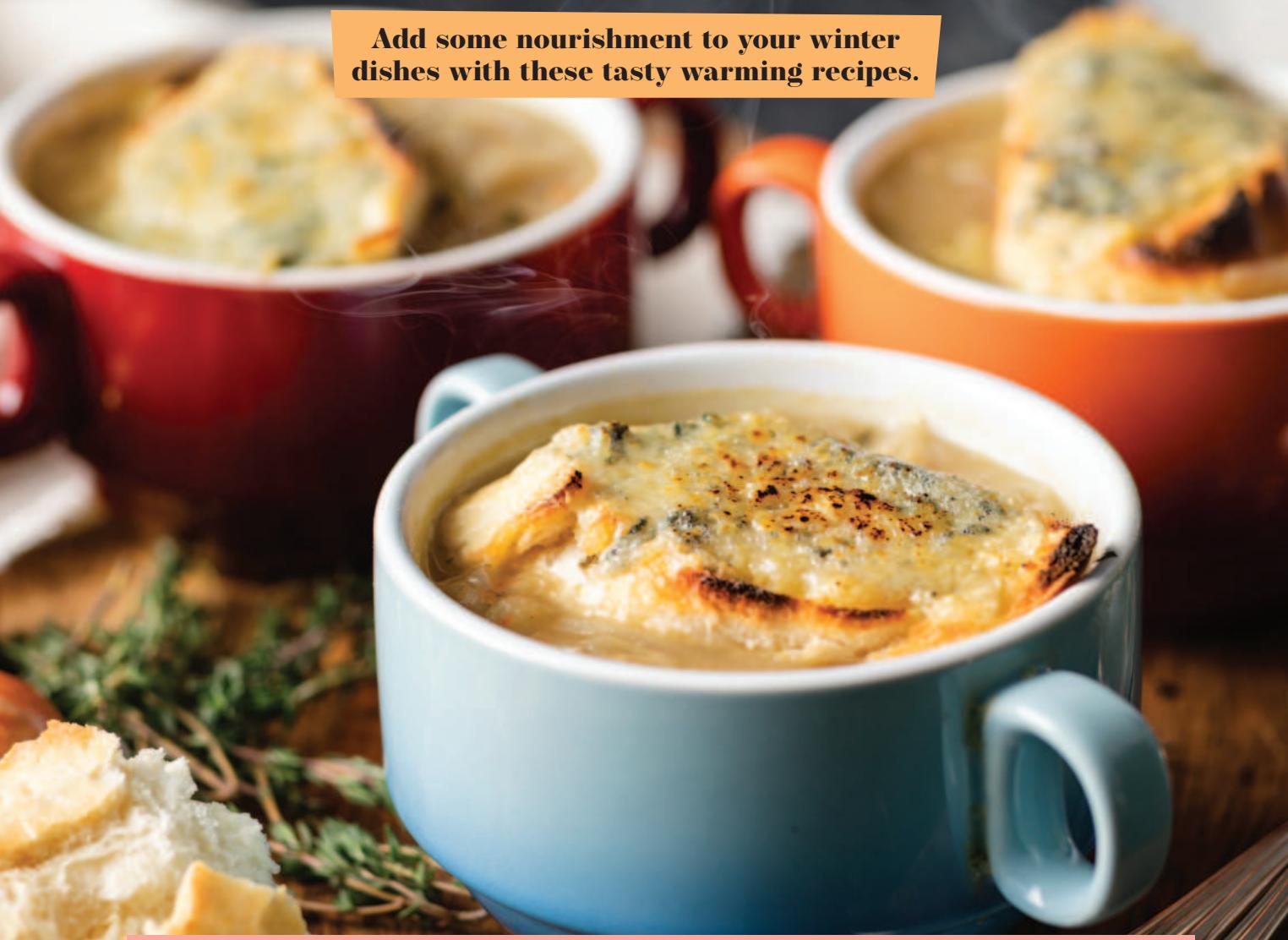
"I've been taking Syno-Vital for about 6 months now, I'm amazed by how young looking my skin appears, I look younger than ever! I've been suffering with stiff joints over the past few years, but I can now bend my elbows and knees much easier without pain. I'd recommend Syno-Vital to all my friends and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

Liz Parkin, Huddersfield



Winter warmth in the kitchen

Add some nourishment to your winter dishes with these tasty warming recipes.



'French' shallot soup Serves 6

Swapping onions for shallots in this take on the classic French soup results in a perfect balance of sweet and savoury. If making for vegetarians, make sure to use a vegetarian friendly brand of Worcestershire sauce.

Preparation time: 15 minutes

Cooking time: 50 minutes

Ingredients:

- 3tbsp salted butter
- 1kg round shallots, peeled and thinly sliced
- 2 cloves of garlic, finely chopped
- 1tsp brown sugar
- 2tbsp fresh thyme leaves
- 2tbsp fresh sage, chopped
- 2tbsp plain flour
- 250ml dry white wine
- 1l vegetable stock
- 1tbsp Worcestershire sauce
- 2 bay leaves

• 1 pinch of salt

• 1 pinch of black pepper

• 6 slices of baguette

• 100g grated Gruyere cheese

• 100g crumbled blue cheese

Method:

- Melt the butter in a large soup pot over a medium-high heat. Add the shallots, garlic and brown sugar. Cook for about 20-25 minutes, stirring frequently, until softened, deep golden in colour and caramelised. Add the thyme and sage and continue cooking for another three to five minutes.
- Reduce the heat to low and add the flour to the pan. Stir for one to two minutes. Add the wine,

stock, Worcestershire sauce, and bay leaves.

Increase the heat to medium-high and return the soup to a simmer for 10 minutes. Remove and discard the bay leaves. Season to taste with salt and pepper.

• Preheat the grill to high.

• Ladle the soup into oven safe bowls. Add a slice of bread to each and top evenly with each cheese. Place each soup bowl on a baking sheet and transfer to the oven, grill until bubbly and golden brown, three to five minutes.

• Alternatively, grill the bread topped with the cheese on a baking tray and remove once golden. Place a slice on top of each bowl of soup.

• Recipe courtesy of ukshallot.com

Spiced beetroot and apple muffins with crunchy hazelnut topping

Makes 12

Preparation time: 10 minutes

Cooking time: 20-25 minutes

Ingredients:

- 275g self-raising flour
- 1tbsp baking powder
- 2 heaped tsp ground mixed spice
- 1tsp ground cinnamon
- 2 large eggs
- 125g unsalted butter, melted
- 60g caster sugar
- 100ml milk
- 250g natural cooked beetroot, grated coarsely**
- 2 (small to medium) dessert apples, cored (total weight approximately 250g uncored) and grated coarsely**

For the hazelnut topping:

- 75g self-raising flour
- 1tsp ground mixed spice
- 40g unsalted butter, cut into little cubes
- 75g demerara sugar
- 75g blanched hazelnuts, roughly chopped

Method:

- Line a 12 hole muffin tin with paper cases. Preheat the oven to 220°C or 200°C (if using a fan oven).
- Sift the flour, baking powder and spices into a large mixing bowl. In another mixing bowl whisk together the eggs, melted butter, sugar and milk. Pour into the flour and mix very lightly - don't worry if it looks lumpy. Finally, gently fold through the grated beetroot and apple and spoon into the muffin cases.
- To make the topping, stir the mixed spice through the flour, then add the butter, sugar and nuts. Rub between your fingers and thumbs until crumbly and well mixed. Sprinkle evenly over the muffins.
- Bake in the oven for 20-25 minutes until golden brown and springy to the touch.

• Recipe courtesy of
www.lovebeetroot.co.uk

**Make sure you grate the beetroot and apples coarsely and not finely as if grated finely, they will release too much liquid, which will affect the consistency and cooking time of the muffin mix.





Shallot and mushroom white lasagne Serves 4

You won't be missing the meat in this veggie winter warmer.

Preparation time: 25 minutes

(10 minutes for resting)

Cooking time: 1 hr 5 minutes

Ingredients:

For the lasagne:

- 6 round shallots, quartered
- 1 carrot, peeled and finely chopped
- 2 sticks of celery, finely chopped
- 2tbsp butter
- 1kg mixed mushrooms, sliced
- 4 garlic cloves, minced
- 2tbsp oregano
- 4 sprigs fresh thyme
- 175g lasagne sheets
- 225g mozzarella, grated
- 50g Parmesan

For the bechamel sauce:

- 50g butter
- 2 round shallots, finely chopped
- 2 cloves of garlic, finely chopped
- 50g plain flour
- 750ml whole milk
- 1tsp Dijon mustard
- 200g Parmesan
- Salt and black pepper, to taste

Method:

- Preheat the oven to 180°C.
- In a large pan, fry the shallots, carrot and celery in the butter, until soft. Add 800g of the mushrooms, the garlic, oregano and thyme and cook until golden. Put to one side.
- Start the bechamel by heating the butter in a saucepan until melted and add the shallots and garlic. Cook until soft and then add the flour. Cook stirring rapidly for three to four minutes.
- Add the milk and whisk until smooth and thickened. Add the mustard, then mix in the Parmesan and season well with salt and black pepper.
- Assemble the lasagne by spreading half of the mushrooms in the base of the dish, then a third of the cheesy bechamel. Top with a layer of pasta sheets and a third of the mozzarella. Repeat these layers, and finish with a final layer of the bechamel, mozzarella and Parmesan.
- Bake for 20-25 minutes until the top is golden brown.
- While the lasagne is cooking, spread the remaining mushrooms out on a tray and drizzle with oil and salt. Put into the oven for the last 15 minutes of cooking time until golden and crisp.
- Remove the lasagne from the oven, top with the crispy mushrooms and rest for 10 minutes before serving.

• Recipe courtesy of ukshallot.com

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to mean
sight loss



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