

Natural Lifestyle

LOVE LIFE, LIVE WELL — NATURALLY

www.mynaturallifestyle.com

July 2022



Summer skin

Achieve that natural glow, inside and out

Energy recharge

Tops tips to reboot your energy levels

FIBRE FACTS

THE REASONS WE ALL NEED PLENTY OF FIBRE

Plus EASE DRY SKIN • IMPERFECT BAKING • NATURAL LIFESTYLE GIVEAWAYS • HOMEOPATHIC REMEDIES FOR SUMMER

FREE

Fermentation

Fermentation is an ancient and natural food processing practice. It is still today used as a means of preservation to improve taste and texture of foods, as well as to improve digestibility and nutritional profile. Common fermented foods include beer, wine, yogurt, tempeh, kimchi and sourdough bread. Recently however, research around fermentation has advanced, with the findings showing amazing benefits of this food processing technique.



FERMENTED
BOTANICALS & WHOLE FOODS

A new era in Fermentation

The benefits

- Increased bioavailability of certain nutrients
- Increased antioxidant activity
- Increased digestibility

The TERRANOVA difference

Our focus is on highly specialized, scientifically advanced fermentation, using specific microflora strains for each product – an unusual technique for the fermentation pharmaceutical market. For each raw herb we determine which microflora strain is most suitable in order to produce the most active product.



FERMENTED
BOTANICALS & WHOLE FOODS

The TERRANOVA Fermented Range

- Fermented Black Garlic FBG22™
- Fermented Ginger Ferzinger™
- Fermented Ashwagandha Fermanolide™
- Fermented Jiaogulan FERMogulan™
- Fermented Turmeric Fermeric™



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TERRANOVA
SYNERGISTIC NUTRITION

LOVE LIFE, LIVE WELL – NATURALLY

July 2022

Welcome



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We at *Natural Lifestyle* are huge advocates of independent health food stores, for all the wonderful products that you can find lining the shelves, not to mention the excellent advice and support you can gain from the people working in them. This could not have been proven more than during the Covid-19 pandemic, when the majority of stores remained open, serving the needs of customers during what was a very trying time for all. Demonstrating, if we even needed it, that our network of health food stores are absolutely essential.

And our friends at Terranova Nutrition agree, which is why we are delighted to announce that for the second year running, it has become the official sponsor of the *Natural Lifestyle* Retailer of the Year Awards. Set up to recognise the wonderful work of health stores, and how such retailers truly go the extra mile, we are delighted to be able to open nominations for the 2022 accolades from August 1.

But we need you, our loyal readers. For you are the people shopping in health stores the length and breadth of the UK, and the people who know what a difference they have made to your health and wellbeing. Whatever your reason for nominating a store, we want to hear from you. Simply visit www.mynaturallifestyle.co.uk to cast your vote, or you can write to us at the address on the left.

Once nominations have been made, we will whittle down the entries to a shortlist. Myself and a panel of experts will then head out onto the road and into our shortlisted stores to judge, before announcing the final winners.

The response last year was incredible and we look forward to hearing more of your stories about why your health food store is so essential to you. And don't forget, by nominating a store, you will be in the running to win a hamper of goodies from Terranova Nutrition.



*Rachel Symonds,
Editor*

THE BEST BITS

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



Sales Director, Ruth, and her family took to two wheels for a 22-mile bike ride in the countryside to raise funds for good causes.



Our Sales Exec and cycling fan, James, headed out for the day to watch the Women's Tour of Britain.



Team *Natural Lifestyle* was delighted to be on hand to help at a recent golf day, complete with the latest copy of our sister magazine, *Health Food Business*.



VISIT OUR WEBSITE 
www.mynaturallifestyle.com

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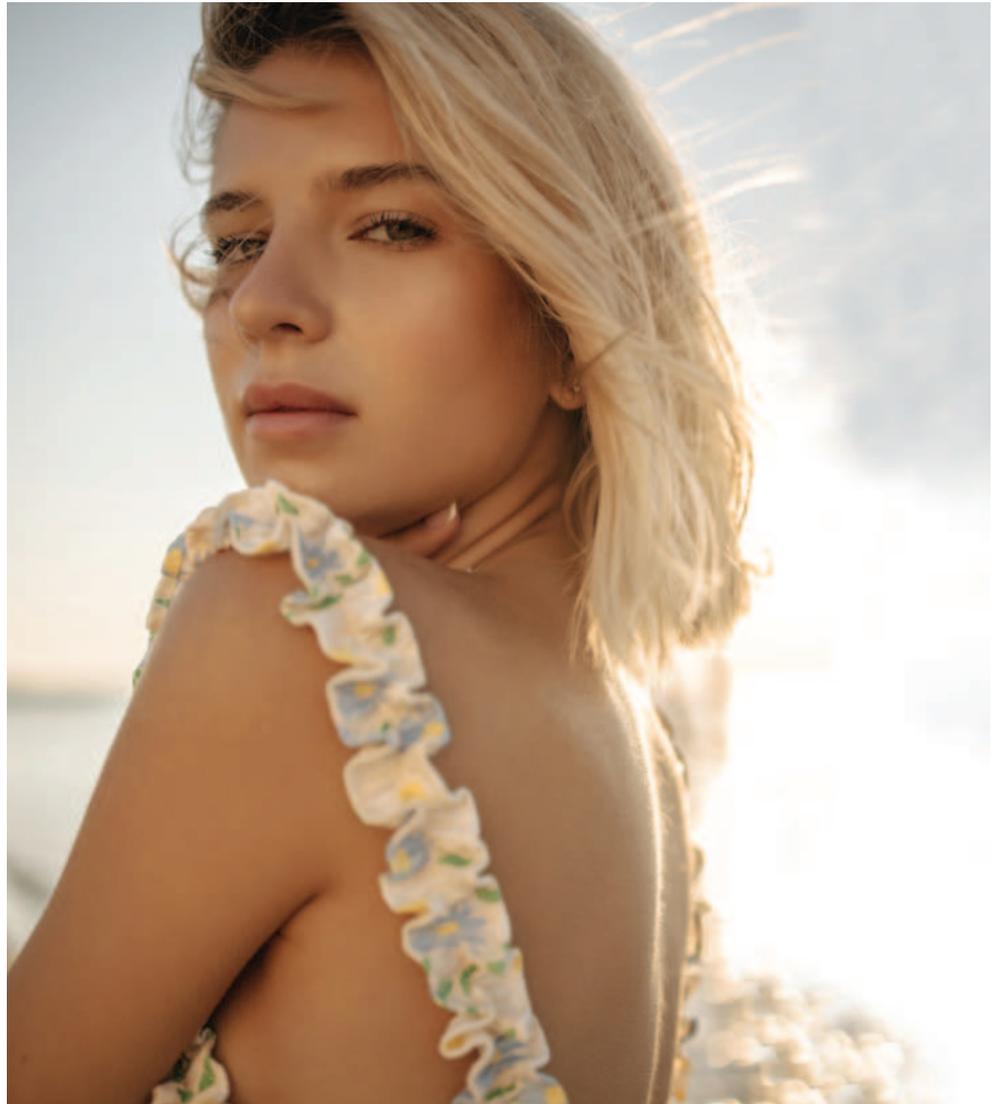
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Good Health Naturally
Because it Works!®



NEW Vitamin D3 and K2 Spray™ for Children

NEW sublingual Vitamin D3 and K2 Spray™ for infants and children delivers fast and effective absorption. Together, D3 + K2 support the healthy development of bones and teeth. Plus, a daily dose of Vitamin D3 is critical in maintaining the immune system throughout all stages of life. Each spray delivers D3 200iu, allowing flexible dosing to suit the requirements of infants and children as they grow. This convenient spray is a 'no taste' sugar-free formula. Spray into the mouth or onto food.



Supports immune system response



Effective sublingual spray



For healthy bones & teeth



Suitable for the whole family

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CAMPAIGN LAUNCHES TO SAVE THE BEES

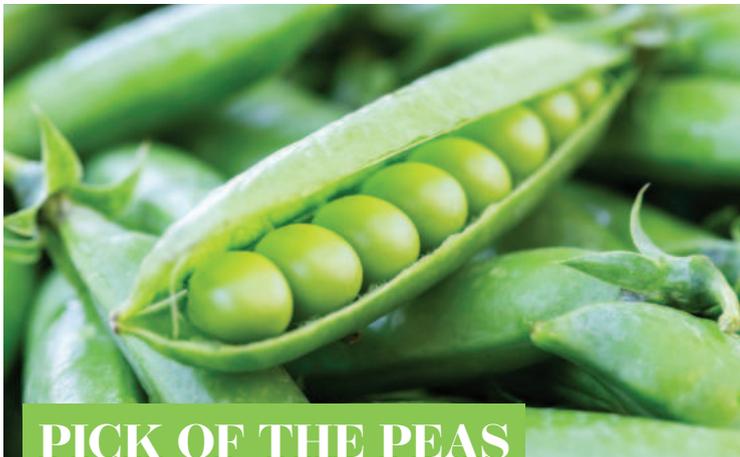
Neal's Yard Remedies has launched a new campaign to protect our precious bee population. Anabel Kindersley, co-owner of Neal's Yard, hosted a Bee Symposium, bringing together like-minded businesses to debate and address the issue of bee-harming neonicotinoid pesticides and explore ways of working with nature to protect the UK's bee population.

Earlier this year, Anabel rallied the support and signatures of 55 British businesses and organisations for her letter to the Government, calling for a total ban on toxic neonicotinoid pesticides and support for farmers transitioning to nature-friendly alternatives. In March, she hand-delivered the letter alongside Jayn Sterland, Chair of the Sustainable Beauty Coalition and MD at Weleda UK, Millie Kendall OBE, Chief Executive Officer of the British Beauty Council, and Lucy Slegle.

"Standing united on this matter is more than just a coming together of like-minded businesses. It's a call to arms for every person, company and organisation to spread the word and spur action. We hope that together, our voices will amplify the call on the Government and drive positive, meaningful change," Anabel explained.

The Bee Symposium was Neal's Yard Remedies' next step in its campaigning efforts; through stimulating discussion and insightful debate, Anabel and the panel explored tangible ways of working with nature to protect our precious pollinators, leveraging the collective power of all participating businesses and organisations to raise awareness and incite change.

Inside... HEALTH



PICK OF THE PEAS

The humble yet health-packed pea is taking centre stage this July – but your help is needed for a new competition.

Yes Peas!, the campaign run by the British Growers Association, is giving pea fans the opportunity to go along to the fields to pick their own, straight from the vine, as part of Great British Pea Week, taking place from July 4-10.

Thanks to optimum soil and climate conditions, peas are grown the length of the Eastern Seaboard, from Essex right up to Dundee. The UK alone is home to 700 hardworking British pea farmers across the UK, which produce around 160,000 tonnes of frozen peas a year, most of which travel from field to freezer in around 150 minutes.

Coral Clark, Crop Associations Manager at the British Growers Association, explained: "We're thrilled to be opening up one of our pea fields exclusively for the first time ever! Great British Pea Week is our annual celebration of the UK's vining pea industry. We are 90 per cent self sufficient in pea production in the UK, so it's safe to say they're one of our favourite vegetables.

"We are passionate about using peas to make exciting new meals and dishes, and hope that we can inspire the nation to do just that for Great British Pea Week. It's not to be missed!"

To register your interest, visit www.peas.org/pick-your-own-peas-competition/



The search is on for the UK's top health store

Natural Lifestyle is delighted to launch our 2022 search for the UK's best health food shop.

The Natural Lifestyle Retailer of the Year Awards are once again sponsored by our friends at Terranova Nutrition and are dedicated to finding the top health store. But we need you, our readers, to get involved and nominate the store you think is deserving of the accolade.

Rewarding those health stores that have made a difference to you and your family's health, the awards recognise stores that have gone the extra mile. Maybe they gave you some invaluable health advice, they have gone above and beyond for their community, or you just love the range of products they stock – whatever the reason, we want you to nominate them.

All you need to do it head to www.mynaturallifestyle.co.uk, where you can nominate your favourite shop, explaining why you think it is deserving. Nominations open on August 1, and when the entries close, we will whittle it down to a shortlist, which will then be judged during a visit by a panel that will include Natural Lifestyle Editor, Rachel Symonds, along with other industry experts.

We love

OATWELL ORIGINAL CRISPY HEARTS

Boasting 3g oat beta-glucan per serving, this oat cereal helps to reduce cholesterol, is high in fibre, and a source of protein.

ALLICINMAX IMMUNE

Support your immune health throughout the year with this supplement, combining stabilised alliin, with vitamin C and zinc, along with beta glucan. The supplement is also vegan.

Natural Lifestyle

Retailer of the Year 2022



CHAMPIONING INDEPENDENT HEALTH STORES

BACK FOR 2022

The Natural Lifestyle Retailer of the Year Awards, sponsored by Terranova, are BACK for 2022.

Rewarding those health stores who have made a difference to you and your families' health, the awards recognise stores who have gone that extra mile. Maybe they gave you some invaluable health advice, they have gone above and beyond for their community or you just love the range of products they stock - whatever the reason, we want you to nominate them.

NOMINATIONS OPEN SOON, SO LOOK OUT FOR MORE DETAILS IN OUR AUGUST ISSUE.

**NOMINATIONS
OPEN
1 AUGUST**

Championing independent health stores.
mynaturallifestyle.co.uk/awards



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SWEATING IT OUT IN SUMMER

The warmer weather and lighter evenings might make us more likely to be active, but have you thought about the impact of sweating in the summer?

Registered Nutritionist, Jenna Hope, has offered her top tips on fuelling the body for a summer workout. This is really important when you consider the hot weather puts extra strain on our bodies so it's important to know your limits, and most importantly, fuel your body effectively.

"Eating before a workout is vital for supporting the increased energy demands of a workout. Fuelling up before an exercise session can help to provide extra micronutrients to support energy, muscular function and oxygen supply," Jenna explained.

"Working out without adequate fuel in the tank can increase the risk of symptoms such as nausea, lethargy, light-headedness and faintness due to a lack of energy required to see you through the workout. All of these symptoms become heightened once heat is added to the mix."

To support those who are looking for ways to exercise safely in the sunshine, Jenna answered some key questions:

- **What's the optimum time to fuel a workout?** If you're gearing up for a big workout (for example, anything more intense than a yoga class or a walk) then it's recommended to consume a protein and carbohydrate-rich meal around three to four hours ahead of the session with a light snack about an hour before your workout. If you train first thing in the morning, a small carbohydrate-rich snack can help to support the session.
- **What foods are best for fuelling a workout?** Fuelling up on protein and carbohydrates is important to provide energy and to support muscle repair and recovery. Beetroot is a brilliant pre-workout fuel as it contains both macronutrients. The carbohydrates are converted into glucose in the body, which is then used to produce ATP. ATP (adenosine triphosphate) is the body's primary fuel source which helps to power our workouts.
- **What other benefits does beetroot provide during a workout?** Beetroot contains key electrolytes, such as sodium, potassium and calcium. During workouts, these are lost through sweat. They play an

important role in maintaining fluid balance in the body, and consequently, loading up on them beforehand can help support fluid balance. It also contains iron, which is important for helping transport oxygen around the body, and nitrates, which are converted into nitric oxide in the body. Nitric oxide causes vasodilation and increased blood flow at rest and during exercise. As a result, some evidence suggests nitric oxide can help to increase oxygen, glucose and nutrient delivery to the working muscles.

- **What other factors should be taken into consideration ahead of a workout in the sunshine?** Alongside meals and snacking, it's important to be aware of your water and fluid intake. Staying hydrated ahead of your session is important for supporting energy, transporting nutrients and regulating body temperature. Entering a workout in a dehydrated state can leave you feeling lethargic, which may cause you to underperform. Additionally, as we're heading into the summer months, working out in the heat can lead to increased sweating and therefore greater water and electrolyte losses. As a result, it's even more crucial to stay on top of your hydration and to drink in response to thirst.

Inside... LIFESTYLE



CARBON NEUTRAL WORKOUTS

A gym chain has expanded its offer with a range of new carbon neutral workouts.

Boutique fitness and wellness studio, Rumble, will expand its HIIT circuit offering, from its flagship Dalston location, launching Rumble Circuit. The new zero-carbon footprint studios will open in three new London locations, including Primrose, Fitzrovia and Shoreditch.

The expansion of Rumble's unique futuristic HIIT circuit offering will allow members to train with both built-in screens hanging from the walls, showcasing the exercises to guide them through their workout, and trainers, to motivate, supervise, push and assist.

Founded by Ukrainian, Lenka Chubuklieva, Rumble will be supporting We Help Ukrainians via the studios, to help Ukrainian refugees find support worldwide and is personally assisting at We Help Ukrainians' London warehouse for support and aid.

All new studios will consist of one room with four separate stations and over 600 exercises every 10 minutes. The HIIT circuit classes will last 40 minutes, with members moving from station to station every 10 minutes, and new classes joining after every 10 minute rotation.

Whether you're running late or arriving early, this won't matter with Rumble Circuit as you can drop into the next rotating class, making it the most flexible HIIT circuit workout in the UK, following Rumble's mantra of It's never too early or never too late to HIIT the gym.

As with Rumble's flagship Dalston studio, Rumble Circuit will continue its environmental efforts and plant a tree for every workout to help offset its carbon footprint. All products in the studios will be sustainably sourced, with no single-use plastic on site, making it a studio with a conscience. Rumble has partnered with brands like Avobar, which provide healthy, sustainably sourced delicious food, and Cowshed, which provide environmentally-friendly handwash, shampoo and conditioner.

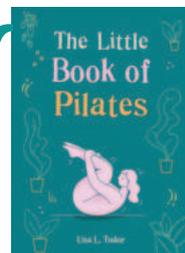
CONSCIOUS CLOBBER

Give your workout wardrobe an eco edge with these pieces from Armedangels.

Available in nine new colours, the quick-dry and breathable sports bras and leggings with anti-bacterial treatment are made from an innovative, GRS-certified performance fabric that maximises the use of recycled pre-consumer waste in every piece.

A whopping 100 per cent recycled polyamide teams up with elastane, also with a 58 per cent recycling share, making a total of 93 per cent recycled raw material.

The flowy Activewear shirts are made from a performance-forward mix of Tencel Lyocell, organic cotton and elastane, light and airy to wear, while retaining a signature bounce that allows you to flex, bend and stretch in any way you want. It uses a finish to ensure all colours and surfaces stay vibrant and smooth while extending the garment's life by at least 20 per cent – reducing carbon, water, and waste footprints for every piece in equal measure.



Nourish mind and body

A new book has been published to help support your mind and body with Pilates.

The Little Book of Pilates is designed to take you through each principle of Pilates, and show you how practicing just a few exercises can have a positive impact on your day.

Pilates is about uniting the mind and body as one, not only during the exercises, but throughout every other moment of our lives as well. With its six core principles of breath, concentration, control, precision, centre and flow, Pilates is a form of exercise that can become a way of life and improve your physical health, as well as your mental and emotional wellbeing.

The book will also teach you some simple Pilates movements to get you started, experience the effects of core breathing techniques and learn simple daily practices that will make you feel strong, calm and focused.

PLASTIC FREE JULY

Reduce plastic pollution with these top plastic-free picks



Ben & Anna Shower Flakes
www.benandanna.uk £5.95

Ben & Anna always want to go one step further towards more sustainability in everyday life and creating less plastic waste in the bathroom. With the new Shower Flakes you can create your shower gel at home, simply pop the flakes into a dispenser, add warm water, shake and you have created your gel! The sweet floral fragrance will leave your body feeling naturally cleansed and smelling great from the flowery and tropical scents. Make the eco-friendly switch today! Available from health stores and online.



lavera Body Cleansing Bar
www.lavera.co.uk £6.95

One bar for your hair and body. 100% care. 0% plastic. The lavera Basis Sensitiv 2in1 Hair & Body Cleansing Bar is enriched with organic aloe vera and plant-based keratin to gently cleanse the skin and hair without drying it out. This little eco-friendly bar is certified natural and organic, is free from parabens and SLS, is kind to sensitive skin and scalps while the foamy lather gently cleanses and provides instant moisture and care. Available from health stores and online.

soiL Organic Shea Butter
www.soilorganics.co.uk £11.20

SOiL's organic Pure Shea Butter protects and nourishes dry, damaged or sensitive skin. Packed with naturally occurring vitamins, the rich and creamy moisturiser glides onto the skin for gentle, long lasting hydration and super smooth skin.



Available in an aluminium tin, so it is plastic free and recyclable. For optimal results, apply to the skin daily to protect, nourish and keep skin soft and moisturised all day long. Available from health stores and online.

Fair Squared Coconut Body Lotion
www.fairsquared.co.uk £12.75

The Fair Squared Coconut Body Lotion is an ultra hydrating soft body lotion that will bring your skin back to its glistening, moisturised glory. Rich in natural vitamins and essential fatty acids, fairtrade coconut oil will soothe and rejuvenate your skin for a softer, smoother and more radiant look. Packaged in a zero waste glass jar that is good for the planet too! Available from health stores and online.



Organyc Panty Liners
www.organyc.uk £5.79

The Organyc certified organic cotton panty liners are ideal to wear for a lighter flow at the start and end of the cycle to protect against leaks. Made with 100% certified organic cotton, they are ultra soft, breathable and suitable for all skin types, including sensitive skin. They are free from wood pulp, bleach, chlorine, fragrances, and SAP's. Available from health stores and online.

THE SIMPLE APPROACH TO SKINCARE

Steamcream is reminding of the importance of a good cleanse, with a gentle approach.

The natural skincare brand believes that all happy skin starts with a good cleanse, but advocates the gentle approach, such as its three-phase Cleansing Balm, which gently and effectively removes impurities and make-up, leaving skin feeling beautifully clean and incredibly soft.

The solid-to-oil-to-milk formula is highly effective at removing even the most stubborn make-up. It starts as a balm (the Balm Phase), evolving into an oil (the Oil Phase) with the warmth of your skin. The oil gently penetrates your skin, cleansing and gently removing impurities. Finally, as you begin to rinse with lukewarm water, it becomes more like a milk (the Milk Phase), which gently and swiftly removes make-up.

Then comes moisturising; whatever your skin type, ensure you hydrate after cleansing. The moisturiser you choose is entirely up to you – you may use the same moisturiser year-round, or you may find lighter creams work best during the warmer and stickier summer months. Steamcream recommends its Japanese Citrus Moisturiser.



Inside... BEAUTY

Fragrant feet

If you find your feet can take a sweaty turn during the warmer months, you might need to add in some natural care.

And what better choice than Green People's Deodorising Prebiotic Foot Cream, perfect to solve your sweaty feet woes. Formulated with cooling peppermint and the fresh scent of eucalyptus, it softens dry skin and cracked heels using shea butter and sunflower oil.

The three-way natural deodorising action effortlessly neutralises foot odours, so you can go from sneakers to sandals in an instant.



PAY ATTENTION TO YOUR ORAL CARE

Weleda is helping make the transition to natural oral care a little easier.

The brand has been making natural dental products since the early 1920s, when Weleda's original toothpaste and mouthwash were first introduced – both of which are still going strong 100 years later!

Today, the range includes five natural toothpastes, developed with dentists, each with different flavours and benefits, and made with organic plant extracts that have been carefully selected for teeth and gums.

The products contain no detergents, bleaches, foam boosters or optical brighteners. They are made without synthetic fragrances, colourants, flavourings, deodorants, sweetening agents, emulsifiers, disinfectants or triclosan, so the balance of natural flora in the mouth – or microbiome – is not disturbed. All ingredients are GM-free and the full range is NATRUE-certified genuinely natural. The range is also made without fluoride, which is particularly popular in areas where water supplies contain added fluoride.

You can choose from products including the vegan Ratanhia Toothpaste, and Plant Gel Toothpaste, along with Salt Toothpaste, which is vegetarian, the vegan Calendula Toothpaste, and Children's Tooth Gel. And finally, there is Ratanhia Mouthwash, which harnesses the ancient wisdom of the Peruvian tribes who used ratanhia root for teeth cleaning.

Summer nourishment

Nourish London is here to help you care for your skin this summer with its new organic and vegan kit.

The natural skincare brand has created its Summer Sun Kit, which contains three travel size summer skin saviours, including Nourish London's Skin Protecting Daily Moisturiser SPF 25 (15ml), Argan Skin Rescue (5ml) and Probiotic Multi-Mineral Repair Mask (5ml), packed in a handy black cotton bag for beauty on the go this summer.

The Skin Protecting Daily Moisturiser SPF 25 is an anti-ageing daily moisturiser to protect the skin from UVA/UVB rays and environmental pollution with non-nano mineral sun filter, zinc oxide, and skin protecting antioxidants, including turmeric, bisabolol and tocopherol. You can then replenish your skin with Argan Skin Rescue, enriched with argan oil to boost suppleness, abyssinian and neroli oil to improve elasticity and hydrate the skin. And finish with this nutrient-rich mask, scientifically crafted with probiotic minerals essential for skin repair. Infused with damask rose and lavender, this powerful anti-ageing mask will help to boost collagen, diminish wrinkles and restore firmness, whilst magnesium helps to address inflammation of the dermis that can lead to acne and rosacea.



Beat pain & stay active

Show your aching joints who's boss and stay young, fit and healthy with Syno-Vital



The older you get, the harder it becomes to exercise and keep healthy. Your joints become stiff, you feel tired and it's hard to get motivated to exercise. However, you can overcome these signs of ageing with the help of hyaluronic acid.

SO WHAT EXACTLY IS HYALURONIC ACID?

There's loads of science behind the role that hyaluronic acid (HA) plays in keeping you feeling – and looking – young and healthy. Found naturally in the body, HA is a vital component of the synovial fluid that lubricates your joints. This fluid creates a cushioning effect, to help withstand the impact of exercise without pain – all thanks to hyaluronic acid!

As you age, however, especially when you get to over 50, the body's natural HA levels diminish, which reduces the effectiveness of synovial fluid, leaving you with aching joints.

CAN SUPPS HELP?

Supplements such as the award-winning Syno-Vital from Modern Herbals can help restore your body's

HA levels and keep your joints healthy. It's easy to use, no matter how busy you may be – just mix a sachet of Syno-Vital into a drink of your choice and enjoy.

Research shows that taking HA supplements may also be useful for patients with osteoarthritis, helping to reduce inflammation and pain to support them with their daily mobility and overall lifestyle.

ANY OTHER BENEFITS?

As well as reducing joint pain and mobility problems, HA is essential for keeping your skin looking young and fresh. As natural HA levels drop with age, your skin appears less smooth and supple, with fine lines, wrinkles and uneven tone. Taking HA supps daily may help keep your skin looking youthful.

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



“I CAN BEND MY KNEES WITHOUT PAIN!”

‘I've been taking Syno-Vital for about six 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

Syno-Vital is available in health food stores Nationwide

Dry skin solutions

Many of us can suffer with dry skin, but with some natural approaches, and a bit of extra nourishment, you can get it back to good health.

We know when things aren't quite right with our skin as its appearance and texture can change. This is especially the case if it is dry, as skin can start to feel rough, tight, itchy and look cracked and flaky, not to mention fine lines appearing.

There are a range of reasons why we can experience dry skin, including our nutrient intake, our age, sun damage, and what we put on the skin. We should also remember that it may just be your skin type means you are more prone to it being dry, and that dry skin can be more seasonal, such as during the winter months.

The good news is there are a range of solutions that can add nourishment to your skin and get it back into good health.

Our internal health

If your skin is dry, there could be factors in your diet that are contributing.

Let's start with the key one – hydration. If you aren't drinking enough water then it is going to show in your skin, leaving it feeling dry and looking lacklustre. If you are instead drinking too much in the way of caffeine and fizzy drinks, this will further compound the problem.

Nutrition wise, for generally healthy skin, we need to be easing off refined sugar as this clogs the skin, and try to instead choose plenty of wholegrain foods, organic where possible, and always try to cook from scratch.

Healthy skin needs essential fats, so try to eat a couple of portions of oily fish a week, as well as nuts and seeds. If you aren't getting enough, add in an omega 3 supplement. We would also suggest a good antioxidant supplement – as well as plenty of fruit and veg – as this will help to counter damage caused by everyday pollutants our skin is exposed to.

Collagen is also a good choice, as this keeps skin looking plump, which is important as you get older, as we make less collagen naturally.

TRY THIS

SOIL Organic Shea Butter

Antipodes Vanilla Pod Hydrating Day Cream

Kinvara Precious Facial Oil

Lavera Body Cleansing Balm

NaturesPlus Collagen Peptides

Natural nourishment

As a starting point, cutting out products that contain some of the most concerning chemicals is advised as these can be drying to the skin. Those to watch out for includes SLS, SLES, parabens, and alcohol.

The best choice is to opt for those certified natural or organic, and do look for certifications such as NATRUE, COSMOS or Soil Association as you can be sure they have gone through a rigorous process.

When choosing natural products, there are some excellent ingredients known to be particularly good for dry skin. Hyaluronic acid is one such ingredient; it is classed as a humectant, which helps to anchor moisture into the skin. Shea butter is one of the best for moisturising, while aloe vera is a great option for adding hydration back into the skin. Squalene is often found in products targeted at dry skin for helping to replenish moisture.

As well as what you put on your skin, the routine you adopt when experiencing dry skin is important as you are likely to need deeper nourishment than other skin types. We would always advise a daily routine of cleansing and moisturising, choosing products designed for dry skin, and opt for a richer night cream or oil to add nourishment while you sleep. And always remember to use sun protection on your face all year round, and not just in the summer months.

It's also advised not to over bathe the skin as this can be drying and try to remember to pat dry rather than rub.

KINVARA
NATURAL SKINCARE

IS GOOD DOES GOOD, FEELS GOOD

"98.5% OUT OF 1433 CUSTOMERS WOULD
RECOMMEND US TO FRIENDS AND FAMILY"*



CRUELTY FREE & VEGAN FRIENDLY
NATURAL & ORGANIC INGREDIENTS
RECYCLABLE PACKAGING
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OatWell™ Original and Crispy Hearts

OatWell™ is available as OatWell™ Original bran powder and OatWell™ Crispy Hearts, one serving of each of the OatWell™ products provides 3g of oat beta-glucan, which has shown to maintain normal blood cholesterol levels*. Simply sprinkle 2 heaped teaspoons of OatWell™ Original onto breakfast cereal or porridge, add to muesli, yoghurt, or blend with milk. The powder can also be baked into your favourite recipes! OatWell™ Crispy Hearts are perfect for breakfast or as an on-the-go snack.



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Super Stars are a brand-new range of children's supplements designed to help children aged 4 - 12 feel ready to take on the world.

- ✓ No Added Sugar
- ✓ No Artificial Sweeteners
- ✓ Delicious Flavours
- ✓ With Games & Education

Created by natural health experts, Natures Aid. Super Stars have been carefully designed based on extensive consumer research, guided by feedback from real kids and parents. The range includes Multivitamin & Mineral, Bone Support and Vitamin C Chewable Tablets, plus Omega-3 and Immune Support Liquids.

Follow @naturesaidjuniors on Instagram for fun facts and games!

Stress Free Holidays from Helios

International travel is back and to help those with fear of flying or fear of enclosed spaces and crowds we recommend Stress Relief. This homeopathic remedy combines Aconite, Arg nit and Arsenicum and has a long history of traditional use to relieve symptoms of fearfulness, anticipatory anxiety and those who are hurried and worried and constantly checking things. Helios Stress Relief comes in organic, sucrose pill form in our easy-to-use single dose dispenser.



www.helios.co.uk

Hay Fever? Dust or Pet Allergy?



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www.haymax.biz

FILL UP ON FIBRE

Why is fibre so crucial for all of us? *Natural Lifestyle* has the lowdown on all your fibre needs.

To achieve general health, there are a range of important macronutrients and micronutrients that we all need a good balance of. Yet modern, sometimes nutrient depleted diets, can mean we are simply not getting enough of these key components of a healthy diet.

One of these essential nutrients is fibre, a type of carbohydrate that we need for a range of reasons, including to maintain a healthy gut. It's a concern that many of us are simply not getting enough of this nutrient, but the good news is, it's very easy to up your intake.

GOOD SOURCES

There are different types of fibre, which have different effects. The NHS explains that fibre should be categorised by its physical characteristics; how well it dissolves (solubility), how thick it is (viscosity) and how well it breaks down (fermentability). Some commonly known terms include:

- **Soluble fibre**, including pectins and beta glucans, which can be found in foods like fruit and oats. It can also be found in psyllium husk, which can be bought as a supplement.
- **Insoluble fibre**, including cellulose, which is found in wheat bran and nuts.

There are recommended amounts of fibre we should all be getting each day, ideally, 30g, but it's believed that most of us get much less than that, around 20g.

And the NHS points out that children under the age of 16 don't need as much fibre in their diet as older teenagers and adults, but they still need more than they get currently:

- Those aged two to five need about 15g of fibre a day.

FIBRE FUNCTIONS

Carbohydrate is considered a macronutrient, which means it is something we need in large amounts every day. Fibre is a type of carb, which the body can't break down and so it will pass through our gut.

In terms of its functions, there are many. Fibre supports good digestion and healthy bowel movements, helping to prevent constipation. In addition, the British Nutrition Foundation points out that a high fibre diet may help to reduce our risk of heart disease and stroke, type 2 diabetes and colorectal (bowel) cancer.

If we look in greater detail at the gut effect, fibre is needed to help increase the good bacteria in your gut, which we need for a range of reasons, including supporting your immunity. Fibre found in foods like wheat, oats, beans, pulses, fruit and vegetables such as garlic and onions, providing 'food' for 'good' gut bacteria, allowing them to grow in number and produce substances thought to have beneficial effects on health.

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Naturally Essential
Digestive Plus

NaturesPlus
GI NUTRA
Pro-Bio Kids

- Children aged five to 11 need about 20g.
- Those aged 11 to 16 need about 25g.

Fibre can be found in a whole range of foods, which makes it relatively easy to make sure you get enough from a range of foods.

In terms of the specific food, plant foods are rich sources of fibre, including wholegrains, beans, nuts, fruit and vegetables, as well as rice, seeds, and wholegrain bread. Porridge is also a good choice as oats are rich in fibre. You may sometimes find it added to foods or drinks but be sure it doesn't contain other additives as this is counterproductive to health.

You could also be conscious of adding pulses, such as beans, lentils or chickpeas to stews, curries and salads.

It's also really important to note that you need to drink plenty of fluid to allow the fibre to do its job properly. Fibre draws water into the bowel so you may become dehydrated if you do not drink enough.

Revive your energy

If your energy levels are flagging, take tips from our nutrition experts on how you can give yourself a boost.

Despite spending months under lockdown, with restrictions now lifted, life has returned to the busy and demanding nature that comes with modern living.

Whether it's keeping on top of work, juggling home and children, while trying to maintain a social life and adding in time for you, it's little wonder we can get to the end of a day flagging in energy.

"Low energy is becoming a significant problem in society today, with one in four people experiencing chronic fatigue each year. In the aftermath of Covid-19, this is becoming more common," Kerry-Lee Revitt, Nutrition Advisor at

Viridian Nutrition, suggested.

"According to a new YouGov survey of 1,684 adults, one in eight UK adults feel tired all the time. Parents of young children suffer most, with 22 per cent of those with at least one child under 18 feeling tired 'all the time' compared with eight per cent of those with children over 18. Even in couples without children, women were more tired than men."

Catherine Gorman, Nutritional Therapist and Health Coach at Good Health Naturally, added: "Tiredness and low energy are two of the most common reasons why people visit their GPs. At any given time, one in five of us will feel unusually tired, and one in 10 will have prolonged fatigue, according to research by the Royal College of Psychiatrists."

Reasons for low energy

There are many factors related to energy, and it's important to take a broad look to assess what could be causing you to feel tired.

"There are so many reasons why we may have low energy, in some cases, it can be caused by a medical condition, but often, it is our lifestyle which is making us tired. Poor eating habits mean we may not be getting all the nourishing nutrients needed to function optimally, keeping blood sugar and energy levels steady," Catherine explained.

"Drinking too much caffeine is another potential culprit. In the short-term, it may seem to boost concentration and alertness, but too much can disrupt blood sugar balance. Without restful, restorative sleep, the body will feel sluggish throughout the day. In some cases, low energy is caused by an accumulation of lots of little stresses. Modern life, burning the candle at both ends, poor work life balance, 24/7 communication and social media, can create a near constant state of stress in the body. We are only designed to cope with high levels of stress for very short periods of time. Long-term, it can elevate stress hormones, disrupt blood sugar levels, and cause tiredness."

Linda O'Byrne, Nutritionist at Solaray, continued: "We all have days where we are lacking in energy and rely on the coffee pot to keep us going. What isn't normal is feeling this way on a daily basis, especially if there's no medical reason you've been given. Lack of sleep is the obvious reason, but it can go deeper than this. Stress can have a big impact on our energy levels, as well as being deficient in certain nutrients."

Theresa Cutts, Nutritional Consultant at AllicinMax, added: "Some of the most common reasons are over doing it, whether that is exercising too hard, or being very stressed and not taking the time to stop or have adequate sleep. Another common reason is inadequate food or water, leading to a lack of nutrients and the body becoming dehydrated. We would never expect our cars to run without fuel in the tank, but we often go without eating properly and keeping hydrated ourselves."

And be aware the impact on your health, with Linda advising: "Pre-diabetes or diabetes means you have to keep a careful eye on blood sugar levels and people with these conditions often suffer from periods of low energy. Thyroid issues can also affect energy, so individuals with either hypothyroidism (underactive thyroid) or hyperthyroidism (overactive thyroid) may see dips in energy levels. Commonly, people with stress or anxiety related disorders can suffer from low energy too."

Manage deficiencies

It's worth noting that nutritional deficiencies can play a role.

Catherine explained: "Deficiencies in iron, magnesium, iodine, vitamins B12 and D can all lead to poor energy. Magnesium is needed to help the body convert food into energy; low levels can lead to lethargy, tiredness, and even muscle weakness and stiffness. A deficiency of vitamin D has been associated with fatigue, and a deficit can sap bone and muscle strength. Iodine, a trace element, helps make thyroid hormones which control metabolism. A lack of iodine can result in low energy and mood."

Keeley Berry, Molecular Biologist and NPD Manager at BetterYou, pointed to iron, explaining: "Iron deficiency anaemia is a common deficiency that can directly impact our energy levels. Iron deficiency can be caused by a lack of iron within our diet, the inability to absorb iron or through blood loss, such as menstruation and childbirth."

"Though iron deficiency is the most common type of 1 anaemia, there are other deficiencies which can affect how tired we feel. These include vitamin B12 and folate deficiencies. This type of anaemia impacts our red blood cells directly and can cause them to be abnormal in shape and size, meaning they cannot function properly. Severe vitamin B12 deficiency, also known as pernicious anaemia, is considered the most common type of B12 deficiency within the UK and occurs when the immune system attacks a particular group of cells within the stomach, preventing the body from absorbing any vitamin B12 from our diet."

Statin use may also be a factor.

Kerry-Lee explained: "According to the British Heart Foundation, statins are one of the most prescribed drugs in the UK: around seven to eight million adults in the UK take them to lower cholesterol. The problem is statin drugs block the normal production of CoQ10 and if you have a poor genetic constitution where you do not make enough CoQ10 anyway, you could be in trouble."

Energy-friendly diet

A diet that supports your energy is simple but first, you need to understand what needs to be taken out.

Linda explained: "By eating meals that balance protein, healthy carbs and good fats, our blood sugar levels remain stable. When we skip meals or have junk foods or foods high in refined carbs and sugar, our blood sugar is elevated. This is quickly followed by a crash, which can make our energy levels plummet. The trouble is that, when we crash, we tend to reach for easy sources of energy – such as caffeine or sugar – to lift our energy and so the cycle begins again. Doing so over a long period may lead to insulin resistance, or even pre-diabetes."

Kerry-Lee added: "When the body has more sugar than it is used to, it rapidly produces insulin to keep the levels controlled. This causes blood glucose to decrease rapidly, which results in a sudden drop in energy levels, also known as hypoglycaemia, or a sugar crash. In the short-term, these sugar spikes can cause lethargy and hunger."

"However, prolonged high blood sugar can lead to insulin resistance, where the cells no longer respond to insulin's signal to open the doors to the cell. Glucose builds up in the blood and the result is diabetes. The best way to balance your blood sugar and avoid these energy slumps is to eat three regular meals per day."

She added: "Avoid refined carbohydrates as the body breaks these down very easily, causing almost immediate spikes in blood sugar. Common sources are table sugar, white bread, white rice, sweets, fizzy drinks, breakfast cereals and desserts. These refined carbs have been stripped of the fibre that is necessary to slow down the release of glucose into the bloodstream."

When it comes to what to eat, Kerry-Lee suggested: "Soluble fibre can help control blood sugar spikes. It dissolves in water to form a gelatinous substance that helps slow the absorption of carbs in the gut. This results in a more controlled rise and fall in blood sugar, rather than a spike. Good sources include oatmeal, nuts, legumes, fruits such as apples, oranges, and blueberries."

Theresa added: "A diet with plenty of fresh fruit and vegetables along with wholegrains, nuts and seeds plus some form of protein is important. While looking at your diet, don't forget the good fats too. Olive oil, avocados, hemp oil, these provide essential fatty acids that play many roles in the body but are also used as an energy source."

Catherine went on: "Good quality proteins such as eggs, lean meat, wild fish, tofu, nuts, seeds. Choose complex carbohydrates like sweet potato, butternut squash, or whole grains, which release energy more slowly, helping to maintain balanced blood sugars."

Try this

- ★ Hübner Iron Vital F
- ★ NutraTea Nutra Boost
- ★ Terranova Nutrition Life Drink
- ★ BlueIron Liquid Iron
- ★ New Nordic b-energy

Lifestyle check

There are elements in our lifestyle that we may not even realise have an impact on our energy.

"To lift energy, it is important to include some rest and play in your daily routine. Exercise can boost energy levels by improving blood sugar balance and mood. But it is important not to overstretch yourself. Choose an activity brisk enough to get your heart rate going, but does not wear you out and is something you enjoy," Catherine suggested. "Find time to relax: take a walk in the woods, get in the garden, or try stress reducing exercises such as yoga, Pilates, tai chi, or dancing."

Theresa went on: "Learning when to stop and take a break is important, even if you are super fit and exercising, you can still overdo it and end up feeling fatigued and out of energy."

But Keeley cautioned: "Exercising too late and too strenuously can disrupt the body's production of melatonin, leading us to wake up with our alarms when our melatonin level is still high. This can lead to feelings of sluggishness."

Nutrients of note

There are a range of nutrients involved in energy production, and so ensuring you are getting enough is key in reviving levels.

Catherine advised: "A good quality multivitamin and mineral could be a good place to start, ensuring the body is getting all the nutrients it needs on a daily basis. Other more specific things to consider include B vitamins, especially B12, which can help reduce tiredness and fatigue. This group of vitamins is water soluble, and not stored in the body, so must be replaced on a daily basis."

"Vitamin D, as low levels are associated with fatigue. It's advised to supplement certainly during the winter months. And iodine – there are concerns almost half of us may be deficient in this crucial mineral needed for healthy thyroid function."

Keeley added: "With low oxygen, our muscles tire quickly and this can include our major organs such as the heart and lungs. When this happens, muscle cramping can occur, particularly in the legs, so magnesium may

provide welcome relief. Magnesium is responsible for over 300 reactions in our bodies, including energy and sleep. If sleep is dysregulated due to periods of stress or struggles falling and staying asleep, a 5-HTP supplement may help. 5-HTP is a precursor to serotonin, the feel-good hormone, and is also part of the melatonin pathway in the body, so supplementing can help to produce more melatonin on an evening, helping you to sleep."

Kerry-Lee went on: "D-Ribose, acetyl-L-carnitine, malic acid, and magnesium are key nutrients involved in cellular energy production. Coenzyme Q10 has been extensively researched in its role in cellular energy. It is a cofactor for the synthesis of ATP, our body's main energy currency. At a dose of 100mg three times daily (taken with food, as fat improves absorption), studies show severely fatigued individuals had a dramatic reduction in tiredness and fatigue symptom within 40 days."

Theresa advised: "In a small study with long Covid sufferers who took stabilised allixin capsules, 71 per cent reported an increase in wellness and a 94 per cent decrease in symptoms with one of the major symptoms being fatigue and tiredness. For general immune support, vitamin C, D and zinc are useful."



Give Yourself an Energy Boost!

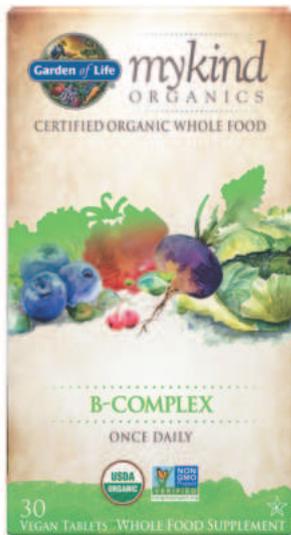
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**BlueIron contains naturally-sourced Nordic blueberries for flavour plus Iron which contributes to the reduction of tiredness and fatigue. Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.*



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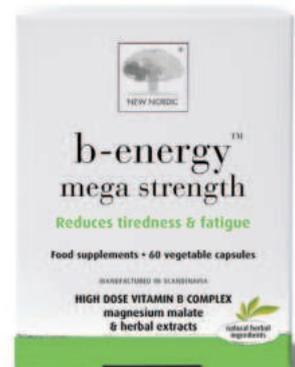
Available from independent health stores nationwide and www.gardenoflifeuk.com

b-energy™ mega strength

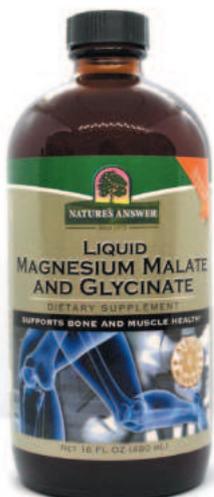
b-energy™ mega Strength contains vitamins B2, B3, B6, B12, C and magnesium which help to reduce tiredness and fatigue. This vegan, daily supplement supports your body when you need that extra energy. There's a number of reasons why b-energy™ mega strength can give you a full body boost as it also;

- Supports your immune system
- Contributes to mental function & concentration
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- Helps the body to function at optimum levels.

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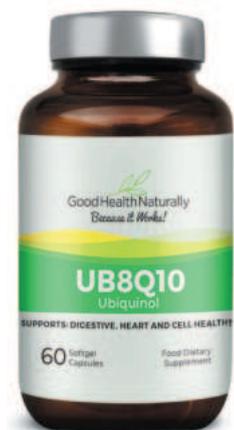
A key role of magnesium is to convert glucose in food into energy, and getting enough magnesium can help keep energy levels stable and prevent the onset of tiredness. Nature's Answer Magnesium Malate & Glycinate combines two 'gentle' forms of magnesium that are amino acid chelates, offering a more bioavailable form of magnesium in a natural tangerine-flavoured liquid supplement. The magnesium is suspended in vegetarian glycerin for better intra-cellular absorption and the formula features a unique botanical blend, Quicksorb, for better assimilation from the intestinal tract plus liver metabolism, and being a liquid is absorbed faster than pills, capsules and softgels.

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Ask the experts

Q I want to cut down on plastic cleaning utensils in my kitchen, but how can I be sure that plastic-free alternatives are ethically produced?

Lois Clark suggested: We all know the importance of finding more sustainable, plastic-free alternatives when creating an eco-friendly lifestyle. However, I agree that looking into the ethos and supply chain of a brand is equally important. Considering coconut coir brushes as an example, Sri Lanka has an abundance of coconut palm trees. Coconut coir fibre and husk is a by-product from coconuts that are processed for the food and oil industry. This coconut coir fibre is extracted from matured brown coconut husk and is perfect for brush-making as it has a strong twist resistance and remains stiff when wet. It's also a completely natural, renewable fibre that's 100 per cent biodegradable. Excess coconut husks and fibre are often burnt if not used in other ways so brushes from brands like LoofCo can help reduce this practice.

Additionally, brush making is a very traditional skill that can offer valuable home employment in rural areas in Sri Lanka. Coir fibres are cut and twisted around wire into rods. These rods of twisted fibre will then be trimmed, bent, and fashioned to the correct design of brush, quality checked and packed. The addition of a shaped rubberwood handle takes place at this stage. For LoofCo brushes, the rubberwood handles are made from plantation trees that no longer yield latex for rubber. Moreover, at LoofCo, we work in a spirit of respect and collaboration with our suppliers, adhering to the 10 principles of the WFTO. Overall, this model has numerous benefits for workers, such as higher wages than other local employment and flexible working hours that fit around other commitments such as childcare. Workers also enjoy trips, pilgrimages, gifts of food provisions around holiday times to further develop a feeling of community and enjoyable working conditions. The result is feel-good plastic-free brushes that are underpinned by ethical practices.

EATING FOR THE EYES...

by Alice Bradshaw

What are the most common eye health issues, and are certain people more at risk?

Some of the most seen eye health issues include eye strain, short-sightedness, glaucoma and age-related conditions, such as macular degeneration and cataracts. Many eye conditions are more prevalent in the ageing population and issues such as short or long-sightedness can be hereditary. Individuals who use screens for many hours during the day are also at risk of increased eye strain. People with diabetes need to be especially aware of their eye health and this condition increases the risk of many disorders, including diabetic retinopathy, macular oedema, glaucoma and cataracts. If left unmanaged, these conditions may lead to loss of vision.

How much of a role can our diet and lifestyle play in how healthy they are?

Like all our organs, the health of the eyes is influenced by nutrition and lifestyle. Clinical studies show that a diet rich in the antioxidant nutrients A, C and E, zinc and selenium, along with carotenoids and certain botanicals is most supportive to the health and functioning of the eyes. Alcohol consumption has been correlated to poor eye health and free radicals (from cigarettes, ultra-violet light, burnt foods etc) are known to be detrimental.

A healthy lifestyle that incorporates good nutrition, adequate sleep and stress management is the most effective way to ensure good eye health. It's also important to be mindful of time spent on screens, as well as using sunglasses to block excessive ultra-violet light from the sun.

What is the best plan to follow in terms of foods and supplements to keep our eyes healthy?

A diet rich in antioxidants (primarily found in fruit and brightly coloured and dark green vegetables) is the most effective way to support eye health via nutrition. Additionally, avoiding excessive sugar, processed foods and too much alcohol are also important components to eye-supportive nutrition.

Lutein, one of the best-known carotenoids, is especially protective towards eye health. Research has demonstrated that it has anti-inflammatory properties and may be one of the most beneficial nutrients to support those with age-related macular degeneration, a leading cause of vision impairment in the ageing population. Supplements for eye health will typically provide lutein, along with other eye-supportive nutrients such as alpha-lipoic acid, vitamin C, zinc and astaxanthin, as well as botanicals such as bilberry and/or blueberry.

About the experts



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



ROZ CROMPTON has worked for Helios Homeopathy for more than 20 years. She is a qualified Homeopath and its Trade and Operations Director for Helios.



LOIS CLARK has worked in the natural products industry for over 20 years. She is an expert in eco-cleaning products and founder of LoofCo, the pioneering plastic-free range of household, washing-up and body products.



INGRID JAMIESON is Marketing Manager at natural beauty and wellbeing company, Pravera, which has the lavera, ORGANii and Benecos ranges in its portfolio.

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Ask the experts



HOLIDAY HEALTH CHECKLIST...

by Roz Crompton

What are the most common holiday ailments and why are they more common when we are away?

Setting serious diseases such as malaria and typhoid aside and depending on the time of year and where you are travelling to, some of the most common ailments experienced whilst travelling abroad are gastrointestinal upsets, travel sickness, insect/animal bites and stings, overexposure to the sun, injuries and the common cold or 'flu and also for the long-distance traveller, jet lag.

In addition to physical ailments, we receive many enquiries for help with remedies associated with fear and anxiety about flying, especially those who have not, due to Covid restrictions, been able to travel by air for the last two years.

Is there anything we can do to prep our health before going away to reduce the risk?

One of the best boosts for both emotional and physical health is a jolly good holiday. Whether busy working or bringing up a family, time out is beneficial to us all and a bit of extra prep and immune system boosting can help ward off common ailments and support the digestive system whilst away. If going on an active holiday, ensuring correct fitness and training can help avoid unnecessary injuries.

Take a good probiotic, omega 3 and multivitamin to support the body along, with extra vitamin C to boost the immune system further.

What key homeopathic remedies should we take abroad with us, and are they suitable for children?

Homeopathic remedies cover a wide variety of common ailments and first aid situations and being natural, are gentle and safe for all the family. Individual remedies can be packaged in small

bottles and there are a variety of homeopathic kits available that are strong, lightweight and very compact, ensuring you have a wide selection of remedies available wherever you are.

The following remedies are recommended for travel and holidays:

- **Aconite 30c** – a great remedy for the first stage of inflammatory illness such as colds, 'flu and earache.
- **Aconite/Arg nit/Arsenicum 30c** – this combination has a long history of traditional use for fearfulness and anticipatory anxiety and is especially beneficial for fear of flying and fear of crowded spaces.
- **Arnica/Rhus tox/Ruta 30c** – this combination covers all injuries to soft tissue, bruises, sprains and strains. Also good for physical stiffness and jet lag if travelling long distances.
- **Arsenicum album 30c** – the number one remedy for food poisoning or sickness and diarrhoea.
- **Belladonna 30c** – sunstroke with a bursting, throbbing headache, also a remedy for sore throats and fevers associated with colds and 'flu.
- **Cantharis 30c** – for red and burning skin from over exposure to the sun.
- **Cocculuc/Petroleum/Tabacum 30c** – for travel sickness from any mode of transport.
- **Nux vomica 30c** – overindulgence of both food and alcohol and flight hangover caused by tiredness.
- **Apis 30c** – insect bites and stings causing swelling, redness, burning and stinging pain. also jelly fish stings.
- **Ledum 30c** – puncture wounds, as well as insect bites and stings.
- **Urtica urens 30c** – prickly heat and mild sunburn, also good for itching insect bites and stings. Can also be combined with calendula and used as a topical cream for mild sunburn, prickly heat or insect bites.

What are the best essential oils for me to pack for my summer holiday and how is it best to use them?

Ingrid Jamieson advised: Essential oils have been used for thousands of years for medicinal and health purposes. Essential oils are widely used in aromatherapy and also in skincare. They are extracted from the flowers, bark, leaves or stems of plants and are distilled to form essential oils, which are widely used in cosmetic and body care products. Essential oils are used as a natural perfume or fragrance in cosmetic and body care products or to boost your mind and wellbeing in a diffuser or a roll-on.

Tea tree essential oil is a must have oil for your summer first aid kit. It is a great all-round aid to put on the skin, including cuts and scrapes quickly after they first appear to start disinfecting them. Tea tree has excellent properties for use on bites as it helps to soothe. Rubbing tea tree onto a bite helps to reduce redness and swelling while destroying the bacteria under the skin. Tea tree also has excellent skin properties, it has antiseptic, anti-fungal, antiviral properties and is used to treat many skin complaints. If you suffer from dry skin, combine tea tree oil with a carrier oil such as olive or coconut oil and apply to the skin, this provides the skin with moisture. Tea tree can be used to treat infected rashes, pimples and acne. It is also handy to have in your first aid kit and ideal for summer holidays.

Summer is the ideal time to bring out the vibrant citrus aromas and when you're stuck inside all day, it's good to increase your energy and diffuse some organic essential oils such as orange, lemongrass or peppermint. These essential oils boost and invigorate your body and mind.

Citronella essential oil is an exceptionally good essential oil for the summer months as it helps to repel bugs and pests. Add a few drops to cotton balls and place them around the home or garden to keep bugs at bay.

Ensure you buy an essential oil made from organic plants and is 100 per cent pure essential oil. Many synthetic fragrances, aromas and perfumes are derived from petrochemicals (petrochemicals are petroleum-based) and can be harmful to your health and your body. There are many chemicals found in synthetic fragrance, such as toluene, and phthalates, which are endocrine disruptors and known carcinogens. It is best to use products which use natural fragrances such as essential oils. Plant based/natural-based ingredients nourish the skin, are kinder to the skin and provide care for the skin, whereas using a product that is filled with synthetic ingredients such as parabens, SLS and mineral oils can irritate the skin, clogging the pores and interfering with the skin's ability to eliminate toxins.

Essential oils cannot directly be applied to the skin. Ensure you always mix essential oils with a carrier oil or cream before skin application.

“My life and health have transformed since studying at CNM”

Lucia Stansbie, Nutrition Graduate at CNM, explains her pride at achieving a second qualification in her 30s, enabling a career change to something she loves, where she can help improve the health of others.



Lucia Stansbie

For many years, I worked in fashion, which was very stressful due to the long working hours and constant travelling. I grew tired of the emptiness of the fashion industry and wanted a career where I could help others through my knowledge. Having my own business and the freedom to work flexibly was also important to me.

I grew up in Italy, where natural remedies are part of the culture. Even from a young age, I tried not to use too many medicines and instead focus on leading a healthy lifestyle and keeping active. My diet was balanced, and I cooked from scratch using seasonal produce. I was lucky that my local pharmacy also had a herbalist and homeopath to advise on alternative natural remedies. However, when I moved to London in my 20s, I let my diet slip and didn't use alternative medicines as they weren't as accessible to me as in Italy. Over time, the change in my lifestyle and stressful career resulted in low energy, insomnia and hormone imbalance. After little help from my GP, I reverted back to healthy nutrition and natural therapies to take control of my health and life again.

Studying at CNM was empowering, eye-opening and motivating. CNM's holistic approach to nutrition and wellbeing and the extensive clinical practice hours is what

attracted me to the college. The campus is also in a prime London location, which is convenient to reach.

I especially loved how passionate and knowledgeable all of the lecturers were. It was great to have a range of lecturers for different topics in the first two years as it exposed me to diverse points of view and practicing styles. I also thoroughly loved the clinical practice; it was nerve wracking at first but felt so rewarding to have my first client and see how I helped them gain health. I also loved meeting new like-minded people during the course, some of whom have become very close friends.

I now have complete control over my health. My life has changed for the better since applying the knowledge I gained through CNM's nutrition course. I've restored my energy levels and my hormones are balanced again. Just a week after receiving my nutrition diploma, I set up my online practice and I also consult for a company that specialises in nutrition. I'm so grateful that I now have total control over my health and career and that I can apply my knowledge to help improve other people's lives too.

If you're thinking about studying at CNM – don't wait! Take ownership of your life and health now, it's a decision you won't regret. Find out more www.naturopathy-uk.com/courses-eu/courses-nutrition/

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Natural summer nourishment

Change up your summer skincare routine – inside and out – for naturally glowing skin.

We might just think our appearance relates to what we put on it, but the reality is that so much of our internal health also plays a role. Whether it's lacking in key nutrients, overloading the skin with excess chemicals, or eating too much sugar and processed food, getting your skin into good health requires a truly holistic approach, inside and out.

Ingrid Jamieson, Marketing Manager at Pravera, which has the *lavera*, *Benecos* and *ORGANii* brands in its portfolio, explained: "Our overall state of health impacts the condition of the skin, hair and nails. A variety of factors can affect the condition, such as smoking, sun damage, medications and nutrition. Poor hygiene habits can contribute to unhealthy skin, failing to wash your skin morning and night can cause dirt and grime to build up on the skin, eventually logging the pores, dry skin, acne, breakouts, and wrinkles."

Skin health from within

It's so important we appreciate the role our internal health plays in how our skin looks and feels.

Jenny Carson, Senior Nutritionist at Viridian Nutrition, explained the science: "The skin is often visible and exposed to the environment. Subsequently, these exposures, combined with the skin's role in detoxification, can reflect overall health and the immediate environment. The skin is made of three layers: the epidermis, which is the outer layer and is a waterproof barrier, under which the dermis lies and contains connective tissue, hair follicles and sweat glands. The subcutaneous tissue of the hypodermis is made of fat and more connective tissue."

And what are the key contributors that can make skin look and feel less than healthy?

Jenny went on: "Skin is mostly on show, especially that on the face, hands, and arms. Therefore, skin can be affected by both external pollutants, such as cigarette and vaping smoke, and pollution, and internal elements such as stress, poor diet, smoking, excessive alcohol intake, poor detoxification or an elevated detox load.

"Pollution is a potent generator of oxidative damage, aggressive molecules that attack tissues. Worryingly, pollution is largely odourless and invisible so often we are unaware of its presence. Smoking, like pollution, cigarette and vape smoke generates oxidative damage. Alcohol is detoxified by the liver, and although ethanol has relatively mild-medium damaging effects, the compounds that the liver transforms ethanol into prior to elimination from the body is highly aggressive and damaging."

We should also be aware that poor skin health can be linked to other health concerns, with Jenny commenting: "Jaundice, characterised by yellowing of the skin and/or eyes, can be linked to liver disease, gallstone or pancreatitis. Skin conditions may indicate immune dysregulation, for example, eczema is the abnormal response by the immune system to environmental compounds. When the liver is overloaded or disrupted, the skin becomes an intermediary detoxification organ and this can trigger acne, white heads, lesions or psoriasis.

"Several skin conditions which manifest at dark skin patches, raised crops of bumps or open wounds are associated with poor blood glucose management and type II diabetes. Namely, *Acanthosis nigricans*, *Scleroderma diabeticorum*, *diabetic ulcers*, and *Eruptive xanthomas*."

Try this

- ★ Benecos Natural Foundation Stick
- ★ Kinvara Active Rosehip Day Cream
- ★ Evolve Beauty Climate Veil Tinted Sunscreen
- ★ JASON Vitamin E Skin Oil
- ★ Syno-Vital Hyaluronic Acid

SKIN SIGNS

And what signs might you experience if skin isn't so healthy?

Jenny advised: "Uneven skin tone and hyperpigmentation indicate high response melanin, which produces patches of darker skin. Fragile skin is easily disrupted, it can crack and split frequently and becomes painful. Overproduction of sebum is the cause of greasy skin, which is linked to increased blackheads, spots and breakouts of acne. Bacteria is attracted to the sebum and exerts infection, which results in spots and acne.

"Dehydration and a lack of dietary nutrients can contribute to dull and lacklustre skin while dry patches may indicate a lack of essential fatty acids. Stress can make the skin appear dull, lacklustre and dry, while predisposing the individual to skin conditions and increased pain perception."

Laura Rudoe, founder and CEO of Evolve Beauty, went on: "As our largest organ, and protective outer layer, keeping our skin balanced and healthy contributes to our overall wellbeing. Redness, sensitivity, dry, sore, itchy or irritated patches of skin, loss of radiance or dullness, and breakouts and blemishes are some of the indicators of disruption to our skin health."

EATING FOR THE SKIN

The summer is the perfect time to switch to a healthier diet, given the abundance of fruit and veg, and the desire to eat lighter foods.

"The typical western diet is notorious for low nutrient density, heat damaged oils, cheap ingredients, processing techniques, sodium chloride and added sugars. These factors can play havoc with skin, creating inflammation, oxidative damage and are dehydrating, whilst supplying little nutrition," Jenny explained.

"It's estimated the human body is 60 per cent water, of which 64 per cent is held in the skin. Therefore, it is plausible that dehydration would affect skin. When the outermost layer of the skin, the epidermis, does not contain enough moisture, it becomes dry, rough and will lose its elasticity.

"Food allergies and intolerances can exacerbate poor skin and skin conditions. The presence of a food that creates an allergic response or intolerant response stimulates the immune system, which may manifest as inflammation, oxidative damage, eczema or dry, flaking skin."

In terms of dietary choices, Jenny suggested: "The early summer is the time when oranges, pineapple, and mango are available and generally foods that are yellow, green and orange are good for the skin. In addition, sweet potato, butternut squash, spinach and green leafy vegetables provide pigment related compounds that are beneficial for the skin. These pigments represent carotenoid content, which are potent antioxidant nutrients and can be transformed into vitamin A, which improves skin turnover, normalises skin integrity and healing.

"Other beneficial foods include shellfish, green leafy vegetables and pumpkin seeds for zinc and Brazil nuts, wholegrains and fish for selenium. Fermented foods such as kefir, sugar-free kombucha, kimchi, sauerkraut and yogurt are rich sources of beneficial bacteria. Regularly consuming fermented foods helps to maintain a balance of beneficial bacteria and supports immune function."

You might also want to add in skin supportive supplements.

"Not everyone is willing to ferment vegetables, milk or coconut milk and so beneficial bacteria food supplements are an option. The bacteria produce antibiotic like substances which support immunity and help normalise the bacterial balance of the skin," Jenny explained.

"Astaxanthin is a potent antioxidant which has been shown in research to improve premature skin ageing due to sunburn, while another study showed an improvement in wrinkles, age-spot appearance and skin moisture levels. Other useful plant compounds such as lycopene and lutein are useful skin protectants and rich in red pigmented and yellow pigmented foods respectively. Burdock and gotu kola support liver function. Using herbs that support liver function in combination with a reduction in toxin exposure may inadvertently improve skin health.

"Zinc and selenium are provided by specific foods and so supplementation may be preferred by those following a vegan or vegetarian diet. The nutrients exert an antioxidant effect, support healing, and are anti-inflammatory."

IMPACT OF POOR SKINCARE

Considering your daily routine in terms of what you put on the skin is important.

"You may be using the incorrect skincare products for your skin type, which can cause irritations, breakouts or redness," Ingrid pointed out. "Skin can look dull, dehydrated, grey, grey, breakouts, redness, irritations. Practice good hygiene and wash your face morning and night to remove dirt and grime and use the correct skincare products for your skin type. If you have sensitive skin, do not use aggressive products as this will irritate skin. Most importantly, get enough sleep, drink water and use a moisturiser to keep skin hydrated."

And from a chemical perspective, what are the most undesirable ones to avoid?

Ingrid reported: "Mineral oils like petroleum can irritate skin and cause sensitivity, clog pores and interfere with the skin's ability to eliminate toxins, promoting acne and other skin complaints. Sodium lauryl sulfate (SLS) and sodium laureth sulfate (SLES) are synthetic chemicals found in conventional products that foam, for example, cleansers, shampoos, shower gels. SLSs can irritate the skin. Toxic sunscreens include oxybenzone and octinoxate – these chemicals are exposed to sunlight, reactions occur with the skin, causing inflammation, irritation and allergic reactions."

Laura added: "Check skincare ingredients before buying to find formulas that contain high quality ingredients to balance and nourish your skin and avoid those that may contain harsh or synthetic chemicals, particularly if you have sensitive or reactive skin. Skin sensitivity can vary from person to person, so it is important to find formulas that suit your particular skin needs, and to avoid any that contain allergens that can disrupt the healthy balance of your skin.

"There is an extensive list of synthetic chemicals that we avoid in our formulations. Some examples of these include parabens – certain ones have been linked to hormone disruption; phthalates, which are plasticising ingredients that have been linked to hormone disruption; mineral oils, including paraffin wax, which are by-products of petroleum distillation and have concerns linked to unsustainable sourcing; and aluminium powder – a known toxicant in high doses."

Summer skin needs

When it comes to a healthy routine, there is much you can do to make some easy changes to meet your needs during the warmer months.

"Our skin can become dehydrated, and oilier in the summer, due to warmer weather and more time spent outdoors. Sun exposure, sweat, and pollution can also affect the health of our skin, so it's important to keep skin cleansed, hydrated, nourished and protected through the season," Laura suggested.

"We recommend including a hydrating mist or serum in your skincare routine, as well as applying daily sunscreen. If your usual moisturiser feels too heavy in summer, switch to a lightweight hydrating cream and a serum with hyaluronic acid, to keep skin plump and smooth. At night, make time to cleanse your skin to remove daily grime, and treat skin to a replenishing moisturiser."

And Ingrid suggested: "The heat and humidity can cause breakouts and acne on the skin, more so in oily skin. The heat and humidity intensifies oil production, and can clog the pores, which results in more breakouts. Using a toner twice a day helps to remove excess oil on the skin. The astringent properties of the toner help to soothe and cool the skin as it closes the pores and controls oil production. During winter and spring, we tend to nourish our skin more due to the colder weather and therefore use a rich moisturising face cream. In the summer, our skin doesn't require as much nourishment so change to a light face cream or a face fluid, one with an SPF to protect sunspots, freckles and early signs of ageing.

"Sun exposure will gradually thin skin around the eyes and lip area and cause wrinkles. It is advisable to invest in a good natural and organic eye cream and lip balm to protect these delicate areas on the face. Exfoliate once a week during the summer to remove the build-up of dead skin cells and help to keep pores clear. Doing this helps to keep skin bright, rejuvenated and softer."

Protecting against UV rays in the summer, when you are most at risk, is crucial.

"Sun damage can lead to premature skin ageing, wrinkles, pigmentation, dry and uneven skin so we need to keep skin protected from these harmful, skin damaging UV rays. No matter what skin type you have, the sun will react with it and you should always wear sun protection with a minimum of SPF20 applied skin daily," Ingrid added.



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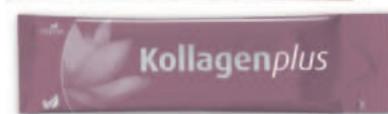
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Bees have your back

Discover the benefits of bee propolis for your natural health and skincare needs.

The press has been abuzz lately with the benefits of bee propolis, an impressive natural ingredient, which is a must-have for your summer health arsenal.

Propolis is a resin bees collect from plant and tree buds, and they use it to line and sterilise their hives – it is said that a beehive is the most sanitary place on earth! This miraculous natural substance is packed with over 150 various constituents, including nutrients, minerals, amino acids, flavonoids and polyphenolic compounds, and not only helps strengthen the immune system, but also has natural antibiotic, antimicrobial and antiviral properties.

Propolis is a powerhouse ingredient for good reason, as it's been used since Egyptian times (Hippocrates recommended propolis for health and Cleopatra used it in her skincare regime), and it has over 2,500 studies on its use for health and skincare.

It's one of those rare, unique, and beneficial natural ingredients which has huge health benefits but is not usually found in a multivitamin or in a regular diet. No wonder honeybees are sometimes referred to as a flying pharmacy! It's worth making propolis part of your daily health regime to support healthy skin and to help reinforce your natural defences.



ADD IN A SUPPLEMENT

Propolis works synergistically and effectively alongside other ingredients which modulate, but don't stimulate, the immune system, such as black elderberry, olive leaf and beta glucans. Together, they provide extra, multi-faceted immune support and these ingredients may be found combined in supplement form.

Bee propolis can be taken in tincture or supplement form. It has a strong, aromatic taste and smell so many find taking it in capsule form is best.

Quality is key, and like honey, as not all propolis is created equal, some cheaper versions may be synthetic or of a poorer calibre. Look for concentrated extracts with flavonoid content above five per cent. Propolis is also found in some skincare and sun protection products, and they are worth seeking out.

SUMMER HEALTH ESSENTIAL

When traveling, it's easy to pick up illness and, therefore, reinforcing your natural immunity can help you avoid holiday disappointments and down time.

In addition, bee propolis is shown in studies to help heal and protect skin and may aid in reducing breakouts and rashes, which can occur when traveling or as a result of sun exposure. Research also shows propolis may help prevent the proliferation of melanomas and could help reduce sun damage so it's great to take in addition to using sun cream.

Because of its natural antiviral properties, propolis has been shown to reduce outbreaks of herpes cold sores, as well as molluscum contagiosum (a skin infection that affects children). It is even shown in studies to help aid collagen and elastin production.

If you suffer from hay fever and allergies, propolis has anti-inflammatory properties and may provide relief as a healthy immune system helps ease histamine reactions resulting from hay fever and allergies.

Propolis stands out from many immune supporting ingredients as it modulates and supports the immune system but does not stimulate it like some ingredients can (such as echinacea), therefore, it is fine to take daily, on an ongoing basis, and is also suitable for children.

Reader offer

Award-winning Bee prepared daily immune is a summer essential – it blends nutrients which have natural antibiotic and antiviral properties and help bolster your immune system. Propolis, one of the hero ingredients, is also shown in studies to heal skin, as research shows it helps collagen production



and may help prevent melanomas so it's great to take in addition to using sun cream. *Natural Lifestyle* is offering readers the chance of winning one of two sets featuring three packs each.

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.



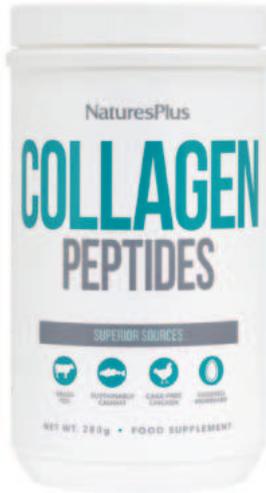
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NUTRATEA PACK

Natural Lifestyle has teamed up with NutraTea to offer readers the chance of winning one of five sets comprising three of its unique herbal blends: NutraVision, NutraJoint, and NutraLust. NutraTea is a specialist in herbal teas that have been formulated by pharmacists and nutritionists to target specific health issues. Utilising 100 per cent active botanicals that have been sustainably sourced worldwide and with no filler ingredients, each tea bag can be reused up to three times throughout the day.



NATURESPUS COLLAGEN PEPTIDES

Natural Lifestyle has teamed up with NaturesPlus to offer readers the chance of winning one of six packs of Collagen Peptides. Collagen is a key component of hair, skin and nails so getting enough of this nutrient is vital. NaturesPlus Collagen Peptides is one of the few collagen supplements that provides all six major types of collagen from clean sources. It mixes easily, is virtually taste-free and is further supported by enzymes to maximise absorption and bioavailability.

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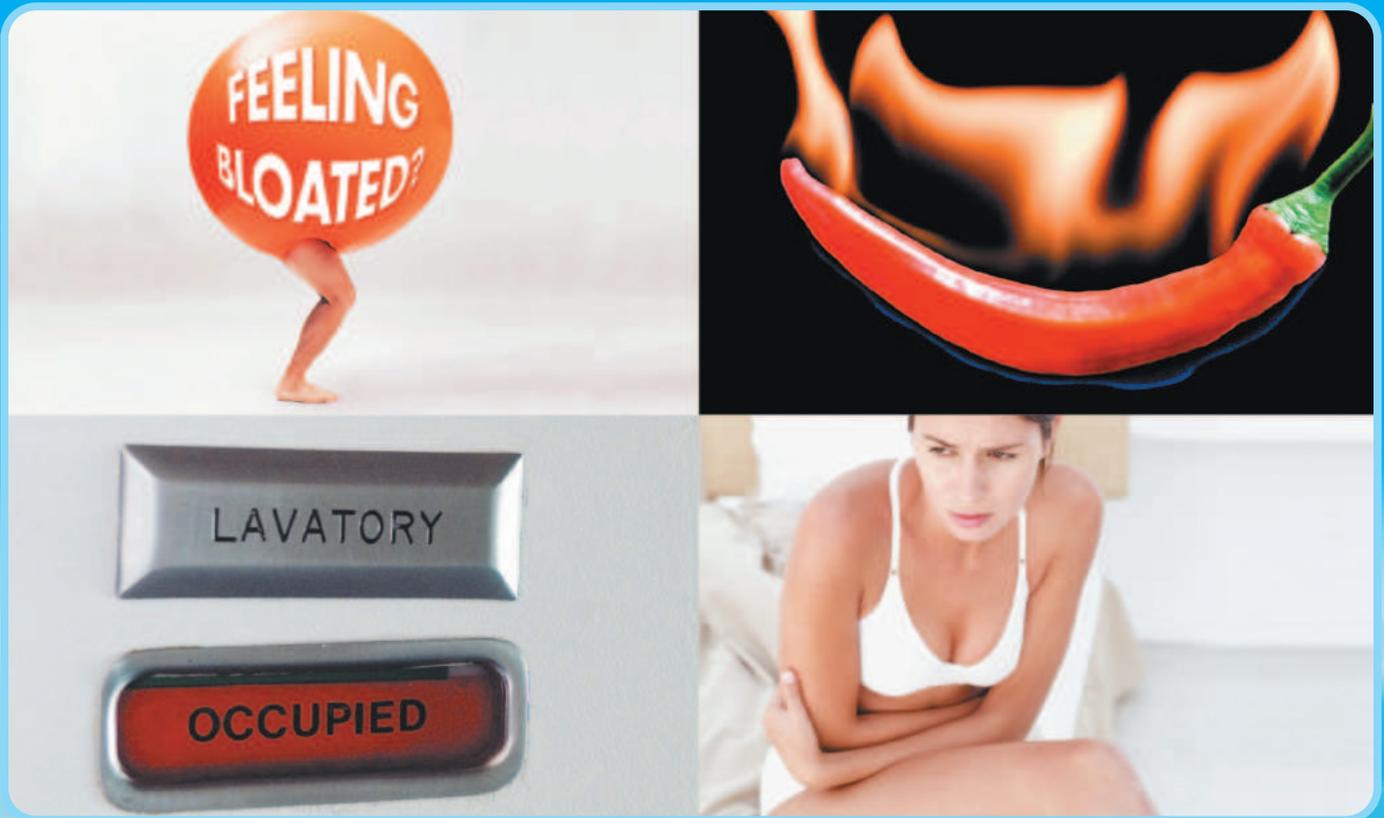
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Baking imperfectly

Take inspiration from Lottie Bedlow's new book that strives for taste over perfection.

Sun-dried tomato and olive sticks

I'd call these breadsticks but those bring back too many bad memories of stale snacks at parties. They're also not really baguettes, although they could be used to make a really, really narrow sandwich with not much filling. Let's just stick with sticks.

Kit list:

- Hand whisk
- Stand mixer and dough hook (optional)
- Dough scraper (optional)
- 2 baking sheets

Ingredients:

- 220ml (7¾ fl oz) warm water
- 7g (¼ oz) sachet fast-action dried yeast
- 1tbsp clear honey
- 350g (12oz) strong white bread flour, plus extra for dusting
- 1tsp salt
- 2tbsp olive oil
- 60g (2¼ oz) pitted black or green olives, quartered
- 50g (1¾ oz) sun-dried tomatoes, chopped
- 2tsp dried mixed herbs
- Oil, for greasing
- Hummus, to serve (optional)

Method:

- Put the measured warm water, yeast and honey into a small bowl and whisk vigorously together with a hand whisk until there are no lumps of yeast visible. Set aside for about 10 minutes until bubbles form on the surface.
- Add the remaining ingredients to the bowl of a stand mixer fitted with a dough hook, then pour in the yeast mixture and knead for 10 minutes. You can do this by hand but beware: it is a very sticky dough, so you will need a well-floured work surface and ideally a dough scraper to help you get it off said surface.
- Grease a large bowl with oil. Once kneaded, if using a stand mixer, flour your hands before lifting the dough out. Add the dough to the oiled bowl, cover the

- bowl with clingfilm and leave to prove in a warm place for an hour, or until doubled in size.
- Sprinkle the baking sheets with flour. Flour your work surface, turn the dough out on to it and knock back using your fingertips. Divide the dough into 70g (2½ oz) balls and roll each one into a sausage shape about 20cm (8in) in length. Place on the baking sheets, cover with clingfilm and leave to prove again for 30 minutes.
- Preheat the oven to 200°C/180°C fan/400°F/Gas Mark 6. Bake the sticks for 10-12 minutes until golden brown. If they're starting to catch on top but are still a bit undercooked and floppy, flip them over. Remove from the oven and leave to cool on the sheets before serving. These are good with hummus.



Quarantine florentines – it's all in the snap

I've been baking biscuits for my grandparents for as long as I can remember, and these are their favourites. They're incredibly moreish, so don't let any go to waste – you can use the offcuts as a naughty breakfast cereal the next day. And if there are nuts or dried fruits that I haven't included but you want to get in there, go for it. Make this one your own.

Kit list:

- 2 baking sheets
- Small food processor
- Round cookie cutter

Ingredients:

For the biscuits:

- 40g (1½ oz) pistachio nuts
- 60g (2¼ oz) dried sour cherries
- 60g (2¼ oz) crystallized ginger
- 20g (¾ oz) plain flour
- 30g (1oz) coconut flakes
- 120g (4¼ oz) flaked almonds
- 70g (2½ oz) unsalted butter
- 120g (4¼ oz) light muscovado sugar
- Pinch of salt
- 2-3tbsp double cream

To decorate:

- 175g (6oz) dark chocolate (54% cocoa solids minimum), broken into pieces
- 75g (2¾ oz) white chocolate, broken into pieces

Method:

- Preheat the oven to 190°C/170°C fan/375°F/Gas Mark 5 and line the baking sheets with non-stick baking paper.
- Put the pistachios, cherries and ginger into a small food processor and blitz for a few seconds until chopped to a fine rubble. Add the flour and blitz again to combine. Transfer the mixture to a bowl and stir in the coconut flakes and flaked almonds.
- Heat the butter, sugar and salt in a small saucepan over a low heat, without stirring if possible but moving the pan around to combine, until the sugar has melted and the mixture is a darker golden brown. Remove from the heat and stir in the cream. Pour this caramel over the fruit mixture and stir until well combined.
- Place one tablespoon of the mixture on one of the lined baking sheets and press it out to an even thickness. Use the cookie

cutter to help guide you here if needed.

Don't worry about holes in the mixture because, when it cooks, the caramel will melt and fill the gaps. Repeat until you have six circles of mixture on each baking sheet, with plenty of room in between to allow for spreading during baking. If you run out of room on the baking sheets, bake in batches.

- Bake for eight to 10 minutes, or until evenly golden brown. Watch them carefully – if they are paler in the centre, they may be a little softer and chewy to eat; if they are overbrowned, they will be too snappy. It's a fine line, so keep a close eye on them. Even with some room between them, you might find that the florentines still merge together into one big blob. That's not an issue at all because we are going to use a cookie cutter later on anyway, so just keep going and sort the shape further down the line.



Lemon and poppy seed cake with elderflower buttercream

This super-simple, single-tiered cake packs a punch. It's your basic lemon drizzle with a twist, because the elderflower buttercream makes it taste like something you found in the garden. In a good way.

Kit list:

- 20cm (8in) round cake tin
- Stand mixer or electric whisk
- Microplane
- Spatula (optional)
- Cocktail stick
- Food processor
- Palette knife

Ingredients:

For the sponge:

- 100g (3½ oz) unsalted butter, softened, plus extra for greasing
- 120g (4¼ oz) caster sugar
- 4 eggs
- Zest and juice of 2 lemons, plus extra zest to decorate
- 75g (2¾ oz) ground almonds
- 20g (¾ oz) poppy seeds, plus extra to decorate
- 120g (4¼ oz) self-raising flour
- 1tsp baking powder

For the syrup:

- Juice of 3 lemons
- 1tbsp caster sugar
- ½ tsp elderflower cordial

For the icing:

- 150g (5½ oz) unsalted butter, softened
- 200g (7oz) icing sugar
- 2tsp elderflower cordial

Method:

- Preheat the oven to 180°C/160°C fan/350°F/Gas Mark 4. Grease and line the cake tin with non-stick baking paper.
- Start with the sponge. Cream the butter and sugar together in a stand mixer or in a large bowl with an electric whisk for about three minutes. Add the eggs one at a time, beating well after each addition. Add the lemon zest and juice and mix until incorporated.
- Add the ground almonds and poppy seeds, then sift in the flour and baking powder. Fold in to combine. Transfer the batter to the lined tin and bake for 25 minutes or until golden brown. Remove from the oven and leave to cool completely in the tin.
- Meanwhile, make the syrup. Put all the ingredients into a small saucepan. Simmer gently over a low heat until the sugar has dissolved, then set aside.
- Use a cocktail stick to make little holes all over the top of the sponge, then pour over the syrup. If you get overexcited and the syrup starts to overflow, don't worry. Walk away and don't look at it for a bit. When you come back it will have sorted itself out.
- To make the icing, cream the ingredients together in a food processor (can be done in a stand mixer or a large bowl with an electric whisk, but this is the quickest way).
- Remove the sponge from the tin, peel off the paper and place on a serving plate. Spread over the icing with a palette knife and top with a little lemon zest and some poppy seeds.
- Store in an airtight container in a cool place (not the fridge) for up to four days.



Baking Imperfect:
Crush, Whip and Spread it Like Nobody's Watching by Lottie Bedlow. Published by Hamlyn. Photography Tom Register.

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