

# Natural Lifestyle

LOVE LIFE, LIVE WELL — NATURALLY

[www.mynaturallifestyle.com](http://www.mynaturallifestyle.com)

June 2021



## Women's wellness

Health and wellbeing essentials for key women's health issues

## Summer health guide

Holistic health advice, whether at home or abroad

## ACT ON ACNE

NATURAL SOLUTIONS TO EASE THE COMMON SKIN COMPLAINT

**Plus** HOW MUSHROOMS CAN SUPPORT YOUR HEALTH • SUMMER DETOX • NL GIVEAWAYS • LESSONS FROM THE MEDICINAL CHEF

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# Welcome



**I**n this issue of *Natural Lifestyle*, we bring you our annual holiday health feature. Usually packed full of advice about how to keep you and the family well during your summer holiday, this year, our advice is a little different as the lingering effects of the Coronavirus pandemic are felt. This year, jetting abroad may be less common, and instead, many people will be choosing to stay in the UK for their summer break – but that doesn't mean your summer health should be any less of a consideration.

In fact, as our experts explain on page 16, your health may actually need some extra attention this summer as we emerge from such a difficult period. For one, people have put on weight during the pandemic, and may have been eating less healthily, meaning they will be in need of a nutrient boost. We've also been less active, and not seen so much of the outdoors, so you are likely to be low in vitamin D. And that's before we factor in the toll the pandemic and resulting lockdowns have had on many people's mental health.

As the saying goes, health is wealth, and giving your wellbeing a little focus at this time will pay dividends, as will ensuring you allow yourself some self-care too. After what has been a very long winter, made worse by lockdowns, we come back to the importance of looking after yourself, mentally and physically. Self-care is unique to each and every one of us, and finding what works for you, what brings you comfort, peace and happiness, is so important to your wellbeing. Ideally, this will include being in the outdoors, doing some kind of exercise, and taking some time out just for you. Importantly, self-care should not be seen as a luxury but as a necessity.

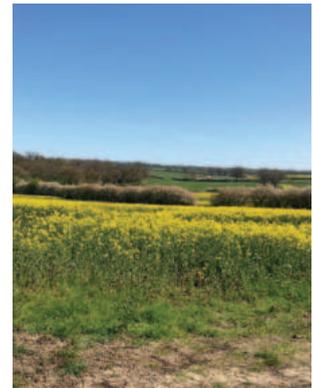


Eating well is also important (and for many, cooking is a relaxing mode of self-care), and in this issue, we have a great selection of good-for-you recipes from the Medicinal Chef, Dale Pinnock – no reason not to eat well and feel good – which you can find on page 32. And don't forget, we also have a fantastic selection of giveaways – you can find this month's on page 31 and head over to [www.mynaturallifestyle.co.uk/giveaways](http://www.mynaturallifestyle.co.uk/giveaways) to enter.

*Rachel Symonds,*  
Editor

## THE BEST BITS

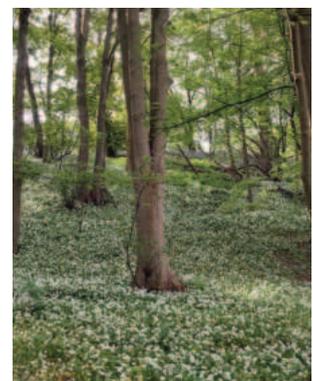
An insight into what the *Natural Lifestyle* team have been up to this month.



A long hike for our design whiz, Clare, was rewarded with some stunning spring views.



Editor Rachel came across some furry friends during a long run in the countryside.



Mother Nature was showing her strength with this blanket of wild garlic during a woodland walk.



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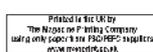
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LOVE LIFE, LIVE WELL — NATURALLY

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WOMEN'S  
HEALTH



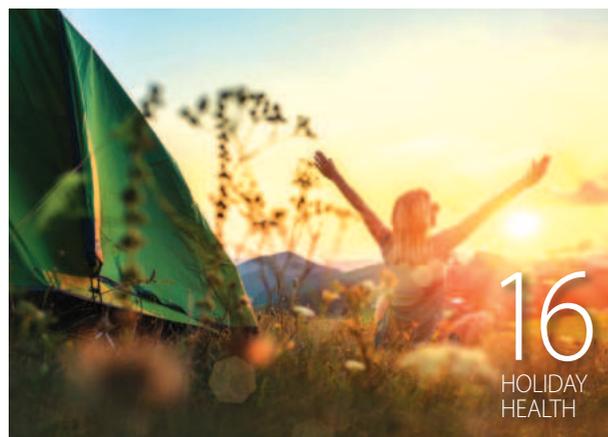
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EXPLORE  
IN STORE



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EXPLORE  
IN STORE



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HOLIDAY  
HEALTH

# Hot flushes?

# Night sweats?

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## BEAT THE BELLY FAT

The last year has seen many people put on weight, but as lockdown restrictions lift, now is the time to get your waistline in check – and Christine Bailey, nutritionist and author, has offered her tips on healthily tackling belly fat.



## Take action over your allergies

With hay fever season in full swing, you might have your usual remedies to hand but have you thought about how best to manage it at night?

Just in time, The Sleep Charity has published its 10 top tips for allergy sufferers to ensure a restful night's sleep. This includes:

- Keep the temperature in your bedroom between 16c and 18c.
- Remove flowers from bedrooms (opt for artificial plants instead).
- Wash duvet covers and pillowcases regularly at a high temperature (this kills mites and removes mite faeces). If hot washing is not possible, 24 hours in the freezer will kill any mites in a pillow prior to a cold wash.
- Leave your duvet turned back during the day.
- Avoid drying clothes on radiators in the bedroom.
- If you can, take your mattress outside for a good airing and then replace it upside-down and opposite-ways-round to its previous positioning.
- Clean the base with a soft brush to remove fluff and dust – if you have to use a vacuum cleaner do so very carefully and with the window wide open.
- While the bed is moved out from any walls, vacuum thoroughly under and around the bed – it can yield huge amounts of dust and fluff.

The Sleep Charity Deputy CEO, Lisa Artis, advised: "Whatever issue you're experiencing, practicing good sleep hygiene and creating a sleep-friendly environment will enhance your chances of falling asleep, staying asleep and sleeping well. As we move into spring, many find that the increased daylight hours, the start of warmer weather and the onset of allergy season can also impact on sleep.

"For those who suffer as the pollen count rises, it can be difficult to fall asleep and stay asleep. Key to getting a good night's sleep is to keep allergens at bay – or to minimise your reaction or exposure to them. The house dust mite, prevalent in bedrooms, can be a problem for many, so air your bed each morning and regularly clean mattresses, pillows and bedding."

# Inside... HEALTH

## VITALITY WITH APPLE CIDER VINEGAR

Apple cider vinegar has been used for centuries as a health tonic, and there's good reason why.

The experts at New Nordic have teamed up with nutritional advisor, Theresa Cutts, to explain why it's so beneficial and how you can take it properly.

Theresa explained: "When looking to take it as part of your wellness regime, always look for a product that contains the 'Mother', the name for the part of the vinegar that contains the good bacteria, nutrients and proteins. Sometimes it can be seen as floating strands – similar to ones found in other fermented foods such as kimchi, sauerkraut and sourdough bread"

Apple cider vinegar can be taken regularly as a drink, but make sure to dilute it with water, and to combat the unpleasant taste, mix it with honey. The acidity can be harsh on your throat, stomach and teeth so diluting small amounts will help reduce this.

Eva Nydal Abildgaard, Technical Product Researcher at New Nordic, added: "When taking it to help healthy weight management, it is best taken at a mealtimes. Supplements come in different strengths like gummies or tablets and are best to combat any issues with the taste or acidity harshness. If you are using a supplement that recommends one a day, take it with food and most importantly, take it regularly."

Among the benefits, digestion and weight management are key.

Theresa explained: "A study in Japan in 2009 found that over a 12 week period, those on the trial taking the apple cider vinegar, had a significantly lower reduced body weight, BMI and waist circumference, than those not taking the apple cider."

Eva added: "Apple cider vinegar can give a feeling of fullness, and therefore help squash any cravings for sweet foods or snacks."



• **Get your foundations right:** People desperately want to believe in shortcuts, fat busting supplements or 'magic weight loss powders'. The truth is there are no quick fixes when it comes to changing your body composition and shifting fat, particularly belly fat. Calories and the right balance of macronutrients – protein, carbs and fat – are the first areas to look at. Sadly, the truth is we can't just eat 'clean foods' and ignore calories. We can't supplement our way out of a bad diet or starve ourselves through the day, only to binge eat in the evenings. Work with a nutritionist to get the foundations in place first.

• **Keep it simple:** Whether you are a novice chef or love creating a gourmet meal, when you first start off on dietary changes, it is best to keep things simple. Cooking from scratch does not have to be complicated and it will enable you to track more specifically how much and what you are eating. Protein-rich foods improve satiety and help balance blood glucose levels, in addition to its known benefits in supporting fat loss. In addition, ensuring sufficient fibre-rich veggies, beans and pulses each day can help curb appetite and cravings.

• **Look at your environment:** Our environment can greatly impact our food choices and much of this is in our control. We can make sure the fridge is stocked with the foods we want to eat and clear the junk out of the house. We can also plan our meals each week to avoid impulse buying at the local shop. If there are tempting chocolates, cakes or sweets in the house, keep them out of sight or not easily accessible to avoid mindless eating.

• **Get back to your workouts but don't over train:** While many people have kept up with their workouts during lockdown, if you have had a break then it is important to start training slowly and build up gradually. If you are looking to change body composition – lose fat and build muscle – then strength training is a must but get advice from a personal trainer to make sure form and workout routine is right for you. HIIT training is where you alternate between periods of high intensity exercise and low-intensity recovery. Put simply, it is a more time effective way for losing fat than pounding the treadmill for hours.

• **Ditch the booze:** There are seven calories in every gram of alcohol. This means that they provide your body with a lot of calories but devoid of nutrition, and when alcohol is consumed, it is tempting to start snacking on not so healthy foods. If you're looking for one pound of fat loss per week, you need a 500-calorie deficit daily – an easy way to start cutting back is simply to forgo that evening drink.

• **Hold the sugar:** Observational studies show a relationship between high sugar intake and increased abdominal fat (belly fat). Don't think that 'natural sugars' such as maple syrup or agave nectar are any better for your waistline either. Fructose found in many syrups, drinks, fruit juices and fruit smoothies has been shown to increase belly fat. There are healthier options available, of which xylitol, a type of natural sugar alternative made from plants, is one. Whilst there are many alternatives on the market, xylitol (available in stores as Total Sweet) looks and tastes most like sugar and thus makes cutting down on sugar that bit easier.

• **Up the protein:** If you're trying to lose weight and cutting the calories, one thing you should not skimp on is protein. A high protein intake increases the release of the fullness hormone, PYY, which decreases appetite and promotes fullness. Protein supports a healthy metabolism and helps you retain muscle mass while you lose fat. Make sure every meal contains a good source of protein including breakfast – think eggs, meat, poultry, fish, shellfish, dairy, beans and pulses.

## We love

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# UK'S ACTIVITY LEVELS DROPPED, SURVEY FINDS

Coronavirus restrictions led to an increase in the number of people who were inactive, according to a new survey.

Data from Sport England's Active Lives Adult Survey saw that while the majority of physically active adults in England managed to maintain their habits, despite the challenges of the pandemic, the first eight months of Coronavirus restrictions, as well as the storms that had a huge impact on outdoor activity in early 2020, also led to a worrying increase in the number of people who were inactive – doing less than 30 minutes of activity a week or nothing at all. Some 1.2m (+2.6 per cent) more inactive adults were taking part in less than an average of 30 minutes a week, taking the total number of inactive adults in England to 12.3m (27.1 per cent of the population).

The report shows that while the restrictions associated with the pandemic had an unprecedented impact on activity levels, thanks in part to the support of the sport and physical activity sector, many people were able to adapt and find ways to return to activity as restrictions eased.

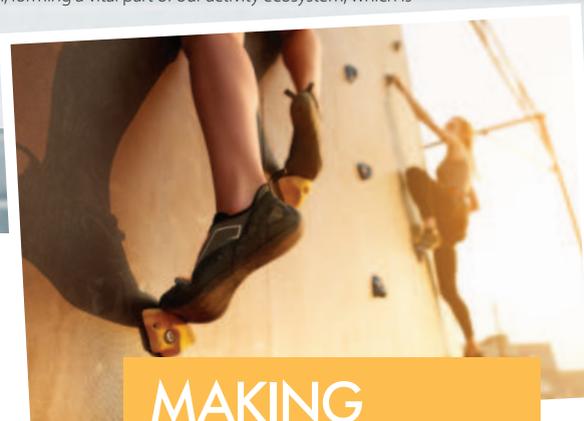
Not all groups or demographics were affected equally though, with women, young people aged 16-24, over 75s, disabled people and people with long-term health conditions, and those from black, Asian, and other minority ethnic backgrounds most negatively impacted beyond the initial lockdown period.

Commenting on the survey, Huw Edwards, CEO of ukactive, said: "The drop in physical activity levels during a period of restricted opportunities for exercise is no surprise, coming at a time when gyms, pools and leisure centres were closed for five months out of 12.

"Fitness and leisure facilities are essential for our nation's health, forming a vital part of our activity ecosystem, which is evidenced by the impact of their closure, particularly on vulnerable groups such as older adults, ethnic minorities, people with long-term conditions, and those from lower socio-economic backgrounds."



## Inside... LIFESTYLE



### MAKING MOVEMENT MATTER

A new research project is calling for help to understand the people who go walking and climbing.

Eight of the UK's leading walking, climbing and outdoor leisure organisations have joined forces for the ground-breaking research project, Your Movement Matters, which is all about understanding who is and who is not participating in the different styles of walking and climbing.

The aim of the project is to build a clear picture of what participation in walking and climbing currently looks like to support the development and implementation of evidence-based diversity and inclusion strategies within each organisation. And every type of movement counts, from walking in local parks or climbing at an indoor wall to camping, hiking and rock climbing adventures in the mountains. Whether you participate once a year, every day, or don't know how to get started, the organisers want to know about you.

"We know that we have a challenge with equity and diversity in the outdoors," explained John Cousins, Chief Executive Officer of Mountain Training UK & Ireland. "We have some headline statistics about those who participate less and they are particularly people from an ethnic minority background, women and those with a disability or long-term health condition. This research project will allow us to close the data gaps, establish clear baselines for participation in each style of activity and develop the resources available to support driving lasting change."

Survey respondents can choose to be entered into a prize draw to win a £100 voucher for Ellis Brigham. You can take the survey at [https://leedsbeckettsport.eu.qualtrics.com/jfe/form/SV\\_bDUDNB3Bheq7lpY](https://leedsbeckettsport.eu.qualtrics.com/jfe/form/SV_bDUDNB3Bheq7lpY)

### Stretch and soothe

The founder of a healthy tea brand has introduced a new series of exercises to help ease the symptoms of PMT.

Rosie Stockley, better known as MAMAWELLUK on Instagram (pictured), has teamed up with Bethan Thomas, founder of HotTea Mama, to create Stretch and Tea for PMT, a series of quick and easy exercises that can be performed in the time it takes to put the kettle on.

Bethan, a tea expert, has also created a new blend especially for those that experience the challenges of PMS, with ingredients to help with anxiety, cramping. So once your Mamawell exercises are done, you can enjoy a soothing cuppa to further relieve some of the pains or high emotions you may be feeling.

The herbs Bethan selected have been used traditionally for millennia to help women soothe cramps, reduce bloating, improve sleep and regulate periods. This includes raspberry leaf, chamomile flowers, ginkgo, spearmint, dandelion root and rose petals.



### GET READY FOR THE OUTDOORS

Although summer may be on the way, the UK's unpredictable weather means taking the right kit for any outdoor adventures is really important.

And Mountain Warehouse's ULTRA new range has been designed for the avid explorer who loves to be outdoors, mixing style and high-level technical performance.

For women, you could try the Himalaya Women's Extreme Waterproof Jacket, entirely waterproof and breathable, and made from multiple layers of fabric for more protection and warmth, with an adjustable fit (hood, cuffs and hem) and multiple pockets for easy and secure storage. Or, to keep warm when it gets chilly, the Endeavour Women's Padded Fleece is a dynamic mid-layer cut from a windproof soft fleece.

And for the men, there's the Inca Waterproof Tech Trousers, lightweight, warm and versatile. Ideal for adventures large and small, it features strategic panelling to improve insulation and can be worn on its own or as part of a three-step layering system. And protect your feet too with the Geneva Vibram Men's Waterproof Boots, suitable for longer walks and hikes in challenging conditions.





# Women's Health

A natural approach to your health and wellness



## Ditch the Itch!

Organ(y)c has you covered when it comes to your time of the month. Organ(y)c's Moderate Flow Sanitary Pads (£3.79, [www.organyc.uk](http://www.organyc.uk)) are made using only 100% organic cotton and contain no irritating substances such as SAP's, bleach, cellulose or plastics (which can be common in conventional sanitary pads). The soft wings keeps the pad in place however you move and gives protection and confidence when you need it the most.



## Your skin's best friend

Hydrating yet lightweight, the Lavera Hydro Sensation Gel Cream (£19.95, [www.laverauk.co.uk](http://www.laverauk.co.uk)) helps to smooth away tightness and dryness on the skin. The refreshing formula with organic algae and natural hyaluronic acid works throughout the day to deliver instant and continuous hydration, leaving the complexion looking and feeling healthy, smooth and revitalised.



## Freakin' Hot

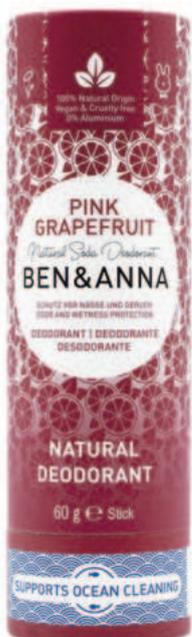
The Benecos Freaking Hot Palette (£21.95, [www.benecos.uk](http://www.benecos.uk)) is ideal for enhancing your summer tan. The convenient natural It Piece Palette comes with two gorgeous warm eyeshadows, a contour powder, and a compact powder so you can be

super-sophisticated with an all-over radiant complexion. Once finished, the It Piece re-fill palette products can be easily replaced with another of the same or why not mix and match from 24 different choices.



## Have a happy period

The Fair Squared Period Cup (£17.05, [www.fairsquared.co.uk](http://www.fairsquared.co.uk)) is the perfect way to ensure you are not caught out during your time of the month. This reusable menstrual cup is made from Fair Trade rubber making it soft and comfortable to use. It can be used throughout your menstrual cycle whether your flow is light or heavy, as it holds 3 times the amount of menstrual fluid than a regular tampon. Whether you are in the office or playing sports, this period cup has got you covered.



## Don't sweat it

Be ready for the summer heat with Ben and Anna's deodorant in Pink Grapefruit (£9.95, [www.benandanna.uk](http://www.benandanna.uk)). The natural soda has a deodorising effect while the arrowroot absorbs any excess moisture to keep you dry all day. This must-have deodorant has a zesty smell that makes you feel invigorated and fresh, gliding onto the skin due to the shea butter and leaving your skin soft. Certified natural, vegan, eco-friendly and effective, the original and the best.



## Nourish new skin

Skin health experts are here to help parents to cope with nappy rash in babies after a rise in cases.

With incidence of nappy rash seemingly at epidemic proportions and over 30 per cent of parents worried that it may be caused by something they are doing wrong, the Skin Health Alliance has investigated the issue with its experts from a scientific point of view.

The alliance knows caring for a young baby in pain with nappy rash is distressing for parents and that it can be made worse if the information parents use to help and remedy the situation is inaccurate. For example, the confusion between nappy rash and chemical burns illustrates how seemingly similar conditions can sometimes complicate parents' best efforts to fix things.

In its research, the Skin Health Alliance discovered even though over 90 per cent of parents used disposable nappies, 76 per cent confirmed that their babies had experienced nappy rash.

"Our skin ensures our body has a delicately balanced ecosystem. However, children don't really develop mature skin resilience until at least around one to two years of age. Up until then, baby skin remains sensitive and delicate. Therefore, striking the right balance between taking care of a baby's skin and allowing it to mature its own defences naturally remains a complicated area for many parents to navigate successfully – especially when it comes to nappies, and nappy rash," explained Dr Susan Mayou, Paediatric Dermatologist at London's Cadogan Clinic.

Working with its dermatologists and nappy manufacturers, the Skin Health Alliance advises:

- **Wet or dirty nappies** should be changed as quickly as possible. For newborn babies, this can mean as many as eight to 12 nappy changes a day.
- **Gently cleaning** a baby's nappy area with warm water or unscented, alcohol-free wipes at each change is gentler to the skin. As is then patting the skin gently to dry it with a clean towel or, even better, leave them nappy-free to air dry.
- **If possible**, allowing babies time without a nappy will help reduce chafing and contact irritation.
- **When skin is sore**, avoid fragranced soaps, bubble baths, lotions or talcum powder as they can cause further irritation.

# Inside... BEAUTY

## BODY BEAUTIFUL

Reinvigorate dull skin with the help of this body brush to help ease cellulite and improve circulation.

Natural Body Brush, from Wild & Stone, can also help to remove dead skin cells, unclog pores and even skin tone.

The brush features a handle made from FSC certified beechwood, and the bristles from sisal plant fibres. Sisal fibre is a plant that is similar to the top of a pineapple and is incredibly environmentally-friendly as weeding is done by hand and it is grown sustainably. It is also well known for its exceptional durability, meaning that the body brush lasts for years.

Wild & Stone is a British sustainable personal care brand, and every product has been sourced and created in a conscious way, creating minimal environmental and social impact on the journey from raw materials to the home.



## SENSITIVE SOOTHERS

One of our favourite natural skincare brands is helping soothe sensitive skin with these new additions.

Lavera's Sensitive Shampoo and Body Cleansing Bars are certified organic by NaTrue and Eco Cert, vegan and made with biologically degradable formulations, silicone-free, no microplastics or artificial colourings and preservatives.

The Shampoo Bars provide gentle cleansing and intense moisturisation for your hair, making it easy to comb and leaving it feeling naturally nourished. The carefully balanced natural composition with organic aloe vera and organic quinoa creates a smooth, gentle lather that is kind to the hair and scalp.

The 2-in-1 Body Cleansing Bar is made with organic aloe vera and plant keratin that creates a smooth, gentle lather that is kind to the body, hair and scalp.



## RESTORE VITALITY TO YOUR LOCKS

Cover grey hair while restoring lost vitality and shine to mature hair with these new permanent hair colour creams from Naturtint.

The range, available in eight shades, has been specifically formulated to care for older locks, to reveal stronger and softer hair, with anti-ageing colouring and the colours enriched with meadowfoam, abyssinian and argan oils for softer, stronger hair. They are also free from ammonia and PPD.

Naturtint Cream not only hides the greys, but it tackles other signs of hair ageing too using Age Control Technology to re-strengthen and rejuvenate hair.

It is PPD-free, for those looking to avoid this ingredient and instead uses PT, but it is not suitable for people with known PPD allergies and existing hair colour allergies.



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# ALLEVIATE ACNE, HOLISTICALLY

**A range of factors come into play with acne, but there are steps you can take to reduce your risk, as our holistic skincare plan explains.**

**W** At some point in our lives, most of us will have suffered with problem skin, sometimes for no apparent reason. Whether a few spots or continued and prolonged acne, there are many different elements to consider when reducing risk, and the natural support that can ease the appearance.

Acne causes spots, oily skin and sometimes skin that is hot or painful to touch. It most commonly affects the face, the back and sometimes the chest. But why does one person suffer with it in the first place? For a start, the often held perception that someone has acne because they have dirty skin has no basis behind it.

Acne often begins in teenage years; according to the NHS, 95 per cent of people aged 11 to 30 are affected by acne to some extent. It occurs when certain hormones cause the grease-producing glands next to hair follicles in the skin to produce larger amounts of oil (abnormal sebum). The excess sebum mixes with dead skin cells and both substances form a plug in the follicle. If the plugged follicle is close to the surface of the skin, it bulges outwards, creating a whitehead. Alternatively, the plugged follicle can be open to the skin, creating a blackhead. Normally harmless bacteria that live on the skin can then contaminate and infect the plugged follicles, causing papules, pustules, nodules or cysts.

Acne can be genetic, while hormonal changes, such as during a woman's menstrual cycle or pregnancy, can lead to spots.

## SELF-HELP SOLUTIONS

There are a range of things you can try to ease the signs of acne, and what works will be an individual choice for you.

- One of the important tips is to be careful when washing the affected area; it's known that over-washing can irritate the skin, so try to stick to morning and night.
- When cleansing, try to use lukewarm water as both hot and cold water can make your acne worse.
- Be aware of your cosmetic use, trying not to overload on make-up. Give yourself a few make-up free days a week to allow your skin to breathe and always be sure to fully take any make-off at the end of the day.
- Stress is no good for our skin, and so trying some calming techniques can help; taking some time out of your day just for you, whatever that is, is really helpful to manage stress. A short session of meditation or mindfulness each day is really beneficial, and sleep is imperative – try to get a minimum of seven hours a night.
- Exercise is incredibly beneficial for the skin, as well as helping boost your mood (which can be affected in acne sufferers). Be sure to shower straight after as the sweat can be irritating to the skin.

## NATURAL CHOICES

It's really beneficial to look at the products you use routinely on your skin as excess chemicals across a range of products can add to problems.

Try to opt for cleansers, moisturisers and make-up that is natural or organic, and the best choices can be found in your health food store. They will be free of undesirable ingredients, which can exacerbate skin issues, including artificial fragrances, phthalates, parabens, SLS and SLES.

When looking for skincare products, tea tree is fantastic for spots thanks to its antibacterial nature, and is well known for fighting bacteria and easing inflammation. You can find tea tree as the key ingredient in many skincare products. Aloe vera can also be beneficial to ease inflammation.

We also love mint and salicylic acid, both of which can balance the skin and remove excess sebum, while willow bark not only cuts inflammation but helps to control bacteria.

To keep your skin in good health generally, you want to follow a healthy, balanced diet, with plenty of protein and lots of good fats. Cut out refined sugar and processed foods as this can clog up your skin. You also may want to watch dairy as some people find this can make acne worse. A specific skin supplement is a good idea, or you could add in more zinc and vitamin C, both critical for the skin. An omega 3 supplement is also useful as it really tackles that inflammation.

### TRY THIS

Alba Botanica Acnedote  
Deep Pore Wash

Lavera SOS Blemish  
Control Cream

Terranova Nutrition Beauty  
Complex

A.Vogel Echinacea Cream

Zao Washable Make-up  
Remover Cloths

# NATURAL LIFESTYLE'S Top Picks



## Zao Essence of Nature

Zao, premium organic French makeup brand, has launched a Foundation Stick and Fluid Concealer in a comprehensive range of shades. The products are Certified Organic by COSMOS with 100% natural ingredients and are Peta-certified Vegan and Cruelty Free. Zao uses sustainable, stylish and refillable bamboo packaging to reduce waste. The Foundation Stick is a versatile cream foundation in a stick format, delivering a natural lightly powdered finish that feels comfortable on skin. The Fluid Concealer delivers outstanding coverage with its velvety texture, correcting dark circles and other small imperfections effectively, without settling into fine lines and wrinkles. [www.zaoessenceofnature.co.uk](http://www.zaoessenceofnature.co.uk)



## Banish breakouts with Acedote

Banish breakouts with nature's answer to acne. Clinically tested, featuring willow bark extract, maximum strength 2% salicylic acid, soothing aloe and calming chamomile to reduce inflammation and fight dirt, oil and pore-clogging dead skin cells; these beautifying botanicals zap zits on contact for skin that's clear and smooth – never tight or irritated. Pesky pimples don't stand a chance against this range! Available from all good health stores and independent pharmacies nationwide, and [www.kijaniliving.com](http://www.kijaniliving.com)



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# NATURAL LIFESTYLE'S Top Picks



## AllicinMax Immune for normal immune function



AllicinMax Immune is formulated to provide alliin from garlic, with beta glucan along with vitamin C and Zinc. Vitamin C and Zinc contribute to normal functioning of the immune system. It makes a perfect addition to your wellness supplement

regime. The easy to swallow, vegan capsules are odour free and suitable from age 12. Two capsules provide 180mg Allisure (Allicin) Powder, 150mg Vitamin C and 10mg Zinc. Part of the AllicinMax™ range, the brand leader in stabilised alliin supplements, you will find the range in your local independent health food store.

[www.allicin.co.uk](http://www.allicin.co.uk)

## Colomint

Peppermint oil is one of the natural ways to eliminate digestive discomfort associated with IBS. When swallowed, the cooling flavour of peppermint benefits the digestive system. Studies have shown that peppermint may help with IBS related symptoms, which can include bloating, trapped wind and indigestion. Some sufferers prefer to take peppermint oil capsules rather than medicated solutions, purely because they contain the natural oils from the peppermint plant. The peppermint oil in Colomint is extracted purely from natural sources; the peppermint plant itself. To ensure Colomint capsules deliver their peppermint oil to your gut, where your body needs it most, each capsule has a gastro-resistant coating. Once in the gut, the peppermint oil is released and absorbed for the greatest benefit.



## Terranova Mushroom Synergy

Terranova's Mushroom Synergy contains six species of medicinal fungi: Reishi, Cordyceps, Maitake, Shiitake, Chaga and Royal Sun Agaricus. Mushroom Synergy is an especially unique formulation in that it provides all fungi in a full-spectrum form (including the primordia, mycelium, fruiting body, and extracellular compounds) – one of only a small number of brands in the world to use this unique grade of raw material. Also, worth noting is the fact that these fungi are also fresh freeze dried and certified organic. This formulation also includes organic, fresh freeze-dried ginger in order to facilitate bioavailability of the fungal compounds in the mushrooms.

Available in 50 capsule size & 40g powder size.



## OM Mushrooms Now Available in Capsules

Best-Selling Mushroom lines from OM of Reishi (the mushroom of immortality) and Lion's Mane (the "smart" mushroom) single species and new Immune superblend, now available in capsules. Grown in California, Om is a leading producer of pure, fresh, 100% organic



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non-GMO Project Verified and CGMP.

Available from all good health stores and independent pharmacies nationwide, and [www.kijaniliving.com](http://www.kijaniliving.com)

## ORGANIC MENOKARE+RED CLOVER

At Good Guru, we have introduced the formula, Organic Menokare + Red Clover, that has Phytoestrogens and is known to ease out the issues arising out of depleting levels of estrogen hormone. As per clinical studies, when estrogen declines, these Phytoestrogens exhibit stronger estrogenic effects in the body. With the estrogen-like property, these herbs lessen the hot flushes & night sweats. This formula aids in regulating weight, cholesterol & sugar levels. The antioxidants and micronutrients may reduce stress, enhance mood & provide quality sleep. Below are the herbs in our formulation:

- RED CLOVERS
- SHITAKE MUSHROOM POWDER
- SAGE POWDER
- BLACK COHOSH
- MACA ROOT POWDER
- LIQUORICE
- ASHWAGANDHA POWDER



# Mushrooms for wellness

## Their nutritional power makes medicinal mushrooms a wonderful support to your health.

**T**here are many nutrients that we all require to maintain general good health, and our intake can also differ, depending on our lifestyle and needs. While diet should always be the foundation to health, sometimes, we should take supplements to make sure we're getting the right balance of key vitamins, minerals and other nutrients.

And this is why we love medicinal mushrooms, such is their rich range of nutrients. They are often described as nutritional powerhouses, and here, we explain why, and how they could support your wellbeing.

### TRY THIS

Hifas da Terra  
Mico-Rei

OM Ommune  
Defence

Terranova Nutrition  
Mushroom Synergy

Time Health Chaga  
Mushroom Extract

Motion Nutrition Power Up

## Which to choose?

You will be able to find a wide variety of mushroom supplements in your health food store; some will be a combination of mushrooms, meaning you are getting a wide variety of nutrients to support general good health. You can also find single mushroom supplements, which are ideal if you have a specific health need.

Ones to watch out for includes:

- **Reishi** – this is one of the most popular found in supplement form and is especially good for the immune system. It is also calming, so ideal in times of stress.
- **Lion's mane** – this mushroom is especially good for the brain, helping with concentration and general cognitive function.
- **Chaga** – useful for the immune system, chaga is rich in antioxidants, making it fantastic for easing inflammation, and for quenching free radicals, which are damaging molecules in the body.
- **Shiitake** – one of the most popular culinary mushrooms, as a supplement, shiitake is supportive of healthy blood pressure, so beneficial for the heart.
- **Cordyceps** – this is the mushroom you need for boosting flagging energy levels, and also ideal for those who take part in lots of exercise.

You can find them in a capsule, or they will also come in powder so can be added to your health drinks. Medicinal mushrooms are also included in finished products, such as coffee, but be sure to check ingredient labels that they don't contain other undesirable ingredients.

## The benefits

Mushrooms have long been revered for their health-giving properties, but it is only in more recent years we have seen medicinal mushroom supplements grow in popularity.

And there's good reason for this; many mushrooms boast a wide variety of important nutrients, and certain ones can be beneficial for specific reasons.

Speaking generally, mushrooms contain beta glucans, which are critical to support the immune system, as well as vitamin D – an absolutely crucial nutrient for so many areas of health and which we aren't getting enough of.

Other benefits include that mushrooms contain protein, fibre, a range of B vitamins and important minerals, including potassium and selenium.

## SUMMER

## HEALTH RULES

**Keep an eye on your health this summer, whether you're at home or abroad – and your health will thank you for it.**

**T**here's something about the summer that can make certain health issues more commonplace, and not just if we go abroad. For one, we tend to socialise more thanks to the longer nights, which can lead to overindulgence, increased alcohol intake and sometimes a lack of nutritional focus. The sun's rays are stronger, which increases our risk of burning, the biters are out in force, and hay fever can bring misery for many.

This means our health focus may need to shift during summer, paying close attention to key nutrients needed to reduce the risk of such issues (more important than ever after the last year, where nutrition may have been lacking).

Dr Marilyn Glenville PhD commented: "Some people will have found the last year very difficult and may not have followed the healthiest of diets, therefore, going into summer with potentially lowered immunity and perhaps heightened anxiety and stress and weight issues. This may then lead to a continued cycle of not eating healthily, more weight gain and then a knock-on effect on immune health and even mental wellbeing."

Alice Bradshaw, Head of Nutrition Education and Information at Terranova Nutrition, went on: "Many people are out of their normal routines and have been for many months. For some, it may have been challenging to keep active as gyms have been closed and the colder weather is less inviting for outdoor exercise. Movement and activity are instrumental in overall physical and psychological health and wellbeing."

"With less places to go and not much to do, many people have complained of eating out of boredom or for comfort and gaining weight. As summer approaches, it might be tempting to opt for faddy crash diets to rapidly lose the surplus pounds, however, a nutritionally balanced approach with a resumption of physical activity is a more sustainable approach."

Martin Watson, Country Manager at Solaray, continued: "There is absolutely no doubt that most of us are going into this summer less healthy. Weight gain has certainly been an issue. What's more, we haven't been mixing and coming into contact with those day-to-day bugs that help build our immunity. Suddenly, getting out and about and mixing will be a shock to a weakened immune system, and we might find ourselves suffering more with seasonal bugs and allergies."

Louise Baillie, Health Writer at A.Vogel, reminded of the need to think of the joints: "As the summer weather hits, there is generally a rush to get outdoors and make new experiences, whether that's walking, cycling, hiking, running or just strolling round a country park. Whilst it is great to have these opportunities, this increase in activity levels does throw up the potential for aches, pains and injuries to occur in the muscles and joints, especially as most of us will have gone from living quite sedentary, predictable routines in lockdown, to moving at a much quicker pace in a fairly short period of time."

"Varicose veins are often made worse by the warmer temperatures and so symptoms like achiness, swelling and tenderness may become more apparent. When the body heats up, veins expand to allow more blood to flow to the surface of the skin and cool the body down. In doing so, more blood is directed towards and then through any varicose veins. This puts more pressure on the veins, causing the potential for further damage."

## CONSIDER IMMUNITY

Autumn and winter are when we tend to focus on our immune systems, but the warmer weather still requires you to pay attention to how its functioning.

"Keeping the immune system strong is a yearlong priority," Alice explained: "Although cold and flu season may have passed, good immunity is still needed to protect against general infections, food poisoning and more."

Louise added: "Some cold viruses, such as enterovirus, actually prefer warmer temperatures, making summer colds quite a common occurrence. A few summer scenarios may also weaken the immune system, such as an increase in physical activity and stress of planning and executing a holiday. Plus, being in a new environment increases the likelihood that your body will be exposed to new cold viruses. To help your immune system, I would suggest increasing your intake of immune-boosting nutrients like vitamin C, vitamin D and zinc."

Catherine Gorman, Nutritionist and Health Coach at Good Health Naturally, added: "Eat plenty of immune boosting foods, such as citrus fruits, red bell peppers, broccoli, spinach, nuts and seeds. Add garlic and fresh ginger to your cooking. Around 70 per cent of our immune system is located in the digestive tract, so to support a healthy gut, make sure the diet includes plenty of fibre, and prebiotic foods such as artichokes."

Alice added: "Supporting the gut through diet and supplementation, such as microflora and vitamin D3 and K2, throughout the year will support immune health."

## Try this

- Terranova Nutrition Vitamin D3 + K2 Complex
- Bio-Kult Boosted
- JASON Kids Sunscreen SPF45
- Good Health Naturally AstaXanthin with DHA
- Silicea Gastrointestinal Gel

## SUMMER EATING

You may be looking forward to some more alfresco dining this summer, but you can still keep it healthy.

"Summer is all about balance. Enjoy the evenings when you can get out later but don't forget to take a rest day here and there to potter around the garden or roll on your sun lounger. In summer, we can also make use of all the fresh produce available. Fruit, vegetables and herbs are at their best at this time so get creative with salads and veg-packed meals to fill your body with a range of beneficial nutrients," Louise suggested.

Dr Glenville went on: "If the weather is kind to us, then the best diet is full of fresh, seasonal foods with an abundance of colour. The brighter the colour of the salad leaves, peppers, tomatoes and wonderful fresh berries, the more immune supportive vitamin C and beta carotene. Incorporating lots of omega 3 fats from oily fish and /or walnuts, flaxseed, chia and hemp seeds keeps your skin hydrated and supple, protecting from the drying effects of the sunshine."

Catherine also advised: "It is important to support the liver to deal with the extra burden. Eat plenty of cruciferous vegetables such as cabbage, broccoli and kale; alliums (onions, garlic, leeks), vitamin C-rich food like oranges and red peppers, plus asparagus, avocado, nuts especially walnuts, legumes and beans."

And Amy pointed out: "Although dehydration can happen at any time of the year, during summer, when the temperature is hotter and people are moving around, playing outdoor sports, and sweating more, dehydration is common."

## SUMMER SUPPLEMENTS

Your health food store will stock a range of supplements for the summer season, depending on your needs. Our top recommendations include:

- **MULTIVITAMIN:** "A high strength multivitamin and mineral is always a good starting point because it provides all the key nutrients and works like an insurance policy because there will be days when your diet doesn't contain all the important vitamins and minerals," Dr Glenville advised.
- **VITAMIN D:** Martin commented: "A high-strength vitamin D supplement is essential. We absorb vitamin D from sunlight, but not enough, especially not in the UK. I usually take this every day, but in summer, when you are exposed to more sunlight at home and abroad, I reduce that to every other day, as your body stores it."
- **IMMUNE SUPPORT:** "It should still be advisable to 'prime' your immune system in summer, in preparation for the colder months, for example, beta glucans act as a primer for the immune system and zinc plays a role in the function of the immune system so supplementing with these, even through the warmer months, would also be a good idea."
- **PROBIOTIC:** Amy suggested: "To prevent food-borne infections and traveller's diarrhoea, you may wish to consider taking beneficial bacteria. Of particular importance, a non-pathogenic yeast called *Saccharomyces boulardii* has been extensively researched with potential benefits in reducing incidence of traveller's diarrhoea. Paired with this, a digestive enzyme could be useful to maintain a healthy and working digestive function whilst enjoying some down time."
- **HORSE CHESTNUT:** Louise advised: "As varicose veins can be made worse by warmer temperatures and travel, having some horse chestnut gel can be handy to help relieve symptoms of varicose veins, such as tired, achy legs."

## HOLIDAYING ABROAD?

It seems many people will opt for a UK holiday this year as restrictions make it difficult to get abroad, but if you are jetting off, there are some specific considerations to make.

Amy Hipwell, Technical Advisor at Viridian, explained: "People enjoy letting their hair down on holiday and maybe drinking more alcohol than usual, but a drastic change in diet and increased alcohol consumption can cause gut issues. Altering gut microflora can lead to digestive issues, such as increased pressure on your oesophageal sphincter, the muscle that keeps digested food down where it belongs. Indulging in large portions of food can cause more pressure on the oesophageal sphincter often resulting in acid reflux. Too much food can also slow down your digestive system and cause stomach pain and constipation. In addition, holiday diets do not often contain much fibre, and low fibre is often associated with causing constipation."

In terms of the health essentials to pack, Catherine suggested: "To protect against insect bites, research shows supplementing with B1 thiamine may help. It is thought to be eliminated through the skin, with an odour not detectable to humans, but so disagreeable to insects it will keep them away. If you are particularly prone to sunburn, supplementing with astaxanthin could be a good option. This powerful antioxidant is believed to protect the skin from UV damage."

Amy went on: "Beta carotene supplementation could be considered as beta carotenes appear to act as a natural pre-tanning aid and have protective effects against UV damage. Their potent antioxidant properties could help build up an antioxidant base prior to sun exposure, however, it should be noted that this will not stop someone from burning. Using beta carotenes alongside sun cream prior to sun exposure would be an optimal choice to protect the skin prior to sun exposure."

## BE SUN SAVVY

Caring for your skin is really important in the summer, when the sun's rays can increase risk of skin damage.

Amy explained: "With longer days spent outdoors during the summer season, it is important to be aware of the damaging effects prolonged sunshine exposure has on our skin, and why it is critical to protect the skin against harmful UV rays. Lounging around in the sun can increase the formation of harmful free radicals in the body, which have the ability to damage cell integrity and alter DNA. Eventually, this may accelerate skin ageing, resulting in the formation of wrinkles and reduction of collagen production."

"Statistics from Public Health England highlight that over 20 per cent of UK residents do not use any form of sun protection as they 'want to be tanned'."

Using a quality SPF, ideally natural or organic is key, and should be applied throughout the day, whether at home or abroad.

Amy added: "Strong antioxidants such as vitamin A, E and beta carotenes work by inhibiting free radical damage, offering some protection to your skin prior to extended sun exposure. So, a build-up of antioxidants would be a good idea to prepare for the summer season. Do not forget the sun cream though!"

# NATURAL LIFESTYLE'S Top Picks



## Protect the whole family from UVA and UVB rays

ORGANii's certified organic, vegan and cruelty free SPF50 Sun Milk can be used on babies, children and adults including those with sensitive skin. Their effective mineral sun protection is formulated with non-nano Zinc Oxide and Titanium Dioxide which sit on top of the skin, reflecting UV rays and creating a protective shield while nourishing Argan, Jojoba and Karanja oils protect and hydrate skin and extracts of organic Chamomile, Calendula and Mallow Leaf work as anti-inflammatories to soothe and soften. RRP £24.95

[www.organii.uk](http://www.organii.uk)

## Botanically-Infused Suncare With JĀSÖN®

Enriched with specially-selected antioxidants and minerals, the JĀSÖN® suncare range offers environmentally-friendly sun protection alternatives to mass-produced and chemical formulas. Using safe and effective ingredients, every product in the collection is water-resistant, non-greasy and easily absorbed into the skin. Featuring high SPFs with broad-spectrum protection, an infusion of soothing botanicals such as Grape Seed and Green Tea extracts also offer additional benefits to the skin. With products specifically designed for kids, families and face-only protection, the biodegradable range contains no harsh chemicals, parabens or phthalates. Offering natural-based solutions for the whole family. Available from good health stores, independent pharmacies and

[www.Jasonnaturalcare.co.uk](http://www.Jasonnaturalcare.co.uk)



## BlueberryActive

This anthocyanin-rich blueberry juice is made from the concentrated juice of over 2.800 premium quality Chilean blueberries! It has a delicious taste and does not contain added preservatives, sugars\*, colours or flavours. Mix 30ml with 240ml of water to make a delicious drink or add directly to smoothies, natural yoghurt, recipes or even your morning porridge! A 30ml serving counts as one of your 5-a-day.

BlueberryActive is available from Health food stores nationwide.

[www.active-edge.co.uk](http://www.active-edge.co.uk)

\*contains natural occurring sugars



## Hay Fever? Dust or Pet Allergy?

Half (49%) of the UK population of the report suffering from hay fever symptoms – almost double previous estimates, according to a new Allergy UK and Kleenex survey. HayMax

organic drug-free allergen barrier balms, applied around the nostrils and eyes, are proven in independent studies to trap over 1/3 of pollen, as well as dust and pet allergens, before they enter the body. 80% said HayMax works! Made from 100% natural ingredients, they're suitable for children and pregnant and breast-feeding women. Approved by The Vegetarian Society and certified organic by the Soil Association. Over 50 awards – wow! Used by celebs and athletes.

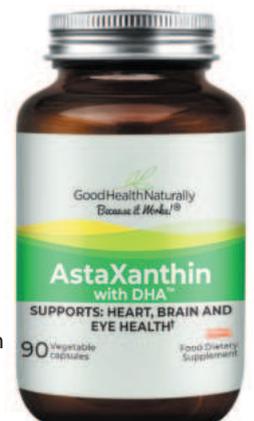
[www.haymax.biz](http://www.haymax.biz)

## Astaxantin with DHATM

Good Health Naturally's Astaxantin with DHATM, contains AstaREAL® Astaxanthin – the most studied natural astaxanthin in the world, with a portfolio of over 50 clinical human studies. Astaxanthin is known to be one of the most powerful antioxidants found anywhere in nature, whilst also boasting potent anti-inflammatory properties. Combined with DHA from a pure plant source, the pair support brain, heart, eye, muscle and immune health, with specific benefits to skin health. Studies conclude that AstaREAL® Astaxanthin may fight skin deterioration caused by seasonal changes in humidity and sunlight, consequently slowing skin aging. Suitable for vegans.

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# Ask the experts

## SOUND SLEEP ADVICE...

by Lindsay Powers

### Why can we suffer from poor sleep, and what effect can this have on our health?

Sleep issues are common, and many people either struggle to fall asleep or stay asleep. This can be for various reasons, including pain, breathing difficulties, sleep apnoea, nocturia, depression, stress or anxiety. Sleep plays a vital role in our protection and response to any infection. Researchers have found that sleep can improve our immune cells, known as T-cells, which help us fight infections. While in contrast, stress and a lack of sleep may make the body more susceptible to illness.

### What lifestyle factors, along with our diet, can make this worse?

Lifestyle is crucial; in the first place, we need to ensure we allow enough time for sleep. It is essential to focus on good sleep hygiene, which means going to bed at the same time each night and waking at the same time each morning. Ensure the bedroom is quiet, dark, and relaxing, and avoid the use of any electronic devices one to two hours before bedtime. A bath in magnesium flakes before bed is also an excellent

aid to relaxation. We can also support relaxation with mindfulness and meditation, alongside deep breathing exercises at regular intervals. Increasing physical activity levels during the day can help improve sleep duration and quality. Research shows improved sleep in more than 50 per cent of people who took regular exercise.

### Can you recommend a holistic plan to ease sleep problems and stress?

Aim to establish a daily routine of waking/sleeping, exercise, eating, and other activities can help improve our coping strategies. Focus on eating various brightly coloured fruits and vegetables, good quality proteins and healthy fats. Foods rich in omega 3 fatty acids, such as oily fish, nuts and seeds and hemp oil, can help support brain health and encourage a more balanced mood and sleep quality. Avoid caffeinated drinks late in the day. And whilst alcohol can have a sedative effect, it also generally causes more fragmented sleep, reducing slow-wave and REM sleep time. Supplements to help with sleep include vitamin D3, magnesium, L-tryptophan, GABA and valerian root.



### Why is turmeric good for me, and why is organic better when buying a supplement

**Guru Dev Seth explained:** Turmeric and its powerful ingredient, curcumin, have a range of health benefits.

Organic turmeric is one of the most powerful Ayurvedic herbs, with curcumin as the potent ingredient. It is rich in vitamin C, B6, K, iron, calcium, magnesium, manganese and sodium. Turmeric increases cognitive abilities and concentration, boosts memory, has anticoagulant properties, helps detoxify the liver and regulates blood sugar. It contains antioxidants, which have the potential to reduce risk of heart disease, eye conditions and Alzheimer's. Its anti-inflammatory properties can help people with arthritis.

One major reason for choosing natural vitamins is the absorption factor. Your body absorbs natural vitamins more quickly because it recognises them as nutrients. The body is hard to trick, and sometimes, artificial ones made to fool the body are not taken in. Any supplements that are as close to nature as possible will be easier to absorb.

Many of these natural foods are very good for you and give you the nutritional requirements that your body needs, such as enzymes and antioxidants. The natural vitamin supplements available on the market can provide your body with all the nutrients your body needs to be healthy and perform optimally.

## About the experts



LINDSAY POWERS is a Nutritional Therapist, and is Health Coach Manager for Good Health Naturally, a leading worldwide producer of nutritional supplements.



JOE WELSTEAD is a former international swimmer turned performance expert and Founder of Motion Nutrition, whose award-winning supplements focus on stress relief, sleep and energy.



LOUISE CHEADLE is the Co-founder and tea taster at teapigs, which is just about to launch a new range of kombucha drinks.



GURU DEV SETH is the Founder of the supplement brand, The Good Guru, which has organic turmeric within its range.

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- Convenient one dose sachets

\*one per customer. Post & Packing charges apply.

# Ask the experts

## MANAGE THE STRESS EFFECT...

by Joe Welstead

### How common is stress among Brits and what are the most obvious signs someone is stressed?

It's no exaggeration to say we are living in a stress epidemic. This has been the case even prior to the Covid outbreak. In fact, the largest study of stress levels in the UK, performed by YouGov, found that 74 per cent of people had at some point in 2018 felt so stressed that they had been overwhelmed or unable to cope. Stress affects all of us. It is a normal part of human physiology and behaviour. What is problematic is when stress becomes ongoing and chronic. Sustained exposure to high levels of stress impedes on our body and mind's ability to get into the crucial rest and digest state. This can have severe downstream effects on our health.

### What effect does excess stress have on our health and wellbeing?

Chronic stress is what we really want to avoid. It is quite normal to feel under pressure at times, but if this takes over our everyday life, it can have drastic health effects. Depression, anxiety, weight gain, cardiovascular disease

– which can lead to strokes and heart attacks – are all possible downstream effects of chronic high stress. Even a moderate level of chronic stress could lead to what we might call burnout, or simply feelings of lethargy and low levels of motivation.

### Can you suggest a stress reduction plan, including the nutrients you consider crucial to dealing with stress?

There are two variables to consider if you wish to reduce the grip of stress on your life. First, control the inputs of stress: look at the stressors in your life and find ways to reduce these. Second, look at your coping mechanisms: assess your stress defences and how well you are equipped to deal with stressors. In terms of reducing stress inputs, my primary

consideration would be to give yourself a clear separation between work and down time. Switch your work phone off at a set time, don't look at emails late at night, and create your own rules to give yourself space to breathe. Make sure you have stress-free spaces like your bedroom, where you really don't want to bring your work. You won't be able to remove all sources of stress, so make sure you build up your defences. Aim to get plenty of natural daylight every day. Always have some food before drinking coffee in the morning, drink water generously throughout the day and increase your sources of magnesium. Create a healthy sleep routine, hug your loved ones and give yourself a belly laugh every day – even if it means five minutes of stand-up comedy on YouTube.

## Q Why is kombucha a healthy choice and what should I look for when choosing?

**Louise Cheadle advised:** Being in the tea world, kombucha is everywhere, and we couldn't help but think there's always been one thing missing from the hype – the tea! Rather than using syrups, juices of flavourings, why not use those real brewed teas to make a delicious drink?

It's going to be a summer of picnics and back garden barbecues and cans are the perfect drink to take to the park or enjoy at home. Kombucha is also massively popular with those looking for healthier soft drinks, or beverages that can be drunk as a grown-up alcohol-free alternative – so it really ticks all the boxes for those drink occasions. And, after all, better tea equals better booch! Look for those that are all natural, with no added artificial flavours or sweeteners.



# “Studying with CNM is one of the greatest experiences you’ll ever have”



Kelly Mulhall

## Kelly Mulhall, Nutritional Therapy graduate, explains why CNM was the right place for her studies.

I worked for many years in events and marketing, which was very stressful. My diet was poor, I lived off ready meals, pastries, crisps and coffee. I had suffered long-term with IBS, eczema and adult acne after coming off the pill for 15 years. I was run down and kept getting ill all the time. After countless trips to the GP and fruitless medical testing to get to the bottom of it all, I was so confused and upset as to why my body was completely out of sync. I'd finally met my tipping point. From then on, I decided to start taking my health into my own hands and exploring ways to improve my symptoms.

I was sure that my poor diet and prolonged hormonal contraception were not good for my body and wanted to make changes to my diet and lifestyle. Whilst talking to a friend, the topic of nutrition came up and it really resonated with me. There I was, struggling to enjoy full health and stumbling across Naturopathic Nutrition was like an epiphany moment. I could get to the root cause of my symptoms and improve my health through food; a win-win! I went on to research different functional medicine degrees and realised none of them had any real-life clinical experience. CNM's 200 clinical hours meant I would be confident in my own practice as soon as I graduated. It was a huge bonus to have so much real-life clinical experience, rather than just academic learning and case studies.

Nutrition has changed my life in every way possible. I think, feel, look and sleep better and I am constantly rewarded when I am able to help those around me to live a better life. Whether you are interested in learning more about nutrition and health for yourself, to help someone you know, or even to become a practitioner, studying with CNM is one of the greatest experiences you'll ever have. The knowledge you gain is invaluable and the ability to help others is everlasting.

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# Wellness in women

**From PMS to UTIs though to the menopause, *Natural Lifestyle* brings you a step-by-step guide to the holistic health essentials for women.**

**W**omen are under great pressure these days to do it all, whether as the primary caregiver to children, working, trying to run a home, and keep up some kind of social life, while trying to fit in you-time. It's little wonder many women are feeling hugely stressed, to have been exacerbated by the challenges of the pandemic.

What is so important for all women – no matter what life stage – is to consider your nutrition, lifestyle and how you are caring for yourself, both mind and body. This is the essence of holistic health, and the good news is, often, it only requires a few simple changes to make a difference to your health and wellbeing.

## Q: Can women be at risk of nutritional deficiencies?

This is something that requires consideration as women are known to be lacking in certain areas.

Joe Welstead, Co-founder of Motion Nutrition, explained: "Our stress-led lives can easily lead to deficiencies. In fact, magnesium deficiency is at near epidemic levels. Things like caffeine, alcohol and stress all burn our stores of magnesium and if we're not careful, this can quickly lead to exhaustion and burnout."

Dr Marilyn Glenville PhD added: "Women are more likely to be deficient in iron due to menstruation and if vegetarian, B12 deficiency can be a concern. Women can be more at risk of omega 3 deficiency, particularly those who are following low fat diet."

Alice Bradshaw, Head of Nutrition Education and Information at Terranova Nutrition, went on: "Iron deficiency is a widespread problem among women typically due to blood loss during menstruation (especially if heavy) and the extra needs for iron during pregnancy. Low iron levels will cause tiredness and fatigue, shortness of breath and may even lead to anaemia, a condition in which there is not enough healthy red blood cells to carry adequate oxygen to the body's tissues."

Emma Thornton, Nutritionist at A.Vogel, added: "Vitamin D deficiencies are very common, especially in the UK, with around one in five of us thought not to be getting enough. A lack of sun exposure can make getting enough difficult, although food sources do still exist, such as with oily fish, eggs or mushrooms. Vitamin D is well known for supporting bone health, but actually the benefits are also wider spread than this. Vitamin D is also thought to be immune regulating and very important for supporting our mood too."

Rupinder Dhanjal, Technical Advisor at Viridian Nutrition, highlighted calcium deficiency: "Females are at an increased

risk of osteoporosis after they go through the menopause. After menopause, oestrogen levels fall, which can lead to a vast decrease in bone density. Oestrogen is vital for healthy bones. It is important to consume adequate levels of calcium and vitamin D to build stronger and denser bones. A deficiency in these nutrients may increase the risk of developing osteoporosis later in life as a consequence of low bone density."

And what can the effect of deficiencies be?

Joe added: "Ongoing magnesium deficiency can quickly lead to debilitating health issues such as low energy levels, mood swings, fatigue, loss of appetite and more. We tend to think of burnout as caused by external factors: too much work, too many deadlines and not enough rest. But our own lifestyle choices deeply affect how much external stress we can handle, and ensuring we avoid debilitating deficiencies such as low magnesium is one important variable we can take control of."

Supplements can help, including the already mentioned nutrients.

"Multivitamins can play a role in filling in any nutritional gaps and making sure women are achieving their daily allowance of under consumed nutrients that are not met through the diet. Taking a multivitamin may increase energy levels, mood, muscle strength, and reduce stress and anxiety," Rupinder advised.

"Vitamin C is a water-soluble vitamin, often found in fruit and salad items such as peppers, tomatoes and green leaves. Vitamin C plays a huge role in immune function, as well as skin structure and healing. Furthermore, it is known to facilitate the absorption of iron and is known as an antioxidant nutrient."

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## Q: How can a woman support her fertility?

Conception is a big problem in the UK these days, and much of it can be unexplained.

Rupinder advised: "Infertility is explained as a failure to conceive after regular unprotected sexual intercourse for one to two years. Infertility has become a growing problem over the years, with around one in seven couples having difficulty conceiving. Age plays a major role in fertility, as a woman's peak reproductive years are from their teens to the late 20s. Around the 30s, fertility starts to decline, and this becomes more rapid by mid-30s. Being overweight or severely underweight, having a sexually transmitted infection, smoking, drinking excessive amounts of alcohol, and stress can all affect fertility."

Lindsay also pointed out: "On a global scale, the WHO estimate that one-third of all women of reproductive age are anaemic, caused by lack of iron. In the UK, we see widespread deficiency of iodine, especially in younger and pregnant women. Low iodine can have a knock-on effect on thyroid health. Research also shows its benefits for foetal development during pregnancy. Nascent Iodine is a good source of iodine supplementation for female health, especially pre-conception and during pregnancy, and is often low in women prone to cysts and fibroids."

## Q: Why do women suffer to a greater degree with UTIs?

Urinary tract infections are more prevalent in women, but why?

Dr Gras Balaguer, Technical Director at Vita Green Europa, which makes the Cysticlean supplement, explained: "Fifty per cent of women worldwide will suffer a cystitis episode during their life, and 10 per cent of women worldwide will suffer recurrent cystitis (three or more episodes per year). Women have more physical risk factors than men. Furthermore, menopause changes the vaginal tissue, and it will change the standard microbial population facilitating UTI. Many women first start to suffer from recurrent issues at the menopause."

And what can women do to reduce their risk?

"Many women forget to drink enough due to time constraints, exercise requirements, weather conditions and other factors. Keeping hydrated is essential for good urinary health. Drinking plenty of water – up to two or more litres every day and urination at least every four hours – is highly recommended," Dr Balaguer advised, adding that seeking cranberry supplements with a high level of 240mg of proanthocyanidins (PAC) is recommended.

## Q: What is the effect of unbalanced hormones?

Dr Glenville explained: "Hormone imbalance is common and one of the main areas we specialise in. Hormone imbalance includes endometriosis, PMT, heavy/painful periods, PCOS, fibroids, sub-fertility and menopause. A colourful 'rainbow' diet is always good for hormone health because all the nutrients provided are building blocks in producing hormones and keeping them balanced."

Emma continued: "Intertwined with hormone imbalance can be symptoms including a lack of energy, digestive upset, changes in mood, skin issues, headaches and weight imbalance. Processed food items are more likely to contain hidden ingredients, including poor quality fats, refined sugars or artificial sweeteners, which can contribute to a further imbalance in hormones. Fresh ingredients, including fruit and vegetables, wholegrains and oily fish, contain important nutrients, including magnesium and omega 3, which can help better support our hormones and limit inflammation in the body."

Looking at the menopause, Rupinder advised: "Symptoms tend to occur between the ages of 40-55 and may include menstrual cycle disruption associated with hot flushes, headache, migraine or dizziness. Symptoms may also include, low mood, exhaustion, feelings of irritation and tension. Menopause can take a toll on the lives of women for up to 14 years, which may have an influence on quality of life, mood and health."

Elizabeth Wells, Nutritionist at Planet Paleo, also pointed out: "Many women experience the symptoms of subclinical hypothyroidism with weight gain, hair loss, fatigue, sleep issues and anxiety. This is particularly common after giving birth."

Lindsay Powers, Nutritionist and Health Coach at Good Health Naturally, highlighted the liver in relation to hormones.

"The liver plays a vital role in the waste disposal of hormones. Old hormones can accumulate if the liver is sluggish. To support the liver, keep alcohol to a minimum, and use herbs and nutrients to help it function well. Good foods for the liver include garlic, ginger, green leafy veg, avocados, beets and green tea," she advised.

Looking at specific hormone nutrients, Dr Glenville suggested: "Low omega 3 can exacerbate low mood, breast tenderness, PMT and joint aches and pains. Try adding a good herbal supplement like agnus castus for PMT or black cohosh for menopausal symptoms."

Emma added: "In terms of herbal remedies, agnus castus is the supplement I recommend most readily to women, however, it's important to note it isn't always helpful for everyone. Agnus castus can support a more specific hormone imbalance often associated with symptoms of PMS, and in this case, it can work very effectively."

Elizabeth went on: "Although it is true women approaching menopause need more support for their bones, this support goes beyond just calcium. In fact, it is better to supplement bone's important co-factors, such as magnesium, boron, zinc, and vitamin K2, which encourage calcium placement in bones rather than in the soft tissue."

When it comes to periods, Ingrid Hume, Marketing Co-ordinator at Pravera, which has the Organ(y)c sanitary brand, offered simple tips.

"Many people believe certain yoga positions can ease menstrual pain and bloating. When practicing, it is important to get to know your body and find out what is comfortable for you, be sure to work to your ability and limit strenuous poses, opt for poses that consist of forward bends as this can help beat that sluggish feeling and soothe the fatigue and anxiety," she advised. "Yoga also helps calm the mind so if you're not feeling yourself when you've got your period, taking 10 minutes in the morning or before bed to stretch can be very beneficial."

"There are many organic essential oils to soothe cramps, help you relax or give an energy boost during your period. Rose geranium oil can help to ease the symptoms of PMS, lift spirits and relieve anxiety, while lavender is known for its anti-inflammatory and relaxing properties. Epsom salts are a good addition to your bath; they contain magnesium, which has anti-inflammatory properties to relieve pain. Eat little and often to maintain blood sugar and if you feel the urge for sugar, resist and have a banana or some oats, both fantastic sources of potassium and magnesium, important for energy release and the nervous system."



### GET THE RIGHT ADVICE

It's important that where you source your information from is reputable.

Joe advised: "Don't follow advice online. There are many very smart people providing advice free of charge online, through beautifully curated content and with seemingly unquestionable authority in their domain. But remember, they don't know you. They don't know the complexities of your life, and their advice may be completely irrelevant, or worse, entirely inadequate for you.

"If you don't know where to start, begin by looking inward and ask yourself: what do I already know I should be doing better? What are the obvious things that I can improve, before seeking external advice? Most of the time, deep down you'll know where to start. It might be as simple as getting to bed 30 minutes earlier or remembering how good it feels to go for a morning walk before starting work."

## Q: Can you recommend a healthy diet for women?

Although healthy eating follows similar principles for men and women, depending on health concerns and life stage, there are extra considerations for women.

Alice suggested: "In general, women need a balanced approach to their nutrition. Extreme diets, whether extremely low carb or low fat, are not suitable for all women at every stage of their lives. Additionally, if a woman chooses to follow a diet which completely eliminates a category of food, she should be mindful of addressing any potential nutritional inadequacies or imbalances that may occur. A diet rich in whole plant foods (vegetables, pulses, nuts, seeds) will provide many essential nutrients and antioxidant compounds."

Lindsay added: "I would suggest focusing on a good intake of healthy fats from oily fish, avocados, nuts and seeds, hemp oil, and olive oil. Ensure a good antioxidant intake with lots of brightly coloured fruits and vegetables. Clear all sugars and refined carbohydrates from the diet as these can create energy spikes and affect hormone balance. Instead, choose whole grains as a good source of fibre, which is essential for digestion and keeping more balanced energy levels.

"Include a regular intake of cruciferous vegetables such as broccoli, kale and cabbage, as these contain DIM, which has a beneficial effect on oestrogen metabolism. Phytoestrogen containing foods such as flaxseeds, tofu, and legumes are also helpful for women to help balance hormones, especially during menopause."

Elizabeth also suggested: "Keep protein levels steady to maintain blood sugar and promote satiety. Avoid too much caffeine, alcohol, and white processed grains and sugar. These foods set blood sugar on a rollercoaster, spiking cortisol (and a state of 'fight or flight'), as well as stimulating insulin and blood sugar crashes."

And when it comes to supporting your diet, supplementing can help.

Lindsay suggested: "Adaptogenic herbs, such as ashwagandha and rhodiola, can help during times of more heightened stress. GABA can be an option during these times, significantly if sleep is affected. For women experiencing inflammatory conditions such as endometriosis, then curcumin is a good option. Serrapeptase is also anti-inflammatory and can help support healthy blood flow and clear stagnation in the female reproductive area."

## Q: What are the healthiest and most sustainable period products?

Period products can effect our health and the environment, depending on materials used, and more women are seeking alternatives.

Soo Cieszynska, UK Brand Manager at OrganiCup, explained: "Many conventional period products use tiny plastic spheres that absorb the fluid. This means that once the product is used, it will take a long time, sometimes years, to break down. Also, tampons don't just absorb menstrual fluid, but also natural vaginal fluid, which can lead to dryness and in some cases, TSS (toxic stress syndrome)."

Ingrid added: "Conventional sanitary products contain a whole host of synthetic materials such as rayon, SAPs, polypropylene, added aromas, bleach and other synthetic materials. When these synthetic materials are in constant contact with your skin, they can prevent the skin from breathing and cause many skin irritations such as swelling, dryness, itching and burning.

"Conventional sanitary pads contain up to 90 per cent plastic. A sanitary pad can contain up to the equivalent of four plastic bags. Tampons have plastic in them too – even in the string. Plastic applicators are made from polyethylene and polypropylene. The rest of the pad is made from wood pulp, rayon or a combination. Pads and tampon are also bleached to get the whiter than white appearance. Synthetic fragrances are also in conventional sanitary pads."

And Kath Clements, Director at menstrual cup brand, Mooncup, pointed out: "Each one of us will use on average 11,000 disposable period products in our lifetime, so all that plastic waste eventually ends up in landfill, in our oceans, and in the bellies of marine creatures, upsetting whole ecosystems. When tested, disposable period products have been found to contain traces of chemical, dioxins and insecticides like rayon and glyphosate. Tampons also absorb 35 per cent of your natural, vaginal moisture, which can cause dryness."

So, what alternatives could you try?

"A menstrual cup is made from 100 per cent medical silicone, with no dyes or chemicals and it collects only menstrual fluid and does not absorb natural vaginal fluids so avoiding dryness and discomfort," Soo explained.

Kath added: "It's super convenient too, holding three times more than a regular tampon, you only need the one Mooncup – for lighter or heavier days. No last-minute dash to the shops or stockpiling different absorbency pads or tampons."

She went on: "While we often tend to focus on our monthly bleed, our period is actually part of a monthly cycle which consists of four phases. It's worth learning more about your cycle and how different phases may impact your mood and energy levels. It's also good know your normal. Whether that is the consistency and colour of your period blood or how much you bleed as it can be a good indicator of your overall health."

And you could think about the type of products you're buying.

Ingrid advised: "Organic cotton sanitary products are made with organic cotton (which can absorb up to 10 times its own weight) and is naturally soft, hypoallergenic and highly breathable, which helps prevent irritation."

Sharna Waid, PR and Communications Officer at Natracare, went on: "Conventional period products contain normal cotton. Conventional cotton uses approximately 16 per cent of the world's insecticides and seven per cent of pesticides, with glyphosate being one of them. Glyphosate is the highest global production of all herbicides according to the World Health Organization, which is damaging to our health and the environment.

"It's about keeping ingredients simple, natural and to a high ethical standard. Using organic cotton in period products is the main way to ensure the cotton is safe to use in delicate areas of the body, however, some organic period brands still use perfumes and plastics, so make sure you are aware of the brand's transparency – read their website and if they show their ingredient list, usually they have nothing to hide."

She added: "Make sure to change your pad/tampon regularly – every four to six hours is a good rule. This helps to avoid bacterial build-up that can be caused by sitting with old menstrual blood. After all, your vulva's a warm humid environment – particularly during your period!"

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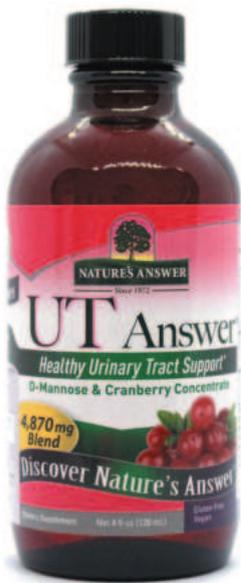
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# A summer cleanse

**Give your wellbeing – inside and out – a boost this summer with a healthy cleanse.**

**E**verybody wants to look good in summer. Furthermore, we all want to feel good in summer. As most of us realise that our food choices and lifestyle influence both how we look and feel, eating well is something many of us focus on more in the warmer months of the year.

And, after being locked indoors for so much of the colder months, possibly comfort eating and not exercising as much as is good for us, a summer cleanse may be a tempting proposition. From green juice fasting, raw food diets to special supplements, there are lots of options for cleansing and finding one that is sustainable and realistic will help to energise you and put you on a longer-term healthy eating path. Whichever route you decide, including nutrient and phytonutrient-rich plant foods will always be the cornerstone of a healthy cleansing diet.

## How to detox

Our organs of detoxification are primarily the large intestine, liver, kidneys, lymphatic system and sweat glands. These organs work together to reduce the toxic load that comes from various sources, including air pollution, personal care products, toxic bacteria, heavy metals, pesticides, alcohol and processed foods. On a daily basis, these organs work tirelessly to neutralise and eliminate these chemicals.

While some experts dismiss the need for conscious detoxification since these organs do this automatically, there's no denying that there are potent compounds found in nature that give this process a helping hand. In food, the colour green is associated with nourishing and cleansing and for good reason – many of nature's green plants gently, yet powerfully, support detoxification.

## Nutrients to know

- **Dandelion leaf** is one of nature's most nourishing plants, providing a multitude of vitamins and minerals, as well as carotenoids and many other health-giving phytonutrients.
- **Watercress** has a remarkable concentration of health-promoting vitamins, minerals, carotenoids and flavonoids and is a potent source of sulphur compounds associated with healthy detoxification processes, such as glucosinolates.
- **Kale's** major sulphur-rich antioxidants, (such as sulforaphane and indole-3-carbinol) are known to support healthy liver function.
- **Parsley leaf** is a super-rich source of chlorophyll, which may contribute to a healthy digestive environment.
- **Beetroot juice** and greens provide various B vitamins and significant levels of vitamin C, the minerals, potassium, iron, zinc, magnesium and copper and the important methyl donor betaine. Among other nutrients, beet greens also provide high levels of carotenoids, especially lutein and zeaxanthin.
- **Burdock root** is rich in a special fibre compound known as inulin, which is associated with maintaining a healthy intestinal environment and supporting immune function. Burdock has also been used for centuries in traditional Chinese medicine for maintaining healthy detoxification and blood purification.
- **Nettle leaf** has a long history of use in British folk medicine, where it was considered a cleansing tonic to address a whole host of health disorders.
- **Artichoke leaf** has been shown to support healthy bile flow and studies suggest that it also provides nutrients and compounds which support good liver health. Artichoke leaf is also associated with good digestive function, especially of fats.
- **Coriander leaf** is an abundant source of chlorophyll, vitamins and minerals and studies suggest that it may help support the body's own natural ability to remove heavy metals.
- **Wheatgrass** is especially rich in chlorophyll, which may help contribute to a healthy intestinal environment. It is also abundant in carotenoids, various vitamins and minerals, as well as important protective enzymes such as superoxide dismutase (SOD).
- **Although not green**, the deep orange pigments in turmeric root contain curcuminoids, which have been researched for their numerous health-giving properties. More specifically, there is some evidence that turmeric may enhance the activity of two enzymes, glutathione-S-transferase and UDP glucuronyl transferase, which are important in the health of the liver.

## Reader offer

Terranova's Green Purity Super-Blend is an effective, yet gentle formula for those looking to harness the cleansing properties of many of nature's most healthful botanicals. Each fresh freeze dried plant in Green Purity Super-Blend is deeply nourishing, providing the nutrients that are commonly depleted in many detoxification regimes. This formulation can both support those who favour a periodic deep cleansing, or those who prefer to incorporate inner cleansing as part of their daily regime. Green Purity Super-Blend is the ultimate companion to a cleaner, healthier lifestyle and Natural Lifestyle is offering readers the chance of winning one of 50. Turn to page 31 to enter.



# NATURAL LIFESTYLE Giveaways

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



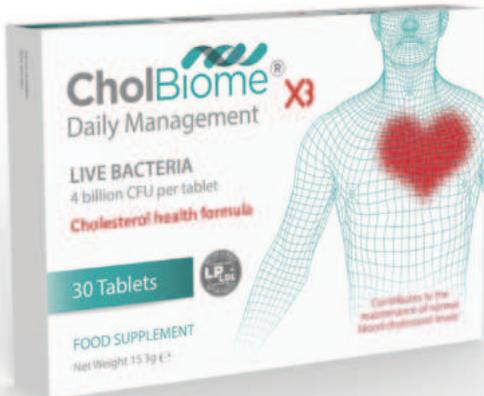
## CLEANMARINE MENOMIN

Natural Lifestyle is offering readers the chance of winning one of five one-month supplies of Cleanmarine MenoMin, a unique all-in-one omega 3, phytonutrient and vitamin blend. MenoMin has been formulated specifically for peri-menopausal and menopausal women. It's ideal for menopausal women, helping to regulate hormonal activity, maintain normal mucous membranes, as well as reducing tiredness and fatigue.



## A.VOGEL HERBAMARE

If you are trying to cut down on your salt intake but not willing to sacrifice on taste, the extra flavour imparted by the garden-fresh herbs and vegetables in A.Vogel Herbamare make this seasoning so tasty that you can obtain as good a flavour in your food, if not better, by using less than your normal amount of seasoning. Natural Lifestyle is offering readers the chance of winning one of 15 500g Herbamare Original, plus 125g Herbamare Spicy, which just got spicier with extra chilli!



## OPTIBIOTIX CHOLBIOME X3

Natural Lifestyle has teamed up with OptiBiotix to offer readers a chance of winning one of three bundles containing three months' supply of CholBiome X3 (worth £69). Featuring *Lactobacillus plantarum* LPLDL, Monacolin K and vitamin B3, this probiotic food supplement contains ingredients scientifically proven to lower 'bad' LDL cholesterol and improve 'good' HDL cholesterol, while lowering blood pressure. Now available in a smaller tri-layer tablet format, CholBiome X3 is a great way to maintain a healthy heart.



## PURE ENCAPSULATIONS VITAMIN D3 LIQUID

Vitamin D3 Liquid from Pure Encapsulations provides 1000 IU per drop and features a convenient liquid formula for easy use. It contributes to the maintenance of normal muscle function and bones and to the normal function of the immune system. All Pure Encapsulations products are free from wheat and gluten, egg, peanuts, trans fats and hydrogenated oils, GMOs, magnesium stearate, titanium dioxide, carrageenan, coatings and shells, artificial colours, flavours and sweeteners, unnecessary binders, fillers and preservatives. Natural Lifestyle has 10 to give away.

## ALLICINMAX IMMUNE CAPSULES AND GEL

Natural Lifestyle is offering readers the chance of winning one of five one-month supplies of AllicinMax Immune Capsules and Alliderm Gel. AllicinMax Immune is a supplement to support the body's immune system, a combination of vitamin C, zinc, beta glucan and allicin, in easy to swallow vegan capsules. Two capsules a day will provide 150mg vitamin C and 10mg zinc, which contribute to the normal function of the immune system, along with 180mg of stabilised allicin from garlic. Alliderm Gel combines allicin extract in a base of aloe vera.



**ENTER HERE** Please indicate below which giveaway you are applying for, complete form and post back to us at 'Reader Offers', Natural Lifestyle magazine, The Old Dairy, Hudsons Farm, Fieldgate Lane, Ugley Green, Bishops Stortford CM22 6HJ. Closing Date: July 1, 2021. **Or you can enter online - visit [www.mynaturallifestyle.com](http://www.mynaturallifestyle.com)**

Please tick:  A.Vogel  Cleanmarine  OptiBiotix  Pure Encapsulations  AllicinMax  Terranova

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# MASTERING PLANT-BASED COOKING

Dale Pinnock guides us through simple plant-based cuisine that won't cost the earth in his new book, *The Medicinal Chef: Plant-Based Diet*.



## Lentil stuffed aubergine rolls with tahini sauce Serves 4

This divine dish has a Middle Eastern vibe and is absolutely bursting with flavour – and it's incredibly nutrient-dense. Rich in calcium, flavonoids, lycopene, selenium, vitamin E and zinc.

### Ingredients:

- 2 large aubergines, sliced lengthways into 5mm (¼ in) slices
- Olive oil, for sautéing
- 1 large red onion, finely chopped
- 3 garlic cloves, finely chopped
- 400g (14oz) can green lentils, drained
- 200g (7oz) tomato passata
- ½ tsp ground cumin
- 1 tsp ground cinnamon
- Salt
- Mustard cress, to garnish (optional)

### For the tahini sauce:

- 2tbsp tahini
- 4tbsp lemon juice
- 1 large garlic clove
- 4-5tbsp hot water

### Method:

• In a large, heavy-based frying pan over a medium heat, lightly fry the aubergine slices in olive oil for about five minutes on each side until softened. Remove from the pan on to some paper towels, pat dry, then set

aside and keep warm.

- In the same pan, sauté the onion and garlic in a little olive oil, along with a good pinch of salt, for about 10 minutes until softened.
- Add the lentils, passata and spices, along with another good pinch of salt, then simmer for 20-25 minutes until it has reduced to a thick ragout-like sauce.
- Meanwhile, to make the tahini sauce, place the tahini, lemon juice, garlic and hot water in a food

processor and blend. If the sauce is too thick, add more hot water bit by bit, until a thin, spreadable sauce has formed.

- To serve, take four plates and smear a generous dollop of tahini sauce across each one. Add a couple of teaspoons of the lentil mixture to the centre of an aubergine slice, roll it up, then place on top of the tahini sauce. Repeat until all the aubergine slices and lentils have been used up. Garnish with mustard cress, if using.

# Kelp noodle salad with miso sesame dressing

Serves 4

Kelp noodles are quite similar to glass noodles but are made from seaweed. They're actually raw and just need to be rehydrated in water. They take on flavour really well and have a lovely texture. Rich in beta-carotene, iron and isoflavones.

## Ingredients:

- 350g (12oz) kelp or konjac noodles
- 1 large carrot, cut into fine matchsticks (or use a julienne peeler)
- 3 spring onions, shredded
- 1 courgette, cut into matchsticks
- 1 small bunch of coriander

## For the dressing:

- 1tbsp white miso paste
- 2tsp maple syrup
- 1tsp white wine vinegar
- 2tsp water

## Method:

- Hydrate the kelp noodles according to the packet instructions, then place the hydrated noodles in a bowl and add the vegetables. Toss well so they are evenly mixed.
- In a small bowl or jug, mix together the dressing ingredients, adding a little more water to make it pourable, if needed.
- Pour the dressing over the noodles and toss well to ensure everything is fully coated, then serve.





## Roasted mushroom tacos Serves 1

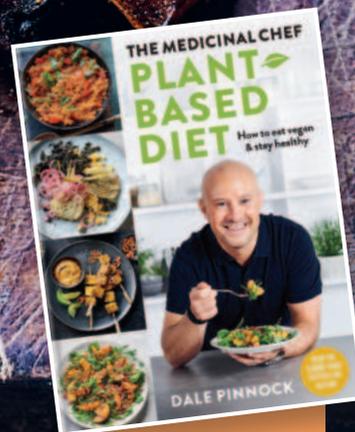
Rich in carotenoids, immunomodulatory polysaccharides, oleic acid, vitamin C and E.

### Ingredients:

- 2 large field mushrooms, sliced
- Olive oil, for drizzling
- 1 tsp Mexican seasoning
- 1 large ripe avocado
- Juice of ½ lime
- 1 red chilli, deseeded and roughly chopped
- 1 large garlic clove, crushed
- 2 corn taco shells
- ½ red onion, finely chopped
- ½ ripe mango, diced
- Small coriander sprig, chopped
- Salt

### Method:

- Preheat the oven to 200°C (400°F), Gas Mark 6.
- Place the sliced mushrooms in a bowl. Drizzle over a small amount of olive oil and sprinkle with the Mexican seasoning. Toss well.
- Spread the mushrooms out on a baking tray and place in the oven for about 20 minutes.
- Meanwhile, scoop the avocado flesh into a small bowl. Add the lime juice, chilli, garlic and salt to taste, then mash coarsely.
- Divide the avocado mash between the taco shells, then top with the cooked mushrooms, onion, mango and coriander. Serve immediately.



**The Medicinal Chef: Plant-Based Diet**, by Dale Pinnock. Published by Hamlyn, priced £20. Photography: Faith Mason.

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