

Natural Lifestyle

LOVE LIFE, LIVE WELL — NATURALLY

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June 2022



Men's wellness

An expert guide to the natural health approach for males

Holiday feel good guide

Keep you and your family in the best of health on holiday

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LOVE LIFE, LIVE WELL – NATURALLY

June 2022

Welcome



NATURAL LIFESTYLE MAGAZINE,
Target Publishing Limited,
The Old Dairy, Hudsons Farm,
Fieldgate Lane, Ugley Green,
Bishops Stortford CM22 6HJ
t: 01279 816300
e: info@targetpublishing.com
www.mynaturallifestyle.com

EDITOR

RACHEL SYMONDS
e: rachel.symonds@targetpublishing.com

CONTRIBUTORS

Louis Soteriou, Claire Barnes,
Joe Welstead, Susie Debrace

THE TEAM

SALES DIRECTOR

RUTH GILMOUR
e: ruth.gilmour@targetpublishing.com

KEY ACCOUNTS DIRECTOR

ABIGAIL MORRIS
e: abigail.morris@targetpublishing.com

SENIOR SALES EXECUTIVE

JAMES LLOYD
e: james.lloyd@targetpublishing.com

DESIGN

CLARE HOLLAND
e: clare.holland@targetpublishing.com

PRODUCTION

LOUISE SALISBURY
e: louise.salisbury@targetpublishing.com

ADMINISTRATION/DISTRIBUTION

DONNA WENHAM
e: donna.wenham@targetpublishing.com

ACCOUNTS

LORRAINE EVANS
e: lorraine.evans@targetpublishing.com

MANAGING DIRECTOR

DAVID CANN
e: info@targetpublishing.com

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The general rules in terms of how to live a healthy lifestyle are broadly the same for all of us; a balanced diet, cutting back on processed foods, sugar and alcohol, staying active, and watching your weight are all among the foundations that we should, in the main, try to live by, while allowing some indulgence from time to time. Following such principles will help us all reduce our risk of ill health, both mentally and physically.

But we should keep in mind that men and women do have differences, both in the basics such as their daily calorie needs, but also in relation to the types of health conditions they are more susceptible to. In fact, men can be at much greater risk of certain issues, including heart disease and diabetes, not to mention being known to have poorer mental health.

There are various reasons for this, all of which are discussed in our spotlight on men's health, which can be found on page 20, where our natural health and nutrition experts pinpoint the health areas the male population must be aware of, how they can reduce risk of ill health, and the nutrition and lifestyle approach to support wellbeing.

A June issue is also the time when we start to feel the excitement building for the annual summer holiday, and after the last couple of years of many staycations, this year looks set to be a bumper one for those heading abroad. But keeping in good health is all in the prep, and so we have gathered a panel of experts who offer their tips on the holiday health essentials you need to know – you can read about it on page 12.

And as always, we'd love to hear what you think of *Natural Lifestyle*; whether it's something you would like to see covered in the mag, a natural health tip to impart on fellow readers, or a successful recipe you have recreated, email rachel.symonds@targetpublishing.com or head over to our Instagram page, [@naturallifestylemag](https://www.instagram.com/naturallifestylemag).



Rachel Symonds, Editor

THE BEST BITS

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



Editor Rachel's cocker spaniel, Gus, was in his element enjoying the beautiful summer countryside.



It was a day trip out in the sunshine for a game of crazy golf for Sales Director, Ruth, and her family.



Such a treat to pay a visit to Well Natural, in Salisbury, and find *Natural Lifestyle* on offer to customers.

VISIT OUR WEBSITE 
www.mynaturallifestyle.com

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MENTORING TO SUPPORT MENTAL HEALTH

A new app to help support people affected by image-related mental health struggles is seeking people to volunteer as mentors.

Start-up charity, Been There, offers those suffering with body image-related mental health problems a free mentoring chat service through its new app, which connects those who feel isolated and alone with their struggles to a trained mentor who has previously been there themselves. The charity is now calling for more volunteer mentors to join the community after a greater than expected demand in the trial launch earlier this year.

The charity is calling on those who have experienced body image issues to volunteer to help people like them via the app, which is available in the Google and Apple stores. No training or previous mentoring experience is needed because once signed up, the charity will vet, train, and support mentors before pairing them with one or more adult mentees in the UK. The only requirement is that mentors have lived experience of body image struggles and now have acceptance, contentment and awareness of where they are in their own journey.

"When suffering with your body image, especially when you're at the stage of disorderly eating, it's a lonely experience, even in the biggest of social circles. I felt I needed to hide who I was, what I felt and how I wanted to behave. You have a guard up to hide your shame that keeps you distant from family and friends" explained Been There founder and CEO, Tessa Peters, who founded the charity after her own battle with bulimia.

"There was this amazing social and vibrant world all around me, but I withdrew from it as I felt no one could understand what I was going through. It was only once I was able to talk to someone who had had a similar experience as me that something clicked, and I could start on my journey of self-acceptance and recovery".

Find out more at www.beenthereapp.com or search for the charity on Instagram or Facebook.



YOUNGSTERS' WELLBEING BOOSTED BY NATURE



New research has confirmed that young people's wellbeing improves and they feel more connected to nature if they are able to get out and about in their local environment and take action on issues that matter to them.

That's the result of a ground-breaking scheme, which has so far recruited almost 3,000 young people to be Green Influencers and take positive action to improve the environment of their schools or communities.

The Green Influencers Scheme is run by national educational charity, The Ernest Cook Trust, which has given 40 Host Organisation Grants to support the employment of 44 Green Mentors. The Green Mentors' role is to enable young people to lead the way as Green Influencers on environmental social action projects. So far, 2,900 Green Influencers have been recruited, and the ambition is to recruit 5,000.

Researchers looking at the impact of the scheme found there was a statistically significant increase in young people's wellbeing and nature connectedness. The most noticeable increase was for the statement 'I feel part of nature'. Green Influencers' wellbeing scores increased from 51.6 to 55.1, and their connectedness to nature went up from 48.3 to 53.4.

"The impact the Green Influencers Scheme is having on the young people involved is fantastic," commented Dr Victoria Edwards, CEO of The Ernest Cook Trust. "It has also had a ripple effect, with Green Influencers making individual changes to their behaviour, and many going on to join other outdoor initiatives, like cycling clubs and local conservation groups.

"They are learning so much through the scheme, like teamwork, improved communication, and feeling more confident. With young people so badly affected by the pandemic, we believe the evidence shows The Green Influencers Scheme is having a very positive effect."

Inside... HEALTH

Increasing number of Brits cutting down on meat

Some one in four Britons say they are considering cutting down on meat.

That's according to a new YouGov survey released as part of National Vegetarian Week (May 16-22), which revealed that more than a quarter of people in the UK (27 per cent) are considering reducing the amount of meat they eat – with health and climate change given as the main motivations. For respondents under 34-years-old, climate change was a particularly strong motivator, at almost 50 per cent.

A fifth of people (21 per cent) who said they were considering eating less meat gave animal welfare as their main reason.

The annual week this year is focused on climate change; evidence shows plant-based food is better for the planet, has far less carbon emissions than meat, and for households on tight budgets it can also be a cheaper, healthy choice.

Richard McIlwain, Chief Executive of the Vegetarian Society, which hosts the week, commented: "We aren't surprised to see climate change as a key driver for people reducing the amount of meat they eat. The Government's own Climate Change Committee suggests we should be eating 20 per cent less meat by 2030 and the recent National Food Strategy, led by Henry Dimbleby, suggests this figure should be even higher at 30 per cent. The good news is, if you currently eat meat every day, you can achieve a 30 per cent reduction by going meat-free on just two weeks."

Despite growing awareness of how the food we choose impacts the planet, it appears the message could still be clearer – especially among men. Nearly half of women (48 per cent) and almost two-thirds of men (63 per cent) surveyed said they are not considering reducing the amount of meat they eat. Nearly a third of those not already following a vegetarian/vegan diet (32 per cent) said they would not reduce their meat consumption, even if it meant the extinction of any animal species.

We love♥

LOOFCO

Traditional cleaning methods and designs are the inspiration behind the LoofCo range of 26 plastic-free pads, brushes, cloths and soaps for washing-up, household cleaning, garden and body. Made from loofah, coconut and cotton plant fibres, which are sustainable, biodegradable and vegan, these effective products offer an easy and affordable switch.

BIO-KULT BOOSTED

This advanced multi-action formulation is designed to target both the immune system and digestive tract. With four times the concentration of bacteria compared to the original Bio-Kult formulation, and added vitamin B12, Bio-Kult Boosted gives you the confidence that you are supporting the normal functioning of the immune system.



LIQUID LUXURY

Achieve a sun-kissed look with natural credentials with this creation from Green People.

Liquid Gold Tanning Drops comes with a dropper, which makes it quick and easy to blend the perfect amount of tan drops with moisturiser, before smoothing onto the skin to achieve a non-streaky, customised depth of tan.

Blend one to five drops with your favourite face cream or six-10 drops with your body lotion and smooth into the skin. The more drops you add, the deeper your tan will be. Allow to dry for 10 minutes before applying clothing and then wait for your sun-kissed glow to emerge.

Inside... BEAUTY

SUPER CHARGED SKIN



Just in time to give you a healthy summer glow is this superfood oil from Q+A.

Super Greens Facial Oil comes from the British skincare brand, which is also doing its bit to give back by partnering with the charity, FareShare; Q+A will donate £1 from the sale of every oil back to FareShare, which will use the money to help feed and support people who need it most, from struggling families to the most vulnerable people in the community.

Like the ultimate green juice for your face, Super Greens Facial Oil is packed with over 12 antioxidant-rich fruits, vegetables and plant oils, including broccoli, apple, kale, avocado, spinach, courgette, melon seed oil, apricot kernel oil, grape seed oil, hazel seed oil, prickly pear, alfalfa and blue tansy.

Suitable for oily, stressed, dry and combination skin types, it is best used as a night-time intensive treatment, and 99.7 per cent is natural formula, cruelty-free, alcohol-free, fragrance-free and vegan friendly.



GIVING THE GIFT OF NATURAL INDULGENCE

With Father's Day this month, why not consider giving back to your dad with some natural and organic luxury?

From aromatherapy, wellbeing and sustainable body products to vegan face masks and luxury fragrances, there's much you can consider, such as an eco-friendly shower experience with Faith in Nature's trio of award-winning body wash minis. They are 100 per cent vegan and packaged in 100 per cent recycled and recyclable bottles, and contains 100ml sizes of the Coconut Body Wash, Grapefruit & Orange Body Wash, and Lavender & Geranium Body Wash – perfect for travel or gym bag essentials.

Or, help dad unwind and de-stress with a little help from Tisserand Aromatherapy's Total De-Stress Collection. Choose from Total De-Stress Bath Salts, Total De-Stress Bath & Shower Wash, and Total De-Stress Bath Oil and help him slow down and reclaim their calm with a comforting blend of geranium, orange and nutmeg pure essential oils.

And, for the outdoorsy dad, whether he is an avid gardener, a keen outdoor sportsman or enjoys long walks, sun protection is always a must have essential. Make sure he's protected with the Wild Science Lab Root + Fruit Bright Start SPF 30 Broad Spectrum UV Shield, scented with a stimulating blend of six essential oils.

Sounds of wild beauty

Helping to teach us about the benefits of natural beauty is a new podcast from Wild Beauty from Rhug Estate.

The award-winning organic skincare and bodycare collection has launched its inaugural podcast, The Sounds of Wild Beauty. By capturing the sounds of the brand's idyllic Welsh home, Wild Beauty has created escapist tracks designed to have a positive impact on your wellbeing.

Each track is an immersive soundscape captured across the meadows, beaches, woodlands, and moorlands of Rhug Estate, the birthplace of the Wild Beauty collection. The soundscapes have been designed for meditation, focus and finding peace in our modern, hectic world.

Wild Beauty recognises the impact that stress can have on the skin and these new recordings allow for moments of relaxation to help us minimise stress levels for a more holistic approach to beauty.

The Sounds of Wild Beauty is available now on Apple Podcasts, Spotify and Spreaker.



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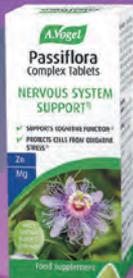
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Life Garden Vitamin K

Terranova Nutrition
Vitamin D3 2000iu & K2

A vitamin with increasing research about its importance, this nutrient is one we need to take note of.

Some vitamins need little explanation. Vitamin C, for example, most of us know is packed full of antioxidants and a good support for our immune system, while vitamin D – that excellent all-rounder – is something the majority of us are aware of in terms of the need to supplement, certainly during the colder months.

But what about vitamin K? Although it's a vitamin that traditionally has perhaps been a little less discussed, and one even GPs will often not have huge awareness of, it is an absolutely critical nutrient. Indeed, increasing amounts of research are confirming just how important it is, especially with regard to our hearts and bone health, and how many of us could be lacking.

Vitamin K explained

Much like vitamin D, vitamin K is a fat-soluble vitamin. This means that it does not dissolve in water and can be found in the highest levels in high fat foods. Fat-soluble vitamins are also known to be better absorbed when you eat them with fat.

Vitamin K can be found in some foods, mainly green leafy veg, such as broccoli and spinach, and cereal grains. Small amounts can also be found in meat and dairy foods, and it is also contained in fermented products, such as kefir, eggs, chickpeas and soybeans.

There are different types within the group of K vitamins, with common ones used in supplements being K2 and K1. A lot of research is focusing on vitamin K2 as being a superior source, and this variety is found in animal-sourced foods and fermented soy products, like natto. The K1 form, on the other hand, is found mainly in plant foods.

A supplement is a good idea if you are concerned you might be lacking, and ideally, choose the vitamin K2 form. Some supplement brands also make a combined vitamin K2 with vitamin D as research is showing they work better together to support good bone health.

What's it for?

Vitamin K is required for wound healing and to help with blood clotting, while also being known to be critical for keeping both our bones and our hearts healthy, not to mention supporting the immune system.

Looking in greater detail at this, vitamin K helps move calcium into your bones, which we need to keep them strong. This also has an effect on the heart, as it ensures the calcium goes to the right place (the bones), rather than ending up in your blood vessels, which can lead to calcification – and, in turn, raise your risk of heart problems.

In terms of knowing if you could be lacking, there are some common signs; deficiency can lead to bleeding problems, including heavy periods and bruising. People known to be at increased risk of deficiency include vegans, both the younger generation and elderly people, and post-menopausal women.

If you are concerned you could be lacking, speak to your GP, who may be able to refer you for a test. Alternatively, talk to your health food store and they can recommend a nutritionist who can help.

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SKIN SOFTNESS

Filled to the brim with only the best, certified organic ingredients, the new benecos BIO Wild Rose Body Lotion takes care of your skin whilst benecos takes care of the environment! With packaging made from recycled PET, sustainably sourced ingredients, and their dermatologically approved formula, you can kick back and enjoy the warmer weather without a worry this Summer. Certified organic by BDIH COSMOS organic. Available from health stores and online. www.benecos.uk £13.95



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FLAWLESS BASE, FLAWLESS FACE

Zero waste doesn't mean zero coverage! Try benecos' highly pigmented and ultra-creamy foundation stick that is buildable and blendable, for either a light coverage base or for glam, flawless skin. The certified BDIH COSMOS organic formula is packed neatly in a recyclable, card tube that is perfect for on-the-go touch ups, too. Available from health stores and online. www.benecos.uk £9.45



NATURAL LIFESTYLE'S Top Picks



Complete Nutrition for Menopause

The MenoShake™ is an Award-winning comprehensive multi-nutrient, plant protein and herbal shake with added marine collagen, formulated by registered nutritionists and specifically designed to support female wellness during perimenopause and menopause. This delicious Protein Shake is packed with over 30 micro-nutrients, botanicals, adaptogens and phytoestrogens including red clover, wild yam, ginseng, reishi mushroom, maca powder and KSM66

ashwagandha and more.... Made from sustainably sourced ingredients, it contains just 75 calories per 25g serving, is low in sugar, high in fibre and protein, lactose free and GMO free.

Bomimo, Body + Mind + Mojo

www.bomimonutrition.com



The New Quick and Easy Mess-Free Money-Saving Ginger Shot

The new immunity-boosting product is designed to provide all of the well-known benefits of typical ginger shots, less the mess of making them fresh every day. Being in powder form also makes them quick and easy to use whilst saving consumers an incredible amount of money buying fresh.

The sustainably made product also contains an incredible mix of organic ingredients naturally high in vitamins and minerals including C and Zinc, along with other anti-inflammatory ingredients turmeric root and black pepper for increased absorption and bioavailability. Just one shot hits the spot limiting the need for endless amounts of capsules daily.

www.exzo.co.uk



Introducing Terranova's new Fermented Jiaogulan

Jiaogulan (*Gynostemma pentaphyllum*) is an Asian herb recognized as an energizer and rejuvenating tonic and known as the 'herb of immortality'. Research supports the adaptogenic properties of jiaogulan, which have been compared to ginseng but with a less stimulating effect. Jiaogulan contains vitamins, amino acids, flavonoids and the bitter-tasting saponins known as gypenosides, which are thought to be responsible for its multiple associated health benefits. A special fermentation process used in this formulation removes the gut irritating potential of saponins, while maximising the wide range of health advantages on offer including boosting energy, detoxification and supporting the ageing process. Contains no artificial colours, flavours or additives and is suitable for vegetarians and vegan diets.

www.terranovahealth.com



A brush with nature

Traditional cleaning methods and designs are the inspiration behind the LoofCo range of 26 plastic-free pads, brushes, cloths & soaps for washing-up, household cleaning, garden & body. LoofCo products help reduce household plastic use & waste including the microplastic particles released by nylon washing-up & cleaning scourers, sponges & exfoliators. Made from loofah, coconut & cotton plant fibres which are sustainable, biodegradable & vegan, these effective products offer an easy & affordable switch. Ingenious Washing-Up Soap Bars complement the range.

www.loofco.co.uk



Good Guru Vegan Magnesium

Vegan Magnesium combined with Vitamin B6 provides a multitude of well-being benefits. It's a great combination for women experiencing symptoms of PMS. Magnesium contributes to the reduction of tiredness and fatigue and contributes to normal bone and muscle function Magnesium Glycinate 500mg, Vitamin B6(Pyridoxal-5-Phosphate P5P), Brown Rice Flour, Magnesium Stearate (Veg Source).

www.haymax.biz



Your plastic reduction plan

Your simple guide to easing your impact on the planet by cutting back on plastic use.

Plastic comes into pretty much every element of our day-to-day lives that it can be very hard to avoid it. Whether it's the containers of your shampoo or shower gel, the cup holding your morning hot drink, or the bag your bananas are wrapped in, plastic is everywhere.

That's not to say plastic is terrible and should not be used; when used in the proper way, that is, reusing it and not simply throwing it away after one use, it's a hugely durable product that helps to keep things fresh. The problem we have these days is we as a society have got used to using it once, and then chucking it – think back to the days where plastic cutlery, stirrers and straws were so commonplace, we'd often not give it a second thought when it went straight in the bin.

But the good news is as the world has woken up to the need to cut back on consumption of plastic, many brands have found innovative ways of providing such products but making them reusable. And it is these products, plus some simple changes in our lifestyle, that if we all made, would add up to a lot.



Making positive change

It's hard to know what steps we should take to better protect our planet when there is so much to consider, from the impact meat eating has, to the role of plastic, to the amount we drive our cars and fly on aeroplanes. But when it comes to plastic, this is an easy and cost-effective one to make tangible and sustainable change.

Let's start with anything that might be single-use and look at how to switch that. If you regularly buy a hot drink on the go, invest in a good quality reusable cup that you take with you – this alone would add up to a lot in terms of what you're not throwing away. And the same should be said for a water bottle, as throwaway water bottles are one of the biggest culprits for plastic pollution.

Also consider your shopping choices; if you are used to putting fruit and veg in plastic bags before you check out, rethink – either don't put them in anything or take along your own bags. And try to look for loose fruit and veg that you pick yourself, rather than those already in packaging – it's not necessary and simply adds to your plastic load.

We love health food stores for how easy they make stocking up on loose items without having to use plastic. Many will offer loose items such as nuts, seeds, oats, pastas and more, so all you need to do is take along your container, and you can then buy only what you need – saving on potential wastage.

The same can be said of your toiletries and cleaning products. Many of these mainstream products come packaged in plastic, and while some could be recyclable, ultimately, the goal is to cut back on how much plastic you are consuming at all. Your health food store will almost certainly stock some refills, most commonly washing detergent, washing-up liquid, hand soap, and shampoo and conditioner and shower gel.

We also love how easy it is to find shower and hair bars; these are solid, much like a bar of soap, but have the benefit of lasting much longer than liquid products and cut right down on packaging.

Understanding plastic

It's a worrying statistic that some 35m plastic water bottles are thrown away in the UK every day, while a scary 2.5bn coffee cups are chucked each year, according to Greenpeace. And that's before you consider all the other single-use plastic people have become accustomed to throwing away. Furthermore, when it comes to coffee cups, Greenpeace points out that a worrying less than one in 400 are recycled.

The problem with plastic is part of the reason it is so beneficial; as a product to use long-term, it is durable and lasts, but this means when we throw it away after single use, it can take a long time to break down. And sadly, this means that much of the plastic that we throw away ends up either in our seas or in landfill.

Of course, try to opt for those that come from recycled packaging and that are recyclable, as this will help to minimise the impact on landfill, but bearing in mind this still adds to our planetary load, the ideal is that you cut down on plastic use in the first place, choosing reusable and also anything in packaging that can biodegrade.

Holiday health plan

Give your health some focus ahead of the annual summer getaway and reduce the risk of some of the most common holiday health issues.

There's so much prep that goes into a holiday that often, by the time we jet off, we can feel stressed, tired and not always in the best of health, not to mention then putting our systems under extra pressure with the usual holiday indulgence and change in diet. But with some simple planning, and a focus on your health, you can enjoy a holiday without

some of the most common health woes.

Michaela Vagnini, Nutritional Therapist and Advisor at NaturesPlus, explained: "Holidays can be a time for excesses, indulging in comfort food and extra drinks, plus you would be eating out every day. And depending on where you are travelling to, new types of food could be something to discover, but sometimes might not be at its best."

Kerry-Lee Revitt, Nutrition Advisor at Viridian Nutrition, added: "It is reported that 22-64 per cent of all international travellers become ill during or after travel. Therefore, it is best to take preventative action when going on holiday and taking no risks with your health. Considering some dietary changes and specific food supplements may pay dividends in preventing or lessening an overseas illness."

HOLIDAY HEALTH COMPLAINTS

There are common health issues people experience on holiday, especially if you journey abroad.

Hannah Braye, Head of Technical Advice at ADM Protexin, which has the Bio-Kult and Lepicol brands, explained: "Holidays are generally associated with feelings of relaxation and wellbeing. However, there are certain health concerns which seem more prevalent whilst travelling away from home. Common complaints include digestive upsets, food poisoning, sunburn, sunstroke, dehydration, viruses, jet lag, urinary tract infections, prickly heat, accidents (such as slips, trips and road accidents), insect bites (which carry the risk of diseases such as malaria and dengue fever in some areas), allergies and hay fever.

"Many people who are rarely sick report coming down with headaches, colds, sickness or fevers whilst on holiday. This is known as leisure sickness, which some theorise may be caused by the immune system taking a break following a period of stress. In addition, colds are more than 100 times more likely to be transmitted on a plane than during daily life, and many people's alcohol intake (which is known to depress the immune system) also increases whilst on holiday."

Michaela added: "Gastroenteritis is inflammation of the stomach and intestines, usually caused by viruses (rotavirus and norovirus), parasites (giardia), toxins or bacteria (*Clostridium difficile*, salmonella and *Escherichia coli*). The most common cause of foodborne illness are infection, easily caught from contaminated water or food, utensils, towels or direct contact with an infected person.

"Common symptoms are watery diarrhoea (but no blood should be present, otherwise, contact a doctor immediately), cramping and muscle aches, nausea and vomiting, low grade fever and would normally last one to three days."

Kerry went on: "Mosquitos, stinging insects and biting insects can result in painful and itchy skin disorders. Heat stroke and prickly heat can be common when people go from cold weather to hot weather in just a few hours. It is lovely to be in the sunshine all day, but dehydration can be a risk as replenishing fluids lost in sweat is difficult without electrolyte minerals to help with retention."

Let's also remember that seasonal allergies can also be an issue.

Dr Marilyn Glenville, one of the UK's leading Nutritionists, explained: "Summer months, with warmer days, comes more pollen and increased allergies like hay fever and heightened asthma symptoms. It is possible to minimise exposure to pollen; stay near the beach and away from grassy areas, keep windows closed and try to stay inside until later in the day when pollen counts tend to be lower."

Easing tummy troubles

Upset stomach and constipation are common with a change in diet and surroundings, as well as in warmer weather. The good news is there are many steps you can take to minimise risk.

"To help prevent digestive upsets whilst away, it is generally recommended to start taking a live bacteria or friendly yeast supplement at least a week in advance, continuing whilst you are away and for a few days after you get back," Hannah suggested.

"Ensuring you drink enough water is also important, especially if you suffer with constipation to keep stools soft and easy to pass. It's equally important if you suffer with diarrhoea to replace lost fluids. Usual recommendations are to drink around two litres a day, however, everyone is individual and more may be necessary in hot climates.

"The easiest way to check if you are drinking enough is to monitor the colour of your urine, which should be a pale straw colour throughout the day. It's best to check whether local water is safe to drink, and if there is any doubt, stick to bottled mineral water. The gut has its own circadian clock, so eating, waking and going to bed at regular times helps it regulate itself."

Michaela went on: "Take a complete multivitamin with lots of green superfoods and algae to reintegrate the nutrients lost and get an energy boost."

Be sun aware

Don't let your holiday be ruined by sunburn.

Michaela explained: "Sunburn is an inflammatory reaction to UV radiation damage to our skin, but even without a burn, the sun can cause cellular damaging that cause premature ageing and cellular damages that could lead to cancer such as melanoma."

Ingrid Jamieson, from Pravera, which has brands including Lavera and ORGANII, added: "Make sure to use natural mineral sun protection that contains titanium dioxide and zinc. These are natural mineral sun protectors, they are kind and gentle on the skin and reflect harmful rays from the sun. Always use a sun protection lotion or cream with SPF 20 or above. Even on cloudy days, the rays can penetrate the skin and cause damage. Choosing a mineral-based natural and organic sun lotion is ideal as it sits on the skin and reflects the rays, rather than a conventional, chemical-laden lotion, which will penetrate into the skin."

And if you experience sunburn?

"To relieve sunburn, you can take frequent cool baths or showers to help relieve the pain. Apply a soothing after sun lotion that is enriched with soothing plant-based ingredients, such as aloe vera, will help to calm the affected area. Coconut oil can help to protect and soften sunburnt skin."

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- ★ Lavera Sensitive Sun Lotion SPF30
- ★ Silicea Gastro-Intestinal Gel
- ★ Unbelievable Health Bee prepared Daily Defence Immune Formula
- ★ A.Vogel Passiflora Complex Spray

IMMUNE BUILDERS

One of the key aspects for good health is your immune system, as Hannah explained: "The less stressed you are before you go, the more prepared your immune system will be to prevent you coming down with colds, viruses, stomach bugs and other health annoyances which can ruin a holiday."

Kerry added: "Nutrients that are known to support the immune system include vitamin C, zinc, selenium, vitamin D and compounds such as beta glucans, elderberry or echinacea. And the fruit of the acerola cherry tree is one of the richest known natural sources of vitamin C. Elderberry is reported to inhibit viral entry and so, consider using an organic elderberry elixir in the five days prior to travel and the day of travel."

And Michaela recommended: "If the respiratory tract is your weak area, try herbs like astragalus, andrographis and olive leaf. Medicinal mushrooms can be a great way to keep your immune system up and running, especially when you are stressed out. I use a complex of the most therapeutic medicinal mushroom, including reishi, cordyceps, maitake, royal sun, lion's mane and shitake, to stay protected and support me and my mental clarity."

Clean up your diet

Before you head off on holiday, focus on a healthy diet, and try to maintain balance while away.

"Stick to a clean and healthy diet, eat a rainbow," Michaela explained. "The more colours in your plate, the more phytonutrients. Variety is the key to get a good level of all essential micro and macro nutrients our body needs. Do not overindulge in comfort food if you are feeling stressed or lack sleep, save the extra cheating for your holiday time. All your body needs now is plenty of fruits, vegetables and clean proteins, many good night's sleep and as much rest as possible."

Kerry added: "When meal planning, work in fruit and salad for vitamin C, green leafy vegetables, nuts, seeds and shellfish for zinc, Brazil nuts and wholegrains for selenium, oily fish, organic eggs and UV exposed mushrooms for vitamin D. Mushrooms also provide beta glucans. Fermented foods such as kefir, kombucha, sauerkraut or kimchi are great sources of beneficial bacteria."

TOP UP YOUR NUTRIENTS

There are some key supplements to take before holiday and also some essentials to pack.

Catherine Gorman, Nutritional Therapist and Health Coach at Good Health Naturally, suggested: "A good multivitamin and mineral can be helpful to ensure you get all the nutrients you need on a daily basis, as food choices can be limited, or we find ourselves indulging in less healthy options because we are on holiday."

"To protect against insect bites, consider supplementing with B1 thiamine, starting a few weeks before you travel. 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. Travelling between different time zones can disrupt our natural circadian rhythm, causing sleep disruption and fatigue. To help promote a good night's sleep and get yourself back on track, consider supplementing with calming and relaxing magnesium, or L-theanine."

To support your gut, Hannah suggested: "One of the best ways is by supplementing with live micro-organisms (friendly bacteria and yeast strains). The most commonly tested species are mixes of *Lactobacilli* and *Bifidobacterium* and the friendly yeast, *Saccharomyces boulardii*."

Hannah also suggested other first aid essentials: "Natural insect repellents such as those containing citronella and lemon eucalyptus oils, tea tree oil, which has anti-microbial and

anti-fungal properties so is good for cleaning minor cuts and scrapes, and anti-microbial capsules, such as garlic or oregano, to help kill off any pathogens if I do come down with an upset stomach."

And Michaela advised: "Magnesium is essential for overall human health involved in over 300 biochemical reactions in the body. It plays a role in activating the para-sympathetic nervous system, which is the system to help you calm down and relax. It is also involved in regulating melatonin (the sleep hormone) synthesis and GABA receptors. GABA is a calming neurotransmitter that relies on B6 to be synthesised, hence taking magnesium with B6 has a more relaxing effect, especially if your sleep issues are due to stress and overthinking."

Kerry also suggested: "Electrolyte minerals are useful for addressing dehydration. Electrolytes and chloride, magnesium, potassium, calcium and sodium, the minerals found in body fluids. Consider adding them to your water daily. To counter the effects of alcohol vitamin C, is useful to take on each day that alcohol is consumed."

And to tackle seasonal allergies, Dr Glenville suggested: "There are lots of natural anti-histamines, including vitamin C and quercetin that can be taken. Eating foods high in omega 3s like oily fish, walnuts, flaxseed and chia is also a great way to tackle the inflammatory symptoms of hay fever."

HOMEOPATHIC ADVICE

There are some fantastic homeopathic remedies to help with some common ailments, as Roz Crompton, Homeopath at Helios Homeopathy, suggested:

- **Aconite 30c** – a great remedy for first stage of inflammatory illness such as colds and flu.
- **Arnica/Rhus tox/Ruta 30c** – this combination covers all injuries to soft tissue, bruises, sprains and strains. Also good for physical stiffness and jet lag if travelling long distances.
- **Arsenicum Album 30c** – the remedy for food poisoning or sickness and diarrhoea.
- **Cocculuc/Petroleum/Tabacum 30c** – for travel sickness from any mode of transport.
- **Nux Vomica 30c** – overindulgence of food and alcohol and flight hangover.
- **Apis 30c** – insect bites and stings causing swelling, redness, burning and stinging pain.
- **Belladonna 30c** – sunstroke with a bursting, throbbing headache, also a remedy for sore throats and fevers associated with colds and flu.
- **Urtica Urens 30c** – prickly heat and mild sunburn, also good for itching insect bites and stings. Can also be combined with calendula and used as a topical cream for mild sunburn, prickly heat or insect bites."



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YOUR GUIDE TO CHOOSING CBD

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

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

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

WHAT IS CBD?

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

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

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

THE ENDOPURE DIFFERENCE

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

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

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

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

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

PICK OF THE PRODUCTS

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

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

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

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



Ask the experts

TIME TO TALK TESTOSTERONE...

by Louis Soteriou



What causes low testosterone and what effects can this have on a man?

Various factors can cause low testosterone in men. Age would be the first consideration and typically, we will see a decline in testosterone after the age of 30 of about one to two per cent each year that follows. Recent findings are showing that younger men are exhibiting lower levels of testosterone than previous generations, with a 22-year-old male of today having roughly the same testosterone of a 67-year-old man in the year 2000, but what's causing this?

A lack of nutrients or an absorption of them is an issue, with zinc being the first mineral that springs to mind, which is essential for testosterone production but also protein. Absorption of nutrients will be compromised by stress and anxiety, which is a significant problem in men and young males especially. In our body's biochemistry, stress hormones compete with testosterone in their production so the more stress hormones that are created, the less material is available for testosterone. Hormone disruptors from plastics and environmental toxins will also be playing a part, as well as synthetic oestrogen from birth control hormones making their way back into our tap water. If these hormones have been shown to make three generations of fish infertile, imagine what they might be doing to humans.

What kind of diet and lifestyle changes can naturally help to boost testosterone?

I think that there is currently a demonisation of masculinity happening in our society, especially amongst young men, which I think will be having a significant effect on mental health and concurrently, testosterone levels. Even the way a man sits and holds himself has been shown to have a significant effect on the levels of this vital male hormone, with open and upright postures being conducive, and closed, hunched, protective postures being detrimental.

As previously mentioned, stress will have a significant negative effect and so managing this with self-acceptance, self-confidence, meditation and cognitive therapeutics will help. Improving digestion with a balanced diet that promotes liver health and protein absorption with a reduction in processed foods and tap water would prove significant.

What nutrients could you recommend to help?

Adaptogens such as reishi and cordyceps mushroom, ashwagandha or lemon balm to reduce stress hormones. Zinc to replace its loss in sperm, and which is essential for production, alongside a high strength B-complex, magnesium and vitamin D3. Highly absorbed protein, as well as nettle extract and saw palmetto will also help to increase useful, free testosterone.

What holistic options are there to help when my child is feeling stressed?

Joe Welstead suggested: First of all, this is an incredibly valid question. It's a stressful world out there, and kids are feeling it too.

From a very young age, children relish repetition and rituals. This is why toddlers love to hear the same song or lullaby over and over again: the predictability of the melody and the lyrics gives them a feeling of comfort, even if they can't yet sing it themselves. They know what's coming next, which gives them a sense of control. This feeling of being in control – that's a powerful antidote to stress.

This is true for older kids, too. One major source of stress for children is that they are not always capable of articulating when something has gone off course. When dad takes his daughter to the pool and goes for the lift rather than the stairs as mum normally does, this innocent but unpredictable turn of events might upset her and she may not know how to explain it, causing pent up anxiety.

No other place is this more applicable than the bedroom. Just like for adults, a kid's bedroom should be a sanctuary of rest and escapism, where she can let her mind roam free and drift off into a peaceful slumber. This is where a predictable bedtime routine is so important - it can be simple and unadorned, but it should be repetitive, night after night.

Routines alone may not be enough for a calm and loving bedtime. This is why you could try an oat-based food powder to help calm down, drift off and grow strong bones.

About the experts



LOUIS SOTERIOU is a Naturopathic Nutritional Therapist who works for NaturesPlus as a Nutritionist and Business Development Manager and also sees patients part time. His passion is meditation and self-enquiry, as well as broccoli sprouts and seaweed. He is currently studying to become a meditation teacher and ayurvedic wellness consultant.



CLAIRE BARNES has a diploma in Naturopathic Nutritional Therapy from the College of Naturopathic Medicine (CNM) in Bristol. She works as a Technical Advisor at ADM Protexin, manufacturers of Bio-Kult and Lepicol ranges. She now concentrates her research in microbiome and digestive health.



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, including its new supplement, Unplug Kids Bedtime.



SUSIE DEBICE is a Food Scientist and Nutritionist with over 25 years' experience as a therapist, health writer and teacher. Susie works with Neutrient, a supplement brand with products including Neu Biotic, a high strength, multi strain probiotic.

“My body was broken, and I suffered from depression”



Helen Goodall

Helen Goodall recalls the life changing journey she went on when training in Nutritional Therapy with College of Naturopathic Nutrition (CNM).

Following a divorce, my health, employment, and self-confidence were affected. My body was broken, and I was diagnosed with depression by my GP, who prescribed medication.

I tried cutting out various foods and took supplements until I was barely eating anything. It was a struggle, and after a recommendation from a friend, I decided to go and see a nutritional therapist to see if they could help me heal. At this point, I didn't have much hope.

It was wonderfully insightful to get guidance from a nutritional therapist, and it gave me a thorough understanding of the relationship with my body. I had studied human physiology, and biochemistry at Bristol University 25 years earlier, but ended up in a job that didn't give much back.

Taking control of my life again was the stepping stone I needed in order to transform my health, and become physically and mentally stronger.

I decided to go to an open day at the College of Naturopathic Medicine (CNM) and see what courses

were on offer. Going to an open day and hearing other stories similar to mine, and how they built successful businesses which are blossoming, gave me hope.

I signed up for a Nutritional Therapy course and found it challenging, exhilarating, and focused. I felt inspired by the diversity of lecturers who have built their own practices. Their advice is more relevant now that I am setting up my own business, which is Helen Goodall Nutrition (www.helengoodallnutrition.com).

By completing the course, I have become far more aware of my body and what it needs, and the impact of stress on my gut microbiome.

I now engage in lifestyle activities consciously, and I look forward to helping support people who were in my position five years ago.

If you would like to know more about natural therapies, I would suggest going to an open day at CNM and speaking to others to see what areas interest you. I decided to study Nutritional Therapy after discovering the great benefits food had on helping my body heal.

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Ask the experts

EASING TRAVELLER'S TUMMY...

by Claire Barnes

Why is traveller's tummy so common on holiday and why does it occur?

Traveller's tummy is most likely caused by exposure to foreign micro-organisms and pathogens from water, food and the environment. As the immune system has not come into contact with these microbes previously, it needs to develop a quick defence to eradicate it, often resulting in diarrhoea.

What can we do to prep our gut health before going on holiday?

Supporting our gut health before going abroad could help to reduce the occurrence of traveller's tummy. Research indicates that live bacteria supplements can significantly reduce the risk. The most commonly tested species are mixes of *Lactobacilli* and *Bifidobacterium* and the friendly yeast, *Saccharomyces boulardii*. Supplementing for at least a week before you travel, whilst you are away and for at least a week after your return is recommended.

And what natural health solutions are there if you do succumb?

Ensure you keep your water intake up to replace lost fluids (use bottled mineral water if you're unsure of water quality). As well as rehydrating, you may also need to replace lost electrolytes (for example, sodium, potassium, magnesium, calcium) and coconut water works well, or you can make your own electrolyte drink by adding Himalayan salt, honey and lemon juice to your water.

Keep up your fibre intake by eating plenty of fruit and vegetables, to help keep stools regular and provide food for your resident gut microbes. Eating garlic regularly or taking an anti-microbial supplement such as oregano can also help kill off any pathogens.



Q How can I get my skin into better health, and is it true that probiotics can help?

Susie Debrice advised: Troublesome skin, redness, sensitivity, acne, blemishes or rosacea mean that while everyone else is comfortably baring their skin, you may be wanting to cover up. So, why is your skin worse during the summer? Being hot and sweaty aggravates already sensitive and inflamed skin and thick or greasy SPF's applied to already oily skin adds an extra burden for your skin type. This just clogs up your pores, triggering spotty outbreaks. Plus, summer barbecues, although lots of fun, aren't always summer skin friendly since fatty foods, sugar, dairy, caffeine and alcohol just turn up the heat on skin issues.

What's the summer skin solution? Well, to start with, choose a light or the right SPF for your skin type. Troubled skin may reflect an over-acidic diet, so to counterbalance this, add plenty of alkalisng green vegetables in your daily diet. Your skin issues may also be your body's way of expressing an unhappy gut. Constipation, gut infections, poor digestion and even food sensitivities are often a core factor for skin issues and what links all of these is an imbalance in gut microbiome. Taking a daily probiotic, a couple of months before summer kicks in, helps to rebalance the gut with friendly gut bacteria. Look for a probiotic that contains at least 20bn live CFU and 20 different bacterial strains, so you know you are getting a good strength and excellent variety to help replenish and repopulate your gut microbiome and give your skin a summer glow.

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THE MALE manual

Men's health requires some serious attention to minimise the risk of some of the most common health issues, as our nutrition experts explain.

There are many reasons why men can not only be at greater risk of certain health issues but also why they may leave it longer to seek help than a woman might. What is for sure is there are certain concerns relating to men's health – both physically and mentally – that need to be addressed.

Louis Soteriou, Naturopathic Nutritional Therapist at NaturesPlus, explained:

"Deeply ingrained in the psychology of many men in every culture, in every country, all around the world is the belief that they are strong and healthy enough as they are and that they don't need to worry about nutrition and an overly healthy lifestyle. When I studied naturopathic nutritional therapy at college, I was one of two men in a class of about 50 women – that says a lot!

"Also, men tend to keep their problems inside as they don't want to be seen as weak and this causes a large amount of resentment and stress in the body and can lead to depression. This will have a very damaging effect to their physiology, for example, by increasing inflammation or digestive issues, which can then lead on to more serious diseases with deleterious effects on their life and lifespan."

Jenny Carson, Senior Nutritionist at Viridian Nutrition, also pointed out: "In general, male life expectancy is less than that of females in the UK, but data points collected on 'years living with a disability' and 'disability adjusted life years' tell us much more about male health and quality of life. The Global Burden of Disease study is published each decade and it is possible to compare data from previous publications. Although the trend for male health decreases with age, it is consistent with previous decades, and a small improvement in 'disability adjusted life years' was apparent in 2019, which represents a small improvement in health.

"This data is split into behavioural, metabolic, and environmental-based outcomes. For example, behavioural data includes lifestyle choices such as nutrition, alcohol consumption and smoking. While the metabolic data includes blood pressure, fasting glucose status and cholesterol levels. Finally, environmental data includes exposure to toxins and pollution. In each of these areas, improvements were documented, with the greatest improvements in behavioural-related health outcomes and environmental, however, metabolic outcomes improved by 0.2 per cent, which would suggest that health conditions such as cardiovascular disease, diabetes, metabolic syndrome, and obesity are still public health concerns in men of all ages."

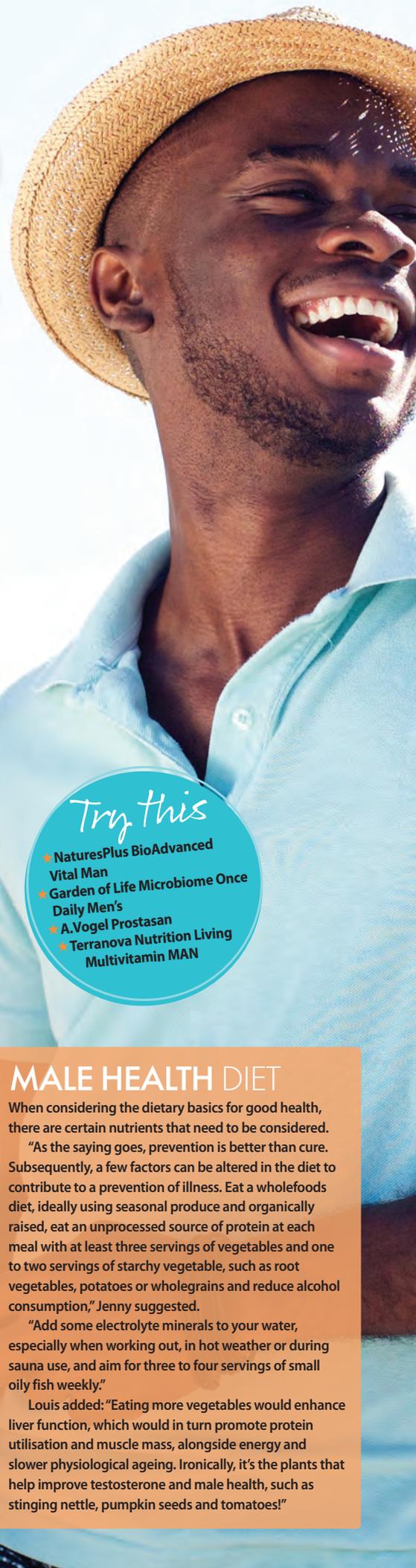
She added: "The cause of the difference in longevity and health is suggested to be attributed to several factors that include physiology, which impacts gender differences in cardiovascular diseases, mental illness and osteoporosis, nutritional determinants such as food distribution, accessibility to food and social support, and economic determinants that includes employment status, level of autonomy and social status."

Hormonal focus

We must also bear in mind it's not just women impacted by hormones.

"Fertility and hormonal health can be greatly impacted by lifestyle, stress, and obesity. Interestingly, it is recognised by the World Health Organization that parental nutrition and lifestyle in the 12 months leading to conception directly impacts the health and development of the foetus. While male infertility is estimated at around 10 per cent of those of reproductive age, the rate of conception has reduced by 3.8 per cent since 2009," Jenny explained.

"Hormonal imbalance between oestrogen and testosterone in men can cause bodyfat gain and gynecomastia which is the development of breasts. Furthermore, an imbalance between testosterone and dihydrotestosterone is characterised by male pattern baldness and may impact prostate health."



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MALE HEALTH DIET

When considering the dietary basics for good health, there are certain nutrients that need to be considered.

"As the saying goes, prevention is better than cure.

Subsequently, a few factors can be altered in the diet to contribute to a prevention of illness. Eat a wholefoods diet, ideally using seasonal produce and organically raised, eat an unprocessed source of protein at each meal with at least three servings of vegetables and one to two servings of starchy vegetable, such as root vegetables, potatoes or wholegrains and reduce alcohol consumption," Jenny suggested.

"Add some electrolyte minerals to your water, especially when working out, in hot weather or during sauna use, and aim for three to four servings of small oily fish weekly."

Louis added: "Eating more vegetables would enhance liver function, which would in turn promote protein utilisation and muscle mass, alongside energy and slower physiological ageing. Ironically, it's the plants that help improve testosterone and male health, such as stinging nettle, pumpkin seeds and tomatoes!"

KNOW THE ISSUES

It's important for men to know the health issues they have a greater risk of and also the factors that elevate this risk.

"Because men generally feel like they need to be strong, without showing weakness or asking for help, over exertion is not balanced with proper rest. This puts them at higher risk of burnout and cardiovascular disease," Louis pointed out. "If they are burning the candle at both ends, this will also stress the liver, with cardiovascular and liver disease both being prominent risk factors for men. This kind of lifestyle will also lead to serious slumps in energy, causing the body to crave sugar, which can promote diabetes.

"Because of this stress, the adrenals will use up minerals, causing the body to crave salt. Unfortunately, many men do not take the time to learn about nutrition so they will naturally lean to a quick salt hit in the form of processed foods which have high amounts of sodium chloride, when what the body is really craving is other salts such as magnesium to support their adrenals. They would do well to use sea salt or Himalayan salt in these cases and avoid processed foods."

And Jenny advised: "The Global Burden of Disease study ranked health conditions in order of magnitude. The 2019 data shows that for males of all ages, the top five health conditions that affect quality of life and shorten longevity were the abnormal growth of cells both benign and malignant, cardiovascular disease, musculoskeletal diseases, mental disorders, and respiratory diseases.

"It is suggested that greater levels of testosterone may mildly reduce the immune response, in particular, the rate at which antibodies are made. Therefore, this may mean that such a delay allows illness to become severe before the immune system can reduce it. This may be reflected in 2021 data by the British Heart Foundation, which stated that in the UK, four million men were living with heart or circulatory diseases from a total of 7.6m.

"Furthermore, although pain perception may be less intense for males, it appears that a greater level of anxiety associated to pain is generated. This may be linked to the fact that although fewer men suffer with mood disorders than

women, the male suicide rate, 15.5 males per 100,000, far exceeds the female rate of 4.9 females per 100,000. However, research reports that male depression is associated with a greater rate of alcohol and/or substance misuse. Other risk factors may include stress, social isolation, and feelings of worthlessness."

When it comes to addressing risk, Jenny went on: "There can be several lifestyle related risk factors that increase risk of health conditions. These can overlap into the pathology of several health conditions. And for this reason, lifestyle changes may have the capacity to affect the risk of several health condition. Risk factors include:

- Body fat gain, especially on the trunk of the body, known as visceral fat.
- Increased blood pressure.
- Activated inflammatory markers.
- Muscle loss.
- Alcohol.
- Smoking.
- Processed food diet.
- Toxin and plastics exposure, especially pliable plastics and food.
- Sedentary lifestyle.
- Stress."

SWITCH UP YOUR LIFESTYLE

Being physically active, stopping smoking and cutting back on alcohol are key health points for both sexes, but what should men specifically pay attention to?

"Changes such as regular gentle exercise that gradually increases to moderate and lasts for a minimum of 30 minutes five days each week may improve body composition, heart function and blood pressure, and improve muscle mass," Jenny suggested. "Stopping smoking and reducing alcohol intake means the nutrients necessary to counter the effects can be used elsewhere in the body. Plus, stress management techniques may mean the urge to drink alcohol and smoke is reduced. This too is a heart healthy benefit as stress puts the heart and blood vessels under pressure."

Other lifestyle changes include exercise or sauna use, which promote sweating to support detoxification, and natural body, face, hair care and cleaning so the toxic load is decreased, and the liver has less work to do.

And Jenny added: "Starting each day with time in natural sunlight is known to trigger a cascade of events that are healing, and lift mood, subsequently, a short walk or morning coffee taken in the garden could be considerations. Stress management can come in many forms, so finding what helps you unwind and relax is imperative. Mindfulness and meditation are popular, but it could be reading a book, walking in nature, or cookery."

Louis added: "Balance exertion and rest. Men need to learn to take their health into their own hands and be proactive in learning how to do this. Generally, men consume more alcohol than women and so they should become aware that this will actually lower testosterone and sexual performance. They could instead aspire to real self-confidence and self-acceptance instead of the pseudo-machismo false self-confidence and energy alcohol gives."

Boost your nutrient intake

Food is first and foremost the focus when it comes to health, but adding in male specific supplements is important.

Louis suggested: "Zinc is the first mineral to think of when it comes to testosterone support as it is essential for its production and is lost in sperm; 30mg a day has been shown to increase levels in male athletes, but it should be noted that taking high levels of zinc for long periods can compete for absorption with other essential minerals, such as magnesium, which is also essential for testosterone production. A vitamin B complex is considered essential, especially B6, which suppresses production of oestrogen. A whole food B complex made from holy basil, as opposed to yeast, will have extra benefits such as better absorption and utilisation by the body, reducing stress and protecting the body with antioxidants and phytonutrients.

"Pine bark extract and L-arginine have been shown to improve erection strength in men as well as cognitive wellbeing. Adequate vitamin D3 and protein, alongside liver supporting foods, herbs and nutrients will improve mood and healthy testosterone levels. Nettle extract will also contribute to higher free testosterone levels."

Meanwhile, Jenny advised: "The UK National Diet and Nutrition Survey is a bi-annual record of dietary intake of a sample of individuals representative of the UK population. The survey reported that the average intake of vitamin D in men was approximately half of the Public Health England recommendations (10µg or 400iu). This is important as vitamin D plays a major role in the function of the immune system. This may mean that the immune

system could be impaired by a suboptimal vitamin D intake.

"Similarly, magnesium intake in men was reported to be suboptimal. This can have wide repercussions as magnesium is involved in over 300 body processes. However, the most noticeable may include poor sleep, waking feeling un replenished, daytime fatigue and poor tolerance of stress.

"Another mineral that had suboptimal intake by males was potassium. Often a forgotten and underestimated nutrient, potassium plays an important role in blood pressure and subsequently heart health. Research has shown that potassium supplementation to correct a deficiency can achieve beneficial improvements in those with elevated blood pressure. Impaired blood pressure may also play a role in brain function and erectile dysfunction. Selenium is an important trace element due to its qualities as an antioxidant nutrient. Similarly, it is a nutrient that is often lacking in the male diet."

And she added: "It is commonplace in UK culture that dietary intake is low in omega 3 essential fatty acids. This can often lead to a dominance of omega 6, which can promote inflammation and poor cell structure. Subsequently, it can be useful to consider adding fish oil, marine algae, or plant oils to balance fatty acid intake. As stress is widespread, the use of adaptogenic herbs by men has increased. One which can be useful for male health is maca; not only does this Peruvian super-root support the stress response, but it has also been shown to promote energy and improve a flagging libido."

NATURAL LIFESTYLE'S Top Picks



Personalised Supplements for Him

Garden of Life Mykind Organics Men's Multi helps men to stay healthy with a once-daily multi which provides over 100% of the recommended nutrient intake of 14 different vitamins and minerals. Featuring immune-supporting vitamins C, D3 and certain B vitamins, selenium to support healthy production of sperm and zinc to support normal fertility and reproduction. Men's Multi 40+ offers 100% RI of 15 vitamins and minerals, focusing on heart and prostate health including 2400% of your recommended nutrient intake of B12 for a boost of energy and metabolism, and certain B vitamins for heart health.



Available from health stores and pharmacies nationwide and www.kijaniliving.com

ImmuneC & Vitamin D3 High Strength 3000iu

ImmuneC formulated by expert nutritionist Patrick Holford, provides support for the immune system. It contains potent levels of Vitamin C - 1800mg of Vitamin C per day (2 tablets) - plus other key nutrients black elderberry extract and zinc, which have antioxidant benefits. It's perfect for taking on the first signs of a cold or sore throat and a cost-effective way to support the immune system. Vitamin D3 also contributes to the normal function of the immune system. One of the strongest formulations of its kind, this pure filled capsule is 'high strength'. Both are registered by the Vegan Society.



www.holfordirect.com

Helping to manage your blood sugar levels

A remarkable combination of 18 nutrients and herbs in one supplement designed to support your blood glucose.

- Chromium contributes to the maintenance of normal blood glucose levels.
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Free From Sugar, Gluten, Starch, Soya, Wheat, Dairy, GMOs, Fillers, Binders, Anti-caking Agents, Artificial Sweeteners, Flavours, Colours, Preservatives. Nutrients in their most bioavailable form to aid absorption. Vegan and Vegetarian Society registered, Kosher and Halal approved. Available in all good healthstores.

www.naturalhealthpractice.com



Dr Jacobs Naturals, The No.1 Palm Oil Free Castile Soap

Dr Jacobs Naturals is the No.1 palm-oil free branded castile soap in the USA and is now available in the UK. It's unique formula is double thickness with added sea salt for a luxurious feel, ultra moisturising with aloe vera and vitamin E and fragranced naturally with essential oils. Formulated using just coconut and olive oils, it cleans effectively whilst keeping your skin hydrated all day with no oily residue. Available in 2 sizes and 12 difference fragrance varieties including unscented. 100% Natural & Vegan, biodegradable, cruelty free and gluten free.

www.mahinaturals.com



Start your journey to better gut health today

Bimuno Daily is a prebiotic supplement designed to make everyday gut health simple. Easily incorporated into your daily routine, Bimuno's taste-free, soluble powder can be added to any

food or drink without altering the taste, is Gluten-free and suitable for vegetarians. The convenient daily sachets provide an easy way to increase levels of good bacteria in your gut, helping balance your overall health and wellbeing in just 7 days. Scientific data shows that daily use of Bimuno increases bifidobacterial levels within 7 days, results may vary.

Find out more and receive the very best offers when you [subscribe Bimuno.com](http://www.bimuno.com)



Discover the world of fermented botanicals

How Terranova Nutrition's new state-of-the-art fermented range of botanicals can support your health and wellbeing.

Fermentation is an ancient practice used in food preparation, but the focus here is on highly specialised, scientifically advanced fermentation processes that unlock the potent nourishing and restorative properties of plants and whole foods in a way that the body can rarely achieve on its own.

As such, Terranova is honoured to be partnering with a pioneer in fermented ingredients; Fermedics is a supplier of premium fermented raw materials, such as medicinal herbs, mushrooms and microflora.

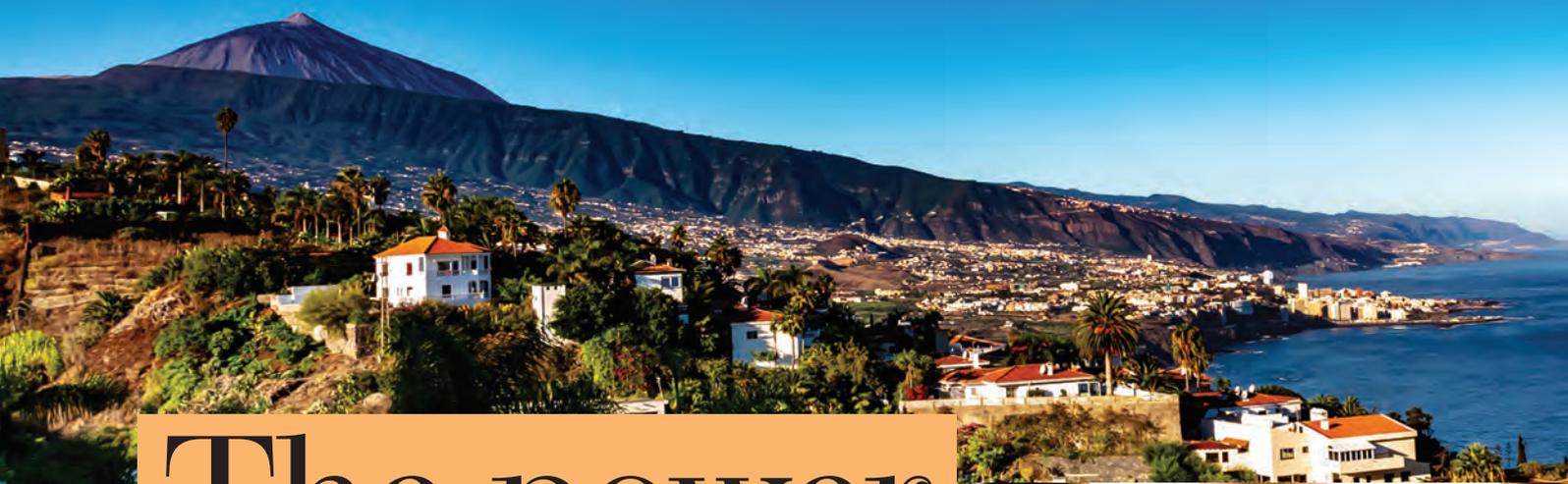
It is well recognised that fermentation nutritionally enhances foods and plants and generally improves the bioavailability of nutrients and phytochemical components. Accordingly, the use of the fermentation process within food supplements is becoming increasingly popular. A distinctive factor in the uniqueness of the Terranova fermented range is the use of specific microbial strains for each product (rather than the universal application of one bacteria, yeast or fermenting medium). The research team at Fermedics determines which microbial strains are most suitable for the fermentation of each plant. The microbial strain with the most efficient transforming abilities are selected for the fermentation process. The end result is a highly active, significantly transformed botanical ingredient, with great potential.



THE RANGE

- **Fermented Ashwagandha – Fermanolide** with bioactive ashwagandha, fermented by *Lactobacillus plantarum*. Ashwagandha is a much-appreciated medicinal herb in Ayurveda and an important adaptogen. Thanks to the special fermentation process, the active substances are more readily available to the body, thus creating a very powerful ashwagandha formula.
- **Fermented Astragalus – Fermagalus** is fermented astragalus, a well-known medicinal herb in traditional Chinese medicine. It is predominantly grown in northern China, Mongolia and Siberia. The root of astragalus contains bioavailable polysaccharides that have been studied for their health-supporting properties, especially in the area of enhancing resistance. These well-studied properties of astragalus are enhanced through a patented and innovative biotransformation fermentation technology.
- **Fermented Jiaogulan – Fermogulan** is a climbing perennial vine of the *Cucurbitaceae* family native to certain parts of South and Southeast Asia. In ancient China, jiaogulan was used as an energising agent and rejuvenating elixir. It is considered a promising ingredient for healthy ageing. The properties of this 'immortality herb' have been further enhanced through a patented and innovative biotransformation fermentation technology.

- **Fermented Turmeric – Fermeric** contains bioactive turmeric, fermented by *Lactobacillus plantarum*. Turmeric has long been revered for its many health benefits. Generally, the quantities of this spice typically taken for health benefits, may cause gastric irritation due to the concentration of the active compound, curcumin. The patented and innovative fermentation technology results in an even more potent turmeric product, with increased bioavailability of all actives, plus lower potential for gastric irritation.
- **Fermented Cordyceps** (*Cordyceps sinensis*) is a medicinal mushroom highly valued for its remarkable health-giving properties and is found naturally in certain high mountain regions of Asia. Used in Chinese Medicine for over 300 years, this mushroom has long been considered the tonic for all-round health. The patented technique known as submerged cultivation is the best technology to manage the identity and purity of medicinal mushrooms, while maximising absorption, bioavailability and potency.
- **Fermented Mushroom Complex** provides well researched medicinal fungi known for their potential health benefits and protective properties. The complete mushroom is used in order to benefit from the many properties found in the mycelia and fruiting body.
- **Find out more about the range at www.terranova-nutrition.com**



The power of renewal

With a focus on restoring inner health and wellbeing, *Natural Lifestyle* enjoyed a truly holistic experience during our stay at OCEÁNO Health Hotel and Spa, in Tenerife.

Life is hectic, our diets can sometimes fall below par, leaving us nutrient depleted, while stress has a huge effect on our health and wellbeing too. At times, we could all do with the time to reset, to recharge, and to place the focus on ourselves.

To discover a place designed to help you do just that, in the most beautiful and tranquil of surroundings, held huge appeal to us. And so, *Natural Lifestyle* took a trip to the north east coast of Tenerife, with a stay at OCEÁNO Health Hotel and Spa and F. X. Mayr Center.

Not only was the scenery wonderful for the soul – think coastal mountains behind beautiful sea views, topped off with early morning views of snow-capped Mount Teide – the care, attention and expertise at OCEÁNO Health and F. X. Mayr Center helped us to reset our health in the most holistic way.



FOCUS ON WELLBEING

This trip was planned due to a few health concerns that had been becoming increasingly problematic, and, wanting to seek a solution that was sustainable and meant we weren't reliant on only medication was the driving force.

And this is where OCEÁNO Health really is different; situated opposite the hotel, and part of the package offering when you book, is the F. X. Mayr Center, where doctors are located, and where your holistic journey really begins. You will have your assessments with the doctors at the centre, and stay in the hotel.

Issues under discussion were weight loss, reducing blood pressure and stopping medication, as well as reversing acid reflux and helping to reduce ongoing stomach pain.

As a starting point, initial medical examinations took place, followed by an in-depth assessment by the doctor, and blood pressure was measured. The doctor also measured chest and angle of rib cage, which would later be measured in another medical examination prior to departure, as well as achievements accomplished during the stay.

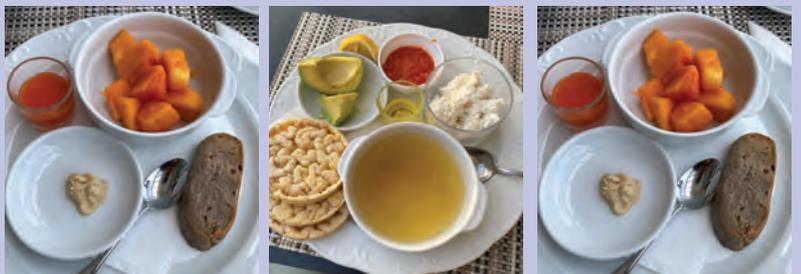
Resetting your nutrition

When it came to the dietary guidance we followed, there are philosophies at the centre that are certainly different to what you perhaps may be used to but once we adjusted, the benefits felt were incredible. This entailed a big reduction in both food volume and calories, and fasting is the key. We also learnt about the importance of healthy digestion and how you can make it work better; digestion starts in the mouth with saliva and the goal was to slow down our eating speed, making a more conscious effort to take time to eat – enjoy the food but make digestion easier.

The meals are simple and highly nutritious, with three meals a day, determined by which of the four levels of Mayr treatment you are on; the longer the treatment, you then move onto the next level for food. Both type and volume increases as the days go by. Most of us started at level two, while level four would be a slightly larger meal, with protein (either soya or animal/fish) and vegetables, potatoes (high in potassium) with olive oil.

As a taster for the kind of foods we ate, there were soups and broths, breakfast would consist of soya yoghurt, papaya (which has a digestive enzyme in it to help with digestion), buckwheat bread to encourage chewing, avocado with lemon and olive oil, and papaya and carrot shots to start. Lunch was similar in terms of the type of foods on offer, and we were also encouraged to drink three litres of water per day; there are purified water stations available throughout the hotel, as well as a herbal tea station.

As a further support to really restoring your health, vitamin infusions and abdominal massage treatment was given by a doctor three times a week. Added to this, Epsom salts or magnesium citrate were taken early morning, which helps with bowel regularity, as well as kick starting the metabolism and promoting detox.





BEING IN NATURE

Part of the appeal of a visit to OCEANO Health is the feeling of being in nature; there are lovely places to walk along the coast, and many different types of birds can be seen. At the right time of year, whales and dolphins have been seen.

And, as part of the Mayr philosophy, taking in the outdoors daily was part of the programme with an long hour walk along the coast before breakfast or a swim – incredible waves, fresh air, and amazing scenery.

The hotel itself offers plenty of time to relax and recharge, with a seawater pool at the hotel, along with treatment rooms, and treatments are taken throughout the morning to support detox and really help the body to relax and recover.

A range of treatments were enjoyed, including body wraps, thalassotherapy treatments, reflexology and physiotherapy. Vitamin B, D and folic acid injections were also given throughout my stay.

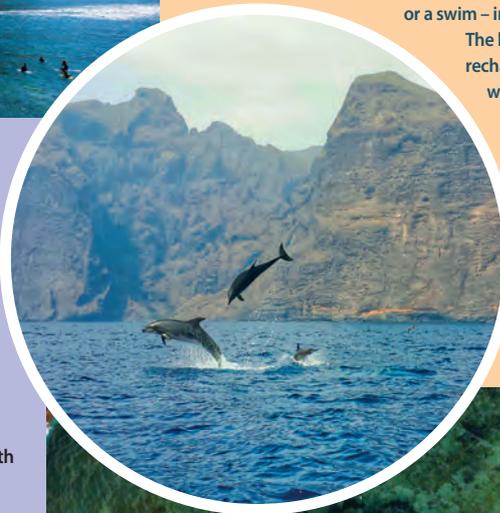
There is also the opportunity for exercise with a well-equipped gym and tennis court.

The benefits

The results really spoke for themselves in terms of the experience; 9.5kg of weight was lost, blood pressure returned to normal and medication to control it was reduced by half.

Acid reflux disappeared, we lost bloat in the abdomen, there was no stomach pain and less inflammation – no aches and pains that used to be experienced daily. Most noticeable was that we felt alive, with a huge amount of energy that had been previously been lacking.

If you would like to find out more about OCEANO Health Hotel and Spa and F. X. Mayr Center, visit www.oceano.de



ESSENTIAL IRON

Your guide to why women should be topping up their intake of this crucial mineral.

Iron is essential to life; as well as supporting immune function, it helps reduce tiredness and fatigue, plays an important role in normal energy metabolism, oxygen transport, cognitive function, and formation of red blood cells.

Women aged 19-50 require a much higher recommended daily intake of iron than men, in fact, at 14.8mg, it is almost double. This is due to blood lost during menstruation. Women's nutritional needs change during menstruation, pregnancy, breastfeeding and menopause, so it's not surprising to learn that over 90 per cent of women do not have enough iron in their diet.

FEELING FATIGUED

Debilitating fatigue and unexplained tiredness are common symptoms associated with low iron intake. Other signs to look out for include shortness of breath, pale skin, headaches and feeling lightheaded.

These symptoms can be mild, often go unnoticed and are often overlooked, so it's important to speak to your GP if you are suffering with fatigue. A simple blood test will help determine your iron levels.

IRON AND THE MENOPAUSE

The menopause is a natural part of ageing that usually occurs between 45 and 55 years of age, as a woman's oestrogen levels decline. In the UK, the average age for a woman to reach the menopause is 51.

Whilst it is often considered that post-menopausal women no longer need as much iron, a large American study called the Women's Health Initiative revealed that some post-menopausal women may in fact be at risk of an iron deficiency more commonly known as anaemia.

IRON INTAKE

Whilst you can get a sufficient daily iron intake from a healthy and balanced diet with iron-rich foods such as red meat, pork and poultry, seafood, beans, and dark green leafy vegetables, such as spinach, almost a quarter (23 per cent) of the population take iron supplements.

Reader offer

The only iron supplement formulated with delicious Nordic blueberries, BlueIron provides highly bioavailable and fast-working iron. With the benefit of a patented micro-encapsulated form of iron, it's easily absorbed and gentle on the stomach.

BlueIron provides the full recommended reference intake of iron for renewed energy, focus and natural vitality. BlueIron contains naturally-sourced Nordic blueberries for flavour, plus iron, which contributes to the reduction of tiredness and fatigue. Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle. *Natural Lifestyle* is offering readers the chance of winning one of three three-month supplies of BlueIron.



NATURAL LIFESTYLE Giveaways

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



SKINWORKS SUPERFOOD FACIAL OIL

Give your skin the ultimate beauty boost with a powerful blend of pure botanical oils, antioxidant-rich vitamins and essential fatty acids. SkinWorks Superfood Facial Oil is deeply nourishing to soften, hydrate and correct uneven skin tone. The formula is vegan and cruelty-free with high purity oils. It is free from all nasties, including parabens, sulphates, harsh preservatives, alcohol, artificial fragrance and colours, and is gluten-free and hypoallergenic. Made in the UK in small batches for purity, the British brand uses research based therapeutic botanicals specially selected for skincare benefits – and *Natural Lifestyle* is offering readers the chance of winning one of five, worth £19.99 each.

HAYMAX PACK

Natural Lifestyle has teamed up with HayMax to offer readers the chance of winning one of five VIP packs. Each pack comprises one of each variety of HayMax: Pure, Aloe Vera, Lavender, Frankincense, and Kids. HayMax organic drug-free allergen barrier balm is proven to trap both types of pollen, as well as dust and pet allergens. Eighty per cent said HayMax works, and is used by celebs and Olympic athletes, with more than 50 awards. Suitable for children, adults, pregnant and breast-feeding mums, drivers, during sports and exams.



FREE FROM FELLOWS MALLOWS

Free From Fellows has extended its line-up of the nation's favourite sweets by adding three super fluffy vegan marshmallow lines. The delicious Strawberry and Vanilla Mallow's are perfect for barbecuing with friends and family while the Mini Pink & White Vanilla Mallow's are ideal for

adding to home bakes and hot chocolates. Free From Fellows Mallow's are free from the top 14 allergens, making them suitable for everyone, including vegans and vegetarians. *Natural Lifestyle* is offering readers the chance of winning one of five packs.

LAVERA RE-ENERGIZING SLEEPING SKINCARE SET

Discover the lavera Re-Energizing Sleeping skincare range and feel it give your skin new energy during the night. The range combines effective night-time care with the wonderful lavera feeling of doing something good to your skin. The lavera Re-Energizing Sleeping range includes a Moisturising Cream, an Eye Cream and an Oil Elixir, which helps the skin effectively regenerate overnight. Enriched with a powerful plant-based formula of organic grape and vitamin E to revitalise the complexion, support natural cell renewal, for a super soft and revitalised complexion when you wake, *Natural Lifestyle* is offering readers the chance of winning one of three sets, each worth £60.85.



GOOD GURU ORGANIC ASHWAGANDHA + BLACK PEPPER

The Good Guru is creating powerful Ayurvedic herbal blends that work in harmony with the body in bringing balance, supporting performance, and overall wellbeing. The Ashwagandha + Black Pepper combination has been used in Ayurveda to support stress, anxiety, depression, and healthy memory. Ashwagandha, the Queen of herbs, is known to generally increase tolerance to mental and physical stress and anxiety. Black pepper has been used as a tonic to purge toxins and alleviate digestive issues such as gas and bloating – and *Natural Lifestyle* is offering readers the chance of winning one of 20 90-capsule bottles.

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

Please tick: Skinworks HayMax Lavera Free From Fellows The Good Guru Bluelron

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KETO COOKING

ON A BUDGET

We bring you a selection of easy recipes that are big on taste, low in carbs and light on the wallet.

Coconut bites with chocolate drizzle

Makes 12 bites

These bite-sized morsels are dead easy to make. They are only 2.4g carbs per bite – and, if you choose not to decorate with the melted chocolate 'dip and drizzle', they will come in at only 1.1g carbs each (but who can resist adding chocolate?). These bites will store well in the fridge, covered, for three to four days, but are best enjoyed at room temperature with a cup of tea or coffee.

Per coconut bite: Calories 94 | Carbs 2.4g | Fat 8g | Protein 2.5g

Ingredients:

- 85g (3oz) desiccated coconut
- 1tbsp coconut flour
- Pinch of salt
- 2 large egg whites
- ¼ tsp cream of tartar
- ½ tsp vanilla extract
- 2-3 drops liquid stevia (optional)
- 40g (1½ oz) powdered erythritol, sifted
- 70g (2½ oz) dark chocolate (85 per cent cocoa), broken into pieces

Method:

- Combine the desiccated coconut, coconut flour and salt in a bowl.
- In a second bowl, use a hand mixer to whip the egg whites and cream of tartar to stiff peaks. Add the vanilla, liquid stevia (if using) and erythritol and continue to whip until well combined. Tip the dry mix into this mixture and gently fold through to combine (try not to knock too much air out). Cover and place in the fridge to chill for 30 minutes.
- Meanwhile, preheat the oven to 140°C/120°C fan/275°F/gas mark 1 and line two large baking trays with baking paper.
- Divide the mixture into 12 ping-pong-ball-sized mounds. Use a dessertspoon and the palm of your hand to roll each one into a ball and gently place on one of the prepared trays (see tip).
- Bake on the lowest rack for 20 minutes, then reduce the oven

- temperature to 120°C/100°C/250°F/gas mark ½ and bake for an additional 20 minutes. I always rotate the tray every 10-minutes to ensure even colouring. Turn the oven off and leave the bites in the oven for a further 20 minutes to finish cooking in the residual heat. You can place a sheet of foil on top if you don't want them to darken too much.
- Carefully transfer each of the bites on to a cooling rack.
- For the chocolate dip and drizzle, melt the chocolate in a small saucepan over a very low heat. Remove from the heat, and lightly dip the bottom of each cooled coconut bite into the chocolate. Place on the second lined tray with the chocolate-dipped part on the bottom. You will have enough melted chocolate left over to drizzle over the bites – this is easy to do using a fork. The chocolate will harden as it cools, so leave to set completely before enjoying.

Chocolate protein bars

Makes 8 slices

These chocolate bars are a lovely grab-and-go option when you want a sweet treat that boasts a little protein. I use ground chia seeds here, which provide the bulk in these delicious bars, as well as the protein. Chia is also a great source of fibre and omega 3. I decorate them with more melted chocolate, but that is optional (although additional chocolate is never a bad thing!).

Per slice: Calories 298 | Carbs 4.5g | Fat 28g | Protein 5.4g

Ingredients:

- 140g (5oz) unflavoured (odourless) coconut oil
- 100g (3½ oz) dark chocolate (85 per cent cocoa), broken into pieces
- 4-5 drops liquid stevia (optional)
- 110g (3¾ oz) ground (milled) chia seeds
- 110g (3¾ oz) powdered erythritol, sifted
- 2½ tbsps unsweetened cocoa powder

For the chocolate drizzle (optional):

- 50g (1¾ oz) dark chocolate (85 per cent cocoa), broken into pieces
- 2tsp double cream
- 15g (½ oz) unsalted butter

Method:

- Grease and line the base and sides of a 16cm (6¼ in) square brownie tin with baking paper.
- Very gently melt the coconut oil and chocolate together in a large non-stick saucepan over a low heat, mixing until combined. Add a few drops of liquid stevia (if using).
- At the same time, combine the ground chia, erythritol and cocoa powder in a large bowl. Pour the melted coconut chocolate mixture into the bowl and mix everything together to combine. Tip the mixture into the prepared tin and place in the fridge for three to four hours until set.
- If you choose to make the optional chocolate drizzle topping, place the chocolate, cream and butter in a small non-stick saucepan over a low heat and allow to melt together. It's important to melt them at the same time to avoid a grainy mixture. Leave to cool a little before covering the set bar mixture with the melted chocolate topping. You could also fill a small piping bag (fitted with a small, round-tipped nozzle) and drizzle the chocolate topping over in a decorative pattern, as pictured.
- Allow the chocolate drizzle to set completely before slicing the bar mixture into eight equal-sized mini bars. If you are skipping the chocolate drizzle, remove the mixture from the fridge 30 minutes before slicing, as this makes it easier to cut.
- Wrap each one up individually and keep in the fridge or freezer. To defrost, just leave in the fridge for a few hours.



Raspberry cheesecake lollies

Makes 6 lollies

Creamy and delicious with a sweet, tart element, these raspberry cheesecake lollies are a fabulous way to end your summer lunches when entertaining friends. My husband loves them, so I bet this means the kids will too! Lolly moulds are so easy to find, and they are a great little investment – I use them a lot and have many different and exciting lolly ideas on my blog.

Per lolly | Calories 195 | Carbs 3.1g | Fat 18g | Protein 2g

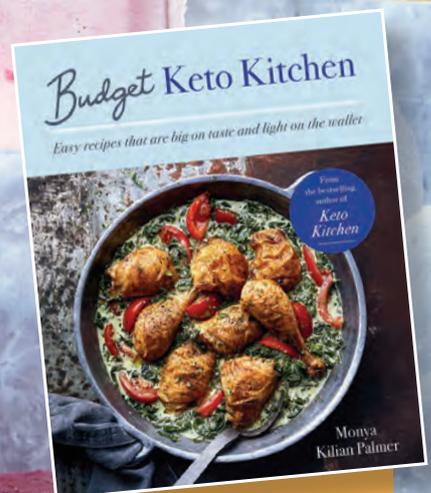
Ingredients:

- 260g (9oz) fresh raspberries
- 1tsp lemon juice
- 160ml (5½ fl oz) double cream
- 120g (4¼ oz) full-fat cream cheese
- 2tbsp powdered erythritol, sifted
- 2-3 drops liquid stevia (optional)

Method:

- Place the raspberries and lemon juice in a mini food processor or food chopper. Blitz to a smooth purée and set aside.
- In a large bowl, use a hand mixer to whip the double cream to semi-stiff peaks. Add the cream cheese and erythritol and whip well to evenly combine.

- Spoon a little raspberry purée into the bottom of each of the six lolly moulds (100ml/3½ fl oz) in capacity, then fold the remaining purée through the whipped creamy mixture.
- Divide the creamy mixture between the lolly moulds. Since a lot of air has been incorporated into the mixture, you may need to scoop the mixture into each mould slowly, knocking the mould on the kitchen counter to remove air pockets.
- Add the lolly sticks, then place in the freezer overnight.
- Transfer the lollies to the fridge 30 minutes before eating, or simply run hot water over the outside of the mould to make them easier to slide out.



Budget Keto Kitchen by Monya Kilian Palmer is published by Kyle Books. Photography by Maja Smend and Sam Folan.



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FERMENTATION

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

THE BENEFITS

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



FERMENTED BOTANICALS
& WHOLE FOODS

A NEW ERA IN FERMENTATION

THE TERRANOVA DIFFERENCE

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



THE TERRANOVA FERMENTED RANGE

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



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