

Natural Lifestyle

LOVE LIFE, LIVE WELL — NATURALLY

www.mynaturallifestyle.com

November 2022



Combat stress

Take action to ease stress and anxiety

Flex your joints

Top tips for keeping your joints and bones healthy

ESSENTIAL FOR WELLBEING

THE ESSENTIAL OILS TO SUPPORT WELLNESS

Plus YOUR HOMEOPATHIC SLEEP ESSENTIALS • GIVEAWAYS • AUTUMNAL RECIPE GOODNESS • WARM UP WITH HEALTHY HOT DRINKS

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Source of Life® Garden™ Bone Support nutritionally supports healthy bones with 1000 mg of pure and natural calcium from AlgaeCal®. Featuring marine algae calcium, carefully and sustainably harvested live from the pristine shores of protected coast line in South America. For maximal absorption and utilisation, Bone Support provides 25 µg of vitamin D3. Its highly bioavailable vitamin K2 (menaquinone-7) contributes to the maintenance of normal bones.*

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- Organic mushrooms and superfoods supply D3, K2 and other healthy nutrients*

- Traditional Calcium supplements only slow bone loss. AlgaeCal is clinically supported to stop bone loss and increase bone density.

*Calcium is needed for the maintenance of normal bones. Vitamin D and K contribute to the maintenance of normal bones.

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LOVE LIFE, LIVE WELL — NATURALLY



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ISSN - 20428421

Printed in the UK by
The Magazine Printing Company
using only paper from FSC/PEFC suppliers
www.magprint.co.uk

target publishing limited
est. 2000

Welcome

November 2022



The data really speaks for itself when it comes to the concerning levels of stress in the UK these days. Described by some as an epidemic, stress is one of the most commonly seen issues in our modern world, which has been hugely exacerbated by unforeseen events, such as the Covid-19 pandemic, lockdowns, the cost-of-living crisis and the war in Ukraine.

All of these events are causing stress and excess worry, leaving many people in a state of constant anxiety – which has a huge effect on our health and wellbeing, both mentally and physically. Given how big an issue it is in modern society, the matters of stress and anxiety take centre stage in this issue of *Natural Lifestyle*. To bring you all the up-to-date advice on the best way to deal with stress, we have assembled a panel of nutritional experts, who offer you the information you need to know. You can find out more on page 14.

There's plenty more on offer in this issue too; whether you want a holistic plan to protect the health of your joints and bones, want to know more about essential oils and how can they support you, or perhaps are looking for inspiration for the healthiest hot drinks, we have all the latest advice and ideas. Not only that but we bring you some healthy recipes for winter goodness and offer you the chance to win a range of fantastic natural health and wellbeing products – all you could need for a truly holistic November.

And don't forget to keep an eye out for our December issue – not only do we reveal all those brands in the running for a coveted *Natural Lifestyle* Product Award, but we will also be announcing the deserving winner of the annual *Natural Lifestyle* Retailer of the Year Award. Pick up your copy in your local health store or visit www.mynaturallifestyle.co.uk, where you can read it online.

Rachel Symonds,
Editor



THE BEST BITS

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



It was out into the blue skies in the Norfolk countryside for Sales Exec, James, who went for a cycle ride in Thetford Forest, stopping off to see Captain Mainwaring.



Our design whiz, Clare, joined the crowds in London recently to pay her respects to the late Queen Elizabeth II.



It was a day of muddy fun in the great outdoors for Editor Rachel and her cocker spaniel, Gus.



VISIT OUR WEBSITE
www.mynaturallifestyle.com

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Superior Immune Support



Just In Time For Winter

Formulated to help naturally promote and support stronger immune response, energy production and more!

“
Excellent product, easy to take, pleasant flavour, delighted with the product.
- Christine Walton



Advanced liposomal delivery for maximum nutrient absorption



Supports immune system response



Suitable for the whole family



Vegetarian and vegan friendly

Available online at www.GoodHealthNaturally.com or call us on 03337 777 333


Good Health Naturally
Because it Works!®

Two thirds admit buying food knowing they will bin it

New research examining the scale of food waste in the UK has revealed that 67 per cent of Brits admit they buy food knowing it will be thrown away, leading to a £412m a week food waste bill.

The research found that 13 per cent of food shopping gets chucked out every week, equivalent to £412m worth of food being thrown – or a staggering £21bn per year. The under 25s waste the most, while being forced to buy larger sizes of items than needed is cited as a key reason for excess waste.

It was also found that 43 per cent say they need to be more resourceful due to the cost of living crisis, but four in 10 admit they don't make a list before doing the big shop.

Parents within the research highlighted the specific issues young ones pose when it comes to food waste. Three in ten (30 per cent) say that they waste more food since having children perhaps down to nearly half (47 per cent) saying their kids often decide they don't actually want what they've asked for.

The poll came from snack brand, Jacob's, which recently installed a 4.5m high fridge on London's Southbank in partnership with Greg Rutherford, Susie Verrill and food waste disruptor, Martyn Odell, to demonstrate the £405-worth of food the average adult throws out each year. It will also be partnering with food waste charity, FareShare, the UK's largest charity fighting food waste and hunger, to donate 40,000 meals over the next year to support the charity's network of nearly 9,500 charities and community organisations across the UK.

Greg Rutherford, presenter, dad of three and Olympic champion, commented: "We all need to think more carefully about the food we buy. When we're shopping, taking time to think about what we really need and doing a bit of planning about how we can use everything can go a long way."



Inside... HEALTH



DEMAND FOR SLEEP SUPPORT REVEALS OVER 45s MOST IN NEED

A leading charity supporting people to better sleep has revealed most of its support requests are from those aged over 45.

The Sleep Charity has gathered new data following the first year of operating its UK sleep helpline, revealing that most of its support requests are from individuals over 45-years-old, as well parents looking for sleep advice for their children.

The helpline was launched in September 2021 by the charity, in partnership with Furniture Village, to support those struggling with their sleep, after research revealed that the average UK adult suffers nine nights of bad sleep each month. And almost 60 per cent of Brits agreed that there was a lack of sleep support available in the UK.

The data shows that callers regularly need someone to talk to as a coping mechanism for bereavement, retirement and loneliness.

Lisa Artis, Deputy CEO of The Sleep Charity, commented: "While it is concerning that we are receiving so many calls from people struggling to sleep, it only solidifies the need for this support to continue. Sleep issues affect people of all ages, but we are seeing our highest call volumes from people aged 45 and over, as well as from parents looking for sleep advice for themselves and their children.

"As well as supporting people with sleep, our helpline advisors are supporting people with a range of issues including loneliness and bereavement. Loneliness and loss are common and affects our general mindset, which in turn impacts our sleep. Looking back on the first year of the helpline really shines a light on the damage that the pandemic has done to our mental health and overall wellbeing.

"Sleep is such a core element of our day-to-day wellness and prolonged issues can have an incredibly detrimental effect on our health. I urge anyone who is struggling to get in touch and access support – our trained sleep advisors are here for you."

To access the helpline, call **03303 530 541**.



PERIOD EDUCATION

A new book has been released to help educate people on periods.

Hey Girls is a social enterprise which has created the free book, as well as an animation, to help people understand the basics when it comes to periods and products. It is designed to help educate people that periods are nothing to be ashamed of.

The book, called *It's That Time of the Month*, has deliberately been kept no-nonsense, jargon-free, with the intention of speaking to people of all ages, and has additional information for teachers and parents, helping to bridge the gap between education and home learning.

Hey Girls provides free period products for those in need via its Buy One, Donate One scheme. The free resources can be found at www.HeyGirls.co.uk

We love

GOOD HEALTH NATURALLY CURCUMINX4000 ORIGINAL

Featuring highly bioavailable Meriva curcumin, which studies show can absorb up to 29 times more effectively than ordinary curcumin, its antioxidant and anti-inflammatory properties make it the ideal choice to support many health conditions, such as joint, skin, brain, heart, digestive and immune health.

INATURA CHERRY STONE PILLOW

Give yourself some warmth this winter with these beautifully crafted pillows, popped in the microwave for two minutes to keep you toasty as you drift off in its comforting warmth. The 100 per cent natural product will give years of service and can be heated or cooled to soothe muscles, period pains and migraines, or just enjoy its unique warmth.

Terranova's **Vegan** Glucosamine, Chondroitin & Boswellia Complex



GLUCOSAMINE CHONDROITIN & BOSWELLIA COMPLEX

A comprehensive joint support supplement with vegan-friendly Chondroitin Sulphate - Mythocondro®

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

*Mythocondro is a registered trademark of GNOSIS S.p.A.
**AprèsFlex® is a registered trademark of PLT Health Solutions-Laila Nutraceuticals LLC.



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WILD ABOUT BEAUTY

Our skin responds best to a regular care routine and here to help is the Root + Fruit Happy Skin range from award-winning Wild Science Lab.

Formulated to help people of all ages and skin types embrace the imperfections of a healthy complexion, the range was created following founder, Zoe Wasfy's, teenage daughter's struggle with acne. Zoe utilised her extensive background in R&D to research naturally derived, anti-inflammatory ingredients sourced from nature that support rather than strip blemished skin.

- **Step one:** Happy Days Cleansing Foam – to clarify, balance and refine skin.
- **Step two:** Happy Balance Clarifying Essence – to clarify, smooth and refine skin.
- **Step three:** Happy Place Blemish Gel – to control, smooth and calm skin.



Inside... BEAUTY

A fresh start

Get your morning off to a natural start with this luxurious gift set from Benecos.

The Benecos BIO Shower Gel Gift Sets feature locally sourced, organic and sustainable raw materials, including apple juice sourced from a local organic farm, local organic gin and organic wild rose oil, which is a by-product of rosehip jam production.

The Foam Up Your Day Gift Set Includes Gin, Mint, Green Tea, Olive and Hemp, and is dermatologically tested and approved, vegan friendly, and in recyclable bottles made from recycled PET.



NATURAL SKIN RESCUE

If your skin is experiencing the effects of eczema and psoriasis, these new additions from Skin:Genius could be for you.

The two new products, Cream Come True – Speedy-absorbing Solution, and Oil Day Long – Reviving Oil Elixir, have been created to rescue dry, parched and inflamed skin. Effective in relieving eczema and psoriasis symptoms, they also help to reduce itching, calm inflammation, moisturise skin and nourish dry patches.

The non-greasy and non-oily formulations are suitable for babies, teens and adults, and can be used safely alongside steroid treatments.

Both comprise clever combinations of powerful active botanical ingredients, carefully chosen for their ability to restore calm and moisture to red, cracked and flaky skin, including calendula, shea butter, starflower, chickweed, evening primrose and vitamins C and E.

Essential nourishment

If you are experiencing low mood as part of your menopause symptoms, add some natural support with this creation from Alexandra Kay.

Mood swings in menopausal women are generally believed to be linked to fluctuating hormones, and falling levels of oestrogen during the perimenopause may psychologically affect some women. Essential oils have long been heralded as a natural mood booster, and a great choice is with the Alexandra Kay Time To Inhale Handheld Diffuser.

Give yourself a moment of 'me-time' with the Alexandra Kay Time To Smile Essential Oil Blend, an uplifting essential oil blend to revitalise the mind and boost happiness. Add three drops to the handheld diffuser, top up with water and experience the joyful aroma of mood-boosting lemon, cedarwood and sweet orange.



SHOP *naturally*



Ben & Anna Green Fusion Deodorant

Ben & Anna's popular natural deodorant in Green Fusion is the go-to deodorant to help combat underarm odour this Winter. The combination of green tea with fruity citrus notes and Mediterranean spice aromas will leave you feeling invigorated and relaxed! Natural soda has a deodorising effect while the addition of shea butter leaves your skin feeling soft. Made with only certified natural ingredients, vegan, eco-friendly and 100% effective. Available from health stores and online. www.organo.ie | 7.95€



benecos BIO Beer Shampoo

Filled to the brim with only the best, certified organic and vegan ingredients, the benecos BIO Beer Shampoo takes care of your hair whilst benecos takes care of the environment! With packaging made from recycled PET, sustainably sourced ingredients, and their dermatologically approved formula, your body and the planet are sure to feel thankful! Available from health stores and online. www.benecos.ie | 12.95€



lavera Basis Sensitiv Hand Cream

Are you suffering from dry and chapped hands this winter? Revive thirsty skin with this lavera Basis Sensitiv Hand Cream. Enriched with the finest organic ingredients of organic almond oil and shea butter to effortlessly moisturise, nourish and hydrate parched skin. The all-natural and vegan formula will leave the hands feeling super soft to touch with a gorgeous fresh fragrance. Certified natural and organic by Natrue and registered vegan with the Vegan Society. Available from health stores and online. www.lavera.ie | 6.25€



lavera My Age Day Cream

Do something good for your skin and the environment. The lavera My Age Day Cream is a luxurious moisturising cream that is enriched with organic hibiscus and plant based ceramides, providing a strengthening effect on the skin, helping to reduce wrinkles and ensures a firm and even complexion. Certified natural and organic by Natrue and registered vegan with the Vegan Society. Available from health stores and online. www.lavera.ie | 29.25€



Ayluna Plant-Based Hair Dye

Ayluna's Plant-Based Hair Dyes are enriched with moisturising plant extracts, allowing you to achieve your dream hair colour without the need for harsh chemicals. The COSMOS organic certified, vegan and cruelty-free formula works with your hair's natural structure to provide lively shades, shine and volume without damaging your hair! Available from health stores. 16.95€



Organyc Panty Liners

Organyc Panty Liners Flat Extra Long are made with 100% certified organic cotton inside and out, making them naturally absorbent. The extra-long length gives you maximum protection on lighter period days. They are hypoallergenic, breathable, and anatomically designed to be soft on your skin. Available from health stores and online. www.organyc.ie | 4.95€

The essence of holistic health

Discover the rich variety of essential oils to help support you in mind and body.

Aromatherapy has been used as a gentle form of alternative medicine for centuries, and at the heart of the practice is the use of essential oils. These special oils come from plant extracts and offer a wide range of benefits to our health and wellbeing, for mind, body, and spirit.

But given the wide range of essential oils on offer, how do you know what's best for you and your needs? And what do you need to know when it comes to trying aromatherapy at home, safely and effectively? *Natural Lifestyle* brings you all the answers.

ESSENTIAL EXPLANATION

Essential oils are extracted from different parts of plants, including flowers, leaves, the root, seeds and fruit.

One of the most common ways to obtain the essential oils from the plants is through distillation, using water or steam. Other methods include expression and solvent extraction, and the approach used will depend on what oil it is.

When using essential oils, there are a variety of ways to gain the most from it, with the most popular being through massage, which is especially relaxing, in a bath or via inhalation using either a burner or a diffuser. You can also find 'finished' aromatherapy products, which may provide a mix of essential oils in the form of rollerballs to apply to pulse points, as well as many bodycare products.

Whichever you choose, be sure that you have followed all the instructions on the bottle in terms of safe use, and, where needed, have diluted it correctly with a carrier oil, with the correct percentage of essential oil – a reputable essential oil supplier will advise you of the correct amounts.

And remember there are many qualified aromatherapists who can create a bespoke programme for you; your health food store may be able to recommend a reputable one in your local area.

TRY THIS

Absolute Aromas
De-Stress

Natural by Nature Oils
Neroli Facial Oil

Olbas for Children

SOil Aromatherapy
Advent Calendar

Tisserand Sleep
Better
Pillow Mist

Pick of the best

Each oil boasts its own unique properties and therefore benefits; choosing the right ones for you is very much a personal decision and depends on what your needs are. Here, we bring you a range of recommendations across a broad spectrum of needs:

- **Lavender** – one of the best for calming, it is ideal in time of stress when you need to relax.
- **Tea tree** – a brilliant antiseptic, it is one of the best for first aid issues, but also useful if you have a cold.
- **Chamomile** – we just love chamomile for its soothing properties, so a good choice if you need help with sleep.
- **Eucalyptus** – a great one for this time of year with the onset of the cold season, it is ideal for easing

blocked noses and coughs.

- **Peppermint** – ideal for helping to aid your digestion.
- **Ylang ylang** – this is a commonly used essential oil as it has a range of benefits, including helping to ease headaches and soothe nausea.
- **Bergamot** – boasting uplifting properties, it can help to enhance your mood. Similarly, orange is also uplifting.
- **Ginger** – an essential oil that is warming, but can also help to ease tired muscles.

We would also add a note of caution when choosing the essential oils to buy, as some can be of lower quality, and with less purity. As a general rule, seek those that offer certificates of purity, and those with certifications, such as organic.



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Nutrition in Disguise.



With fun animal shapes & delicious flavours, your kids won't know Animal Parade is good for them!

A child's growth is one of nature's greatest miracles. Between astonishing growth spurts, rapidly expanding vocabulary, and huge leaps forward in reasoning, each day brings new wonder and development that places nutritional demands on your child's body.

Animal Parade provides a fun and delicious way to give your child the natural, superior quality support they need for healthy growth and development through each of life's stages.



NATURAL LIFESTYLE'S Top Picks



Panda Soft Liquorice Coated in Creamy Choc

Panda Liquorice have launched a new vegan product using their famous soft black liquorice pieces which they have been producing since 1927. The liquorice pieces are coated in a smooth and creamy vegan chocolate and are made with all natural flavours. This new chocolate coated liquorice is a delicious on-the-go snack in a handy 110g bag which is resealable.

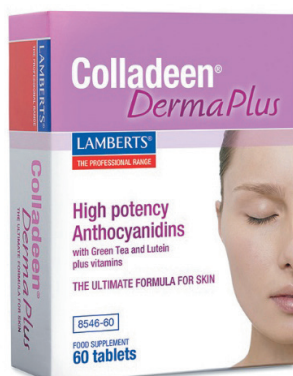
www.bravurafoods.com



Colladeen® Derma Plus

Colladeen Derma Plus is formulated to provide active phytonutrients that promote elasticity and enhance the skin's microcirculation, whilst helping to protect against sunlight damage, the primary cause of ageing. Developed by experts at the forefront of clinical research, our formula combines: **Anthocyanidins:** Scientists studying anthocyanidins have focused much of their work around the role they play in helping to support collagen. | **Green tea, lutein and zeaxanthin:** Skin 'loving' phytonutrients. | **Vitamin C:** Supports normal collagen formation and the normal functioning of blood vessels. | **Niacin and biotin:** Support the maintenance of normal skin.

www.lambertshealthcare.co.uk



Natural Wellbeing

Essential oils harness the power of nature, this is why we've specially formulated our range of Essential Blends, using 100% pure essential oils to offer natural relief and support for all of life's eventualities. Our

Wellbeing Essential Blend set combines our three favourite blends for this Autumn-Winter, including Breatheasy, Prevention, and Headaid. Designed to naturally support and promote health and wellbeing, each of these blends can be used in steam inhalations, diffusers, compresses and more. Offering a natural solution to help to target pesky winter chills and tired or tense minds, helping you to feel your best this Season.

www.absolute-aromas.com



Switch to organic CBD beauty and wellness products with Endopure!

All our products are made from EU Certified Organically farmed Hemp and manufactured through a standardized process to ensure purity and stability. Endopure is compliant and legal to sell within the UK market. CBD can enhance your lifestyle through a daily routine. You can choose how to add it to yours, by selecting from our beauty range, wellness program of CBD oils 3% to 20% or even adding it to your daily recipes, such as juices, meals or smoothie bowls. Adding CBD to your lifestyle can be confusing, but with Endopure you know you are choosing organic and purity for reliable results within our range. We are here to support you choosing Endopure by offering a one time 30% discount on all our products online - use code at checkout: NL30

For more information email us sales@endopure.co.uk

Shop at www.endopure.shop



Lamberts Astaxanthin

Commonly cited as one of nature's 'most potent antioxidants', astaxanthin is a red pigment that belongs to the family of xanthophylls, which alongside carotenes, constitute a class of more than 600 molecules, collectively known as carotenoids. Two capsules deliver 8mg of natural, active astaxanthin derived from the freshwater green algae, Haematococcus pluvialis; a level that is comparable with published studies. Our raw material benefits from a 3-month cultivation process, producing an exceptionally pure and high-quality microalgae in the natural 3S - 3'S form, formulated with natural vitamin E which contributes to the protection of cells from oxidative stress.

www.lambertshealthcare.co.uk



Health in a cup

You can still enjoy a warming cup of something without overloading on caffeine.

Although we drink hot drinks throughout the year, there is a definite switch in terms of our consumption as the weather turns colder. But rather than reaching for a cup packed full of caffeine to power us through the day, why not think about adding in some healthier herbal and other hot drinks? They can offer you a lower caffeine drink, with a range of added health benefits.

From invigorating teas to kick start your day (and your metabolism), to warming options to support your immune system, there is something for all tastes and health needs.

A healthy start

Many people like to start the day with a hot cup of tea or coffee, but there are some herbal choices instead that can kick start your day in the healthiest way.

One of the best is with a simple hot lemon; you can squeeze some fresh lemon juice into a mug, add a slice to it, and then fill up with boiling water. This is a great way to get your metabolism moving in the morning.

Also useful in the morning is green tea as it is known to kickstart the metabolism and is also a natural energy booster. Although green tea does contain caffeine, there is much less than in normal tea or coffee.

We also like ginseng for its invigorating properties, while at the other end of the scale, if you are looking to wind down of an evening, try valerian, chamomile or lemon balm.

TRY THIS

NutraTea Ginseng & Ginger

Just T Baby it's Cold Outside

Aquasol Instant Dandelion Coffe

Planet Paleo Matcha Latte

Winter warmers

As we head towards the cold season, a cup of anything hot is going to help you warm up but there are some specific teas that are especially warming, not to mention supportive of your immune system.

Ginger tea is one of the best here, and also has some excellent properties for wellness, particularly around stomach aches and nausea. It is also an ideal after dinner tea if you have overindulged. You can find many ginger teas in your local health food store, or you can easily make your own – get some fresh ginger root, peel it and grate or slice a piece into a cup, and pour boiled water over it.

Cinnamon and turmeric are also great herbal ingredients in tea as they are not only warming but can help to ease inflammation. And we also love teas with black elderberry and echinacea in, which are great at supporting the immune system.

And if you fancy something sweet, you can make your own healthier hot chocolate; choose an unsweetened cocoa powder from your health food store, mix with organic milk and, if needed, add in some stevia or xylitol for a healthier alternative to sugar.

SUPPORT DIGESTION

There are some excellent teas that can really help your digestion along, and having such herbs in a drink can offer a gentle way to ease upset.

We love mint for its digestive properties, particularly if you have had a heavy meal. Ginger too, as already mentioned, is great for this.

Fennel is also known to be an excellent digestive aid, and if you are in need of a cleanse, which in turn helps with digestion, milk thistle and dandelion are ideal.

Stress and anxiety action plan

Modern living, coupled with Covid-19, have led to a stress epidemic, but you can ease the effects with our natural wellness plan.

When you consider the events of recent years, it's hardly surprising Brits are experiencing higher than ever levels of stress and anxiety; a pandemic, lockdowns, and now a cost-of-living crisis has left many people in a constant state of turmoil, unable to switch off.

This has a huge effect on health, both in the short and long-term, which makes it imperative you take action to address the stress.

Catherine Gorman, Nutritionist and Health Coach at Good Health Naturally, advised: "Our collective stress levels seem to be at an all-time high. We've just been through the Covid-19 pandemic, with lockdowns, now we're facing the war in Ukraine and a cost-of-living crisis. This has all had a massive impact on our stress levels."

"Figures from the Office of National Statistics showed 19m adults in the UK reported high levels of anxiety during the pandemic. This is more than double the amount expected during ordinary times. A new ONS survey shows 77 per cent of people are now worried about the rising costs of living. Studies show chronic stress can be just as bad for mental and physical wellbeing as smoking, obesity or lack of exercise."

Ella Owen, Nutritionist at Kinetic, which has the Nature's Answer brand, added: "According to the mental health charity, Young Minds, 80 per cent of young people with mental health needs agree that the Covid-19 pandemic has made their mental health worse. On top of this, people are feeling increased stress due to the cost-of-living crisis, with escalating inflation and higher utility bills. Many of us also experience increased stress when faced with world events such as war and climate change. All of this can have an effect on our mental and emotional wellbeing."

And Louis Soteriou, Nutritionist at NaturesPlus, pointed out: "I think that collective stress levels are quite possibly the highest they have ever been. I would put this down to a bombardment of information, much of it negative, coming from a multitude of outlets which humans in recent years have become addicted to. Constant distraction, conflict in ourselves and society, identity crisis and overwhelming mental stimulus are contributing to epidemic stress levels."

Meet your nutrient needs

Bear in mind that stress can leave us depleted of key nutrients.

Ella explained: "The need for certain nutrients increases when the body is under mental, emotional or physical stress, especially vitamin C and B vitamins. Vitamin C and certain B vitamins, such as B6 and B12, contribute to the normal function of psychological function and of our nervous system. Vitamin C is one nutrient that can get easily wiped out with modern lives and daily stresses we encounter. Our adrenal glands, the glands sitting on our kidneys that produce our stress hormone, cortisol, also need vitamin C to function well."

Catherine added: "Magnesium is needed for more than 300 different processes in the body, it can have a calming effect, relaxing muscles and reducing anxiety. But studies show during times of stress our bodies excrete a greater amount of magnesium."

Louis went on: "Our gut may also become compromised, which can lead to nutrient insufficiency and inflammation in other parts of our body and so a gut healing protocol might be called for alongside some high strength, multi-strain probiotics."

And Katy Grieshaber, Nutrition Advisor at Viridian, commented: "When stress occurs, iron levels can be depleted. The lack of iron explains some physical symptoms, such as fatigue and dizziness."

Try this

- ★ A.Vogel Stress Relief Daytime
- ★ Lamberts Neuro-Logical
- ★ New Nordic Melissa Dream
- ★ NutraTea Nutra Relax
- ★ Bio-Kult Brighten

Address the impacts

When we feel stress, it can be just a short-term burst, meaning we often don't think of the health effect.

Lucy Kershaw, Technical Advisor at Lamberts, explained: "Stress can be defined as how our body reacts to pressure, both physically and mentally. Anxiety can be defined as the feeling of worry or being afraid, again this can be related to being out of control. Long-term stress can lead to burnout, which is often described as physical and mental exhaustion. It is often associated with unhealthy eating behaviours, such as over-consumption of fast food, or undereating on a regular basis. Becoming overweight or underweight can result in body image anxieties, contributing to the underlying stress."

Catherine added: "We are built to cope with short bursts of stress. When sensing danger, we respond with an automatic reaction known as fight-or-flight. Today, most of our stresses are not from physical threats, but our bodies still respond as if preparing to attack or escape. In the short-term, hormones like adrenaline and cortisol increase heart and breathing rates, while digestion and repair slow down. Long-term stress keeps us in this heightened state. Imagine constantly pushing your foot on the accelerator, it would wear out the car; persistent stress will do the same to our bodies."

"With occasional stress, the body quickly returns to normal. But if stress becomes chronic, the body doesn't get the signal to stand down, energy and nutrients carry on being diverted away from other body systems, which can lead to hormone imbalances, high blood pressure and poor immunity. It can also impact our excretory and digestive systems, causing stomach aches, nausea, diarrhoea, and other digestive issues, like irritable bowel syndrome or loss of appetite."

"It is estimated half of adults with stress and anxiety have poor sleep. Their brains are too wired at night. It is a vicious cycle because inadequate sleep may increase stress and anxiety. The knock-on effect of not getting enough is low energy, irritability, mood swings and an inability to think clearly."

Linda O'Byrne, Nutritionist at Solaray, went on: "Stress may impact our health massively. In the short term, it can affect sleep, mood, and motivation. Not sleeping increases cortisol, so it's a catch-22 situation. Feeling low is a very common side effect of stress and this, in turn, saps our motivation so we're less likely to exercise or socialise, which may lower stress."



Eat well

A balanced diet full of colour is the cornerstone to good health and critical when your body is under stress.

"Include protein with every meal, to help balance blood sugars, stopping crashes in energy. Protein is also an important for the body to make enzymes, hormones and other chemicals. Choose legumes, nuts, seeds, organic or grass-fed meats, wild fish or eggs," Catherine suggested.

"Eat high quality fats, as they will provide a concentrated source of energy and are crucial building blocks for cell membranes and hormones. Ensure plenty of B vitamins by including wholegrain foods nuts, seeds, avocados, bananas and sweet potatoes. Keep well hydrated as this is a common side-effect of adrenal fatigue and is often overlooked when we're stressed.

"Studies show a correlation between diets high in refined, processed carbohydrates and worsening symptoms of mood disorders, such as stress and anxiety. Starchy, sugary foods impair the body's regulation of insulin, disrupting blood sugar balance, causing huge crashes in energy, which can lead to sugar cravings, irritability, poor sleep and anxiety."

Katy added: "It has been revealed that 46 per cent of those experiencing stress state they eat too much or too unhealthily due to stress. Studies have identified a correlation

between dangerous high consumption of high sugar foods and an increase in blood sugar concerning stress."

And Louis suggested: "Eat small portions and eat slowly and mindfully. This is the single most important tactic to help avoid and reduce malabsorption and stress-related disorders, such as IBS and SIBO. Eat warm, cooked foods at room temperature in order not to quench the digestive fire.

"Lots of cruciferous vegetables in the form of soups, stews or stir fries to help calm and aid the liver. Artichoke, milk thistle and dandelion, as well as foods such as broccoli and alfalfa sprouts can help cool the liver and move bile, which can become heated and stagnant when stressed. Calming foods such as oats are a great idea in the morning with soaked almonds, which contain magnesium and blueberries, which have been shown to improve mood."

Ella added: "Include foods that supply magnesium such as dark green leafy vegetables, beans, nuts, and whole grains. Foods containing vitamin C should be consumed daily. Some of the richest sources include citrus fruit, kiwi and berries."

Linda went on: "A healthy, balanced diet is always best – protein in every meal, complex carbohydrates from fruit, vegetables and whole grains as well as healthy fats from foods such as avocados, olive oil and olives."

Choose self-care

Making some easy switches to your daily routine, allowing yourself some important time to relax, is also key to managing stress.

"Finding ways to relax is crucial," Catherine advised. "Try mindfulness, meditation, yoga, tai chi or Pilates. Regular physical activity can help clear our minds, but do not overdo it during stressful periods. A 30-minute walk, especially in nature, is a great option. Aim for seven to nine hours sleep, and a naturally relaxing magnesium bath before bed to relieve tension. Deep mindful breathing can be useful."

Ella added: "Simple rituals at home to relax can soothe your nervous system, These include lighting candles, using essential oils, a warm Epsom salt baths, power-napping in the afternoon or music."

Boost with B vitamins

Stress can leave us frazzled so adding a B vitamin supplement is a good idea.

Lucy advised: "Vitamin B5 helps regulate the adrenal glands and cortisol is produced from these glands. Vitamin B6 is required for normal hormone regulation, such as serotonin, which impact mood. Feeling stressed can often lead to tiredness and fatigue. Both the B vitamins and magnesium are essential for energy production. The B vitamins are found in meat, fish, dairy and some vegetables. If following a vegan or vegetarian diet, it is worth looking for foods fortified with B vitamins, such as breakfast cereals."

You might also want to add in other supplements to support the Bs.

"B vitamins such as folate help to improve our mood and alongside antioxidants, such as CoQ10, glutathione and SOD, help reduce reactive oxygen species in our cells," Louis explained. "These are like exhaust fumes that build up when the cell is put into overdrive trying to make lots of energy because of high cortisol due to high stress. This stalls the energy making process and these nutrients help to stop that happening so they can continue their function."

Botanical support

Certain botanicals are useful here.

"Research has indicated that rhodiola could increase the body's resistance to stress, influence the release of the stress hormone, boost energy metabolism, and prevent chronic and stress-related complications," Katy explained. "Ginseng root has been recognised to effectively regulate the immune response and hormone change, which is linked to stress. Evidence has revealed that ginseng can conduct a controlling effect on cortisol and regulate the hypothalamic-pituitary-adrenal axis, the body's stress response system which orchestrates our hormonal response to stress."

And Ella suggested: "Traditionally used in Ayurveda, research has looked into ashwagandha's adaptogenic effects and optimal support on the body's natural stress response and cortisol lowering ability. It may help support a calmer state of mind. Some find taking a supplement of ashwagandha before bed helps them relaxation and sleep."

Further support

There are other supplements your health store might recommend to ease the stress effects.

"A gut healing formula as well as high strength, multi-strain, research-based probiotics will help to alleviate stress by enhancing nutrient absorption and balancing the microbiome, which will have a positive effect on mood and brain function," Louis advised.

Lucy added: "Symptoms such as bloating, diarrhoea and constipation are common in those who experience stress and anxiety. Therefore, it is often useful to consider probiotics and prebiotics, live bacteria and soluble fibre (to help feed the good bacteria). Both prebiotics and probiotics can help to maintain a constant and sustained environment in the gut, which can help to reduce symptoms such as constipation."

Katy went on: "L-theanine is an amino acid that occurs naturally in green tea, which possess the ability to calm. Lemon balm is a well-researched herb for its mood enhancing and ability to reduce stress through improving GABA levels. In a recent study, lemon balm extract was given at a dose of 300mg twice daily to a group of stressed people. This study found that lemon balm reduced anxiety by 18 per cent, reduced anxiety-associated symptoms by 15 per cent and lowered insomnia by 42 per cent."

Catherine added: "Omega 3 fatty acids, EPA and DHA, help regulate the neurotransmitters, dopamine and serotonin, which have a calming and relaxing effect on the body."

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Smooth Mag is an innovative and intensely synergistic blend of high-absorption magnesium which is enhanced with pyridoxal 5-phosphate (the active form of vitamin B6, which facilitates magnesium function), inositol, FOS, soluble stabilized rice bran, green oat seed (Avena sativa) and Montmorency cherry. This unique formulation is in an easy-to-mix, unflavoured (but mild tasting) powder form, which can be stirred into water, juice, plant-based milk alternative or milk. As with all Terranova products, Smooth Mag is 100% additive-free and 100% vegan. For more information visit www.terranovahealth.com



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Stress Relief from Helios

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NutraTea Ginseng & Ginger Herbal Tea

NutraTea Ginseng & Ginger Tea is 1 of 22 herbal blends that has been formulated to help maintain overall well-being and energise the body. This refined herbal blend contains 100% active, sustainably sourced ingredients with no added flavourings, oils or bulking ingredients allowing each biodegradable tea bag to be reused throughout the day.

Containing 50% ginseng, this powerful adaptogen helps promote vitality and alertness whilst maintaining good cognitive performance. Furthermore, the 50% ginger helps support the body's immune system and maintain a healthy blood sugar level, making this unique herbal blend a spicy yet aromatic cup of tea. www.nutratea.co.uk



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Ask the experts

Q What are the areas of benefit for men taking a probiotic and what should they look for when choosing a supplement?

Louis Soteriou suggested: In general, it is best to use a high strength probiotic with lots of different strains as this makes for a better terrain for the bacteria to live on and thrive. It is a good idea to do a gut healing protocol before taking a probiotic as many men suffer from inflammation and increased intestinal permeability and high strength probiotics with prebiotics work better in a healthier gut.

Once the general aspects have been taken care of, it is useful to find products that contain strains that have research in areas linked to men's health. *Lactobacillus reuteri* BM36301 has shown that it may inhibit the movement of pathogenic bacteria from the gut into external organs such as the prostate, which may reduce the chances of it getting infected. It was also shown to increase testosterone levels and reduce weight gain.

If combined with a herb such as saw palmetto, this can really help balance testosterone levels and reduce the chances of prostate enlargement.

REBOOT YOUR WINTER HEALTH...

by Alison Cullen

What causes coughs, and why are they most common in the colder weather?

The most common cause of a cough is a bacterial or viral infection, when a cough results from the body attempting to remove the dead cells and waste matter left behind after the fight between the immune system and the bug. The cough reflex is therefore a healthy thing, designed to prevent us from choking by clearing debris from the respiratory tract.

Cold and 'flu viruses tend to thrive in the colder weather, rather than in warmer temperatures. One of the body's methods of fighting them off is to heat up, with the feverish symptoms we associate with respiratory tract infections.

Is there anything from a health and lifestyle perspective that can make it worse?

Poor immune function won't help. This can be due to poor diet, dodgy lifestyle choices, stress, or bad air quality. Poor diet may also promote mucus production and/or trigger inflammation,

both of which will hamper the swift healing of respiratory tract infections.

Can you suggest some natural options – both dietary and through supplements – that can help?

Keep your immune system strong by taking echinacea if you are prone to coughs and colds in the winter.

Ensure you're having sufficient rest and relaxation to power up your immune system, rather than steaming back into a full schedule before you're ready. Bump up your vitamin C levels with plenty of warming stews full of fresh vegetables, and stew your fruit with spices such as ginger, nutmeg and cinnamon. Avoid dairy products and refined sugar for the time being. It really does help to wrap up warmly too.

As chronic coughs can signal conditions such as chronic bronchitis, emphysema, or (in extreme cases) lung cancer, it is best to check with the doctor if your cough lingers.

About the experts



ALISON CULLEN is an experienced nutritional practitioner with a clinic in Ayrshire, Scotland. She currently combines running her clinic with the role of Education Manager for A.Vogel. Alison lectures, trains and writes extensively on health issues, which she finds endlessly fascinating.



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



LOUIS SOTERIOU is a Naturopathic Nutritionist. He specialises in Somatic Healing, which uses Somatic Flow Awareness and functional nutritional therapy to unlock inner energy and bliss and balance the physiology.



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



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Ask the experts

NOURISH YOUR GUT, SUPPORT YOUR IMMUNITY...

by Adrienne Benjamin

Why are our immune systems and our guts linked and what can make them function less well?

Our gut contains more than 70 per cent of our immune cells and a key part of this gut immune system is our microbiome – the community of microbes that live in the mucosa of our small and large intestines.

Some of the specific actions of our microbiota in relation to immunity include encouraging oral tolerance to food antigens, protecting against colonisation by pathogens, reducing inflammation and protecting against susceptibility to infection.

As a result of this multitude of roles, anything that impacts our microbiome balance can also impact the proper function of both our digestion and our immune system. Antibiotics, in particular, are known to impact the microbiome as they destroy microbes causing infection in the body, but bacterial balance is also impacted by poor diets, alcohol, stress and many other lifestyle and dietary choices.

Can you suggest a healthy diet and lifestyle plan that will support the immune system and the gut?

Eating the right foods in the right way can



help to support our digestive system and sitting down to eat and chewing our food properly is key, along with a diet based around the following foods:

- Vegetables of all colours and varieties to provide fibre to support motility, stool bulk and consistency, and to feed our gut microbiome. They also provide key minerals, vitamins and phytonutrients.
- Fruits contain fibre and vitamins to support gut health and integrity.
- Prebiotic fibre provides 'food' for the friendly bacteria in our guts and is found in vegetables (onions, leeks and garlic) and legumes.
- Fermented foods are naturally rich in friendly bacteria and include foods like sauerkraut, live yoghurts and kombucha.
- Foods containing essential fatty acids help to support the gut lining, including oily fish (salmon, mackerel) and seeds (chia, flax).
- Good quality protein is important for cell production and is found in fish, poultry, eggs, nuts, seeds and legumes.

It is also important to avoid foods and

lifestyle habits that are detrimental to gut health, including processed foods containing high levels of sugar, smoking and alcohol, which can all disrupt digestive processes.

What supplements would you recommend and why?

Two key supplements for gut health are digestive enzymes and betaine HCl (stomach acid), which can be particularly useful as we get older, and our levels of stomach acid and digestive enzymes fall.

A good multivitamin and mineral complex may also be beneficial, as these nutrients are used in many pathways in the gut, and minerals are lower in our foods today due to soil depletion. Key minerals for gut health include zinc, selenium, magnesium and manganese. Finally, the importance of the microbiome in gut and immune health means that, as well as eating fermented foods, taking a probiotic supplement can help to support the levels of friendly bacteria and to maintain gut bacterial balance.

My eczema feels worse in winter – why is this and how can I ease it?

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

Wash in moderation; eczema, psoriasis and

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

When moisturising, pay extra attention to lips and under the nose. Lips are often one of the first areas to suffer from this during the winter months and can get chapped and inflamed. An increase in the incidence of the common cold and the repeated blowing and wiping of the nose and immediate areas only exacerbate this problem.

In winter, hands can get dry, chapped and

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

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

“The College of Naturopathic Medicine changed my life”

Annie Breen, Nutritional Therapy Graduate at the College of Naturopathic Medicine (CNM), highlights the benefits she has gained from training.



I wanted to find more purpose in my life and embark on a career that got me excited! I was attracted to the depth and detail that the College of Naturopathic Medicine courses went into and the fact I could fit it around my full-time job.

I wanted to understand how I could improve my own health and that of my family. Before studying Nutritional Therapy, I worked as a support worker in different remits, roles and locations throughout the UK, including family support, domestic abuse, substance misuse, mental health and homelessness. I'd played a role in and witnessed people change their external environment – housing, relationships and jobs, but this only got them so far. How could I help break the cycle of suffering and support them to take back agency of their health and their life? This is what led me towards Nutritional Therapy; I wanted to help people change from inside out so that they could feel empowered and thrive, not merely survive.

I found the CNM course to be thorough, scientific and empowering. I loved the course content, how cutting edge it is in terms of research, as well as being rooted in ancient wisdom, the lecturers, the group and my fellow classmates, the excitement of learning something that could not just change my life but that of others and embarking on a new career.

Nutritional therapy is now my life. Our health is our wealth and having this invaluable insight has changed my life in every way. It has equipped me with some of the most up-to-date, cutting-edge science and enabled me to not just help myself, but my loved ones. I think the big one for me is how it's played a huge role in me becoming the person and mum I am today.

I feel happy, healthy and empowered and that's a beautiful thing to be able to model to my daughter.

Since graduating, I practise as a full-time Nutritional Therapist. My direction became really clear after I had my little girl in 2016. Motherhood led me on a whole new personal and professional growth adventure. I now help exhausted, depleted mums reclaim their energy so they can feel healthy and whole and step into their power.

The combination of my CNM Nutritional Therapy qualification, my coaching experience and my motherhood journey to date has really enabled me to walk in the shoes of mothers and help them get to the root cause of their symptoms (exhaustion, anxiety, overwhelm, brain fog, digestive issues). My Healthy Tum, Happy Mum programme is focused on helping mums rebalance and transform from inside out.



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JOINT AND BONE CONNECTION

Whether it's the occasional injury, prolonged arthritic pain, or one of the common joint conditions, paying close attention to your musculoskeletal system with a holistic plan can make a huge difference.

We all experience aches and pains at times, we may suffer injuries caused by exercise, or we may feel stiffness in our joints due to not moving enough. Then there is the effect of poor nutrition, causing inflammation, which leads to arthritic issues.

All these, along with bone-related conditions, are on the rise, leaving many Brits struggling with pain, reduced mobility and poor quality of life. The good news is that holistic changes – what you eat and drink, your lifestyle, and nutrient levels – can have a positive impact on you.

Alice Bradshaw, Head of Nutrition Education and Information at Terranova Nutrition, advised: "Millions of individuals in the UK live with conditions affecting their bones and/or joints, either because of degenerative disease or sports injuries and accidents. Ageing is a factor and while there is some inevitable wear and tear that comes with advancing years, there are measures that can be taken to preserve and protect the joints and bones at any age. Diet, lifestyle and activity levels are contributing factors, but genetics, autoimmune conditions, injuries and trauma also play a significant part in the increasing incidence of joint and bone problems."

Lindsay Powers, Nutritionist and Health Coach at Good Health Naturally, added: "Over the past few decades, we have seen an increase arthritis and osteoporosis. This increase is partly due to life expectancy and a greater prevalence of obesity. A more sedentary lifestyle may also be a factor in the rise of joint issues and osteoporosis numbers."

Martina Della Vedova, Nutritional Advisor at NaturesPlus, continued: "From a 2018 NHS report, 80m people in the UK live with a musculoskeletal condition; one in five people consult a GP regarding a musculoskeletal problem every year and one in every eight within the working population report having a condition of the bone, joint or muscle. Musculoskeletal conditions are the leading cause of disability in the UK and are very present in the young and even children population."

"We need to consider we live in a world where stress is very present and is often the trigger for many of these conditions to make a 'sudden' appearance. I use quotation marks because although we perceive a symptom to be sudden, it takes a long time for a condition to establish permanently: our tissues have to be in an inflammatory state for long enough before a condition can be diagnosed."

IN THE BONES

Osteoporosis is the most well-known of the bone conditions.

Lindsay explained: "According to Age UK, over three million people in the UK are estimated to have osteoporosis, which is the most common form of bone disease. However, it is often referred to as the 'silent disease' as many people are unaware they have it until they break a bone, and there are more than 300,000 fractures each year due to osteoporosis."

"Studies show weight-bearing exercise can help to slow bone loss and even build bone. Activities that put pressure on the bones can stimulate calcium deposits and encourage the action of bone-forming cells. Inactivity can also cause muscles to be weak. This can potentially increase the risk of trips and falls and, consequently, bone fractures or tendon or joint injuries. Therefore, it is essential to have daily exercise, such as walking and running, to put as much impact on the bones as possible."

Dr Glenville went on: "Osteoporosis is a much bigger risk factor for women. For osteoporosis, there are other risk factors such as whether the woman suffered from an eating disorder in the past, had irregular menstrual cycle, taken steroids, heparin, diuretics or long-term laxatives or antacids, suffered from digestive problems such as Crohn's or coeliac disease and been inactive."

Lucy Kershaw, Technical Advisor at Lamberts, went on: "Vitamin D, calcium and vitamin K2 are important nutrients for ensuring maintenance of normal bone health. Low intakes, especially during teenage years, can result in reduced bone mineral density, which can increase the risk of developing osteoporosis later in life. For example, there is research to support the notion that vegans have a lower intake of calcium and vitamin D compared to omnivores. Given the importance of both nutrients in bone health, there may be associated risks. Furthermore, those who avoid dairy may need to consider alternatives carefully, ensuring they are fortified with calcium and vitamin D."

THE EFFECT OF ARTHRITIS

Osteoarthritis is the most frequently experienced, usually affecting hands, knees, hips and spine. But there is also rheumatoid arthritis, both involving inflammation.

"Whilst osteoarthritis relates more to 'wear and tear' of joint tissue, RA is an autoimmune-related condition. However, they are both characteristic of severe joint pain and inflammation, resulting in subsequent damage and degeneration of connective tissue," Lindsay advised. "According to the NHS, joint-related issues affect large numbers of the population, with around 10m people in the UK having arthritis or similar joint-related problems."

Dr Marilyn Glenville PhD, one of the UK's leading nutritionists and author of *Osteoporosis – how to prevent, treat and reverse it*, added: "It is common for people to suffer from joint and bone problems as they get older, but it is possible to reduce the risk. With osteoarthritis, just being overweight can be a problem because of the extra pressure on the joints, especially the knees. Changes in hormones may increase risk of osteoarthritis as oestrogen is anti-inflammatory and there will be a drop in oestrogen as women get older."

"Other problems can include gout and bursitis (inflammation and swelling of a fluid-filled sac forming over the joints). I think all these conditions are more common than a generation ago. When I wrote my osteoporosis book, the statistics were one in three women over the age of 50 would get osteoporosis. By the time it published, the statistics were one in three."

Keri Briggs, Nutrition Advisor at Lamberts, went on: "Changes in overweight and obesity are a significant factor in the development of joint issues; 64 per cent of the population of the UK is now considered to fall into one of these two categories, an increase of 11 per cent since 1993 and an increase in obesity from around 1.5 per cent in the 1960s to 28 per cent in 2019."

And Amy Rushton, Technical Advisor at Lamberts, went on: "A sedentary lifestyle has a large impact on the long-term health of both the joints and bones. Weight bearing activities are very important for bone health as they can improve bone mineral density, given that muscle contraction can apply pressure to the bones, stimulating the production of bone tissue and therefore reducing the risk of developing osteoporosis."

BONE NUTRIENTS

"Vitamin D, primarily from sunlight, is a critical bone health nutrient, so aim to get out in the midday sun during summer to top up. It may be essential to consider a vitamin D3 supplement. It is not always possible to get a sufficient intake from sunlight and food, and many of us are considerably low in vitamin D levels," Lindsay suggested.

"Magnesium is another critical nutrient that contributes to maintaining normal bone, teeth and muscle function. Magnesium helps your body absorb and use minerals such as calcium, phosphorus, potassium and vitamin D. We can get magnesium through diet from foods such as wholegrains, green leafy vegetables, beans and legumes and nuts. However, it may not always be possible to get enough, and supplementing magnesium is often beneficial."

Dr Glenville added: "Calcium is essential for bone health and not only improves bone density but reduces risk of fractures. Choose supplements that contain calcium citrate rather than calcium carbonate. Calcium carbonate is literally chalk and a difficult form of calcium to absorb. Calcium citrate is almost 30 per cent more absorbable. Boron is an important mineral in relation to osteoporosis as it plays a crucial part in conversion of vitamin D into its active form, necessary for calcium absorption."

Meanwhile, Alice suggested: "Vitamin K2 ensures that calcium is deposited in the bone (rather than in other body tissue) by activating a protein known as osteocalcin that directs calcium to the bones and teeth. Zinc is needed for bone homeostasis and appears to have the ability to promote bone regeneration. Manganese, boron, vitamin C and silica also play important roles in supporting the formation and stability of bone tissue."

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JOINT SUPPORT

There are some well-researched supplements that support joints.

"Glucosamine is required for formation of cartilage, while hyaluronic acid gives viscosity to synovial fluid in the joint and provides a coating on cartilage cells required for the cushioning effect of cartilage on the joint," Alice recommended.

"Numerous supplements have been shown to mediate inflammatory responses. These include vitamin D, omega 3, quercetin, boswellia, MSM, ginger, turmeric, tart cherry and many others. Proteolytic enzymes are also worth considering. These are essentially digestive enzymes that break down dietary protein, however, when taken away from food, they enter the blood stream, breaking down foreign proteins that are responsible for inflammation."

And Dr Glenville suggested: "Botanicals which contain turmeric (which has a long history of use in Ayurvedic medicine for the treatment of inflammatory problems), black pepper (which acts as an anti-inflammatory and also helps reduce the perception of pain), olive leaf, ginger, hops and quercetin."

Keri added: "Most people in the UK do not consume sufficient levels of oily fish and will struggle to obtain relevant levels of omega 3 fatty acids, EPA and DHA. Whilst there are vegetarian sources of omega 3, this is often found as the parent compound of this fatty acid group, known as ALA. The conversion of ALA is relatively inefficient – around six per cent will convert to EPA and three per cent to DHA and this may be further decreased by high omega 6 intake, which is often found in processed foods and vegetable and seed oils. Therefore, a supplement of fish oil or vegan alternative sourced from algae may be useful."

Diane suggested: "Collagen is the most abundant protein in the body. It improves bone density, builds cartilage and maintains healthy connective tissue to provide strength and support. As we age, the body's natural production decreases. Choose one that has high bioavailability. In the case of collagen, high bioavailability means the molecular weight is low, so the body can absorb and utilise the supplement more effectively."

Martina added: "The more types of collagen in a blend the better, aiming at different tissues all at once. For example, joints are made of different types such type I, II, V and X, bones mainly of type I and X and muscle of type II, III and IV."

THE ANTI-INFLAMMATORY DIET

To ease joint issues, cutting inflammation is key.

"Adopting an anti-inflammatory diet will go a long way to ease symptoms of joint discomfort in many cases," Alice explained. "Specifically, adding foods such as ginger, turmeric, walnuts, olive oil, berries, oily fish or flaxseeds and plenty of vegetables would be recommendations backed by most nutritional experts."

"Bone density can decline (especially with age) and is influenced by hereditary factors, hormonal health, exercise, smoking, some medications and diet. The health of bones tends to deteriorate as we age. They may become porous and more prone to fractures, and this is especially problematic for post-menopausal women (although men do suffer too)."

"A diet to support bone health needs to be rich in fresh whole foods and low in sugar, soft drinks, caffeine and alcohol. Some research suggests a diet high in animal protein results in an acidic body chemistry, which causes the body to attempt to buffer the acidity by withdrawing alkaline minerals, (i.e. calcium), from bone. A slightly alkaline body chemistry is needed for good bone health. Refined sugar promotes acidic body chemistry, so best limited. One of the most important dietary components for bone health is a good intake of green leafy vegetables. These provide a wide range of bone-supportive nutrients, including calcium, vitamin K and boron."

Diane Scott, owner of Healtharena, which has the Flexicoll collagen supplement, went on: "Arthritis sufferers have been found to have reduced sulphur in their tissue, so beans, onions, garlic and other sulphur-rich foods can be beneficial. Women going through the menopause often have lower oestrogen and should eat foods rich in phytoestrogens, such as soy beans, flaxseeds, dried fruits, sesame seeds etc."

Martina added: "An anti-inflammatory diet is the way to go, essentially, making sure we include plenty of good quality and colourful vegetables, which give us great fibre and a spectrum of antioxidants and anti-inflammatory compounds. Once we reduce damage and improve conditions for repair, we can think of adding the ingredients cartilage and bone tissues need to rebuild themselves. Protein and collagen are the answers here."

Dr Glenville added: "Include good quantities of essential fatty acids, particularly omega 3 to control inflammation, so work on prevention. Research has shown people with diets high in omega 6 (in vegetable oils and evening primrose oil) and low in omega 3 produce more inflammation. Include berries as these contain anthocyanins, which have an anti-inflammatory effect and cherries have been shown to reduce attacks of gout."

"Pay particular attention to keeping blood glucose in balance because if you are on the rollercoaster of blood sugar swings, the increase in cortisol as the blood glucose drops can produce inflammation."

Also consider what should be removed.

"Reduce intake of saturated fat from foods such as dairy and red meat. Saturated fat contains arachidonic acid, which causes the body to produce more inflammation and this fat can also interfere with omega 3 levels, making it harder for the body to use them in a healthy and efficient way," Dr Glenville added.

Alice continued: "A diet high in pro-inflammatory foods such as refined carbohydrates, excess sugar, poor quality oils and processed foods will exacerbate any joint related health issues, whereas omega 3 fats (from oily fish or flaxseeds) and a diet rich in natural wholefoods will support healthy joints."

NATURAL LIFESTYLE'S Top Picks



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www.modernherbals.com



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www.paradoxomegaoils.com



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Sleep soothers

If sleep is a problem for you – whether getting off to sleep, or experiencing disrupted shuteye – homeopathy could prove to be a useful support.

Some of the most common causes of disturbed sleep these days are around stress and life demands due to work, family or relationships, hormonal imbalance, such as pre and post menopause, as well as being uncomfortable due to injuries or arthritic complaints.

Sleep is important to protect our immune system, rejuvenate cells, allow organs to rest and eliminate toxins from the body and let our brains process the day's information. Studies have shown that sleeplessness or poor quality sleep can result in frequent colds, aches and pains, irritability, fatigue, anxiety and more.

HOMEOPATHIC HELP

For prolonged and chronic sleep disturbances, whether from emotional or physical causes, it is best to consult a homeopath in order to address the root cause. For short-term or less frequent problems sleeping, the following homeopathic remedies can offer relief.

- The combination remedy of **Avena Sativa, Coffea, Passiflora and Valerian 30c** has a long history of traditional use to help all manner of sleep disturbances, from difficulty getting off to sleep to frequent waking during the night.
- **Kali Phos 6x** taken before bed for three to six weeks can help the body get back into a regular sleeping pattern.
- **Aconite, Arg-nit, Arsenicum 30c** is a combination has a long history of traditional use to help mild stress and anxiety, whatever the cause.
- **Cocculus 30c** is for sleeplessness from physical or mental exhaustion. It is also excellent for disturbed sleep patterns associated with jet lag, with constant drowsiness.
- **Sepia 30c** is a remedy for menopause where hot flushes and excessive perspiration makes the person throw the bed covers off at night. Feeling exhausted is another key factor.
- **Pulsatilla 30c** for disturbed sleep in children who cry and want attention all the time.
- The combination of **Arnica, Rhus tox and Ruta 30c** can help with difficulty sleeping due to injuries to soft tissue, broken bones or arthritis. The person is restless and just cannot get comfortable.

Reader offer

Helios Sleep combines four homeopathic remedies, Avena sativa, Coffea, Passiflora and Valerian. This combination has a long history of traditional use for all manner of sleep disturbances, from difficulty getting off to sleep to frequent waking during the night. Being homeopathic, Helios Sleep has no known side effects and comes in organic sucrose pill form in our easy-to-use, single dose dispenser. *Natural Lifestyle* is offering readers the chance of winning one of 20. See opposite page to enter.



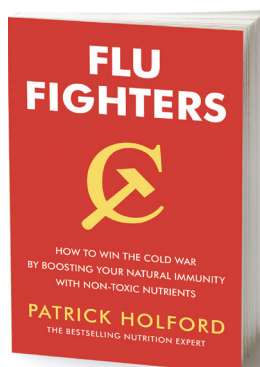
NATURAL LIFESTYLE Giveaways

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



PATRICK HOLFORD FLU FIGHTERS/IMMUNE SUPPORT PACK

Why do some people get really sick, even die from flu, while others don't? Colds and flu are viral diseases that a healthy immune system should be able to fight off with natural immunity. But what is a healthy immune system and how can you promote your own immune power with diet and nutrients? In *Flu Fighters*, nutrition expert, Patrick Holford, provides answers. *Natural Lifestyle* is offering readers the chance of winning one of three packs, featuring a copy of *Flu Fighters*, plus a one month supply of ImmuneC and Vitamin D3 3000iu.



SUMA'S MAC 'N' CHEESE

Rich and satisfying, this is Suma's vegan twist on traditional macaroni and cheese. Made with scrumptious vegan cheese and packed with pasta pieces, this delicious and hearty meal will hit the spot every time. And it's so quick and easy; just heat and eat. Perfect for a warming lunch, cosy supper or as a campfire staple – vegan convenience food at its best. *Natural Lifestyle* is offering readers the chance of winning one of four.



VIRIDIAN ORGANIC ELDERBERRY EXTRACT + VIT C

Natural Lifestyle has teamed up with Viridian Nutrition to offer readers the chance of winning one of five of its Organic Elderberry Extract + Vit C, a great-tasting, vegan friendly elixir suitable for the whole family. Formulated to provide immune support, helping to avoid colds. Certified by the Soil Association, this elixir contains a potent source of organic elderberry extract combined with vitamin C-rich Brazilian acerola cherries. Vitamin C helps with the normal functioning of the immune system. Contains 100 per cent active ingredients with no added sugars, preservatives, sweeteners or additives.

NATURES AID SUPER STARS MULTIVITAMIN & MINERALS

Super Stars Multivitamin & Minerals are delicious, natural cherry flavoured chewable tablets. Carefully developed for children aged four-12 years, each daily tablet includes 13 vitamins and minerals, including iodine to support the normal growth of children, zinc, which supports normal cognitive function, and vitamin D3 to support a healthy immune system. Super Stars contain no added sugar, delicious flavours, no artificial sweeteners, as well as games and education in pack. *Natural Lifestyle* is offering readers the chance of winning one of five.



ENTER HERE Please indicate below which giveaway you are applying for, complete form and post back to us at 'Reader Offers', *Natural Lifestyle* magazine, The Old Dairy, Hudsons Farm, Fieldgate Lane, Ugley Green, Bishops Stortford CM22 6HJ. Closing Date: December 1, 2022. Or you can enter online – visit www.mynaturallifestyle.com

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Warming up in the kitchen

Give your winter dishes a healthy twist with these tasty ideas.





Spicy beetroot and goats cheese tart Serves 4

Preparation time: 10 minutes

Cooking time: 20 minutes

Ingredients:

- 1 packet ready rolled puff pastry
- 180g sweetfire/chilli marinaded beetroot
- 150g cream cheese
- 100g firm goats cheese (or any cheese you fancy)
- 3 sprigs of thyme, leaves removed
- Salt and pepper
- A little beaten egg

Method:

- Preheat the oven to 200°C.
- Unroll the pastry and place it on a baking sheet. Score a border around the edge of about 1cm and prick the base with a fork.
- Cut the beetroot into halves or quarters, so that the pieces are roughly the same size.
- Mix the cream cheese and the goats' cheese and spread the mixture on the pastry base. Top with the pieces of beetroot and sprinkle with thyme leaves and salt and pepper. Brush the edge of the tart with a little beaten egg.
- Bake in the oven for 20 minutes

Recipe courtesy of www.lovebeetroot.co.uk

Cider glazed roasted celery with crispy Parmesan topping Serves 4

This fills the kitchen with the most wonderful aroma as the celery cooks and softens. Serve as a delicious vegetarian supper with baked potatoes or as an accompaniment to roast chicken, game or fish.

Preparation time: 15 minutes

Cooking time: 45 minutes

Ingredients:

- 1 head celery, washed, separated into stalks and cut into approximately 10cm lengths
- 400ml medium dry cider
- 2tbsp cider vinegar

For the Parmesan topping:

- 25g Parmesan cheese, grated
- 25g Panko breadcrumbs
- 2tbsp parsley, finely chopped
- 1tbsp olive oil

Method:

- Preheat oven 200°C/180°C fan/gas 7. Grease an ovenproof casserole generously with butter, lay the celery in the dish, pour over the cider and vinegar, and cover with greaseproof paper generously coated in butter and then cover with foil.
- Place in the oven for 45 minutes, remove the foil and greaseproof paper.
- Mix together the parmesan, breadcrumbs, parsley and olive oil, sprinkle over the celery and cook for another 15-20 minutes until the topping is golden.

Recipe courtesy of www.lovecelery.co.uk

Spiced beetroot and apple muffins with crunchy hazelnut topping

Makes 12

Preparation time: 10 minutes

Cooking time: 20-25 minutes

Ingredients:

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

For the hazelnut topping:

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

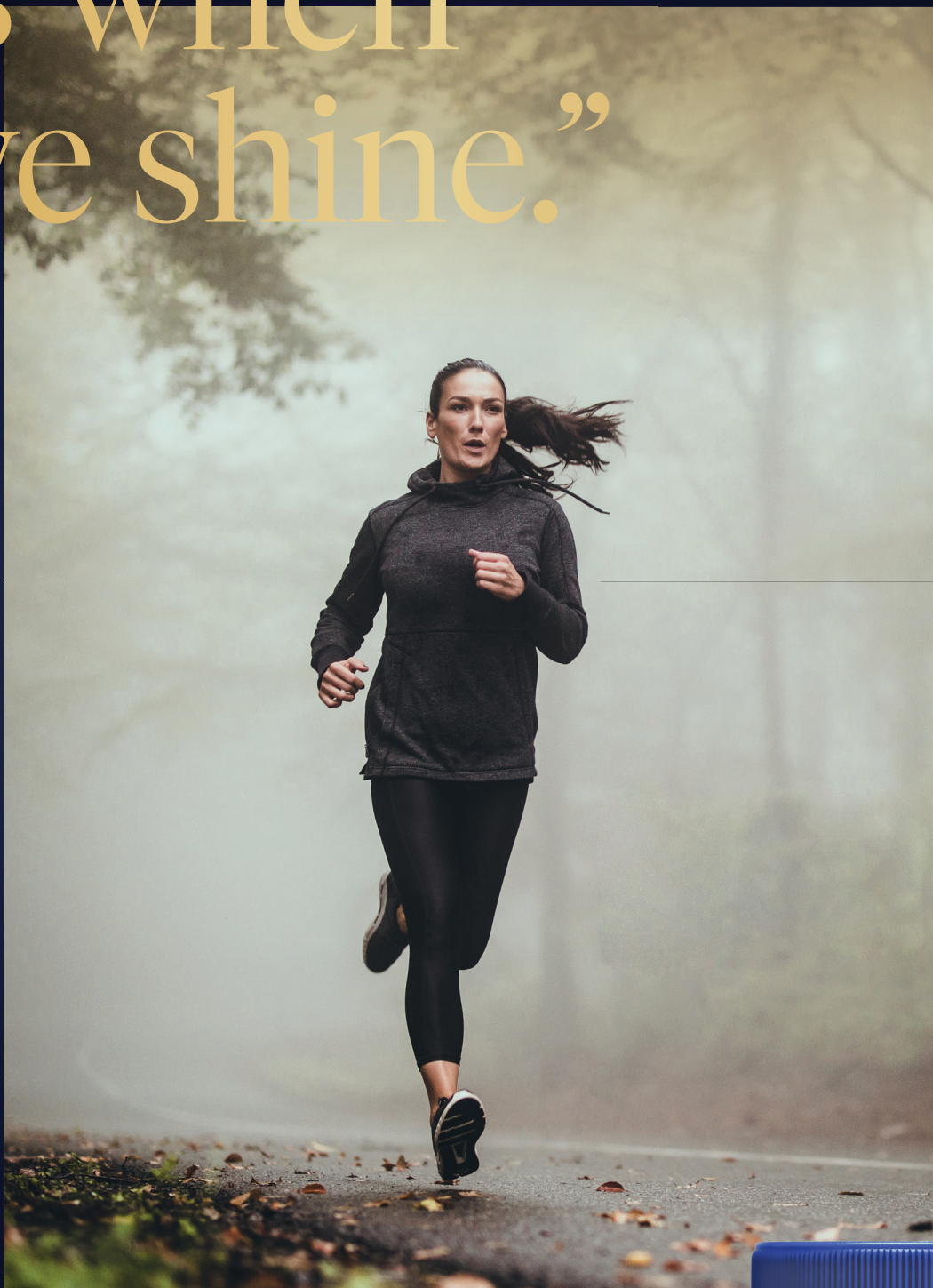
Method:

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

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

Recipe courtesy of www.lovebeetroot.co.uk

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