

Natural Lifestyle

LOVE LIFE, LIVE WELL — NATURALLY

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October 2020

The UK's
best
FREE
HEALTH
MAGAZINE

Winter- proof your health

An essential guide
to vitamin D

Let's get
personal
Natural choices for
your personal care

FERMENTED
FRIENDS

SUPPORT YOUR
GUT HEALTH WITH
FERMENTED FOODS

Plus

BENEFITS OF B VITAMINS • WINTER HEALTH GUIDE • NATURAL LIFESTYLE
GIVEAWAYS • RECIPES TO HELP YOU DITCH PROCESSED FOOD

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LOVE LIFE, LIVE WELL – NATURALLY

Welcome



The onset of the colder months, the children going back to school and the heating going back on are all sure signs that autumn is on the way. Usually, as we approach the final months of the year, we do so with lots of fun events planned, such as Halloween, Bonfire Night and, dare I say it, Christmas! It is also the period of time that we can start to suffer with colds and ‘flu.

But 2020 is not a normal year for anyone thanks to the devastation wreaked by Covid-19. Six months down the line since Coronavirus became a common part of our vocabulary, and we have seen many ups and downs in terms of getting our lives back to some kind of normality. For one, the children are back at school, more people are being encouraged to get back to the office, and the number of people in hospital remains low. But we must not be complacent, especially as we head towards the winter season, when we can be more at risk of succumbing to illness.

Already, we have seen a return to some kind of national restrictions with people now only allowed to socialise in groups of six (at the time of writing) in a bid to quell a rise in infections, and there is no doubt that if this trend continues to rise, measures will go further.

But our message here at *Natural Lifestyle* is if we all played our part, and all ensured we were caring for our own health, we can help to combat this virus. The basics obviously include social distancing, sticking to the rules laid down by Government, wearing a face covering as you are required to, and washing your hands regularly. But it can go further than that in terms of staying healthy, so you are better able to defend against infection. Eating good, wholesome food with plenty of fruit and veg is ideal, cut back on alcohol and refined sugar, both of which can lower your immunity. And take time to get outside, do some exercise, breathe in some fresh air, and top up your vitamin D levels.

Which brings me neatly onto this issue and our feature on vitamin D. This, more than any other nutrient, has been in the spotlight in terms of its potential as a support in respiratory infections. While research is ongoing and there is currently nothing to confirm it can help against Covid-19, it is crucial for a healthy immune system, and much more, as Esther Mills-Roberts explains on page 18.

And if you're looking for some inspiration in the kitchen, the recipes we have on page 32 will help you cut the bad ingredients while still enjoying a treat. And don't forget, we offer a selection of giveaways from some of the UK's leading brands – check them out on page 31.

Rachel Symonds,
Editor

The best bits

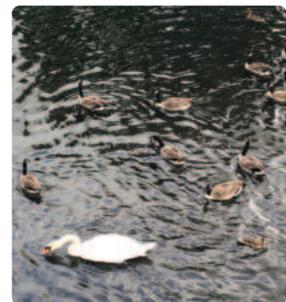
An insight into what the *Natural Lifestyle* team have been up to this month.



It was a sunny 12-mile walk in the countryside, finishing at the stunning coastal town of Aldeburgh for Editor Rachel.



Sales Director, Ruth, took charge of steering during a family boating holiday.



There was a water theme this month as our design expert, Clare, caught the annual Canadian Geese migration at Audley End.



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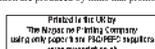
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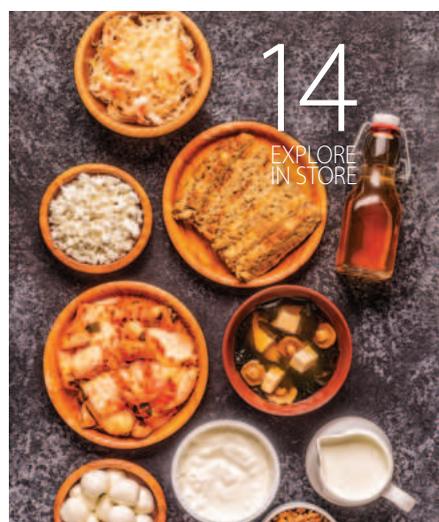
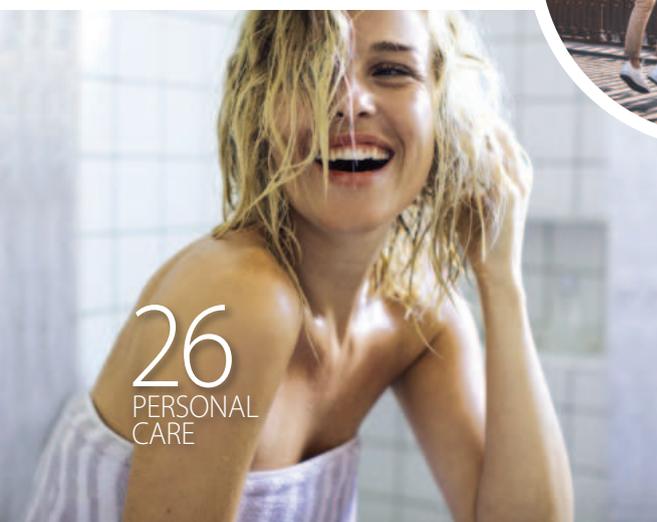
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With much being written about vitamin D recently, Esther Mills-Roberts explains why we all need to be aware of having adequate levels

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Switch your every day bathroom essentials for more sustainable choices



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Immune System

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Nation's sleep struggles revealed

Some 70 per cent of Brits are said to be suffering from insomnia.

That is according to the results of a new European health study, which found that seven out of 10 people in the UK have struggled with insomnia at some point during their life

To coincide with the Sleep Council's SleepSeptember 2020, new research from Thornton & Ross' *2020 Health Report* unearths some alarming results regarding insomnia in the UK, with three quarters (75 per cent) of participants in the UK aged between 35-49 admitting to having regular problems either going to or staying asleep. Gender is also a factor, with women more likely to be suffering from insomnia (70 per cent) compared with men (66 per cent).

Insomnia can have several fairly common causes, such as stress, jet lag, shift work and consumption of caffeine. However, it seems that many Brits are unaware of the factors that could be stopping them getting off to sleep; more than half (53 per cent) of people in the UK correctly identified alcohol consumption as a cause of insomnia – this was among the highest values across the 12 European countries which took part in the survey and was above the survey average of 45 per cent.

When it comes to taking sleeping aids to help with insomnia, it seems we are cautious, with a third (33 per cent) willing to take sleeping aids, while 21 per cent were concerned that they could become addicted or overly dependent.

Lisa Artis, Deputy CEO at The Sleep Charity, advised: "The data on insomnia in the UK from the *2020 Health Report* is alarming. Sleep is critical to health and wellbeing and as a nation, we really aren't getting enough.

"It's imperative that we start focusing on sleeping better. It is a basic and fundamental human requirement and is vitally important for good physical, mental and emotional health, as well as crucial for memory, learning and growth. Our annual SleepSeptember campaign is a chance for us to review our relationship with sleep and look at ways of improving it."

Inside... HEALTH

LOVE FOOD, GIVE BACK

This October, why not get involved in Action Against Hunger's latest campaign to help support communities facing poverty?

The charity's annual Love Food Give Food campaign sees the nation encouraged to turn their love of food into action by eating from a host of UK food and drink brands and restaurants during October.

This year, the need is even greater with Covid-19 having a catastrophic impact on the world's most vulnerable communities; 135m people globally were already suffering from acute food insecurity due to issues of access, poverty, climate change and conflict. As the initial health emergency subsides, these figures are expected to double to 265m as many communities are struggling to access the food they need to survive and thrive.

Celebrity chef and long-standing Action Against Hunger ambassador, Cyrus Todiwala OBE, explained: "Covid-19 has sent shockwaves across the globe and nowhere are these being felt more prominently than in places like Yemen, Syria and South Sudan. They don't have our healthcare system or safety nets, and we are seeing hunger levels grow rapidly.

"The UK has been hard hit by this virus, including within the hospitality industry, but during our darkest hour, we cannot turn our back on those in need. I hope people will support this fantastic cause and all of the incredible restaurants and food brands involved that continue to bring so much hope to those in need."

Find out more at www.actionagainsthunger.org.uk/lovefoodgivefood



EXPANDING YOUR NUTRITIONAL EDUCATION

If you are interested in learning more about nutrition, the College of Naturopathic Medicine (CNM) can help.

The CNM Health Coach Diploma Course has recently received UK and international recognition, having been accredited by five associations, including the Association of Naturopathic Practitioners (ANP) and the UK Health Coaches Association (UKHCA).

The CNM Health Coach Diploma is designed to include, in addition to the life-changing lectures, many practice sessions and students apply their knowledge in real-world scenarios throughout the course. Classes can be taken at CNM's flagship college in London or online.

With colleges in the UK and internationally, as well as online, and with over 22 years' excellent track record, CNM trains successful practitioners in natural therapies. Find out more at www.thehealthcoach.com.



We love♥

HOPE'S RELIEF INTENSIVE DRY SKIN RESCUE

As the weather turns colder, give your skin some extra nourishment with this natural cream that helps to soothe and heal itchy, dry skin prone to eczema, psoriasis and dermatitis. Including manuka honey, licorice and aloe vera, it is suitable for newborns upwards.

WAFt AIR FRESHENERS

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Track your challenges

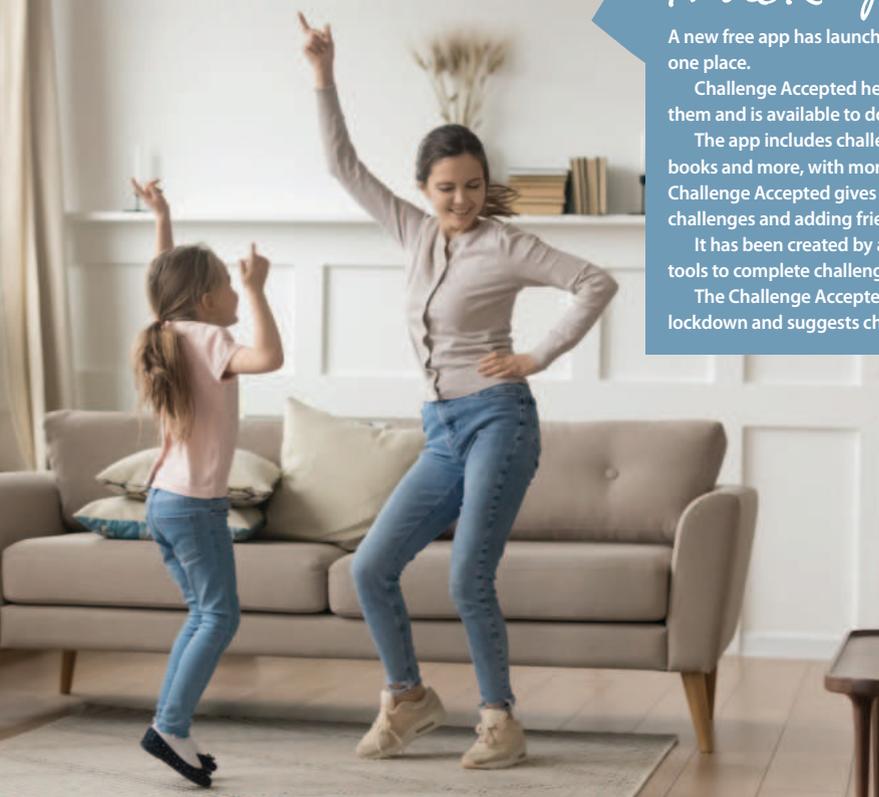
A new free app has launched to help you discover, track and complete personal challenges all in one place.

Challenge Accepted helps you to find new challenges, track current ones and help you complete them and is available to download on the Android and Apple App store.

The app includes challenges on a range of subjects, including fitness, travel, food, films and TV, books and more, with more than 140 pre-built challenges on the app, with more added every day. Challenge Accepted gives users the freedom to be creative and original by building their own challenges and adding friends.

It has been created by a London-based start-up aiming to provide users the inspiration and tools to complete challenges, no matter how big or small.

The Challenge Accepted app even helps users to find suitable challenges to do at home whilst in lockdown and suggests challenges that children can get involved with to keep them entertained.



Inside... LIFESTYLE

RESET AND RELAX

A new poll has revealed the most relaxing hobbies you could take up this year.

Coming in at the top with the lowest measured heart rate is knitting, with 65 beats per minute and voted by 93 per cent of Brits as the most relaxing. To put it into perspective, knitting can lower your resting heart rate to 18.75 per cent, whereas a hobby such as biking can increase it by up to 118.75 per cent!

The other activities in the top five were fishing, blogging, calligraphy, and painting.

The FitBit test, conducted by diys.com, set out to discover if the most relaxing hobby and most loved hobby complement one another. The participants were asked to wear a Fitbit while completing 20 popular hobbies determined from the survey.



LEANER LEGS AT HOME

You don't need an expensive gym membership or fancy equipment to keep your legs in good shape.

That's the advice from Eastnine coach, Tashi Skervin Clarke, who has shared her 14-minute high intensity lower body burner session for stronger, leaner legs.

- Start by jogging lightly on the spot to prepare yourself.
- Let's lunge! Start with a reverse lunge with a knee drive. Step backwards and lunge down with your right knee. You should be creating a right angle with your left and right leg. Then, using your glutes drive your back leg forward and bring your knee to your chest. Repeat for one minute.
- Rest for one minute.
- Move on to lateral bounds. Jump to the right, with your right leg landing on the ground but keeping your left leg elevated. Then shift your weight as you jump to the left and keep your right leg up. This is great for working the glutes. Repeat for one minute.
- Rest for 30 seconds.
- It's time to squat. Stand with your legs slightly wider than hip width. Sit down into the squat, keeping the weight in your heels and then drive it back up to standing. Again, repeat for one minute.
- Rest for 30 seconds.
- Knees up! Do four sets of high knees followed by one burpee. With the high knees, bring your knees to your chest four times, two each side. Then drop it down into a high plank and bring your chest all the way to the ground. Jump it back up to standing and get straight into the high knees again. Repeat for one minute.
- Rest for one minute and repeat the series three times.
- Make sure you spend some time stretching leg muscles at the end of the workout.

Eastnine is a fitness app which motivates, supports and guides people working out. Consisting of personal trainers, professional athletes and even Olympians, the app is packed with workouts. The app is currently offering a free trial to new users.



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Be the Belle

Care for your skin while also choosing an ethical approach with the help of Belle + So Beauty.

The brand advocates a fresh approach to ethical skincare with its vegan vitamin C serums, which have cruelty free credentials and plant-based organic ingredients that are kind to the complexion and the planet.

The company explains that many natural vitamin C serums are primed for action when they roll off the production line, packed with antioxidant properties to revitalise skin, but problems start if they are not purchased within a certain period. After a few months in storage, without the stabilisers used in more synthetic formulas, their ascorbic acids begin to oxidise, and their impact is dramatically reduced or even reversed. At Belle + So Beauty, limiting production to small batches is every bit as important as their powerful formulations.

Its Super Vitamin C Booster serum is produced in the UK and 100 per cent vegan, with a 25 per cent concentration of vitamin C. Hyaluronic acid attracts moisture to the skin, keeping it well hydrated, whilst tocopherol provides vitamin E, and green tea extract provides a strong antioxidant that protects against the damaging effect of free radicals, stimulating microcirculation and maintaining firm, elastic skin.



Inside... BEAUTY

Hydrating hemp

Treat your locks to some extra nourishment with the help of natural haircare brand, Giovanni.

Its new Hemp Hydrating Hair Collection is ideal for all hair types and moisturises, relaxes and smoothes each and every hair with the help of hemp seed oil for healthy-looking locks from root to tip.

There are six products in the range, Shampoo, Conditioner, Leave-In Conditioner & Styling Elixir, Serum, Shine Spray, and Deep Conditioning Hair Mask, available in a tube or squeezable sachet.

Ingredients used include botanical extract of hemp seed oil to revitalise and strengthen hair, whilst calming and soothing the scalp, aloe vera, sage, hops and chamomile.



YOUR SLEEP MIST-HAVE

Help yourself to sounder sleep with this relaxing mist from the people at Tisserand Aromatherapy.

Sleep plays a vital role in overall health, but that doesn't mean we can always get enough of it and so Tisserand Aromatherapy has created the Sleep Better range, combining sumptuous jasmine, warming sandalwood and soothing lavender for an irresistibly relaxing blend.

Sleep Better Pillow Mist is the perfect way to switch off and de-stress come the evening; the mist should be sprayed on bed linen to help restlessness throughout the night. After just two days of using the mist, 90 per cent of users found it easier to stay asleep, while 88 per cent found it easier to get to sleep.



NATURAL LIFESTYLE'S Top Picks



Help for a more natural sleep

Tired of not sleeping? Do you find yourself waking at 3am in the morning and can't get back to sleep? Try A.Vogel Dormeasan® Valerian-Hops oral drops – a traditional herbal medicinal product for use in the temporary relief of sleep disturbances caused by the symptoms of mild anxiety, exclusively based upon long-standing use. Always read the leaflet. Made from extracts of fresh herbs, Dormeasan® can be taken just half an hour before bed to help encourage a more natural sleep, helping you sleep better and wake feeling refreshed.

www.avogel.co.uk



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Better with B

Involved in so many functions in the body, from the brain to our energy levels, we all need to make sure we're getting enough B vitamins.

The commonly consumed modern western diet can leave a lot to be desired. With so many people time pressured, convenience and processed food has become such a normal way of life for so many of us.

But the problem with eating too much of these types of food (which can also be high in sugar and salt) is that they can be quite devoid of nutrients, and without adding in enough fruit and veg, we can end up with deficiencies in important nutrients.

One of the most important set of vitamins is the B group, with different ones being necessary for some key health areas, including brain health and our energy.

The benefits

There are many different types of B vitamins, all of which perform different functions. In terms of those considered crucial, there are:

- **Vitamin B12** – imperative for making red blood cells, releasing energy from food and using folate, those who don't have enough B12 can find they experience vitamin B12 deficiency anaemia. It can be found in fish, milk, cheese and eggs, meaning vegans can find they are particularly lacking and should take a supplement.
- **Biotin** – also known as vitamin B7, biotin is really important for the health of skin, hair and nails.
- **Vitamin B6** – a really important nutrient, it not only helps the body to store energy from macronutrients, such as protein and carbohydrate, but it also helps the body form haemoglobin, found in red blood cells that carries oxygen around the body. Food wise, you can find it in peanuts, soya beans, oats, bananas and milk.
- **Vitamin B1** – commonly referred to as thiamine, it is important to support a healthy nervous system, as well as helping the body break down and release energy from food. Vitamin B1 can be found in peas, fruits such as bananas and oranges, nuts and wholegrain breads. It can't be stored in the body so you need a daily intake.
- **Niacin** – similar to B1, we need this for energy, for the nervous system, as well as to keep skin healthy. There are two forms, nicotinic acid and nicotinamide, and can be found in the likes of meat, fish, wheat flour and eggs.

DON'T FORGET FOLIC ACID

One of the most important B vitamins is folate, which is more commonly known by its manmade name of folic acid.

Folate is vitamin B9 and plays a critical role in a number of areas, most notably during pregnancy; a folic acid supplement is recommended to be taken by women trying to conceive and during the first three months of pregnancy to reduce the risk of neural tube defects, such as *spina bifida*. This is a recommendation made by the Government and should not be avoided.

Folate also helps the body to make healthy red blood cells and a supplement is needed if someone has folate deficiency anaemia. And it is important to note that, along with vitamins B6 and B12, folic acid is crucial for maintaining normal homocysteine. Raised levels of homocysteine are linked to increased risk of heart disease and cognition.

You can get folate from certain foods, including leafy green vegetables, brown rice, granary bread and any breakfast cereals that have been fortified. However, pregnant women should supplement, with the current Government recommendation being 400mcg a day.

UP YOUR INTAKE

It's really worthwhile trying to incorporate some of the already mentioned foods so you can increase your consumption of B vitamins. You may also wish to consider a supplement; you can find individual B vitamins in supplement form in your health food store, or you may prefer a good quality B complex supplement, which will contain a range of B vitamins.

You can find B vitamin supplements in different forms, including tablets, capsules and in an oral spray, the latter being considered a more efficient way to absorb the nutrients.

If you aren't sure of how much you need, ask for advice in your local health food store, as they will be able to suggest the best supplement for you based on need and lifestyle.

A Supportive Herbal Tea For Your Immune System

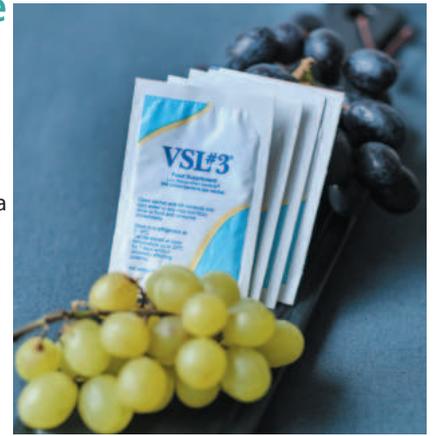
NutraDefence® by NutraTea® is a herbal remedy tea that has been thoroughly developed to support the immune system and maintain the health of the respiratory tract. This complete herbal blend contains 100% active botanicals that have been sustainably sourced including Boneset, Thyme and Mullein to help improve the symptoms endured from flu and other infections of the respiratory tract. Each entirely natural tea bag contains no artificial flavours or oils allowing for it to be reused throughout the day, offering a delicious way to support your body's natural defences and proper functioning of your immune system.

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www.active-edge.co.uk

*contains natural occurring sugars



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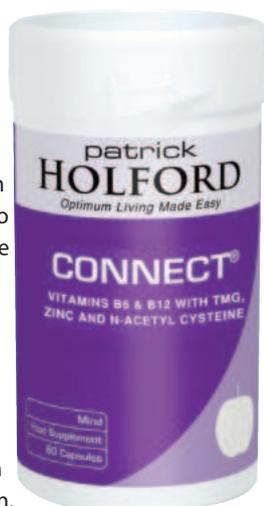
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www.bio-kult.com



Fermented facts

Treat your gut to some extra nourishment with the help of a range of fermented foods.

Your gut plays a very important role in many areas of your health. Feeling under par and susceptible to infection? Your immune system may be run down because your gut isn't functioning well. Skin feeling dry and irritated? Your digestive health may not be working properly to eliminate toxins. Struggling to concentrate, or experiencing signs of low mood? The gut and the brain are increasingly being linked.

What this demonstrates is how important it is for us to keep our gut health in good working order so that it doesn't have a knock-on effect to other areas of our health.

And one way you can do this is by introducing fermented foods to your everyday diet. This is something that has been used for centuries as fermenting is a way of preserving foods when people didn't have refrigeration. It is during the process of fermenting that healthy bacteria can be created.

What are they?

Fermented foods are known to contain high levels of beneficial bacteria, which your gut microbiome needs to remain healthy.

Some of the best fermented foods include the drinks, kombucha and kefir, as well as sauerkraut, kimchi, miso, lassi, and tempeh.

Looking in greater detail at some of the most popular, kombucha is a popular choice as it is easy to consume on the go. It is a fermented tea, which is usually fizzy and can have a tart flavour, and is rich in healthy bacteria.

Kefir is a cultured dairy product, which is made by adding kefir grains to milk. You then get a beverage that is similar to yoghurt.

Meanwhile, tempeh is a well-known vegetarian product as it comes from fermented soybeans. It is high in protein, as well as good bacteria, and can be added to a range of dishes.

Then there is kimchi, which is commonly eaten in Asian countries, such as Korea, and is made from fermented cabbage. Many people will add kimchi to the likes of noodle dishes. Sauerkraut also comes from shredded cabbage, which is then fermented by lactic acid bacteria.

Getting enough

You can find many fermented food products in your local health food store, and these are great if you want to take them on the go, especially the drink products.

Whatever you are buying, be sure that it doesn't contain undesirable ingredients, such as sugar, as these will be counterproductive to the gut.

Also be aware of those fermented foods not in the fridge as it can mean they have been heat treated and so there is a risk the healthy bacteria will have been destroyed.

People also make their own fermented foods, and this is a great idea so that you know exactly what has gone into it and how it has been made. Experts explain that you will need sterilised jars, muslin and baking parchment, and you can find a whole host of recipes online. Try to opt for good quality vegetables to ferment, such as organic, as this will improve the quality of the end product.

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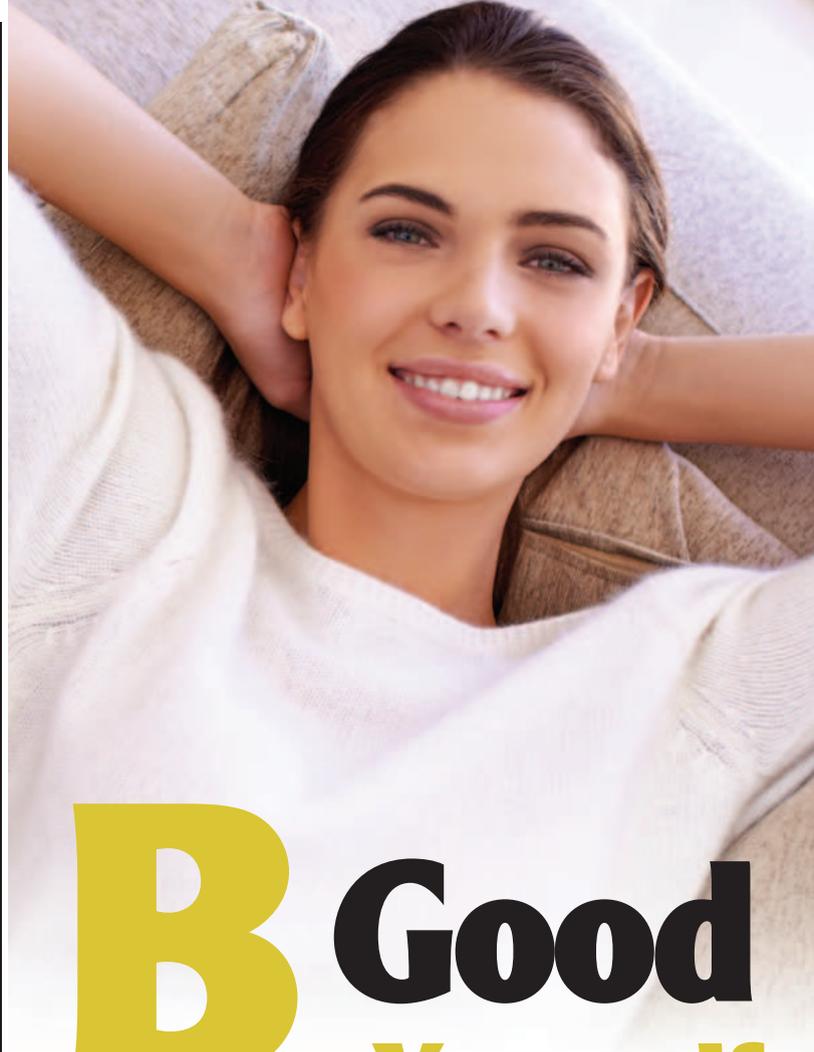


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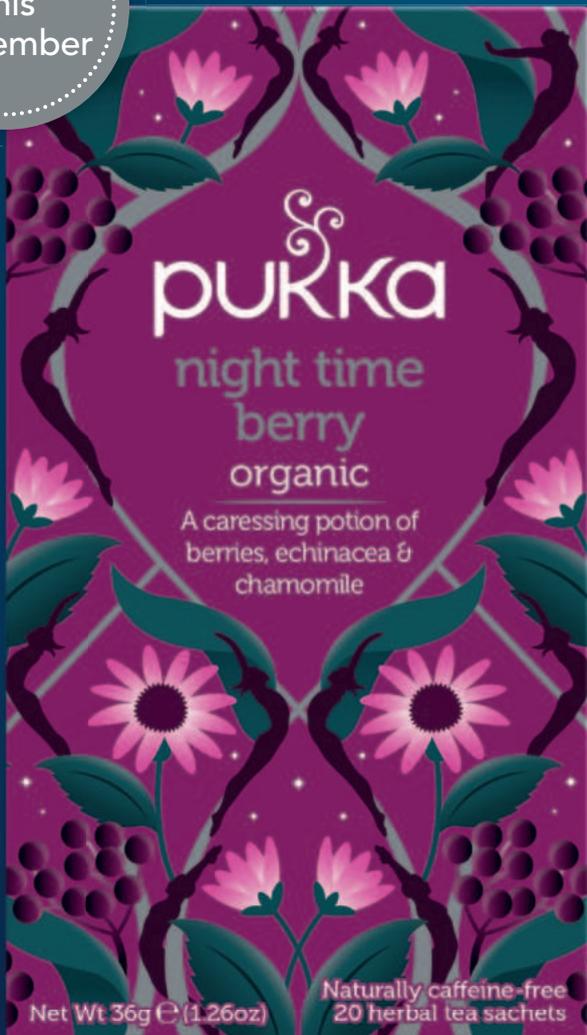
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VITAL VITAMIN D

There's far more to vitamin D than just keeping your bones and muscles healthy. Here, Esther Mills-Roberts explains why you should supplement with vitamin D in the colder seasons.

What an impressive, hard-working, multi-tasking nutrient vitamin D is. This fat-soluble essential vitamin, that can be stored in the liver, is produced from the action of sunlight on the skin and is vital for so many body systems.

It is most popular in the lead-up to the colder seasons, not just because many people's blood levels of vitamin D drop as daylight hours reduce, but because new research is showing that vitamin D plays a part in immune health, weight management and depression too. But it goes so much further than just immune support, and here, we explain why all of us need to be getting enough.

Try this

- ★ BetterYou DLux 3000 Vitamin D Oral Spray
- ★ Time Health Plant-based Vitamin D3, K2 and D3
- ★ Pukka Herbs Mushroom Gold
- ★ Terranova Green Child Vitamin D3 400iu
- ★ Natural Health Practice Vitamin D3 Support

SO MANY ROLES

Early research on vitamin D discovered that this nutrient helps to regulate calcium and phosphate levels, which are essential to bone, teeth and muscle health (which is why low vitamin D levels in the body are associated with rickets, poor bone structure and poor muscular strength).

This is a well-established function and is often the basis on which the Government decides how much is 'needed' to keep the population healthy. This forms the basis of what studies show is 'enough' to keep us healthy.

But there is so much more to vitamin D than bones, muscles and teeth. More recently, research has highlighted that vitamin D can help positively influence immune function, and studies have shown that vitamin D deficiency might impact on how quickly the body responds to infection. This is a topical subject and causing real scientific interest at present as we battle through the Covid-19 pandemic. Scientists are also looking at whether vitamin D deficiency in obesity impacts on immune function, as it's known that obesity is a risk factor for infection, as highlighted in research papers during the lockdown period.

Many of us during the colder seasons can start to feel a little under the weather so it might be no surprise that many practitioners recognise a link between poor vitamin D status and depression in adolescents and adults. With more people staying indoors during lockdown, vitamin D levels might have become low, so it may well be worth getting a vitamin D test if you are feeling of low mood. This is available via your GP, or your health store could advise you of local nutritional or natural health practitioners in your area offering this test.

Vitamin D from foods

Although the best sources of vitamin D are from sunlight and through a supplement, you can get small amounts from certain foods, which are worth bearing in mind.

- Oily fish.
- Eggs.
- Liver.
- Red meat.
- Fortified breakfast cereals.
- Fortified soya products.
- Fortified spreads.
- White mushrooms.



Are you getting enough?

As you might imagine, with its pivotal role in joint and muscle health, one of the symptoms of poor body levels (vitamin D deficiency) is aching and painful joints, so if you're experiencing these symptoms, it's worth asking a clinician if you can have your blood or serum levels of vitamin D tested.

National dietary surveys in the UK show that approximately one in five people have low vitamin D levels, with people in care homes having a higher prevalence of low levels.

Bone and muscle health has been the focus of Government monitoring and assessment of need for many years, including an update of advice in 2016, which stated that, in the UK, supplementation is recommended throughout the colder seasons (March/early April to the end of September) when daylight hours are reduced. This was updated as the lockdown period began to include everyone who is spending large amounts of time indoors.

Research has also identified that people from an African, African-Caribbean or south Asian backgrounds might not be able to get enough vitamin D from sunlight, and should watch out for signs of deficiency, or better, to safeguard against this with a daily supplement throughout the year.

The best starting point is to speak to your health food store about what is right for you and the levels you might need, as they will be able to offer you proper advice, dependent on your needs.

THE RIGHT SUPPLEMENT FOR YOU

With the new Government advice for everyone who is staying indoors more to supplement with 10mcg of vitamin D (not just the at risk of deficiency groups, such as the elderly), there has been an upturn in sales of vitamin D.

This is great news, as it shows that Government advice is really getting through, but it's also one of the reasons why there are so many different types of vitamin D supplements that you can buy these days, for different members of your family, from babies up to the age of one (who need 8.5mcg daily) to those aged one and over, who need 10mcg of vitamin D daily as a supplement, including pregnant and breastfeeding women, and those at risk of vitamin D deficiency.

To help meet this need for vitamin D in many different age groups, with different food preferences, it's easy to see why there are many different forms of this nutrient available, and not just the actual form of vitamin D, but the way that it is presented as a supplement too.

Vitamin D doesn't just come in one form in nature, but is found in the body in many forms, and this, in part, explains why there are different 'types' of vitamin D available, most often vitamin D2 and vitamin D3.

Vitamin D2 is called ergocalciferol, and is plant derived, whilst vitamin D3 is available from animal sources such as fatty fish and eggs. Vitamin D3 is considered the better form in terms of absorption and how the body uses it, and we are increasingly seeing vitamin D3 in vegan form – the best advice is to ask your health store as they will offer a broader selection.

Once you have found a vitamin D form that is suitable for you, you can decide how you would like to take it; in tablet form, capsules as part of a cod liver oil formulation, as an oral spray, or gummies. Again, your local health store staff will be able to advise you about one that is suitable and will most often have access to expert information to help you decide which you prefer.

Next comes choices about strength, as vitamin D doesn't just come in intakes of 10mcg. You might be working with a practitioner who recommends that you take more vitamin D, which is very common, in which case, higher potency formulations might be more cost effective. Again, store staff can help you with this.

Because vitamin D is stored by the body over time, long-term high intakes can lead to a build-up of too much vitamin D. The solution is to make sure that you're supplementing according to the instructions on any supplement labels, and if you're taking different formulations together, to seek advice from a qualified nutritional practitioner, who will be able to advise you on whether this is too much for your needs.

NATURAL LIFESTYLE'S Top Picks



Delicious and healthy Vitamin D

Liquid Vitamin D3 Nutrition Support is an easy way to stay safe from the sun's rays and maintain your RDA of Vitamin D all year round. Each pipette dropper will supply 400iu of Vitamin D3 which is a safe dose for children and what's more each 30ml bottle is Vegan and Vegetarian Society registered, Kosher and Halal approved. Flavoured with natural blackcurrant, Vitamin D3 Nutrition Support is suitable for adults, pregnant women and children of all ages.

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www.naturalhealthpractice.com



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www.betteryou.com



THE MAGIC OF MUSHROOMS

Discover the beneficial effects of mushrooms, especially with its vitamin D content, advises Jo Webber, Head of Herbal Education and Ayurvedic Practitioner at Pukka Herbs.

Mushrooms may not seem the obvious choice for keeping your immunity strong, skin glowing and blood sugar balanced, but numerous clinical studies have proved mushrooms can have amazing superpowers when it comes to keeping our health in tip-top condition. They're also one of the best plant-based sources of vitamin D – which is particularly important for keeping our wellbeing in check. So, what's all the fuss about?

Keep your immunity strong and support natural defences

Mushrooms are high in beta-glucans, a natural substance that has been found to help 'prime' our immune system, making sure it's ready for action to fight off bugs and germs. Certain types of mushrooms, such as reishi, shiitake and maitake, are especially rich in the most powerful beta-glucans. Getting a daily dose of these mushrooms could be particularly beneficial at times when we need extra support, such as during the cold and 'flu season. Why not experiment in the kitchen? Make a deliciously warming and health boosting mushroom risotto or soup to keep your immunity strong.

Boosts energy and helps cope with stress

Certain medicinal mushrooms are traditionally used in many parts of Asia daily as a mood tonic or adaptogen. Adaptogens are natural substances that are said to help the body adapt to stress and protect against some of its negative effects, such as fatigue and poor sleep, meaning you have more energy too! Maitake and reishi are among the mushrooms said to have adaptogenic properties.

Super source of vitamin D

Studies have shown that vitamin D plays an extremely important role in our immune function. That's why – combined with the fact we spend less time outside during the colder months – it's good to get enough of it. Vitamin D contributes to the normal function of the immune system and process of cell division.

Mushrooms are a great vegan food source of vitamin D. Known as the chestnut tree mushroom, the shiitake mushroom contains essential amino acids and vitamins B1, B2 and D2. As an edible mushroom, it has long been cultivated for both culinary and nutritious uses.

Keeps joints healthy

Missing out on your morning run due to aching joints can set you back, but inflammation around the joints can be a major concern for many people, especially those with arthritis or joint damage. Mushrooms are said to be anti-inflammatory, so could help ease pain and discomfort. Reishi and shiitake mushrooms are helpful here.

Look after your natural glow

Last but certainly not least, studies have found that mushrooms such as shiitake and reishi are rich in youth-boosting antioxidants, such as polyphenols, like those found in fruits and vegetables. But mushrooms go further than most vegetables.

Firstly, due to their powerful beta-glucans, mushrooms can have an antioxidant effect. Secondly, scientific reviews have found that mushrooms are also a great source of the minerals, copper and zinc, used by our body to make its own powerful antioxidants. This means that they have natural anti-ageing and protective qualities for our skin, heart, and liver.



JO WEBBER oversees the delivery of Pukka's industry leading education to a range of audiences. As an Ayurvedic practitioner and yoga teacher, she is passionate about bringing these two ancient sciences together to help people feel empowered about their health today.

Ask the experts

STAY WELL THIS WINTER...

by Alice Bradshaw

How do our health needs change as we move into winter?

As we move into winter, the focus on immune health becomes more pressing. Seasonal colds and respiratory infections are a usual concern, however, this winter, the presence of Covid-19 means that supporting health and immunity is even more important.

What is the best winter nutrition plan to follow in the colder months?

What we eat and drink has a major influence on our immune system. A wholefood diet, abundant in plant foods, has been shown to support the whole body and strengthen the immune system. Conversely, a diet high in refined, processed foods and sugars deplete the body of vitality and suppresses immune function. Excessive dietary sugar is disruptive to the gut microflora, inflammatory mediators and ultimately negatively impacts the immune system in multiple ways (incidentally, the health of the gut is the primary indicator for the health of the immune system).

What are your top supplement suggestions for the winter?

Most people can benefit from a general multivitamin and mineral formulation as inadequate intake of micronutrients can negatively impact immune health. Some key nutrients have been shown to specifically support immune health in quite profound ways. Vitamin A and carotenoids play a role in the stimulation of numerous immune processes. Primarily, these nutrients are integral to the maintenance of the integrity of the skin and linings of the respiratory and GI tract. These



tissues are intricately involved in regulating immune health. Vitamin D3 has been studied for its ability to produce a broad range of immune enhancing effects. These include reducing the frequency of upper respiratory infection, protecting against the development of autoimmune conditions, and even helping to restore gut bacteria balance, an important factor for immune health. Vitamin C is an antioxidant nutrient that has been shown to have antiviral and antibacterial properties. Its key effect is improving host resistance. Zinc has a wide ranging supportive role for the immune system. It helps against foreign particles and microorganisms and protects against free radical damage. It directly inhibits the growth of certain viruses, including the common cold. Zinc is also needed for proper white blood cell function, which is crucial to immune health. Selenium deficiency results in depressed immune function, making the body more susceptible to illness. Various botanical supplements and superfoods are also immune supportive. These include medicinal mushrooms, garlic, elderberry, astragalus and olive leaf. Additionally, supplements that support gut health, such as digestive enzymes and pre and probiotics, should be considered a fundamental part of an immune supportive supplement programme.

Q I would like to try manuka honey but am a little confused with what I should be buying as there are so many different types – can you offer me advice?

Matt Steele explained: Helpfully, the manuka honey industry has made it very easy for you. Unlike wine, where quality and strength are measured in hundreds of different terms, manuka honey is increasingly measured in just one – MGO. It means methylglyoxal and is the naturally occurring substance in manuka that gives it its anti-microbial properties. Companies tend to label their manuka honey on how much MGO is in the jar. So, 100 MGO means 100mg of methylglyoxal per kilogram. There used to be several different ways of measuring the

strength of a manuka, using phrases like ACTIVE and + but now in 2020, most companies are putting the MGO level on the front of their pack to help customers make a choice. In terms of quality, there are a few extra things to look out for. Real manuka can only be made in New Zealand and the country has strict export laws to ensure that no fake products make it to market. You should be able to check that your manuka honey was packed in New Zealand by reading the label or asking the store staff where it's from. And finally, because manuka honey is a rare natural product, it does tend to be more expensive than normal table honey. Remember, if something looks too good to be true, it normally is. So, make sure you do your homework on the brand you're thinking of buying, and order from a reputable source like your local health food store.

About the experts



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



HELEN BOND is one of the UK's leading dietitians with 24 years' experience. Passionate about communicating the role of good nutrition towards positive health and wellbeing, she runs her own successful dietetic practice in Melbourne, Derbyshire, and is also Nutrition Consultant to probiotic brand, VSL#3.



MATT STEELE is Brand Manager for Honey New Zealand Europe. He has worked in the natural health industry for 20 years and spends his time chasing after his three children.



IAN TAYLOR is Information Manager and Cosmetic Scientist at pioneering organic skin and hair care brand, Green People.

TIME HEALTH

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more effectively than many of the mass produced synthetic forms of vitamin C on the market.



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Vitamin D or 'the sunshine vitamin' is traditionally associated with bone health, however recent research indicates that vitamin D may **play an important role in immunity**, and more specifically, **immunomodulation**. Time Health Vitamin D3, D2 and K2 is all-natural, plant-based and 100% vegan, derived from buckwheat.

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Our Mushroom Complex 8 is a revolution in mushroom nutrition, containing an equal mix of the eight most revered medicinal mushrooms: **Chaga, Cordyceps, Shiitake, Reishi, Lion's mane, Maitake, Coprinus Comatus and Oyster**.

These mushrooms have been used in traditional systems of medicine for thousands of years to help support **immunity, energy, cognition and overall well-being**. The organic, European grown mushrooms in our complex go through a dual-extraction process to draw out the full range of beneficial compounds.



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Ask the experts



Q Why is good gut health so important?

Helen Bond explained: 'All disease begins in the gut' – this quote by the ancient Greek physician, Hippocrates, showed he already knew nearly 2,500 years ago the importance of our gut health. But, over the last decade or so, the scientific research has really started to stack up, suggesting that the health of our gut can have wide ranging effects on both our physical health and mental wellbeing. Gut health basically relates to the functioning of our entire digestive tract – a long and twisting tube that transports food from entry in our mouth, all the way to the exit at the other end. But don't just think of it as a simple plumbing system! First off, our gut plays an essential role in the digestion and absorption of nutrients from the foods we eat. It forms a protective barrier between the outside world and our insides, which is why it's armed with 70 per cent of our body's immune system. And lastly, but by no means least (as it's one of the main reasons we've become more interested in our gut health again) is that it's home to trillions of microbes (aka our gut microbiota) that do lots of great things for us, from producing vitamins like vitamin K, harvesting energy from our food, strengthening our gut wall and even talking to our brain and other vital organs. The concept is that if we look after our good 'gut bugs', they'll look after us and one of the best ways to maintain a healthy microbe community or to reset the balance of good and bad bacteria is to eat a nutritious, well-balanced and varied diet that's packed full of fibre rich plant-based foods – lots of different fruit and veg, nuts and seeds, wholegrain carbs and legumes. So, if you're not already aware of the importance of gut health, it's time you pay a little more attention to what's happening within!

SOOTHE SEASONAL SKIN WOES...

by Ian Taylor

How can our skin change as the weather gets cooler?

Spending less time outside means our skin gets less exposure to sunlight and may appear dull. Exfoliating regularly can bring brighter skin cells to the surface, as can using a brightening moisturiser or tinted day cream. A sharp drop in temperature and the switching on of central heating also creates a need to layer skincare in a way that locks hydration and nutrients in and protects against dryness and dehydration. If skin does become dry, it may also feel sensitive. This is especially true of those that are unfortunate enough to get a winter cold, which often results in sore patches of skin around the nose. If your skin is prone to winter dryness and sensitivity, it is best to avoid skincare made with skin-drying ingredients, such as SLS, ethanol alcohols and irritating synthetic fragrances.

Can you recommend the best healthy skin regime during the winter?

An intensely hydrating serum should always be the first step of a winter skin care routine and a hyaluronic acid serum will deliver an intense burst of hydration. Follow this with a skin-calming face cream, then seal nourishment into the skin with a few drops of your favourite facial oil. Hands can be vulnerable to harmful winter sun rays. To avoid this, smooth an SPF hand guard on to the hands or keep hands covered in a cosy pair of gloves. Lips are also exposed to cold, drying weather and can become flaky and dry. Using a clean, dry toothbrush or soft flannel will help to loosen irritating flake, and you can lock hydration in by applying a vitamin-E rich lip balm.

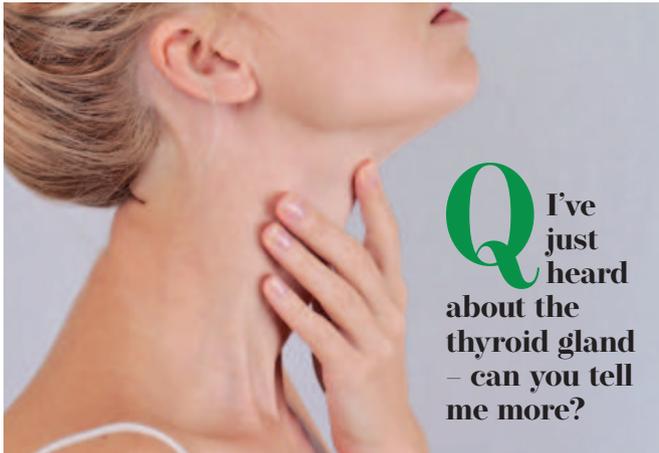
Why is organic important in terms of our skincare choices?

Organic beauty ingredients are not exposed to artificial fertilisers so typically have a rich mineral content and a high volume of skin nourishing vitamins and antioxidants. By choosing to use organic skincare you are also opting to avoid synthetic ingredients and fragrances, which have been linked to skin irritation and sensitivities.

The naturopathic advisor



Natural Lifestyle has teamed up with experts at CNM (College of Naturopathic Medicine) to answer some of your burning health questions. This issue, you asked:



Q I've just heard about the thyroid gland – can you tell me more?

The thyroid gland oversees the functioning of every cell in our body. It is critical for optimal health and governs the entire hormonal system. Our hormones all work together like a symphony orchestra, with our thyroid gland being the conductor. When our

thyroid is functioning at suboptimal levels, we can experience a diversity of imbalance symptoms including weight gain, fatigue, muscle and joint pain, hair loss, low libido, depression and insomnia (to name just a few).

Iodine is the most important

nutrient involved in thyroid health. Along with tyrosine, selenium, zinc and B vitamins, iodine synergistically nourishes and supports our thyroid gland. For this reason, we must have an adequate intake of iodine in our diet or seek support from a qualified naturopathic nutritionist with regards to suitable iodine supplementation and dosing. Diet-wise, iodine-rich food sources include seaweed, seafood and unprocessed salt. It is important to note that not all salts are created equal and that chemically produced table salt (which is also added to refined and processed foods) is not a suitable source of iodine.

In the case of possible imbalanced thyroid function (especially when medical tests show 'borderline' results), it is important to address the root cause

of the problem. Nutritional, herbal and lifestyle modifications as advised by a trained naturopathic nutritionist can go a long way in supporting the thyroid and balancing hormonal health, naturally. CNM graduates are also trained to work alongside prescribed medications, implementing treatment protocols that take a holistic approach in addressing any underlying health concerns.

YOUR EXPERT

Nutritional Therapist, Tegan Philp, for CNM (College of Naturopathic Medicine). Study online with CNM, UK and Ireland's leading education provider in natural therapies. CNM has over 22 years' superb track record and over 80 per cent of CNM graduates are practising. Internationally accredited diploma courses, visit cnmcourses.com or call 01342 777 747.

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Personal matters

We use personal care products routinely that sometimes we can forget to think about how they are made and what's in them. So routinely, might it be time to shift to something more natural?

We spend rather a lot of money on everyday personal care items, whether shampoo and conditioner, deodorant and toothpaste, or feminine hygiene products, and increasingly, people are seeking gentler and more eco-friendly options.

In fact, it seems more of us prefer our personal care to be more natural; according to the Soil Association, nearly eight in 10 of us are more likely to buy a beauty product if it says organic, with a 23 per cent rise in such sales last year.

Whether you want a gentler shampoo, want to cut your plastic consumption, or want feminine hygiene products that are good for you and the planet, there is a natural choice for everything.

Try this

- ★ OrganiiCup
- ★ Woobamboo Adult Bamboo Toothbrushes
- ★ Salt of the Earth Unscented Deodorant Balm
- ★ Enna Cycle Menstrual Cup

CHEMICAL WATCH

One of the reasons people switch to natural personal care products is concern around chemicals contained in conventional products. And these concerns are valid as we learn more about the risk to our health and to that of the planet. So, what do you need to know? And are chemicals that bad?

Natural beauty expert, Rebecca Goodyear, who advises for JASON and Giovanni, advised: "We know there are chemicals used in mainstream beauty manufacturing that are known to or are suspected to cause health issues but due to limited tests and data, plus a lack of regulatory authorities in the industry, these substances continue to be used. Whilst concentrations may be low in products, who knows whether these ingredients are playing their part in health problems we are seeing more of, through exposure and/or bioaccumulation."

Meghna Patel, founder of Mahi Naturals, which distributes Hope's Relief and Woobamboo, added: "This has been an ongoing growing sector for some considerable time, due to more awareness of the impact of products and packaging on the environment and also the

effects on the human body. Many cosmetics and skincare still contain harsh chemicals that can affect long-term health and disrupt our endocrine system."

So, which ones should you be aware of?

"Avoid petrochemicals and fragrant-loaded cleansers, emollients and wipes (keep away from SLS, perfumes, parabens, phthalates, mineral oils). Watch out for hidden irritants such as chemicals, fragrances in detergents and dyes in clothing. These can cause skin irritation, dryness, chafing, and rashes. Toothpastes can contain toxic ingredients like triclosan, sodium lauryl sulfate (SLS), artificial sweeteners, diethanolamine (DEA) and microbeads," Meghna explained.

Rebecca continued:

- **BHA and BHT:** Preservatives used mostly in moisturisers and make-up. These chemicals are suspected endocrine (hormone) disruptors.
- **DEA-MEA-TEA:** Used in creamy and foaming products, DEA can react with other ingredients to form nitrosamines, which may cause cancer.
- **Dibutyl phthalate:** Used in nail care products, dibutyl phthalate is a suspected endocrine

disruptor and toxic to the reproductive system.

- **Formaldehyde-releasing preservatives:** Such as DMDM hydantoin, diazolidinyl urea, imidazolidinyl urea, methenamine and quaternium-15 are ingredients that slowly release small amounts of formaldehyde, a known carcinogen.

- **Parfum (fragrance):** Some fragrance ingredients can trigger allergies and asthma, some have been linked to cancer and neurotoxicity.

- **PEG compounds:** Used in cosmetic cream bases, PEGs may be contaminated with 1,4-dioxane, which is a known carcinogen.

- **Petrolatum:** Used in some hair products for shine and as a moisture barrier in lip balms and moisturisers, petrolatum may be contaminated with polycyclic aromatic hydrocarbons, which may be carcinogenic.

- **Triclosan:** An antibacterial agent that can be found in antibacterial cosmetics, such as toothpastes, cleansers and antiperspirants. Triclosan is a suspected endocrine disruptor and is thought to have played a large part in the increase in antibiotic resistance in bacteria.



Feminine facts

Women use thousands of feminine hygiene products in their lifetime, with many ending up in landfill, failing to biodegrade. Some mainstream products can use materials that are less than desirable for your health.

Gitte Darlberg Larsen, co-founder of the menstrual cup, OrganiCup, advised: "On average, a woman uses 11,000 pads and tampons during her life with periods. If you multiply that with the number of menstruating women on earth, that is a huge amount of waste every day, every month and every year that sits in landfill, clogs the drains.

"Tampons, pads and pantyliners, along with their packaging and individual wrapping, generate more than 200,000 tonnes of waste per year, and typically all contain plastic. This waste mostly ends up in landfills, sewages, on our beaches and in our oceans. Some 4.6m disposable period products are flushed down the toilet every day in the UK alone and 500 years is how long it can take for pads and tampons to degrade."

She continued: "While the actual products contribute largely to the environmental issue, their life-cycle is just as damaging – from the raw material extraction, which typically involves the production of cotton and the use of pesticides and insecticides, to the fact that most pads contain polyethylene plastic (the adhesive that's used to make the pad stick to your underwear) and most tampons also contain chemicals such as dioxin, chlorine and rayon. While the products sit in landfill, these chemicals get soaked up by the earth and are released as pollution into the groundwater and air."

And what effect can they have on health?

Gitte added: "Conventional sanitary products are made of cotton that has been bleached with chlorine and these are products you either put inside your body or have close to your intimates. Some products even contain perfume, and have been accused of containing micro-plastics, which pollute the environment.

"If you use a tampon, it will absorb not only the blood but also natural liquids in the vagina, which often causes dryness, irritation and even allergy for many women."

The stark facts around the environment perhaps explain why so many women are seeking something different, such as menstrual cups.

"Most menstrual cups are made from medical-grade silicone. A few are made from TPE. Using a cup made of medical-grade silicone gives you a recyclable, sustainable alternative," Gitte explained.

"Silicone is derived from quartz, a type of sand, which is the second most abundant mineral in the earth's crust and is not hazardous to the environment. Unlike disposable products, a cup made from medical-grade silicone can last years and has a minimum impact on the environment compared to tampons and pads. Also, it gives you a hygienic and antibacterial protection."

When buying a menstrual cup, it should be made from medical-grade silicone and look for certifications, such as Vegan Society. If you prefer to continue using tampons and pads, then switch to organic varieties; they are made with more sustainable ingredients, won't use the level of plastic mainstream brands will, and the materials won't be detrimental to your health.

Nature's finest

Nature boasts some wonderful ingredients, helping cut the chemical load. So, what to choose?

"When it comes to fragrances, you have to look no further than the array of essential oils found in nature," Rebecca pointed out.

"Preservatives are a bit more complex, but there are plenty of natural options which can be used depending on your formulation. There are two types: antimicrobial and antioxidant preservatives. The former is used in water-containing formulations, examples of which include benzyl alcohol, potassium sorbate and lactic acid, and antioxidant preservatives help prevent oxidation of a product. Good examples include rosemary CO2 extract and vitamin E."

There are also many options you can choose.

- **Shampoo** – shampoo bars are a good choice as they are made from more natural ingredients, but also last vastly longer than liquid shampoo.
- **Feminine hygiene** – as well as menstrual cups, you can buy period underwear, which has removable protection within the pants that you wash and reuse, reducing the amount you are sending to landfill.
- **Oral care** – old toothbrushes will end up in landfill. You can find alternatives, such as those made with bamboo. You can even now find biodegradable dental floss to keep your gums healthy.

GREEN CHOICES

Thanks to David Attenborough and his *Blue Planet* series, we are more aware of the role we have to play in caring for the planet, and this extends to the products that we buy. By opting for natural products, you can have an impact on being greener.

Rebecca explained: "We are now discovering that many ingredients from beauty products are ending up in the water system and affecting marine life. Plastic microbeads are polluting our oceans, being eaten by marine life, and moving up the food chain to humans. Eating plastic is not a good thing to start with, but microbeads also adsorb toxins, which means plastic isn't all you are eating.

"When it comes to microbeads, many brands are utilising wax esters and hydrogenated oils to create a natural version of the small round scrub-enhancers. Instead, utilise jojoba beads, and I've also seen beads made from carnauba wax and beeswax."

We should also look at how our everyday products are packaged, opting for those in zero waste packaging made from biodegradable materials. Or, better still, buy refills from your health food store.

"Sustainability covers all the resources used to create a product. It includes the actual ingredients, where they are sourced, how they are grown and harvested and replanted, the effect on that environment, the packaging, zero waste or biodegradable and the emissions of manufacturing. These all add up to the carbon footprint and ensuring a balance is maintained for the environment," Meghna explained.

NATURAL LIFESTYLE'S Top Picks



OrganiCup - Say hello to the menstrual cup!

We're on a journey to change the way periods affect our lives, our bodies and our environment.

OrganiCup is the easier, healthier and greener period solution.

No leaks, no worries: OrganiCup holds 3 big tampons worth and can be worn for up to 12 hours. Day and night.

No dryness, no infections: OrganiCup is made of 100% soft, medical-grade silicone that doesn't mess with your body.

Save money, spare our planet: OrganiCup lasts years, not hours = No constant waste and no monthly purchases.

Registered with The Vegan Society & AllergyCertified.

Try OrganiCup risk-free with our 90 days satisfaction guarantee.

www.organicup.com



Vegan, Cruelty Free & Fragrance Free Natural Deodorant

Offering long-lasting, effective protection against body odour, the Salt of the Earth Unscented Natural Deodorant Balm is cruelty free, fragrance free, and approved by both the Vegan and Vegetarian Societies. Perfect for those trying to reduce their use of disposable plastics, this plastic free Deodorant Balm is packaged in a recyclable glass jar and contains skin-loving ingredients including shea butter and coconut oil. This innovative Deodorant Balm expands upon Salt of the Earth's existing range of products which help to reduce plastic waste, including the Plastic Free Crystal Deodorant and Natural Deodorant Spray Refills.

www.saltoftheearth.uk



JASON Cannabis Sativa De-Stress Body Care

New and on-trend from JASON: De-Stress Cannabis Sativa Seed Oil hypoallergenic Body Care. The Body Wash features botanical surfactants and moisture-rich Cannabis Sativa Seed Oil, with soothing Oatmeal plus relaxing Lavender and Hops Extracts, for a relaxing, calming cleanse. Helps de-stress itchy, irritated skin, leaving it feeling smooth, pampered and balanced. The Moisturizing Creme offers a calming blend of Cannabis Sativa Seed Oil and vitamin-rich Black Cumin Seed Oil, infused with soothing Oatmeal and Shea Butter to promote healthy hydration for well-balanced, healthy-looking skin that feels comfortable and never tight or dry. No: THC, parabens, sulphates, petrolatum or phthalates.

Available from all good health stores and independent pharmacies nationwide, and www.jasonnaturalcare.co.uk



Natracare Plastic-free Curved Panty Liners

The same trusted organic and natural period products, with a brand-new look! Natracare has been the number one choice for plastic-free panty liners, pads, and organic cotton tampons for thirty years. Using only the best natural materials like soft organic cotton and plant cellulose, their products make you feel comfortably protected without the unnecessary plastic and harsh chemicals. Their compostable curved panty liners are gentle on intimate skin, shaped to fit the curves of the body for

everyday comfort. Natracare's brand new packaging will be available from winter 2020.

www.natracare.com



Cover greys in just 10 minutes!

BioKap hair dyes offer a fast and gentle option to cover grey hair perfectly. The high percentage natural and vegan formulas work in just 10 minutes, and are a breakthrough in natural home hair dye! Carefully developed with Organic Argan Oil and Tricorepair complex to protect hair and scalp, the range of 12 shades is free from PPD, Ammonia, Resorcin and Fragrance to ensure suitability for even the most sensitive scalps. Also available from BioKap are Root Touch-Up sprays in 6 shades for covering re-growth, and shampoo and conditioner for coloured hair.

www.mahinaturals.com



More than D-Mannose



Bladapure bottles are 100% recyclable.

Bladapure is a unique food supplement which combines the effectiveness of D-Mannose with Organic prebiotic inulin, Organic cranberry and key nutrients to create an inhospitable environment for bacteria which can cause Cystitis and bladder discomfort.

Available in 100% active clean fill capsules or a delicious pure powder, Bladapure provides 100% active ingredients with no fillers, flavours, binding agents and includes organic ingredients where available to provide a pure and natural solution to help maintain a healthy urinary tract.

Available from all good health food stores

Brilliant blueberry

Packed full of important nutrients, learn how blueberries can help to keep your mind and body in good health.

Consuming blueberries as a regular part of your diet may have a very positive impact on the health of your brain. This is because blueberries are a rich source of nutrients and antioxidants that protect the nervous system and possibly enhance memory and cognitive function in humans. Of particular interest is a group of polyphenols called flavonoids.

The research

There is a growing area of research, but the initial studies all highlight a significant positive effect of blueberry juice supplementation on memory and cognition.

In a clinical trial reported in the *Journal of Agricultural and Food Chemistry* in 2010, researchers from the University of Cincinnati Academic Health Center investigated the effects of blueberry supplementation in older adults. Over 12 weeks, subjects ingested wild blueberry juice, and they were later tested for changes in memory and cognition. Blueberries significantly improved the memory of adults in the early stages of age-related memory changes and also improved blood glucose levels and depression. Although this trial was small, it is the first to study the neuroprotective effects of blueberries in humans and showing positive results.

And in a study published in *The Journal of Neuroscience* in 1999, researchers from Tufts University investigated the effects of a diet high in blueberries, strawberries and spinach. Blueberries had a special effect on the cognitive and motor skills of the subjects, improving coordination and balance. In addition, blueberries improved short-term memory and learning. Eating blueberries may have a greater impact on the health of your brain when compared with other antioxidant-rich foods found in the diet.

So, how can people ensure they're getting enough to have a beneficial effect?

Research has demonstrated a daily glass of 100 per cent pure blueberry juice has a beneficial effect on cognitive function.

Nutrient rich

There is considerable interest in the potential of this group of dietary-derived phytochemicals in modulating neuronal function and thereby influencing memory, learning and cognitive function.

Mechanisms underpinning their ability to induce improvements in memory are linked to the potential of absorbed flavonoids to interact with signalling pathways, which control memory and learning processes in the hippocampus, the brain structure where spatial learning occurs.



Reader offer

BlueberryActive concentrated juice, from Active Edge, has a smooth, rich taste and contains no added preservatives, sugars, colours or flavours. To get the goodness of blueberries, mix 30ml of BlueberryActive with water to make a delicious juice drink, or add directly into your smoothie or natural yoghurt. Active Edge has teamed up with *Natural Lifestyle* to offer readers the chance of winning one of five 473ml bottles of BlueberryActive concentrate juice plus a free glass. 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.



COLDNER

Coldner is a unique Ce Medical Device containing red seaweed extract, which creates a barrier in the throat to hinder the attachment of bacteria and viruses. Simply spray into the throat during times of high risk of infection. *Natural Lifestyle* is offering readers the chance of winning one of five packs.



LOOFCO WASHING-UP SOAP BARS

Complete your plastic free washing-up routine with LoofCo Washing-Up Soaps. *Natural Lifestyle* is offering readers the chance of winning one of 10 100g bars of LoofCo Washing-Up Soap with pure lemongrass essential oil. Lather with warm water onto your washing-up pad or brush to clean crockery, cutlery, glassware and pans. Gentle on skin, great for handwashing laundry too, it contains organic coconut oil and glycerine. RSPO certified palm oil, they are vegan, paraben and SLS free, and fragrance free is also available (RRP £2.75).



VIRIDIAN LIP NURSE

This 100 per cent organic lip balm from Viridian Nutrition is specially formulated for dry, sore lips. Lip Nurse is deeply moisturising, with

natural oils to calm and soothe and supported by the medicinal properties of lemon balm and tea tree herbal extracts. Includes beeswax to nourish and hold in essential moisture and added grapefruit peel for a sweet citrus flavour. Crafted by hand from natural ingredients, Viridian Lip Nurse is produced in small batches to preserve the integrity and purity of the ingredients. Made in England and certified organic, *Natural Lifestyle* is offering readers the chance of winning one of 10 (worth £9.50 each).

GOOD HEALTH NATURALLY ANCIENT MAGNESIUM OIL ULTRA

Struggling to sleep or relax? Magnesium can support your body's optimal health. As an essential mineral, magnesium can benefit your body's health in various ways by aiding your general relaxation, easing stress, anxiety and supporting your immune system's response. Provides ultra-pure genuine 100 per cent Zechstein Magnesium Oil with OptiMSM in an easy-to-use topical spray for enhanced skin absorption. *Natural Lifestyle* is offering readers the chance of winning one of five Ancient Magnesium Oil Ultra 200ml, worth £18.95.



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: November 1, 2020. **Or you can enter online - visit www.mynaturallifestyle.com**

Please tick: LoofCo Coldner Good Health Naturally Viridian Active Edge

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- I would like to be contacted by *Natural Lifestyle* and relevant third parties

Real food recipes

Vani Hari takes us on a healthy food journey with dishes from her new cookbook, *Food Babe Kitchen*.



Harley's blueberry zucchini muffins

Makes 36 mini muffins or 12 large muffins

I always have a batch of these blueberry zucchini muffins ready in the freezer for a quick snack or to add to Harley's meals. They take just minutes to thaw in a toaster oven, and she loves them! They are super moist, taste absolutely delicious, and are perfect for both kids and adults. The best part? They have no added sugar. I try to give Harley vegetables with every meal, and thankfully she loves them. If your kids aren't veggie lovers yet, the zucchini in these muffins is a great way to sneak some in; they won't even know they are there.

Prep time: 15 minutes

Cook time: 10-12 minutes for mini muffins, 18 minutes for large muffins

Ingredients:

- 1½ cups oat flour
- 1 tsp ground cinnamon
- 1 tsp baking soda
- ½ tsp sea salt
- ¼ tsp baking powder

- 2 large eggs
- ½ cup unsweetened apple sauce
- 1 ripe banana, peeled and mashed
- ½ cup butter or coconut oil, melted
- 1 cup grated zucchini
- ½ cup wild frozen blueberries, thawed

Method:

- Preheat the oven to 350°F.
- Place the dry ingredients in a bowl

and mix to combine.

- Mix together the wet ingredients in a separate bowl. Slowly add the dry ingredients to the wet ingredients and mix until just combined. Fold in the zucchini and blueberries.
- Line mini-muffin pans or standard muffin cups with liners or grease with coconut oil. Fill each opening three quarters way full.
- Place the pans in the oven and

bake until a tester inserted into the centre of a muffin comes out clean, about 10-12 minutes for mini muffins and 18 minutes for large muffins.

- You can store extra muffins in the freezer, reheating in a toaster oven or standard oven, or place them in your fridge the day before you want to eat them so they can thaw overnight.

Quinoa veggie burgers with beetroot French fries

Makes 4 servings

I'm always concocting new veggie burger recipes at home, now that I no longer buy packaged or processed veggie burgers because of the scary ingredients and additives they contain. These quinoa veggie burgers are fabulous and too easy not to make ASAP. You can make several ahead of time and either freeze or refrigerate them to enjoy later. They also make a perfect burger to bring to a cookout. Just have the grill master plop them on the grill to reheat and you've got a delicious plant-based, protein-packed meal.

Prep time: 30 minutes

Cook time: 30 minutes

Ingredients:

- 1 cup cooked quinoa, room temperature
- 1 baked sweet potato, skin removed, mashed, room temperature
- 1 egg or 1tbsp ground flaxseed mixed with 3tbsp filtered water
- ¼ cup chopped fresh cilantro
- ½ small yellow onion, diced
- 1 in piece fresh ginger root, minced
- 1 garlic clove, minced
- ½ tsp sea salt
- ½ tsp garam masala
- ½ tsp curry powder
- ¼ tsp ground mustard seed (optional)
- ½ tsp cayenne pepper
- Melted coconut oil for brushing burgers

For the beetroot French fries:

- 2 large beets, washed, peeled, and cut into long rectangular strips
- 1tbsp coconut oil, melted
- ¼ tsp sea salt

Method:

- Preheat the oven to 400°F.
- Combine all the ingredients for the burgers, except the coconut oil, in a large bowl. Form into eight patties using a generous quarter cup of mixture for each.
- Line a baking sheet with parchment and brush with coconut oil. Place the patties on the oiled parchment and brush with a small amount of coconut oil. Bake for 15 minutes, or until the bottoms brown. Using a metal spatula, flip the patties over and bake five-10 minutes longer.
- To make the beetroot French fries, toss the beet strips with oil and sprinkle with sea salt.
- Place the beets in a single layer on a parchment-lined baking sheet and bake until tender, about 30 minutes, rotating halfway through. Serve immediately.

Eight-minute candy bar

Makes 12 bars or 24 squares

When you crave chocolate but don't want to eat the stuff filled with artificial ingredients sold at convenience stores, try this recipe. It's fast, fun, easy to make, and portable.

Prep time: 5 minutes, plus refrigeration

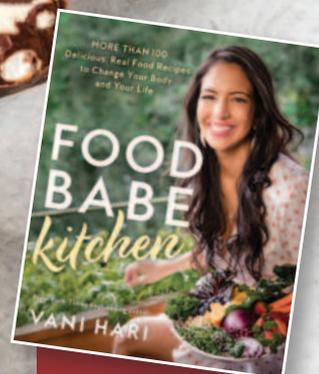
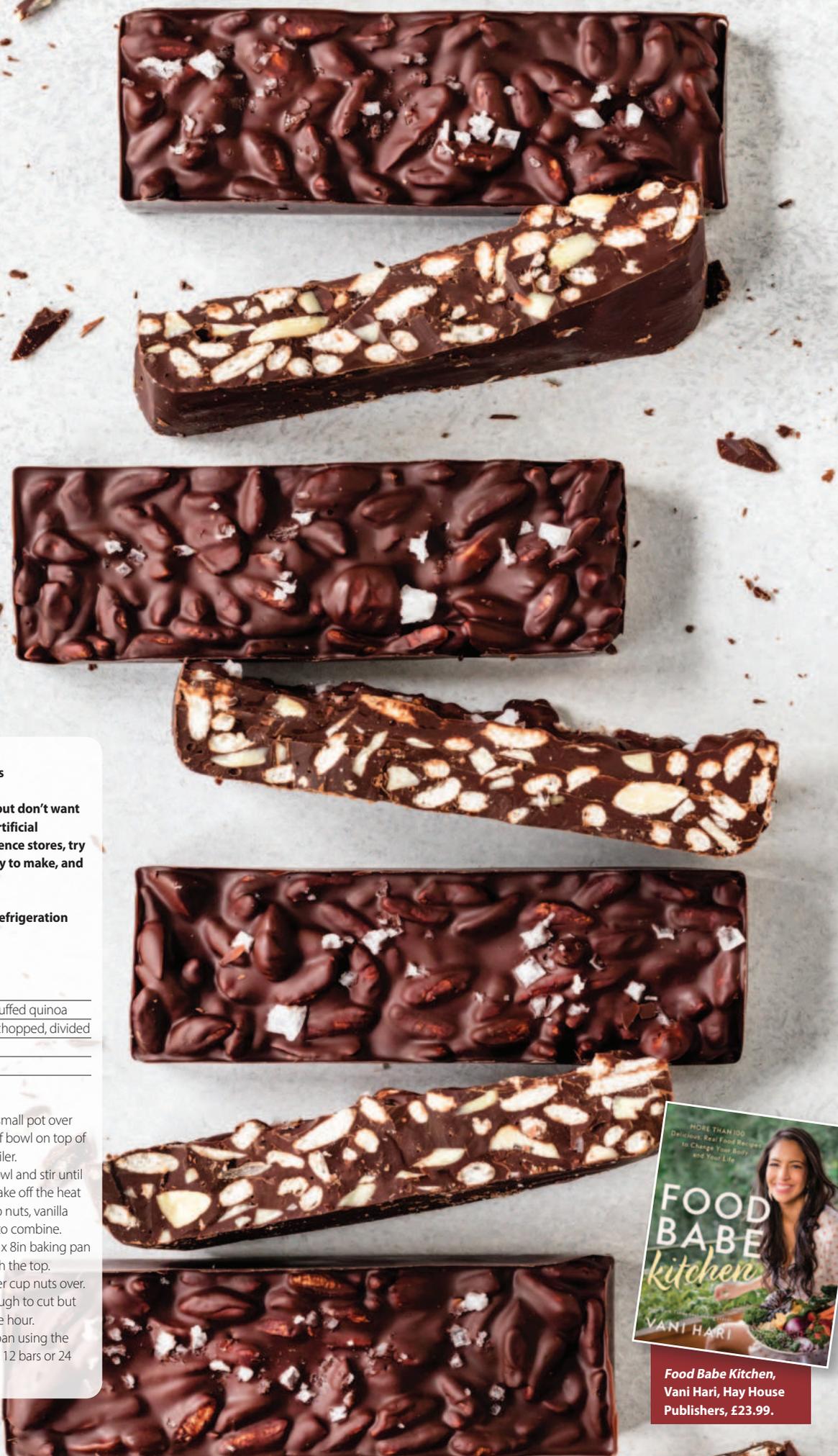
Cook time: 5 minutes

Ingredients:

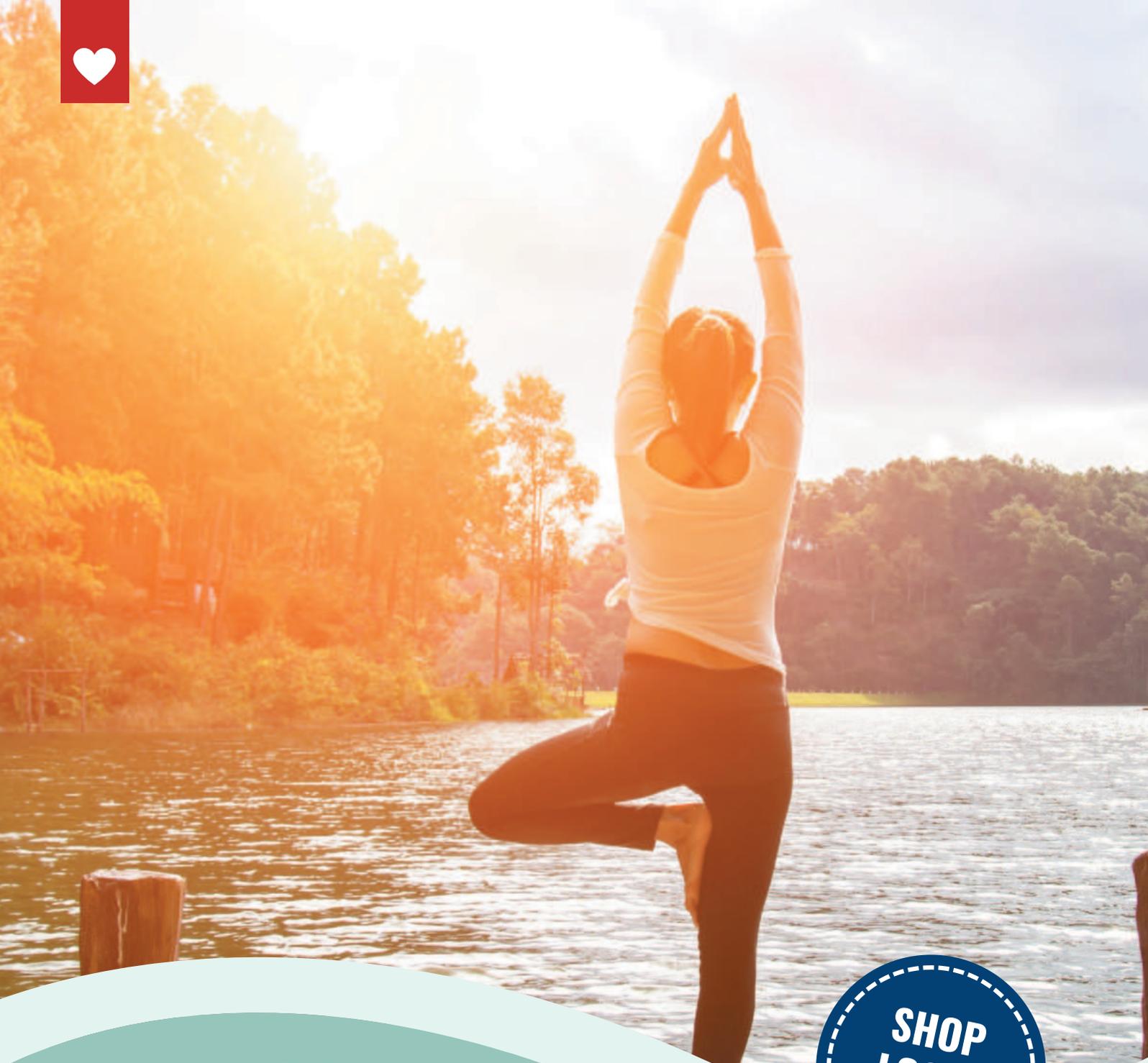
- 12oz dark chocolate chips
- 1 cup brown rice cereal or puffed quinoa
- ¾ cup almonds or peanuts chopped, divided
- 1 tsp vanilla extract
- ½ tsp sea salt

Method:

- Place one cup of water in a small pot over medium heat. Set a heatproof bowl on top of the pot, creating a double boiler.
- Add the chocolate to the bowl and stir until melted and warm to touch. Take off the heat and mix in the cereal, half cup nuts, vanilla extract, and sea salt. Stir well to combine.
- Pour the mixture into an 8in x 8in baking pan lined with parchment; smooth the top. Sprinkle the remaining quarter cup nuts over. Refrigerate just until firm enough to cut but not completely set, about one hour.
- Lift the chocolate from the pan using the parchment as an aid. Cut into 12 bars or 24 squares.



Food Babe Kitchen,
Vani Hari, Hay House
Publishers, £23.99.



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