

Natural Lifestyle

LOVE LIFE, LIVE WELL — NATURALLY

www.mynaturallifestyle.com

Oct/Nov 2023



A woman's way

How the female population can ensure they are nutritionally nourished

Act on your IBS

Your holistic guide to living with IBS

ESSENTIAL

SLEEP

SUPPORT

HELP YOURSELF TO A BETTER NIGHT'S SLEEP

Plus

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Cold & Flu

Welcome



NATURAL LIFESTYLE MAGAZINE,

Target Publishing Limited,
The Old Dairy, Hudsons Farm,
Fieldgate Lane, Ugley Green,
Bishops Stortford CM22 6HJ
t: 01279 816300

e: info@targetpublishing.com
www.mynaturallifestyle.com

EDITOR

RACHEL SYMONDS

e: rachel.symonds@targetpublishing.com

CONTRIBUTORS

Katie Lane, Keri Briggs, Dr Charlotte Morse,
Claire Campbell

THE TEAM

SALES DIRECTOR

RUTH GILMOUR

e: ruth.gilmour@targetpublishing.com

KEY ACCOUNTS DIRECTOR

ABIGAIL MORRIS

e: abigail.morris@targetpublishing.com

SENIOR SALES EXECUTIVE

JAMES LLOYD

e: james.lloyd@targetpublishing.com

DESIGN AND PRODUCTION

DANIELLA COMPARETTO

e: daniella.comparetto@targetpublishing.com

ADMINISTRATION/DISTRIBUTION

DONNA WENHAM

e: donna.wenham@targetpublishing.com

ACCOUNTS

LORRAINE EVANS

e: lorraine.evans@targetpublishing.com

MANAGING DIRECTOR

DAVID CANN

e: info@targetpublishing.com

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As we approach the annual Menopause Awareness Month, this issue of *Natural Lifestyle* takes on more of a female focus. But it's important that we consider female health as a whole, and through a range of life stages – addressing our health when we reach the menopause (and very often, when symptoms have already started) is a little like closing the stable door when the horse has bolted as it were.

Indeed, natural health experts will advocate for a healthy approach throughout life for both sexes, but this can be especially important for women when considering the need for hormone balance, which applies when supporting the menstrual cycle, to safeguarding fertility, during pregnancy, and through to the menopause. Away from these key life stages, women generally have certain nutrient needs that can sometimes be lacking.

And so, in this issue of *Natural Lifestyle*, we bring you a guide to women's health, highlighting the issues to be aware of, the effect a poor diet and lifestyle can have on us, and how we can safeguard against deficiencies. You can read our expert guide on page 14, and you can also turn to page 18, where we highlight PMS, the key nutrients you need to support your health at this time of the month, as well as the advice you need for a healthy menopause.

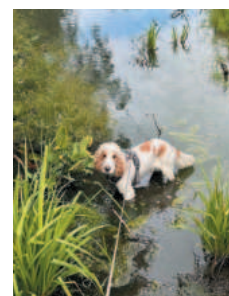
Remaining on the menopause topic, we are delighted to bring you our special supplement, *Inside Menopause*, which comes with this issue of *Natural Lifestyle*. It is packed full of all kinds of important tips and advice to help you better understand the process, and to guide you through the transition. Ask your local health food store for a copy, or you can read online at www.mynaturallifestyle.co.uk – and do let me know if you found it useful or have any ideas for future issues by emailing rachel.symonds@targetpublishing.com



Rachel Symonds,
Editor

THE BEST BITS

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



Natural Lifestyle mascot, Gus, took measures to cool down on a late summer walk with his owner, Editor Rachel.



Our Sales Exec, James, took in the last of the warm weather when he took to two wheels.



Our designer, Daniella, took to the water with her family for a trip to Hatfield Forest.



VISIT OUR WEBSITE
www.mynaturallifestyle.com



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Oct/Nov
2023

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*Vitamin B6 contributes to the regulation of hormonal activity. Pantothenic acid, B2, B3, B12 and magnesium contribute to the reduction of tiredness and fatigue. Vitamin B5 contributes to normal mental performance. Calcium, magnesium, and vitamin D contribute to the maintenance of normal bones.



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THE FAST APPROACH TO EATING WELL



Supporting yourself nutritionally while losing weight has been made easier with the launch of a new app.

The Fast 800 app allows users to gain access to over 700 healthy, nutritionally-balanced recipes, guided workouts, as well as mindfulness, community support and much more.

To date, nearly 100,000 people have found success with The Fast 800 programme and the launch of the app means you can access the programme on-the-go. All of the approaches follow the principles of a moderately low-carb, Mediterranean-style diet.

Dr Michael Mosley (pictured) founded The Fast 800,

which has been hailed by scientists, fellow medics and consumers for its simple but science-based approach to weight loss for improved health.

Dr Mosley explained: "The Fast 800 started more than 10 years ago, when I discovered that I had type 2 diabetes and high blood pressure. I lost 10 kilos in eight weeks using the 5:2 diet, a form of intermittent fasting. All these years later, intermittent fasting is at the heart of The Fast 800 and tens of thousands of people have followed my example, lost weight and improved their health using the same revolutionary approach. With our new app, we've made it even easier to access all the scientifically based meal plans, exercise, mindfulness and health content that have made so many weight loss journeys possible."

Calypso Haggett, CEO of The Fast 800, added: "The app has everything you need in one place, it's essentially a nutritionist, health coach, tracker, personal trainer, mindfulness coach and more, all in the palm of your hand."

Inside... HEALTH

FREE TO MOVE

A new campaign has launched to encourage the nation to get moving.

We Are Undefeatable has teamed up with comedian, Bill Bailey, who suffers with asthma, and Dr Zoe Williams for Freedom To Move, showcasing the benefits of physical activity hidden in everyday movements and to shine a light on why you don't need to spend money to stay active and healthy. To support the campaign, Dr Williams has recommended the following:

- **Making the bed for mind, body and soul** – kicking off your day by making your bed could have benefits, including reducing stress, helping clear your mind and boost your mood. It involves bending, stretching and engaging your core muscles to move pillows, duvets, sheets and mattresses.
- **Vacuuming or sweeping** – when vacuuming or sweeping the floor, the motion of pushing and pulling engages your arms and shoulders, while encouraging you to move more around your home, providing a light whole body cardio workout. For a more active session, why not turn on your favourite music and dance around your room as you clean?
- **Carrying food shopping** – carrying heavy bags of food shopping from the supermarket to home is a combined cardio and weightlifting exercise in disguise. Shopping bags act as weights, giving you the opportunity to strengthen arm muscles. Putting shopping away (especially heavier items like tins of beans) also requires bending and stretching whilst holding every-day weights.
- **Playing with pets or children** – engaging in playtime with your pet or little ones, whether it's throwing toys or chasing them around, can be a fun and natural workout session that engages your entire body depending on how you're feeling.
- **Washing the car** – this isn't just about cleanliness, it's a full body workout, scrubbing and reaching work your arms and core, while bending and stretching engages your legs.
- **Gardening and getting out in nature** – gardening is a holistic workout that combines squatting, bending, lifting and reaching. As you tend to plants and dig in the soil, you're engaging your entire body. Being outside in nature can also give you a sense of freedom, as well as having benefits for your health, including getting some vitamin D (in the summertime).

Health prep for kids

As children settle into a new school year, nutrition experts are advising how to ensure they are fuelled properly.

The British Nutrition Foundation suggests:

- **Breakfast** – mornings can be super-stressful, so anything you can do to set up a healthy breakfast beforehand can help. You could prep the night before by making some overnight oats that can be kept in the fridge.
- **Lunches** – if you're making a packed lunch, it's about the balance of the main food groups. Include a starchy food like bread, pittas, wraps, couscous, pasta or rice but go wholegrain, protein from foods like beans, lentils, fish, eggs and meats, veg such as cherry tomatoes, carrot sticks or peppers and some fruit, and dairy or alternatives as a snack, such as cheese or yogurt or milk as a drink.
- **Hydrate** – children need six to eight drinks across the day and water and milk are the best choices as they don't contain free sugars. You can offer juices and smoothies but it's best to have no more than one glass (150ml) a day, because they contain sugars and can be acidic. Reusable water bottles are great for children to take to school so that they can have water throughout the day.
- **Snack smart** – young children have small stomachs so healthy snacks between meals can help add essential nutrients. Stock up on healthier options such as fresh fruit, cheese balls, mini sandwiches, wholegrain crackers or fruit loaf.



We love♥

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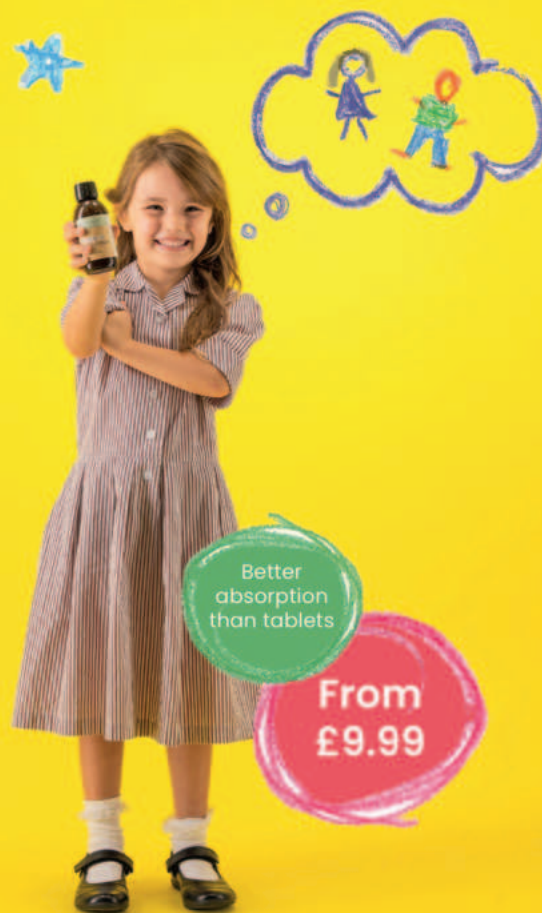
*Source: Euromonitor Passport report on Consumer Health National Statistics. Date: September 2022. **Vitamin D contributes to the normal function of the immune system

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Inside... BEAUTY

INVIGORATE YOUR MORNINGS



With the weather soon to turn colder and the nights drawing in, the winter blues can affect many of us.

So, why not shift your morning routine to uplift and energise with the help of Faith In Nature's Grapefruit & Orange Body Wash?

Designed to refresh and leave skin soft and smooth, it is beautifully scented with a blend of zesty grapefruit and organic orange, and gently cleans without stripping the skin of its natural oils.

Faith In Nature now offers its best-selling body wash in one litre bottles, which hold the equivalent of 2.5 standard bottles, meaning less plastic and more to enjoy.



Nourish skin through the years

Antipodes has placed the focus on helping skin age better with its latest natural creation.

New from the New Zealand brand is Eve Bio-Retinol Line Reduction Serum, a silky concentrate rich in bio-retinols to reveal smooth, radiant skin. Benefits from the serum includes line reduction, smooths and firms, refines skin texture and boosts collagen.

Hero ingredients include bakuchiol, derived from the babchi plant, which mimics the benefits of retinol, without irritation. This natural vitamin A alternative helps to soften fine lines and wrinkles. The serum also contains prickly pear oil, which helps to plump and protect, along with kakadu plum and jojoba oil.

Use at night before your favourite Antipodes night cream. With your fingertips, gently massage a few drops into your face, neck, and décolletage.



HELLO HYDRATION

Add moisture to your skin without overloading on chemicals with the help of Q+A.

The natural skincare brand has created its first oil-free moisturiser, perfect for oily, stressed, congested and blemish prone skin types. It's enriched with a special blend of L-arginine, an amino acid, glycerin, saccharide isomerate, niacinamide and calming and nutrient-rich green tea and aloe vera.

The clever combination of ingredients all work together to rebalance and restore, prevent congestion, provide long-lasting hydration, and encourage a clearer complexion. The lightweight formula is non-greasy and non-comedogenic, so won't clog up pores, making it ideal for those who experience acne, breakouts, and blackheads. The gel-like texture instantly sinks into the skin, making it a great base for make-up.

SUSTAINABLE SKINCARE



You can nourish your skin while considering your environmental impact with this new biodegradable face mask.

Croma has unveiled Tightening Face Mask, a vegan biodegradable mask that contains a unique peptide-rich blend with biomimetics to boost collagen and elastin and inhibit muscle contraction.

Designed to target dry and dull skin with fine lines, the mask formula is infused with a unique blend of innovative biomimetic peptides in synergy with coenzyme Q10 to provide a fresher, tighter and more youthful look in only 15 minutes. The combination of hyaluronic acid, alongside spinach and green tea leaf extract, boosts hydration whilst delivering potent antioxidants into the skin. The mask is both dermatologically tested and vegan.

It takes **guts** to be healthy



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ADD THE sunshine

Vitamin D, better known as the sunshine vitamin, is crucial for many aspects of health. No matter your age or life stage, it's important to ensure you are getting enough.

If there was ever a vitamin that has garnered vast amounts of attention, it's vitamin D. This multi-tasking nutrient plays a role in our physical and mental health and has been subject to research pointing to its potential benefits around reduced incidence and severity of respiratory tract infections.

While this vitamin is relatively easy to get enough of during summer, during the colder months, we can be lacking, which can raise our risk of health issues. And data shows many of us could be lacking; the Department of Health and Social Care has reported that around one in six adults and almost 20 per cent of children in the UK have vitamin D levels lower than Government recommendations. Older people, the housebound and people from black and South Asian communities are more likely to have lower levels.

The science

Vitamin D is obtained from exposure to sunlight through the skin. That is where the majority of our intake comes from, with smaller amounts from foods such as red meat, eggs, oily fish and some fortified foods.

Because we experience dark, colder months in the UK, when the sun isn't strong enough for you to make vitamin D and we are inside more during daylight hours, autumn and winter can mean people are lacking in adequate vitamin D – just at the time they really need it as our immune systems can take a hit. This is why supplementation is important to consider for many people.

There are multiple reasons it is considered such an important nutrient. When it comes to children, deficiency is linked to increased risk of rickets, and among all of us, it is also connected to our immune health, our cognitive function, it keeps our bones and muscles healthy, is critical for women's health (especially for fertility and during menopause) and can also support mood.

TRY THIS

Lamberts Vitamin D3 2000iu

BetterYou D3000+K2
Vitamin D + K2 Oral Spray

Terranova Green Child
Vitamin D3 400iu (10µg)

Viridian High Potency Calcium
& Vitamin D3

SUPPLEMENT ADVICE

So important is vitamin D that the Government advises all of us to supplement between March and October. Those in at risk communities, which includes those from black and Asian communities, those who cover up when outside, and older people who don't get outside much, should supplement year-round.

The recommended intake for adults and children over the age of four is 10mcg (400IU) a day during autumn and winter, while children aged one to four are recommended to supplement all year. However, nutrition experts often suggest higher amounts, depending on your lifestyle and need. Talk to staff in your health store about the right supplement for you.

We also need vitamin D with other nutrients. For example, magnesium is needed to help convert vitamin D to its active form in the body so it can be used, while vitamin D is often combined with vitamin K2 in a supplement as together, they are crucial for bone and heart health. Vitamin D is needed to regulate the amount of calcium in the body and to help it get to the right place.



Selection of the main products on promotion



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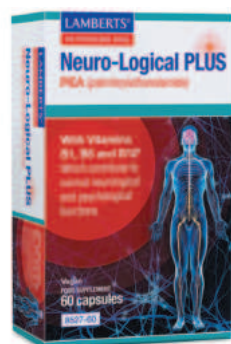


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www.skinglocollagen.com



Lamberts launches NEW Neuro-Logical PLUS

Palmitoylethanolamide (PEA) is a fascinating nutraceutical ingredient that is often described as a safe 'alternative to cannabidiol (CBD)'; given that the therapeutic actions of both compounds overlap in their biochemical roles in humans. Initially discovered over 50 years ago, recent decades have seen renewed research to

understand PEA's mechanism of action. PEA, unlike CBD, is produced by the body, as a direct response and repair mechanism to inflammation and pain. Lamberts is delighted to introduce our new double strength Neuro-Logical PLUS (400mg) into the range. Whilst containing twice the level of PEA (OptiPEA®) as our original formula, it is still enhanced with vitamins B1, B6 and B12 known to support normal neurological and psychological functions.

Website: www.lambertshealthcare.co.uk

Terranova Serum 768

Terranova Serum 768 is a unique blend featuring 14 carefully selected organic oils, combined with organic extracts of calendula and arnica. All ingredients have been specifically selected for their skin rejuvenating properties and work synergistically to provide a formula that is deeply nourishing and intensely restorative to skin that is affected by dryness, ageing or other common challenges to skin health. 100% Vegan 100% Natural 99.49% Organic of Total



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NURTURE YOUR SLEEP

Sleep is critical to repair and restore, but so many of us can struggle to get enough. Here's your holistic guide to help.

explore
IN STORE

Whether it's a period of stress or worry causing you to struggle to sleep, or hormonal imbalances from the menopause, there are a myriad of reasons why our night time routine can be disturbed.

And the effects on health and wellbeing are huge; according to The Sleep Charity, just one night of interrupted sleep negatively affects your mood, attention span and cognitive ability. When it's longer term, chronic sleep debt can have a seriously damaging effect on our mental and physical health.

Worryingly, research has found that those who frequently get fewer than six hours a night are at significantly increased risk of stroke and heart disease, with evidence that not sleeping enough may ramp up the 'fight or flight' response to stress, releasing hormones that speed up heart rate and raise blood pressure. Regular poor sleep also puts you at risk of serious medical conditions, including obesity and diabetes, and it shortens your life expectancy. It can also increase insulin resistance, a risk factor for the development of type 2 diabetes and heart disease.

Why sleep is important

The Sleep Charity explains that good sleep plays a significant role in healing and repairing the heart and blood vessels. It also gives the immune system and cardiovascular system a rest and allows other organs to be restored. Lack of sleep also suppresses your immune system, making you more vulnerable to infections and metabolic and hormone changes.

One of the most important factors to address if you aren't getting enough sleep is the reasons why. Could you be suffering with shifts in your hormones, such as during the menopause, that can make it difficult to sleep? Do you have poor sleep hygiene in that you don't adequately switch off and shut down? Other common contributory factors are stress, anxiety and worry, a poor diet with too many stimulants, and eating too late at night.

TRY THIS

A.Vogel Passiflora

Lamberts Neuro-Logical

CherryActive Concentrate

Absolute Aromas
Goodnight

NutraTea Nutra Relax

ESTABLISH A HEALTHY ROUTINE

The good news is that with some simple changes – and being consistent with these so they become habit – you can remove some barriers to sleep. It is important to note that if you are concerned with insomnia and it is affecting your day-to-day life, seek the advice of your GP.

Ideally, establish a routine of sleep and waking that doesn't differ too much on weekends; it means your body is more prepared for sleep. It's also advisable to adopt a wind-down routine that works for you, at least an hour before you want to sleep. Try to turn off the TV and put your screens away as the blue light from these devices can prevent the hormones that make us sleepy from being produced.

Consider your diet too; refined sugar and caffeine in large amounts and too close to bedtime can make it hard to get to sleep. You should also remain hydrated throughout the day so you don't go to bed feeling thirsty. Instead of caffeine, opt for chamomile or valerian tea.

We know exercise is good for relieving stress and making you feel tired, so it's recommended to be active at least a few times a week. This does not need to be intense, and should not be just before bed as you will struggle to switch off.

And don't forget that essential oils, such as lavender, can be incredibly supportive of a healthy sleep routine. You can add to the bath or into a diffuser, and make it part of your self-care wind down routine.

Sleep supplements

It's important you address any issues that could be leading to poor sleep, and to try and follow a generally healthy sleep routine. When those steps have been taken, you may want to consider supplements.

We love the mineral, magnesium, often referred to as nature's relaxant. It can help to soothe and calm and helps contribute to easing fatigue and tiredness.

There are also some herbs that might be supportive but do consult your doctor if you are taking any medication. Ones to speak to your health food store about includes valerian, lemon balm, passionflower and hops, as well as ashwagandha for its calming properties. Lemon balm is often combined with the amino acid, L-theanine, to support relaxation.

In addition, L-tryptophan is an amino acid best known as a precursor for the production of serotonin and melatonin. We also love Montmorency cherry, which can be found in juice or capsule form; it contains melatonin, which is an important hormone for sleep.

Women's wellbeing

From balancing hormones to meeting your unique nutrient needs, *Natural Lifestyle* has all the advice women need to maintain health and wellbeing.

While women are known to be more in touch with their health compared to their male counterparts, we also

know there is a far greater range of issues facing females, from monthly hormone changes to the menopause and much more in between.

We should also note that women often take on multiple roles in our modern world, managing family life with working, while also trying to juggle time for themselves. It is a demanding way of life that can often leave women depleted in many ways.

Martina Della Vedova, Nutritional Advisor at NaturesPlus, advised: "Women and men have a different biological make-up and this makes us predisposed to different conditions. Our hormonal design impacts nutritional needs throughout our lives. Hormonal fluctuations make women more prone to certain nutrient deficiencies, such as iron, calcium and chromium or make female organisms more prone to infections or flora imbalances at specific times of their lives."

Health awareness

There are a range of issues that commonly affect women, at different stages of life.

Martin Watson, Country Manager for supplement brand, Solaray, advised: "Some of the main health concerns faced by women include the impact of being overweight or obese, with obesity increasing the risk of serious health conditions like type 2 diabetes, heart disease and stroke. It can also increase risk of joint and back pain. Cardiovascular disease is another key health concern, with conditions affecting the heart or blood vessels being more common in women than men, amongst older adults. Fortunately, it can largely be prevented with a healthy lifestyle."

Martina added: "Reading NHS statistics, we learn that, in order of incidence, heart disease, stroke, diabetes, maternal health, urinary tract infections, sexual health, breast cancer and osteoporosis are the most prevalent health concerns impacting women. Pregnancy is a unique window in a woman's life, as a completely different hormonal picture can push nutritional needs and food tolerance to a limit. We cannot forget about mental health. One in five women report symptoms of mental health between the age of 16 and 25."

Keri Briggs, Senior Nutrition Brand Specialist at Lamberts, highlighted PMS, and other common issues related to reproductive health.

"Polycystic Ovarian Syndrome (PCOS) is a condition where the ovaries become enlarged and develop follicles or cysts. PCOS inhibits the ability of the follicles to release eggs, and this may have an effect on ovulation and fertility. One in 10 women in the UK experience symptoms of PCOS," she explained.

"PMS is a group of symptoms associated with the days or weeks prior to the menstrual period. Up to 90 per cent of women in the UK experience some symptoms, ranging from mild to severe. Up to 10 per cent experience symptoms so severe that they interfere with normal, day to day life."

CHECK YOUR NUTRIENTS

While general health advice is the same for men and women, there are differing nutrient needs, especially around hormone balance. Being aware of this, and avoiding deficiency, is really important.

Martin advised: "Calcium deficiency is common, with around one in 10 women believed to have an inadequate intake of calcium. Deficiency can impact the whole body, causing slower hair growth, weak nails, and thin skin. Deficiency can also increase your risk for developing hypocalcemia.

"Calcium is essential for joint and bone health in women as they begin to age. Painful osteoarthritis is more common in women and two thirds of sufferers are younger than 65. The hormone changes that happen at the menopause also directly affect bone density, so

avoiding calcium deficiency is extremely important at this stage as it can contribute to bone loss and increased risk for bone fractures/osteoporosis. Vitamin D deficiencies in women are also common. Vitamin D helps the body absorb calcium, so deficiency can exacerbate joint and bone health issues."

Martina went on: "Iron and B vitamin deficiency can affect women through their fertile years. It can lead to anaemia, hair loss or fatigue. Chromium and minerals like magnesium and zinc can be low after ovulation and this could lead to cravings, fatigue and mood swings. If a varied and balanced diet is not followed then the risk for low immune function rises quickly. Female anatomy gives more chances for bacteria and viruses to enter the organism and create urinary and vaginal symptoms. Stress also can lower defences."

Managing the modern day effects

We can't get away from the fact that life is busy, often stressful and too often with little downtime. Fuelling yourself the right way, while allowing occasional indulgence, ensures a healthy eating plan is sustainable.

"A 'diet' shouldn't be followed as such, instead, a healthy eating plan that takes in all three food groups in every meal – protein, healthy fats, and carbohydrates, reducing the intake of sugary, simple carbs and replacing them with complex carbs from whole grains," Martin advised.

Martina added: "In general, freshly cooked food, organic sources, varied diet is the base. Seaweeds and seafood are very rich in minerals and can be very helpful. Fibre is crucial to keep the biome well fed and healthy. Fibre-rich foods such as squash, celery, Jerusalem artichoke, leeks, fennel, and asparagus are great to support women's health.

"Dark greens leafy vegetables, liver, oysters and mussels are packed with iron and cofactors this mineral needs to be absorbed and utilised. Dairy is not the only source of calcium: nuts, seeds and seafood are great ways to get more of this nutrient. Eggs, seafood and seeds are rich in B vitamins, crucial for nervous system function and psychological function."

It's also important that time is taken to address lifestyle factors that could be affecting your wellbeing.

Martina recommended: "Relaxation is something all of us should be practising; the stress response is governed by a hormone, cortisol, which can throw hormonal balance out the window. Exercise is another simple but yet very powerful tool we have to counteract poor hormonal health, looking at activities that make us happy and serene. A nourished mind can be very powerful at supporting general health."

Keri also focused on the menopause, suggesting: "If protein intake from the diet is a concern, supplementary protein can be considered in the form of whey or soya protein. Studies show both forms appear to help reduce bone loss and reduce the risk of fracture in those with osteoporosis. Soya foods offer the benefits of phytoestrogens, plant compounds which weakly mimic the action of oestrogen and are often recommended for menopausal symptoms. Studies suggest they may be of benefit for post-menopausal bone loss, by inhibiting bone resorption and stimulating bone formation, at intakes of around 90-100mg a day."

EXTRA SUPPORT

If you are concerned you may need additional nutrient support, talk to your health store about supplements that could benefit you.

Martina suggested: "Probiotics and good fibre are a great support: the health of the biome is crucial in helping with mental, digestive, immune and sexual health and many more aspects of health. Other supplements for women are mineral complexes and seaweed-based products: the more varied the better for their antioxidant load and the spectrum of nutrients they can offer."

Martin added: "Healthy joints and bones are important throughout life as they allow us to do the things we love, so and a supplement combining vitamin C, MSM (a natural dietary source of sulfur) and glucosamine sulfate allows these ingredients to work synergistically to promote healthy joints, bones, and cartilage.

"For all-round health, a combination of omega 3, 6 and 9 fatty acids are vital. They support healthy blood pressure, improve heart health, and contribute to maintenance of normal blood cholesterol levels, helping to reduce the risk of cardiovascular disease and support healthy growth and development. Omega 3 has also been shown to promote brain health, supporting overall mental health."

For PCOS, Keri suggested: "As one of the key issues in PCOS is the two-way relationship between insulin and androgens, breaking the cycle where both are overproduced and affect the over-production of the other, is important. Myo-inositol has been shown to play a role in insulin signalling and studies suggest supplementation with myo-inositol can improve menstrual regularity, support weight loss, improve follicle maturation, reduce androgen levels and improve insulin sensitivity.

"Supplementation with D and K and calcium has been shown to improve insulin parameters and lipid profiles. Vitamin E has also been shown to influence PCOS symptoms such as acne, hirsutism, insulin sensitivity and menstrual irregularities. Zinc is important for insulin metabolism and those with PCOS are often low in this mineral. A new study demonstrated the benefits of alpha lipoic acid and myo-inositol for PCOS symptoms."

For PMS, Keri suggested: "One of the most well-known supplements for reducing symptoms of PMS is vitamin B6. Studies suggest it may help to clear excess oestrogen via the liver, increase progesterone production and support serotonin manufacture in the body. Gamma-Linoleic Acid (GLA), a fatty acid found in starflower and evening primrose oils, is recommended for some PMS symptoms, particularly breast tenderness. Changes in calcium regulation have been hypothesised as a cause for some PMS symptoms and calcium, in doses of 600mg and 1000mg a day, has been shown to reduce symptoms such as fluid retention, fatigue, depression, food cravings and pain, as well as being useful for dysmenorrhoea."

Try this

- ★ BioCare Female Balance
- ★ NaturesPlus bioadvanced Menopause Support
- ★ Cleanmarine PeriodPlan
- ★ BlueIron
- ★ Good Health Naturally Vitamin D3 & K2 Spray

Natural Lifestyle Top Picks



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Terranova Smooth Mag

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Natural Nordic Energy*

The only iron supplement formulated with delicious Nordic blueberries, BlueIron provides iron which is highly bioavailable and fast working. With the added benefit of a patented micro-encapsulated form of iron, it is easily absorbed and gentle on the stomach. Iron is an essential mineral used by our bodies for many health benefits, it is

important for making red blood cells, transporting oxygen around the body, supporting energy metabolism, maintaining cognitive function and reducing tiredness and fatigue. BlueIron provides the full recommended reference intake of iron for renewed energy*, focus and natural vitality. Every single bottle of BlueIron contains added vitamins combined with the Nordic blueberry concentrate for a great flavour, avoiding the unpleasant taste and side-effects often associated with other iron products. It is also suitable for vegetarians, vegans and includes no artificial colours. **www.blueiron.co.uk**

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



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

SO WHAT EXACTLY IS HYALURONIC ACID?

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

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

CAN SUPPS HELP?

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



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

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

ANY OTHER BENEFITS?

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

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



"I CAN BEND MY KNEES WITHOUT PAIN!"

'I've been taking Syno-Vital for about six months now. I'm amazed by how young looking my skin appears – I look younger than ever! I've been suffering with stiff joints over the past few years, but I can now bend my elbows and knees much easier without pain. I'd recommend Syno-Vital to all my friends and family.'

Liz Parkin, Huddersfield

Syno-Vital is available in health food stores Nationwide

Ask the experts

PROACTIVE PERIOD MANAGEMENT

by Katie Lane

How common is it to suffer with PMS, and how big is the range of symptoms that can be experienced?

It is common for most people with periods to experience some premenstrual syndrome (PMS) in their life. For symptoms to be considered PMS, they fall within the window of a week or couple of weeks directly prior to menstruation. This is a big window, given that many of those who have regular cycles will be repeating menstrual cycles every month.

Symptoms can be mild, things easy to overlook in day-to-day life, to more severe, that interrupt the ability to live as one would want. Typical PMS symptoms include sleep and mood changes, bloating, breast tenderness, changes in skin and hair condition, and also changes in appetite.

Can you recommend a healthy nutrition and lifestyle plan to support those who experience PMS?

PMS is highly personal. Understanding what changes tend to occur for you will influence how to monitor and manage those symptoms. Making sure to meet your baseline needs is really important here. So, high quality rest, adequate hydration, and regular, nutritious meals, are all important. Looking after one's specific needs could look like

anticipating that energy levels will dip and not planning high energy activities, or emotional reactivity might be higher, so including calming exercises, etc.

Are any nutrients particularly important to help in period management, and if so, would you recommend people supplement with?

There are some supplements that can be added to the diet at any phase of the cycle to help support PMS. Supplements taken in the lead up to a period can be helpful, but consider trying supplements for PMS for a few months to allow for the full effect to be seen on hormones over more than one cycle, as some nutrients can work quicker than others.

Nutrients useful for PMS could be those that influence hormones and promote healthy levels of hormones. For example, vitamin B6, which is needed for the regulation of hormonal activity. B6 also contributes to the reduction of fatigue and feelings of tiredness, as does vitamin B2. Plant oestrogens, magnesium, and omega 3 can also be found in hormonal supplements. Having iron levels tested regularly can also help to make sure iron deficiency doesn't play a role in contributing to symptoms those who choose to menstruate could be getting.

Q What are the key nutrients a woman experiencing menopausal symptoms should ensure she gets enough of?

Dr Charlotte Morse suggested: Many factors can contribute to hormone imbalances, such as blood sugar dysregulation, chronic stress, disrupted sleep, inflammation, poor digestion, high toxic load and thyroid dysfunction.

B vitamins and magnesium provide nervous system support for chronic stress and will also help with blood sugar regulation, as well as chromium. Selenium, iodine and zinc all support thyroid metabolism. Curcumin is incredible for its anti-inflammatory properties and supports the liver in detoxification, reducing high toxic load.

Calcium improves altered hormone patterns, neurotransmitter levels and smooth muscle responsiveness, and is essential in preventing osteoporosis following menopause. Vitamin D3 assists in the absorption of calcium, reduces inflammation and is believed to reduce the frequency of hot flashes. Vitamin E has been shown to alleviate the severity of common menopausal symptoms such as night sweats and hot flashes. Omega 3 may also help reduce these symptoms, along with alleviating depression (by helping the brain create more serotonin) and joint pain (by reducing inflammation).

Coenzyme Q10 is an antioxidant which can boost energy levels and aid in alleviating depression, migraine headache and hot flashes, while ashwagandha and maca provide nervous system support to aid sleep, reduce stress and boost energy. Flaxseed contains lignans which balance female hormones, reducing hot flashes and night sweats, while ginger and hops contain phytoestrogens which are good substitutes for oestrogen deficiency during menopause. They can help alleviate mood swings and bloating, ease hot flashes, sleep disturbances, fatigue and vaginal dryness. Wild yam can also balance hormones. Sage leaf and ginseng help relieve hot flashes, night sweats, mood swings, vaginal dryness, decreased sex drive and insomnia.

Collagen is essential for bones, gut, skin, hair and nails, but women make less of it during menopause due to the lack of oestrogen in the body. Adding collagen supplementation during menopause could alleviate a range of menopausal symptoms, from aching joints to dull skin.

About the experts



KATIE LANE is a Nutritionist and Writer for Savant Distribution, which has the Cleanmarine Period Plan product. Since graduating in 2012, she has worked within the alternative health industry in Australia and the UK.



KERI BRIGGS is Senior Nutrition and Technical Advice Specialist at Lamberts Healthcare. She has a BSc in Human Nutrition and has worked for Lamberts since 2000, where she has been involved in training, clinical trials, as well as advising trade customers and consumers.



DR CHARLOTTE MORSE is Product Development Scientist at liquid supplement brand, Nutrivity. She has a master's degree in Chemistry and a PhD in Polymer Chemistry. During her master's, Charlotte was awarded the Peter Maitlis prize for best fourth year research project. For her PhD, she won the prestigious Jon Weaver PhD prize for the best Polymer Chemistry PhD in the UK.



CLAIRE CAMPBELL is the Brand Manager for the iron supplement brand, Blueiron.

Must-have menopause support

**October is
Menopause
Awareness Month
and we've selected
some useful products
to support your
menopause journey.**

Lift the fog

Brain fog is one of the most debilitating symptoms of the menopause and perimenopause and can cause problems with short-term recall, with many women describing their brain feels like cotton wool.

Synaptaid was developed by Dr John Briffa and combines lion's mane mushroom extract and high dose key nutrients studied for their positive effect on cognitive health and mental performance.



Symptom relief

Menopause symptoms vary from person to person and often women will choose several products to help with their own specific symptoms.

Femipure is a wide spectrum menopause support supplement which deals with key symptoms including hot sweats, sleep disturbance, concentration, mood swings and memory.



Hydrate, hydrate, hydrate

One of the most common changes to the skin during the menopause is dryness caused by changes in the production from oil glands.

As well as using a richer face cream, a great way to keep your skin drenched in moisture is a daily dose of Silicea Kollagen Plus. This unique formula contains silica gel and hyaluronic acid, which attract moisture like a super sponge. Each daily serving also contains a healthy dose of collagen, which improves fine lines and wrinkles.



Burning issue

Urinary tract infections (UTIs) are one of the most common bacterial infections to affect women, especially during the menopause. It is thought that changes in oestrogen levels often alter the lining of the vaginal walls, which can change the protective flora, making bacterial infections more likely.

Cysticlean contains the highest level of proanthocyanidins (PAC) from North American cranberries, which have been shown in clinical studies to reduce UTI occurrence by 90 per cent.



**Products featured are available from
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Ask the experts

BOOST YOUR BRAIN HEALTH

by Keri Briggs

What can we do to look after our brain health in terms of our diet and lifestyle?

Regular physical activity is closely linked to a reduction in cognitive impairment and to faster processing speed, better executive function and memory, plus a lower chance of developing dementia. Other studies have found that exercise improves memory and attention.

There is good evidence for the role cognitive engagement plays in brain function and decline – the concept of ‘use it or lose it’. Taking part in activities such as mentally demanding work, reading, crosswords and sudoku, playing an instrument or learning a new language, and social activities are all associated with reduced risk of cognitive decline.

The importance of a healthy diet cannot be underestimated for normal functioning of the brain. A Mediterranean style diet is one of the most relevant. It focuses on polyphenol-rich fruits and vegetables, nuts and seeds, which contain omega 3 and 6 fatty acids, olive oil and lean meats and oily fish, such as herring, mackerel, salmon and sardines, which are also rich in omega 3. It is recommended that processed foods are avoided, and emphasis is on consumption of fresh, unprocessed or minimally processed foods which are naturally much lower in sugar, salt, trans and hydrogenated fats.

Can nutrient deficiencies raise our risk of having cognitive issues?

The brain is around 60 per cent by weight and poor levels of the right kinds of fats have been linked to cognitive issues and decline. Fats contribute to production of chemical messengers; they allow messages to be transmitted properly and for nerve cells to function correctly. Brain ageing causes changes in fats, which can lead to alterations which will affect cognitive function.

Lutein, a plant carotenoid, accumulates in brain tissue, and lower levels in the brain are

associated with increased cognitive impairment.

Would you recommend supplements for brain health, and if so what?

One of the most important is the omega 3 fatty acid, docosahexaenoic acid (DHA), found in algae and oily fish. This fatty acid, is almost impossible to make from dietary intakes of alpha linolenic acid, the parent compound of the omega 3 group. DHA is the main fat found in brain tissue. Lutein supplementation of 12mg a day improved verbal fluency, and when combined with DHA, also improved memory and rate of learning more than DHA alone.

Vitamins B6, B9 (folate) and B12 are important for reducing homocysteine. Raised homocysteine has been linked to several degenerative conditions, including dementia. These B vitamins are heavily involved in production of neurotransmitters, including dopamine, serotonin and acetylcholine, associated with mood, memory and learning.

Coenzyme Q10 (CoQ10) is a compound which supports production of energy and decreases as we age. Decreases in CoQ10 causes declines in attention and executive function (which defines the ability to plan, focus, attention, remember instructions, and juggle multiple tasks successfully) and depleted CoQ10 levels are also associated with cognitive impairment.

Palmitoylethanolamide (PEA) is shown to protect and regenerate nerve cells and reduce inflammation, and studies have shown it useful for conditions where cognitive function is impaired. Ginkgo biloba extract may help to protect the brain and neurons and improve the flow of blood, and therefore other nutrients and oxygen to the brain, while turmeric is widely accepted to be protective of nerves and reduces inflammation. Lemon balm is thought to have an effect on acetylcholine, which improves cognition.

Q I find I lack energy during the colder months – what can I do naturally to help?

Claire Campbell advised: As the winter starts to approach, the days get colder and darker, which can leave us feeling tired and fatigued. But this could also be a sign that our iron levels are low.

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

Debilitating fatigue and unexplained tiredness are common symptoms associated with low iron. Other signs to look out for include shortness of breath, pale skin, headaches and feeling lightheaded. These symptoms can be mild and often go unnoticed or overlooked, so it's important to speak to your GP if you are suffering with fatigue. A simple blood test will help determine your iron levels.

The best sources of iron from our diets are meat, poultry and seafood, which contain haem-iron. Haem-iron is a form of bio-available dietary iron required by our body to produce haemoglobin, a protein that carries oxygen around our body in red blood cells. Non-haem iron, found in foods such as beans, chickpeas and spinach, is less well absorbed by our bodies. Whilst you can get a sufficient daily iron intake from a healthy and balanced diet with iron-rich foods, almost a quarter (23 per cent) of the population take iron supplements.



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HOLISTIC IBS support

It's a common gut condition, which can be debilitating for sufferers. The good news is there is much you can do to help manage your symptoms with our holistic action plan.

So many people in modern society suffer some kind of gut related issue, the causes of which can be varied. When it comes to irritable bowel syndrome, better known as IBS, we know there are likely to be more people suffering than are diagnosed, such is the difficult and time-consuming process to diagnose.

So, what do you need to know about the condition? And if you have been diagnosed, what natural and holistic changes can you make to better help you live with the condition?

Martina Della Vedova, Nutritional Advisor at NaturesPlus, advised: "IBS is a collection of digestive symptoms that someone might be experiencing, such as bloating, gas, diarrhoea, constipation, irregular bowel movements, discomfort or reflux. About one in every five people are thought to have IBS. It is usually diagnosed by a GP or healthcare practitioner by assessing the symptoms of the individual."

Keri Briggs, Senior Brand Nutrition Specialist at Lamberts, went on: "IBS is a common cause for concern, with up to 20 per cent of the UK

affected. IBS is often categorised as a functional gastro-intestinal disorder or FGID. FGIDs can be difficult to diagnose as they often require all other possibilities to be ruled out before they can be confirmed. Several studies have shown that FGIDs have a significant effect on both physical and mental quality of life scores."

Adrienne Benjamin, Nutritionist at Pro-Ven Probiotics, added: "IBS is a disorder of the large intestine that is diagnosed when other possible issues have been ruled out and patients have been experiencing symptoms for at least one day a week for three to six months. Official figures estimate that 10-20 per cent of people are diagnosed with IBS at some point in their life, although almost a third of people claim to suffer from IBS symptoms and may not be officially diagnosed. It can develop at any age, but often starts between age 20 and 30."

And what is the symptom range that people should be aware of?

Martina explained: "Common symptoms are abdominal cramping and pain, change in bowel habits, bloating and swelling of the stomach,

wind, heartburn, nausea, low energy, low mood, mood swings, anxiety, poor immune function, poor sleep, to name a few. If someone experiences these symptoms regularly, a visit to a health practitioner is a must. Do not be discouraged if diagnosis is not reached soon. IBS is a collection of symptoms that can vary from person to person, and it takes generally few tests before reaching the right diagnosis."

Catherine Gorman, Nutritional Therapist at Good Health Naturally, added: "Common symptoms include bloating, stomach cramps, flatulence, constipation, diarrhoea and nausea. IBS is usually assessed by a doctor based on the presenting symptoms, such as changes in bowel movements, pain, duration of symptoms, and stress. They may request tests to rule out other diseases which mimic IBS."

UNDERSTAND THE CAUSES

There are many symptoms related to IBS, but what is it that actually causes the condition?

Catherine explained: "While the exact cause is unknown, it's been linked to bacterial infections, dysbiosis, food intolerances or sensitivities, oversensitive nerves in the gut and even genetic predisposition. Research also shows strong emotions like stress, anxiety, and depression can trigger chemicals in the brain which affect digestion, and contribute to conditions like IBS, diarrhoea and bloating."

Keri added: "Some studies have suggested there may be increased sensitivity of the nerves in the walls of the gastro-intestinal tract. Up to 10 per cent of cases can be linked to an episode of infective gastroenteritis."

Adrienne continued: "The link between the gut and brain has been researched extensively in recent years and around 60 per cent of IBS sufferers list a psychiatric disorder as one of the major factors in their lives, including generalised anxiety disorder, depression and other mood disorders. IBS diagnosis is twice as common in women as men, and this is thought to be for a number of reasons, including hormonal differences, stress levels and under-diagnosis in men, who are less likely to visit the doctor to discuss their symptoms."



Try this

- ★ Good Health Naturally Probiotic¹⁴
- ★ Udo's Choice Super 8 Gold Microbiotics
- ★ Terranova Microflora Complex
- ★ Thompson's Unmalted Slippery Elm Food
- ★ Pure Encapsulations Gluten Dairy Enzymes

IBS SUPPORT PLAN

So, what would the experts advise in terms of a healthy eating and lifestyle plan that can help you manage the condition?

Catherine suggested: "Certain foods can exacerbate IBS. Common culprits include red wine, wheat, gluten, cow's milk, eggs, soy, red peppers, and green onions. Gluten is often problematic as it can damage the gut mucosal barrier and increase intestinal permeability, known as leaky gut. The prevalence of gluten sensitivity has increased significantly over the past 50 years. Foods high in lectins can also cause digestive disruption in some people. They occur naturally in plants to protect them as they grow but can bind to the gut wall and cause damage. Foods high in lectins include beans, peanuts, tomatoes, potatoes, aubergine, wheat and other grains."

Adrienne added: "Reducing intake of sugar and processed foods may help support microbiome balance as these foods feed more pathogenic bacteria types, allowing them to overgrow and cause dysbiosis. It is important to work to get to the bottom of the reasons for the IBS and to support the body in achieving balance without the long-term elimination of a high number of foods."

Martina went on: "Fermented foods such as kefir, kombucha, sauerkraut and kimchi provide a host of beneficial bacteria, which are essential for the optimal functioning of the gut. It is also important to eat foods rich in prebiotic fibre, which is the fuel for these beneficial bacteria to thrive in our guts. Foods rich in prebiotic fibre are chicory, dandelion greens, Jerusalem artichoke, leeks and asparagus. Foods with anti-inflammatory and soothing properties such as ginger, turmeric and bone broth can also be supportive."

Keri highlighted the gut microbiome: "Those with IBS have been shown to have higher levels of pathogenic bacteria or small intestinal bacteria overgrowth (SIBO) and many mechanisms by which the microbiome affects IBS are linked to alterations in gut motility. Symptoms such as chronic constipation or diarrhoea appear to further disturb the balance of bacteria."

"The American Gut Project found eating 30 different plant foods a week, including fruits, vegetables, legumes, wholegrains, nuts, seeds and herbs and spices, improved diversity of bacteria in the gut. These foods are also fibre-rich, which can improve the mix of bacteria in the gut, as well as the numbers. A good example of a prebiotic is fructo-oligosaccharides (FOS), relatively short chain molecules which can ferment *Lactobacillus* and *Bifidobacterium* strains. Artichoke leaf extract has also been demonstrated to be effective at reducing IBS symptoms, possibly due to effects on bile production, fat digestion or microbiome diversity."

Pay attention to certain lifestyle choices.

Martina advised: "Exercise helps stimulate biochemical pathways that nothing else, not even medication, can initiate or trigger. Gentle and regular exercise can be the answer for many IBS symptoms. Relaxation techniques are the other big part of a healing process and healthy management of IBS. Once our parasympathetic system is triggered and trained into action, we see huge improvements."

Keri went on: "Lifestyle medicine, such as hypnotherapy, acupuncture, relaxation techniques and cognitive behavioural therapy, have been found to be of some benefit for IBS. Yoga has been well studied in this area. One study has found that twice-daily yoga was equivalent to prescribed medication for the alleviation of IBS symptoms."



MANAGE NUTRIENT DEFICIENCIES

▶ Keeping an eye on your nutrient intake is very important for IBS sufferers.

Martina explained: "IBS sufferers can be at risk of multiple nutritional deficiencies. This can result from someone avoiding certain foods that cause them to be symptomatic or from skipping meals to avoid digestive issues. Deficiencies can occur as a result of symptoms that affect normal absorption of nutrients i.e., diarrhoea/ altered bowel movements or in the case of ongoing unresolved IBS or inflammatory bowel disease, the lining of the bowel, essential for nutrient absorption, can become compromised, resulting in nutritional deficiencies and potential complications down the line such as bone density issues, anaemia etc."

Catherine added: "Deficiencies in vitamin B12 and iron are common. Both require enough stomach acid to be present to be absorbed, and low levels have been associated with IBS. A link has also been found between low vitamin D and IBS, as there seems to be a significant number of IBS sufferers with low vitamin D worldwide. The exact connection isn't fully understood, but it is known vitamin D helps maintain the intestinal barrier and can help increase diversity of the microbiome. Studies show deficiencies in zinc are fairly common with IBS. It's an essential mineral which helps repair and protect our intestinal barrier."

Adrienne went on: "With IBS-C, as healthy elimination is key to supporting health overall, constipation can increase the toxins in the body, which affects nutrient absorption. It can also lead to an ongoing feeling of fullness and lack of appetite, potentially resulting in nutrient deficiencies, and long-term, can lead to faecal impaction and haemorrhoids. With IBS-D, diarrhoea can cause dehydration due to water loss and can result in loss of nutrients, in particular, minerals required for various body systems."

In terms of what to recommend, Martina suggested: "In IBS, there is often a breakdown in the lining of the gut wall, which can be problematic. L-glutamine is an amino acid which acts as fuel to repair this lining and a supplement with high dose can be helpful."

Keri added: "Polyphenols from plant sources can be added.

Anthocyanidins, found in dark red and purple fruits such as grapes and grapeseed extract, bilberries, blueberries and cranberries, can have an effect on the microbiome and may improve gut barrier function. Peppermint oil is commonly used for IBS symptoms, particularly cramping and pain. It contains L-menthol, which has been shown to block calcium channels in smooth muscle, giving it an anti-spasmodic effect."

Catherine also advised: "Sodium butyrate is a short-chain fatty acid produced when our gut bacteria break down fibre. We also get a small amount in our diet from animal fats and plant oils. Research shows low levels are associated with diseases of the colon. It is the main energy source for cells which line the intestines; without it, they would not be able to perform important tasks of breaking down food, absorbing nutrients, and protecting the body from microbial infections. It may be effective in relieving symptoms of IBS."

"A broad-spectrum digestive enzyme is also recommended to help break down food, and aid nutrient absorption. Curcumin is well-known for its anti-inflammatory and antioxidant actions. Studies show it can help calm the digestive tract and heal the gut barrier."

Keri highlighted probiotics: "Strains of bacteria such as *Lactobacillus acidophilus*, *Bifidobacterium bifidum*, *Lactobacillus rhamnosus* and *Lactobacillus plantarum* are known to reach the gut and adhere to the cells there; both essential requirements for a probiotic to exert a positive effect. Several of these species have been shown to influence and alter the gut microbiome, with resulting benefits on diarrhoea, constipation and IBS."

Adrienne continued: "As bacteria form part of the mucosal lining and undertake many other functions in the body, taking a probiotic can help prevent dysbiosis. These friendly bacteria supplements can support stool consistency and regularity, and it is important to find a probiotic product that is supported by research showing it helps to reduce IBS symptoms. Digestive enzymes and betaine hydrochloride might also help with breaking down food and reducing discomfort from slow or inadequate digestion."

Natural Lifestyle Top Picks



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The cranberry effect

Research continues to demonstrate how important cranberries are for supporting our urinary health, and here's why.

For many years, the benefits of cranberry juice have been linked to treating urinary tract infections (UTIs).

These benefits are a result of several factors, the most important being linked to the PAC or proanthocyanidin content. PAC is found in several fruits, especially those with bright colours, hence the recommendation for people to consume brightly coloured fruits. North American cranberries naturally yield high PAC levels, and these play a role in reducing the adhesion of bacteria, which attach to the bladder wall instead of being flushed away with the passing of urine.

Drinking cranberry juice is not the most efficient way to obtain PAC as, with other healthy juices, high sugar levels can be added to make the tart juice more palatable.

A range of health benefits

In addition to their benefits for urinary tract health, North American cranberries also offer cognitive health benefits.

The antioxidants in cranberries have been linked to improvements in brain function and memory. These antioxidants help protect brain cells from oxidative stress and inflammation, which are associated with cognitive decline and neurodegenerative diseases, such as Alzheimer's.

A recent study at the University of East Anglia published in 2022 demonstrated that participants who consumed freeze dried cranberry powder equivalent to around one cup of cranberries demonstrated significant cognitive improvements compared to the placebo group.

It's important to note that the level of proanthocyanidins consumed was 281mg, which is considerably higher than typical cranberry supplements which, on the whole, contain 36mg of PAC.

NUTRIENT-RICH

Cranberries are a nutrient-dense fruit that provide a range of vitamins and minerals essential for cognitive health. They are rich in vitamin C, which is known for its antioxidant properties and its role in supporting brain health. Cranberries also contain vitamin E, vitamin K, and various B vitamins, all of which contribute to brain function and overall cognitive health.

In conclusion, North American cranberries offer significant benefits for urinary tract infections and cognitive health. Their ability to prevent bacteria from adhering to the urinary tract walls reduces the risk of UTIs, while the antioxidants in cranberries protect against inflammation and boost the immune system. Additionally, the antioxidants and nutrients in cranberries have been shown to improve brain function and memory. Incorporating cranberries into your diet, whether through fresh berries, juice, or supplements, can be an effective and natural way to promote urinary tract health and support cognitive function.

Reader offer

Cysticlean capsules provide a simple one a day solution to urinary tract infections. Each capsule provides 240mg of PAC, which has been clinically studied with exceptional results both with adults and children and *Natural Lifestyle* is offering readers the chance of winning one of three 30-one-a-day packs. 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.



NUTRATEA BUNDLE

Natural Lifestyle has teamed up with NutraTea to offer readers the chance of winning one of three unique herbal blends that includes the following: NutraRelax, NutraDefence, and Elderberry & Echinacea. NutraTea specialises in functional herbal teas that have been expertly blended to target specific health issues. Utilising 100 per cent active botanicals that have been sustainably sourced worldwide and free from flavourings and oils, each biodegradable tea bag can be reused up to three times throughout the day.



SOLARAY IMMUFOCUS DAILY

Specially formulated for daily immunity support, Solaray's IMMUFOCUS Daily contains a potent combination of vitamin C, vitamin D, selenium and zinc to help maintain the immune system, and help you live brighter all year round. Bioflavonoid Complex increases the bioavailability of vitamin C, while added probiotics and prebiotics support immune cells in the body's digestive tract. *Natural Lifestyle* is offering readers the chance of winning one of 10 60-capsule bottles, worth £24.99 each.

VIRIDIAN SYNERBIO DAILY

Get that good gut feeling with Synerbio Daily, a whole-body-biotic for everyday wellbeing. A targeted formulation of friendly bacteria, with added full-spectrum prebiotic fibre to support gut flora, each capsule provides 1.5bn bacteria from four well-researched strains, including *Lactobacillus acidophilus* DDS-1 and *Bifidobacterium* strains. Vegan friendly and a dairy-free formulation with no need for refrigeration, it contains 100 per cent active ingredients, formulated by expert nutritionists with no artificial fillers and no nasties. *Natural Lifestyle* is offering readers the chance of winning one of five.



SUN CHLORELLA A

The immune system is our first line of defence against disease, and studies have indicated that chlorella can have a significant stimulating effect on the immune system. Chlorella's antioxidant properties are important in immune system functions. Sun Chlorella A is one of the world's leading chlorella brands certified by quality assurance programme, Informed Choice. Available both in tablets and powder, *Natural Lifestyle* is offering readers the chance of winning one of three.

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, 2023. [Or you can enter online – visit www.mynaturallifestyle.com](http://www.mynaturallifestyle.com)

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HEALING THROUGH FOOD

Gemma Ogston offers some nourishing plant-based recipes to help you feel better and stay well, taken from her new book, *The Healing Cookbook*.

High-vibe cleansing bowl plus fermented pickles

When you want to feel part of the high-vibes club, the vibrant colours from all the gorgeous veg in this rice bowl will make you feel alive and boost your mood. Fermented pickles will give your gut some TLC and the tahini dressing with garlic, ginger, honey and turmeric will help protect your immunity. Prepare this on a Sunday and take it to work as a packed lunch for the next few days to keep those good vibes flowing.

Ingredients:

- 1 butternut squash, peeled and cut into wedges
- 2tbsp olive oil
- A pinch of salt
- 300g brown rice, cooked
- 2 avocados, cubed
- 2 carrots, grated
- 4 cooked beetroots, cubed
- 3 handfuls spinach
- Sauerkraut
- Carrot and ginger kimchi

Dressing:

- 1tbsp tahini
- 1tbsp olive oil
- 1 garlic clove, finely chopped
- 1½ cm ginger, peeled and finely chopped
- 1tbsp honey
- 1tsp ground turmeric
- Juice of 1 lemon

Method:

- Preheat the oven to 180°C.
- Toss the butternut squash wedges in the olive oil and a pinch of salt and arrange on a lined backing tray. Roast in the oven for about 30 minutes, until they look golden and cooked.
- Meanwhile, make the dressing by adding all the dressing ingredients to a small bowl and whisking until combined.
- Divide the cooked brown rice, avocado, carrot, beetroot and spinach between four bowls. Add a spoonful of your pickles and then generously drizzle the dressing.





Roasted cauliflower tacos and zingy ginger salsa and avocado

Building your own tacos is very therapeutic. I love that everyone can create them to their exact personal preferences and really get to know the ingredients. Sharing food together like this is such a wonderful ritual and can really lift your mood if you've been feeling a bit isolated while you've been unwell. The ginger mango salsa is what elevates these simple tacos to something really special. Mango adds a colour pop and burst of sweetness and fresh ginger and all the spices will give your immune system a boost.

Ingredients:

- 2 small cauliflowers, cut into bite-sized pieces
- 2 avocados
- 1 lime
- 8 small tacos

Marinade:

- 4tbsp sunflower oil
- 2tsp smoked paprika
- 1tsp ground chilli
- ½ tsp ground cumin
- 1tbsp tomato puree
- 1tbsp maple syrup
- Juice of 1 lime
- A pinch of salt

Ginger mango salsa:

- 150g mango, peeled and chopped
- 1 small red onion, chopped
- 1 lime, juiced
- 10 fresh mint leaves
- A small bunch of fresh coriander
- ½ small red chilli, deseed and chopped finely
- 2½ cm fresh ginger, peeled and finely chopped
- 1tsp olive oil
- A pinch of salt

Korean slaw:

- 1 small head of Chinese cabbage, thinly sliced

- ½ red cabbage, thinly sliced (optional)
- 1 medium carrot, grated (optional)
- 1 red pepper, thinly sliced
- 1 small sweet onion, thinly sliced
- A small bunch of spring onions, sliced
- A small bunch of coriander
- 2 medium garlic cloves, minced
- 2tbsp soy sauce or tamari
- 2tbsp rice vinegar
- 2tbsp sugar
- 2tbsp crushed red pepper (kochukaru)
- 1tbsp sesame oil
- 2tbsp toasted sesame seeds
- Salt
- Freshly ground black pepper, to taste
- Optional – some toasted seeds to serve

Method:

- Preheat the oven to 200°C.
- In a bowl, whisk together all the marinade ingredients. Add the cauliflower pieces and toss to coat. Place on a lined baking sheet and roast for about 20 minutes, until cooked and golden brown.
- Meanwhile, make the salsa by combining all ingredients in a bowl and leave to one side.
- Make the Korean slaw. Mix the cabbage, carrot, red pepper, onion, spring onions and coriander in a large bowl and mix well. Mix the garlic, soy sauce, vinegar, sugar, crushed red pepper, sesame oil and sesame seeds in a small bowl and mix. Pour the dressing over the veggies and mix well. Season and scatter toasted seeds over if you like.
- Mash the avocados in a small bowl and add the lime juice.
- Warm the tacos for a few minutes in your oven. To serve, lay everything on the table in bowls and build your own tacos. I like to spread the mashed avocado on a taco, load with the roasted cauliflower and a large spoonful of the mango salsa.



Turmeric, ginger and citrus muffins

Turmeric, ginger and citrus are a powerhouse trio of immunity support. Packed into muffins with a sweet-sharp glaze on top, these tasty snacks will make teatime treats feel virtuous.

Ingredients:

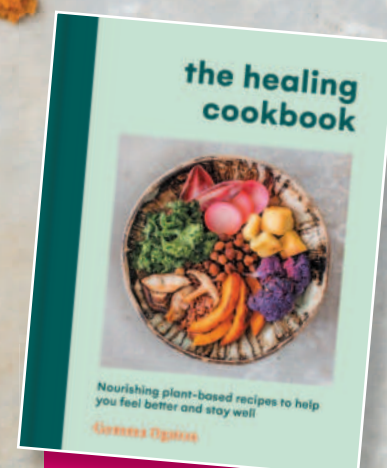
- 375g plain flour
- 2½ tsp baking powder
- ¾ tsp bicarbonate of soda
- ½ tsp salt
- 130g vegan butter, melted
- 180g caster sugar
- 200ml plant-based milk
- Juice and zest of 3 lemons
- Juice and zest of 1 large orange
- 1 tsp ground ginger
- 1 tsp ground turmeric

Glaze:

- 125g icing sugar
- ¼ tsp ground turmeric
- 1 lemon or 1 orange, juiced

Method:

- Preheat the oven to 175°C and grease or line a 12-hole muffin tin.
- Add all the dry ingredients to a bowl and the wet ingredients to another.
- Pour the wet mixture into the dry mixture and gently fold together until you can't see any dry flour.
- Fill the muffin wells to near the top with the batter. Bake for about 18 minutes until they are cooked, and a skewer comes out clean. Remove from the oven and leave for 10 minutes in the tin, before gently transferring to a wire rack.
- While the muffins are cooling, make the glaze by adding the icing sugar and turmeric to a small bowl. Add the lemon or orange juice slowly while mixing, making sure you don't have any lumps. Use a teaspoon to drizzle the glaze over the cooled muffins.



Extracted from *The Healing Cookbook* by Gemma Ogston (Vermilion, £16.99). Photography by Xavier Buendia.



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