

# Natural Lifestyle

LOVE LIFE, LIVE WELL – NATURALLY

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

Spring 2024

## Protect against pollen

A holistic guide  
to surviving hay  
fever season



## Reignite your energy

Why your energy is  
flagging, and the natural  
solutions to help

### PROBIOTIC POWER

A HEALTHY  
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# PERIMENOPAUSE

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# Welcome



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We've all been there when energy levels dwindle, when we go through periods of waking up in the morning and feel less than refreshed, or feeling like we need to reach for a mid-afternoon pick-me-up of the sugary or caffeinated variety. These can all be common signs that our energy levels need some attention, and can indicate you need to make some changes to your daily routine.

But before you start to think this means a radical overhaul of what you eat and drink, and how you live your life, it doesn't. Some simple, yet consistent changes can all add up to a lot, and it's so important that we take stock of our lifestyle and identify any issues that could be contributing to low energy – for example, do you eat a lot of sugar that could be sending your blood sugar on a rollercoaster that eventually leads to a crash, or is your sleep needing some work? Or perhaps you are feeling stressed and simply zapped of energy.

The good news is there is so much you can do to restore your energy and in turn, support your health and wellbeing, and we have all the expert advice you need on page 24. We would always preface any advice with recommending if you have prolonged low energy, coupled with any other symptoms, or are simply worried about feeling fatigued, to speak to your GP first.

Elsewhere in this issue, we also turn the focus onto seasonal woes in the form of hay fever. With the season now upon us, it's imperative you prep your health if you know that you suffer. This can mean the difference between suffering uncomfortable symptoms for weeks on end or not. All the advice can be found on page 16.

And finally, we are delighted to be announcing the results of the *Natural Lifestyle* Product Awards. Designed to shine a light on all those wonderful natural health products that make a difference to the lives of you and your family, you can read about the winners on page 14 – we would like to congratulate all our winners and thank you for voting.

*Rachel Symonds,  
Editor*



## THE BEST BITS

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



Editor Rachel was delighted to pay a visit to the lovely Natural Health in Hertfordshire, where she caught up with its owner, Julie Goodwin.



Our designer, Daniella, took some family time out for a day of fun with her sons.



It was a day of outdoor adventures for *Natural Lifestyle* mascot, Gus



VISIT OUR WEBSITE  
[www.mynaturallifestyle.com](http://www.mynaturallifestyle.com)



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Spring 2024

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## RESEARCH REVEALS WOMEN EXPERIENCE DISRUPTED SLEEP DURING PERIOD

Women are waking up to five times a night during their period, according to research.

It has been found that as

many as eight in 10 women experiencing interrupted sleep during their period are waking up to five times a night due to discomfort and worrying about period leaks, spending up to 30 minutes awake at a time (71 per cent).

In a bid to get a good night's sleep that's leak-free, 85 per cent of women are resorting to so called period hacks, yet this leaves them uncomfortable and susceptible to a 'period hangover' the next day. The so-called 'hacks' include wearing multiple pads (22 per cent) and even sleeping on towels (20 per cent).

The research, from Always, reveals the impact of a bad night's sleep is also felt the next day with 68 per cent of women admitting they feel more irritable

and 51 per cent unable to concentrate. And almost half (47 per cent) said it takes them between a few days and a week to catch up on sleep following their period. And so Silentnight's Sleep Expert, Hannah Shore, has offered women helpful tips to a better night's sleep:

- **Regulate your temperature:** Our bodies run hot during our periods, and when we are asleep, our core body temperature needs to drop a couple of degrees to get access to the good quality sleep we need. Avoid hot showers/baths, and wear light, cool pyjamas. If you struggle with overheating through the night regularly, try avoiding memory foam mattresses, as these can hold onto heat and make you hotter. A cold damp flannel or cold glass of water can help on particularly bad nights.
- **Establish a sleep routine:** We should be going to sleep and waking up every day at the same time, even on weekends. This means our bodies will be used to producing the right hormones at the right time of day (sleep hormones such as melatonin in the evening and wake promoting hormones such as cortisol for the day).
- **Light:** Light is important when it comes to sleep; we sleep when it's dark for a reason. Light is our main external cue that regulates our sleep/wake hormone production. Bright morning light suppresses the sleep hormones, leaving you feeling more awake. Dull, darker evening light prompts the body to produce sleep hormones such as melatonin which will help you drift off to sleep easier.

# Inside... HEALTH

## SAY HELLO TO SEAWEED

A nutrition expert is reminding of the health and beauty benefits of adding seaweed to your daily diet.

Dr Naomi Newman-Beinart, PhD explains that seaweed is naturally rich in iodine, an essential mineral your body needs to make thyroid hormones, which are necessary for vital bodily processes such as metabolism, which is why low thyroid hormone levels often lead to problems such as low energy, constipation and weight gain.

Dr Newman-Beinart explained: "Iodine is an essential nutrient that you must get from your diet. Seaweed is one of the richest natural sources of iodine, and as an added bonus, it also contains a range of other vitamins and minerals. However, although seaweed is readily available in the UK, it's not a staple part of our daily diets as it is in many parts of Asia. In fact, studies have found that nearly 70 per cent of school-aged girls in the UK are lacking iodine, so it's not surprising that the UK has been rated seventh in the world's top 10 most iodine-deficient nations by the World Health Organization."

So, what are the benefits of adding more iodine to your diet? Dr Newman-Beinart explained:

- **Boost brain power:** Researchers collated over 20 studies found that the more deficient in iodine a person was, the lower their IQ.
- **Optimise thyroid health:** Your thyroid is a small gland at the front of your neck. It uses iodine to make thyroid hormones, but if you are deficient in iodine, then your body can't make enough thyroid hormones. When this happens, your thyroid starts to work overtime to make these vital hormones, which can result in overgrowth of the thyroid gland, called goitre. Luckily, if caught soon enough, this can be reversed by improving iodine intake.
- **Support women's health:** As a nutritionist, I have seen numerous women over the years struggle with low energy, weight gain, dry skin, and coldness. While there is a lot to consider when someone presents with these symptoms, iodine status is the number one place we start and is often found to play a role in some of these issues.

She added that to obtain more through the diet, try adding seaweed to soups and salads to get a daily boost of naturally occurring iodine, or take a supplement.

"I recommend Doctor Seaweed's vegan and organic seaweed capsules. They contain only natural ingredients from food sources, and you know how much iodine you are consuming with each capsule. Also, much easier for those who don't like the taste of seaweed," she advised.

## The science of happiness

If you want to foster better health and wellbeing, then a newly updated course could be for you.

The Centre for Positive Health Sciences at RCSI University of Medicine and Health Sciences has launched an updated and enriched version of its acclaimed online course, The Science of Health and Happiness. The course, freely available to participants around the world, aims to impart the latest findings in the field of positive health to foster better health and wellbeing.

Spanning 11 weeks, the course will cover a range of topics, including whole person health, meaning and purpose, practical health tools, and meditation, offering strategies for participants to incorporate these principles into their daily lives.

Professor Ciaran O'Boyle, Centre Director, highlighted the importance of the course: "Modern lifestyles can often challenge our well-being so understanding the science behind health and happiness is crucial. This course aims to make the latest research accessible to everyone, providing practical tools for improving personal wellbeing."

## We love ♥

### SALUS EPRESAT

Support your immune health through the seasons with this liquid supplement from Salus. Containing vitamins A, B6, C and D, this great tasting liquid multivitamin is made with no chemical preservatives, colourings or artificial flavourings and just 10ml provides eight essential vitamins.

### OSAVI DAILY OMEGA

Up your intake of essential omega 3 fatty acids with this supplement in liquid form, containing essential unsaturated fatty acids (DHA and EPA) in the natural highly absorbable form of triglycerides (TG). Made with a pleasant, natural lemon aroma, the fish oil is produced in Norway from wild pelagic fish, mainly anchovies, sourced from sustainable fishing.



# Take Cover!



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## Skincare essentials

As we move to the warmer weather, now is the time to change up your skincare – and Evolve Organic has just the thing.

Sunless Glow Gradual Tan is a rich organic self-tan body lotion designed to give the body a gradual tan over a number of applications. It contains organic papaya to smooth the skin and prepare it for summer, organic aloe vera to soothe any signs of redness or irritation and shea butter to nourish and replenish dry skin. This gradual tanning lotion has a subtle fresh scent and works without leaving the typical strong smell associated with self-tanners.

Or you could try Tropical Blossom Body Polish, which contains fine particles of organic sugar to buff skin to smooth perfection. When combined with water, the natural sugar extracts gently turn the clear scrub into a creamy milk that rinses away clean, leaving skin smooth, soft and fragranced with the natural exotic tropical scent.

We also love Climate Defence Facial Cream SPF30, an untinted, reef-friendly, non-nano zinc oxide-based SPF 30 face cream, which provides broad spectrum UVA and UVB protection.



# Inside... BEAUTY



## Scent-free and soothing

Organic pioneers, Green People, have launched a new and improved scent-free range.

Experts in sensitive skin since 1997, Green People firmly believes that everyone should be able to wash without the worry of skin irritation and has reimagined its scent-free hair and body care collection with new prebiotic formulations that soothe, balance and protect.

Naturally free from SLS, fragrance and essential oils (all known triggers of skin irritation), the certified organic collection is eczema-friendly and formulated with gentle, natural actives chosen for their ability to calm, soothe and repair for healthier skin and scalp balance.

Designed to take the sting out of your shower routine, the five-piece scent-free body care collection is vegan and cruelty free, and all the squeezable tubes are made from sugar cane plastic with the deodorant bottle being made from recyclable and recycled plastic.

The range includes shampoo and conditioner, body lotion, deodorant, and shower gel.

## PICK UP PAI

Fade Forward Marine Algae Dark Spot Serum is the latest addition to the range at Pai.

This game-changing serum is proven to reduce the appearance of dark spots with instantly brighter results, and also defends the skin against future pigmentation thanks to its dual powers.

Thanks to a clever blend of sustainably sourced marine algae and stabilised vitamin C, this product gently fades hyperpigmentation and

discolouration over time, while organic vitamin E acts as an antioxidant to protect the skin against inflammation and sun damage, main factors which cause hyperpigmentation on the skin.

Fade Forward is certified COSMOS Natural – a standard that guarantees the sustainable management and efficient use of natural resources. It's also cruelty-free and certified vegan.



## The perfect pamper

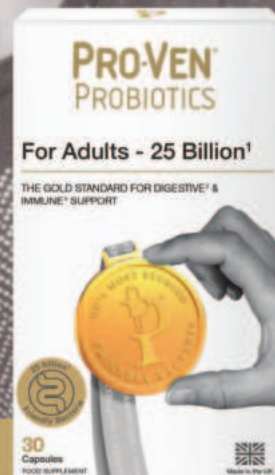
Whether it's a gift for a loved one or some self-care for you, Nourish London has just the thing.

Nourish London's beautiful range of organic and vegan skincare gifts are kind to your skin and the planet, and we particularly love the Energising Tangerine Trio.

Infused with tangerine, mandarin, neroli and grapefruit, this energising trio is bursting with beautiful citrus aromas and features Nourish London's Energising Tangerine Candle (9cl), Energising Tangerine Reed Diffuser (100ml) and Tangerine & Trehalose Hand Cream (100ml).



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Over the last few years it seems as though companies involved in producing mushroom supplements have been engaged in an "arms race" of sorts, with each company trying to outdo the other in terms of how many beta-glucans or other of the important constituents of mushrooms end up in their supplements. The problem with this "pharmaceutical" approach to herbal extracts is that you end up with standardised or concentrate extracts that bear little similarity to the whole natural herb. You end up with a pharmaceutical! This approach distracts us from the fact that these mushrooms have thousands of years of use; their reputations growing way beyond other herbs and medicines. Reishi for example, has been practically worshipped thanks to its reliability and effectiveness. All this incredible history was not based on pharmaceutical extraction or concentrating and isolating active components... it was based on simply making tea from them! Boiling them in water, simple hot water extraction. So, what we have done with our extracts is to take a step back in time, to traditional methods using whole mushroom fruiting bodies cultivated on organic substrate. Our mushrooms are extracted by the traditional hot water extract and then mixed into a base of vegetable glycerine.

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# HOLISTIC BEAUTY *essentials*

**Your guide to nourishing your skin, inside and out, and our top picks of the best natural products to choose.**

If your hair has lost its lustre and your skin is looking a bit dull, there could be a range of reasons why – and very often, these are within our control. For example, a poor diet coupled with a chemically-laden skincare routine is likely going to show in your appearance. Similarly, lacking key nutrients needed for our hair, skin and nails, along with unprotected sun exposure, is going to have an impact.

And even when we talk about skin getting older, while we cannot halt the effects of ageing, there is much within our control to slow down signs of premature ageing, such as sagging, wrinkled skin.

There will be some telltale signs your skin and hair health isn't the best; dry and brittle hair can be caused by too many chemicals, as well as certain deficiencies, while you may find nails break easily, and skin could be dry, itchy, flaky and prone to breakouts.

## *Eating for your appearance*

A poor diet and a lack of key nutrients is going to affect both your internal and external health. For a start, we know that refined sugar and saturated fats clog your skin up, while alcohol and caffeine are also dehydrating to the skin. Such food and drinks are also depleted of nutrients.

The Mediterranean diet is often suggested for good health, including for our skin and hair, and this focuses on brightly coloured fruits and vegetables, which are packed full of antioxidants, foods such as nuts and seeds, which are high in all-important omega 3 and 6 fatty acids, olive oil, plenty of quality protein, as well as oily fish. You ideally want to choose foods that are minimally processed, and with as few added ingredients as possible. You also need to remain rehydrated by ensuring you drink plenty of water.

When it comes to nutrients, looking at the hair, biotin is an important mineral and lack of it can lead to thin hair. Another mineral, zinc, is important for hair and the skin, as is selenium. Omega 3 fatty acids are crucial for many areas of our external health; we need it to nourish the hair and keep it from being dry, while it is also imperative for healthy skin and nails, helping to ease inflammation.

B vitamins are also really important for a healthy complexion, while vitamin D, that all-rounder nutrient, is needed for the skin's immunity and healing ability. And vitamin C, often associated with its immune-boosting properties, is key for skin; being an antioxidant nutrient, it helps to combat free radicals, which can cause damage to the skin. It is also needed for the production of collagen, which we need for healthy skin, especially as we get older.

## NATURAL GOODNESS

Whatever you put on your skin or hair plays a role in how healthy it is, whether that's the amount of chemicals in your everyday hair and skincare products, the amount of heat you apply to your locks, and the daily routine you use to nourish it.

As a general rule, look for products that are genuinely natural or organic, and the best way to be sure is choose those certified. Labels to look out for includes Natrue, COSMOS and Soil Association.

Let's then discuss the effect of chemicals and what to avoid. Parabens, SLS and SLES are among the most common and these are often used to add a lather. Silicones are used to make skin feel smooth and hair shiny, but have adverse effects on our health, not to mention on the environment. Phthalates can also be found in beauty products and should be avoided as they are linked to range of health concerns, while polyethylene glycols (PEGs) are petroleum-based chemicals used to

soften, thicken and aid moisture retention of the product.

When choosing what to use, the likes of calendula and avocado oils are excellent for intense skin conditioning where extra nourishment is needed, while hyaluronic acid is important for hydration, especially for older skin. Rosehip oil is a great choice if you have any skin damage or scarring, as well as being ideal for older skin, while other natural ingredients to consider, depending on your skin type, are jojoba and coconut oils. Almond is recommended for people with sensitive skin, while pomegranate is particularly beneficial for older skin.

And as we move to the warmer weather, sun protection is critical. Even on cloudy days, the sun's rays can cause damage so we recommend always using a facial moisturiser with SPF of at least 15.

When it comes to the hair, opt for a gentle, SLS/SLES-free, pH balanced shampoo, and always use a heat protector if using styling tools, while vitamin E and argan oil are wonderfully nourishing.





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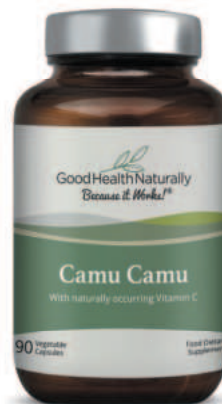
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hair, skin and nails. Zinc also contributes to normal cognitive function and the normal function of the immune system.

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# BACTERIA WITH BENEFITS

explore  
IN STORE

**Bacteria is often given a bad name, but far from being undesirable, we need plenty of the good stuff. Here's why you need to focus on healthy bacteria.**

**B**acteria is something we often think we need to avoid, and certainly since the Covid-19 pandemic, we have all taken steps to actively avoid bacteria. But while this may help reduce our risk of catching undesirable bugs from the bad bacteria, it can also mean we are missing out on the good bacteria too.

And this adds up when it comes to the effect on our health; not enough good bacteria can disrupt the delicate balance of our microbiome. And this microbiome plays a critical role not just in our digestive health, but also when it comes to our immune system, our cognitive function, skin health, energy levels and so much more.

So, why can your microbiome fall out of balance and what can you do about it?

## Your microbiome matters

This delicate system is made up of trillions of microorganisms and begins developing from birth.

The microorganisms, which are mainly made up of bacteria, play a key role in digesting food you eat and absorbing and synthesising nutrients. It is made up of both good and bad bacteria, and if these co-exist in balance, no issues occur. But this balance can be thrown out for a variety of reasons, with a huge knock-on effect on your health. The most common reasons for the microbiome to be disrupted is medication, particularly antibiotics. That is because while such medication is designed to rid the body of the bad bacteria, it can also kill off the good.

Poor diet can also deplete good bacteria, as can excess stress, and digestive issues, such as IBS. When it comes to diet, processed food and refined sugar is no good as the bad bacteria can feed off this.

## PICKING A PROBIOTIC

You may have seen probiotic supplements available in your health food store but there are so many to choose from, it can be hard to know what you need.

As a starting point, a multi-strain probiotic is useful as it has a range of strains in, each with differing benefits. This is important as the microbiome needs a range of strains for good health. But you can also find supplements that contain strains designed for specific health needs or person type, for example, women's health, children, or for immunity.

Some of the most commonly recommended strains include:

- ***Lactobacillus acidophilus*** – perhaps one of the most commonly found in supplement form, this is ideal for general gut health but also specifically for support after a course of antibiotics.
- ***Saccharomyces boulardii*** – is known to be able to help with diarrhoea.
- ***Bifidobacterium* strains** – popular bacteria include *Bifidobacterium*

*lactis*, known to be supportive of immunity and improve issues such as diarrhoea and constipation.

- ***Bifidobacterium breve*** – this will often be chosen for supplement targeted at children.
- ***Lactobacillus*** – both *Lactobacillus reuteri* and *Lactobacillus paracasei* are used to support women's health by focusing on the vaginal microbiome, along with *Lactobacillus crispatus* and *Lactobacillus plantarum*. These strains may be important if you suffer with UTIs.

Let's also not forget there are plenty of dietary choices you can make to add healthy bacteria. Fermented foods are the best choice, such as sauerkraut, kefir kimchi, kombucha and tempeh. We also need to ensure probiotics can grow in the gut, and so prebiotics are important, which can be found in the likes of garlic, onion and cruciferous vegetables, as well as in supplement form. These encourage the growth of probiotic species within the gut.

# Your health store favourites

After we asked readers to tell us what should win a *Natural Lifestyle* Product Award, you voted in your droves, and we are delighted to reveal the results.



## BEST SUPPLEMENT

### Syno-Vital

Syno-Vital is the leading brand of pure liquid hyaluronic acid, which is easily absorbed by the body.

Hyaluronic acid may help to increase the viscosity of the synovial fluid and so restore the cushioning effect for the joints, thus improving flexibility. As we get older, we produce less hyaluronic acid, hence, we start to show and feel signs of ageing, such as aching joints and wrinkly skin.

Hyaluronic acid makes up a massive 80 per cent of the human eye, 60 per cent of the skin, and crucially, nine per cent of the joints. Taking Syno-Vital can help to top up those levels and ease joint problems, whilst hydrating the skin and eyes.

Commenting on the win, Wendy Atkinson, founder and MD at Modern Herbals, which created the Syno-Vital range, said: "What a delight it is that we have won Best Supplement 2023, for our brand, Syno-Vital Hyaluronic Acid plus vitamin C. This win has come during our 20th anniversary in business, so just adds to our celebrations. We would like to thank all those who voted for our fabulous supplement!"

Highly commended: A.Vogel Menopause Support

Natural Lifestyle

## Product Awards 2023

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



## BEST VEGAN

### Booja Booja Salted Caramel Mocha Loglets

New Booja-Booja Salted Caramel Mocha Loglets are especially long, melt-in-the-mouth chocolate truffles rolled in dark chocolate flakes. Magically moreish, these delicious bites of chocolatey bliss mingle sweet caramel, smooth dark chocolate and Cornish sea salt with a gentle hint of freshly roasted coffee. Ideal to share or as a special gift, they're perfect for elegant nibbling.

Made in Norfolk, these irresistible delights are dairy-free, gluten-free, soya-free, vegan and organic. If you've not tried them yet you're in for a wonderful treat!

A delighted Louise Collins, Marketing Co-ordinator at Booja-Booja, commented: "We're absolutely thrilled that our Salted Caramel Mocha Loglets have won the Best Vegan award. Thank you to everyone who voted for them, it's wonderful to know that they're making people smile, as that's exactly why we make them!"

"We hope that winning this award will encourage more people to give these delicious, chocolatey treats a try."

Highly commended: Terranova Vollagen Complex





## BEST NEW

### The Ginger People Turmeric Juice

Turmeric shots are all the rage, but individual plastic bottles are very wasteful, and they often contain less than 20 per cent juice.

The Ginger People's Fijian Turmeric Juice is over 99 per cent juice and is packed in glass bottles with up to 20 shots per day! They are new so ask your store to order if you don't see them on shelf.

Commenting on the win, Mark McCarty, Director at WFBM Healthcare, which distributes The Ginger People range, said: "We're delighted that readers of *Natural Lifestyle* magazine love our Ginger Shots as much as we do – thanks to all who voted for us."

**Highly commended:** Faith in Nature Mint Body Wash



## BEST FOOD & DRINK

### Pukka Morning Berry Tea

Morning Berry is Pukka's latest herbal tea, an organic, caffeine-free blend of bold berry flavours and uplifting rooibos and hibiscus flower. It is an awakening combination of organic, fairly sourced, highest-quality herbs for a deliciously fruity and revitalising flavour.

Since it is caffeine-free, Morning Berry gently awakens you for a positive start to the day. This unique blend is bursting with blackcurrant, blackberry and blueberry notes for a mouth-watering, fruity taste. It has been recognised across the industry as an innovative new blend, winning a Great Taste Award and runner-up at both *The Grocer* New Product Award and The Natural & Organic Innovation Awards 2023.

Eileen Smith, Pukka Global Head of Brand Equity, commented: "We're delighted to have won the Best Food & Drink category with our new Pukka Morning Berry blend. A deliciously fruity, naturally awakening and caffeine-free tea that makes it the perfect wake-up companion. Thank you for voting."

**Highly commended:** The Ginger People Ginger Shots



## BEST BEAUTY/PERSONAL CARE

### Viridian Repair 5 Serum

Living with skin issues and dry skin can take its toll on confidence and impact every area of people's lives. Organic Repair 5 Serum is a blend of well-researched natural oils – black seed, flaxseed, lavender, chamomile and safflower – formulated to support skin health.

A study by Viridian found that 98 per cent of people who used Organic Repair 5 Serum reported significant improvements in the appearance of their skin. Black seed oil is rich in active compounds. The addition of safflower helps to fight against skin dryness. COSMOS certified, guaranteeing organic and natural skincare, avoiding the use of synthetic fragrances or colourings. Cruelty and palm oil free.

Aimee Benbow, Head Nutritionist at Viridian Nutrition, commented: "We're thrilled Organic Repair 5 Serum has won the Best Beauty/Personal Care category in the *Natural Lifestyle* Product Awards. Our skincare formulation is based on researched natural ingredients with therapeutic benefits. This nourishing vegan topical serum avoids synthetic fragrances and colourings and is ethically sourced, which also includes no animal testing. We'd like to thank the judges for presenting us with the award."

**Highly commended:** Otsan Manuka Cough Syrup



## BEST HERBAL

### Unbeelievable Health Energy and Focus

Unbeelievable Health is one of the only brands formulating all-in-one plant, herb and food sourced supplements, blending beneficial ingredients (not usually found in a regular diet), with no added fillers or excipients.

Bee energised energy and focus supplement is formulated by nutritionists and combines highest quality nutrients with proven benefits, including organic bee pollen, royal jelly, rosemary extract and much more and is Vegetarian Society Approved. Bee energised is helpful for fatigue, brain fog, sports and fitness training, jet lag, menopause, long Covid, exams and more. Effects are usually felt right away, and benefits build with time.

"We are buzzing with excitement (sorry!) over Bee energised winning Best Herbal. *Natural Lifestyle* is one of our fave mags so we feel honoured, and are so grateful to the readers who voted," commented a delighted Sarah Orecchia, founder of Unbeelievable Health.

**Highly commended:** A.Vogel Echinaforce

# HOLISTIC HAY FEVER

prep

**Hay fever season is upon us, and this can mean months of suffering many unwanted symptoms. Here's all you need to know about prepping your health to minimise the pollen effects.**

**W**hen you consider that one in five people experiences hay fever, it's likely either you or someone close to you is a sufferer.

Symptoms range in severity but for some, they can react to a range of pollens, meaning the season can last from spring through to autumn.

The ideal approach to managing hay fever is in the prep, getting your overall health, but specifically your immune system, functioning the best it can. And this can pay dividends in easing symptoms and severity.

Catherine Gorman, Nutritional Therapist at Good Health Naturally, advised: "Hay fever seems to be increasing year on year. It is now estimated up to 30 per cent of adults and 20 per cent of children may suffer from seasonal allergies. Allergic rhinitis is the most common allergy worldwide. Some studies have noted people with pre-existing allergic conditions such as asthma or hay fever may have an increased risk."

Martin Watson, Country Manager for Solaray, added: "Research conducted in 2020 found that around 49 per cent of people reported suffering from hay fever symptoms. Our environment and lifestyles are constantly changing – everything from where we go, who we mix with and what we eat – and with these changes, come allergies.

"Last summer, large areas of the UK were put on red alert for very high pollen levels, as we experienced almost continuous good weather that has not historically been typical for the UK. Scientists believe global heating is causing a higher frequency of hotter, drier summers and warmer, wetter winters, which could change the seasonal pollen pattern and may create longer pollen seasons, which is bad news for hay fever sufferers."

Alice Bradshaw, Head of Nutrition Education and Information at Terranova, went on: "Changes in environmental toxic load including pesticides, xenoestrogens and even excessive exposure to blue light have been proposed as possible contributory factors. Poor gut health and the stress of today's fast paced modern life may also be influential.

"Some experts in the medical field have suggested that time spent in lockdown during the recent pandemic may be one more contributory factor in the increasing rates of hay fever. It is proposed that spending an extended amount of time indoors may have caused our immune systems to over-react once re-exposed to the outside environment."

## DO YOU SUFFER?

There are telltale signs you suffer with hay fever, and understanding when these arise can help you identify what pollen you react to.

Keri Briggs, Senior Brand Specialist at Lamberts, explained: "Symptoms can occur at different times of year and will be dependent on the exact pollen which triggers a reaction. For example, tree pollen allergies can start as early as January, grass pollens peaking in summer and weed pollens lasting from spring to autumn. The root cause is due to the immune response. Pollen is incorrectly identified as an invader and antibodies called immunoglobulin E (IgE) are released. IgE activates mast cells in the respiratory tract and the pollen will trigger the release of histamine, causing allergy like symptoms."

Will Jordan, Nutritional Advisor at Viridian, continued: "Common symptoms include sneezing, runny nose, and itchy eyes, which are caused by inflammation of the nasal passage or the conjunctiva. The symptoms of the allergic reaction can

make it difficult to get a good night's sleep because of the discomfort, which can lead to fatigue, low mood, or reduced productivity at work. Other long-term effects are prolonged sinus congestion, which may increase your risk of getting sinusitis. Asthma symptoms such as coughing and wheezing can be worsened, and hay fever can reduce quality of life as it can interfere with your enjoyment of activities and cause you to be less productive."

Alice went on: "Evidence suggests an imbalance within the gut microbiome may be linked to allergies, including hay fever. Dysbiosis (unbalanced gut microflora) is a key factor that makes a person more susceptible to environmental and food allergies as it is linked to elevation of histamine, a compound involved in immune and inflammatory responses. Many people with allergic conditions, asthma or poor gut health may also suffer with hay fever. There may also be a genetic determinant to who is likely to suffer with hay fever as this condition tends to run in families."





## Pollen protection diet

Your diet can help to keep your health in check, as well as easing back on certain foods that promote inflammation.

"Dietary habits have found to influence the chances of developing hay fever," Will explained. "Some foods naturally contain histamines, including but not limited to, alcohol, especially red wine and in excess, dried fruits, avocado, aubergine, spinach, shellfish and processed or smoked meats.

"Dietary factors which may help include foods rich in natural antihistamine and anti-inflammatory actions. Foods rich in omega 3 promote anti-inflammatory actions in the body, such as fish and seeds and foods rich in vitamin C, such as fresh fruit and vegetables, act as a natural antihistamine. Food sources which are mucus forming, such as milk and sugars, should be avoided to reduce the build-up of catarrh."

Catherine added: "Allergies are thought to be linked to inflammation, so it stands to reason that if the diet is full of processed food and refined carbohydrates which generally increase inflammation throughout the body, then allergy symptoms will get worse. The Western world has been associated with the over-consumption of pro-inflammatory omega 6 compared to anti-inflammatory omega 3. While most people are getting an abundance of omega 6 from vegetable oils used in the manufacture of processed foods, they are deficient in omega 3, because they are not eating enough oily fish, nuts and seeds. So, it is important to address the amounts of each in the diet. Aim for a ratio of under 1:3

of omega 3 to omega 6.

"Support gut bacteria by eating colourful vegetables, plenty of fibre-rich wholefoods, nourishing bone broth and fermented products like kefir. Supporting the health of the gut wall is crucial. Sodium butyrate is a short-chain fatty acid, produced when gut bacteria break down fibre. It has an anti-inflammatory effect, which may help calm any disruption in the gastrointestinal tract and support healing.

"Some nuts can be high in histamines, especially cashews, pistachio, walnuts and almonds. Instead, opt for hazelnuts, pecan and macadamia, which contain lower levels of histamine and are less likely to trigger symptoms."

Alice added: "Tea and coffee can be replaced with herbal teas and ginger and nettle teas may be particularly helpful as they have traditionally been used to reduce histamine levels. Other helpful foods include onions, garlic, pomegranate and chamomile. Supporting liver health and detoxification pathways prior to the hay fever season may be a useful strategy. Increasing cruciferous vegetables and adding liver supportive botanicals such as milk thistle and dandelion is a relatively easy addition for people to make."

And Martin suggested: "Eating local honey is also a great approach, although for it to be effective this needs to be done all year round. Effectively, you're eating local pollen, so you build up immunity to it. However, this doesn't provide much benefit if you travel elsewhere."

### Try this

- ★ Good Health Naturally Camu Camu
- ★ A.Vogel Pollinosan
- ★ Helios Hay Fever
- ★ Terranova Quercetin Nettle Complex
- ★ Viridian Quercetin & B5 Complex

## YOUR HOLISTIC TOOLKIT

There are many supplements that are useful during hay fever season, depending on your symptom range.

Jordan suggested: "Chaga mushrooms are very equipped to help deal with an immune response. As they are extremely rich in antioxidants, they help support liver function, and a healthy liver is more effective at breaking down histamines, which is responsible for reducing the severity of allergy symptoms.

"Pine bark extract contains bioflavonoids that have been shown to block histamine release in the body. Pine bark also has a wide range of antioxidants, which scavenge free radicals, which can also ease symptoms of hay fever. Black seed possesses anti-inflammatory and anti-allergy properties. Studies have demonstrated black seed's ability to reduce nasal congestion, sneezing, itching in allergic reactions which suggests benefits in people that suffer with hay fever."

Alice added: "Low vitamin D levels have been associated with an increase in allergic reaction due to the role of this nutrient on the immune system, therefore, it may be prudent to ensure adequate levels. Nutritional and botanical supplements can be taken in preparation for the pollen

season, and these include quercetin, vitamin C, turmeric, nettle and bromelain."

And Martin advised: "Quercetin is found naturally in foods like broccoli and grapes. Research suggests this nutrient may block histamine, which means it provides allergy relief or can be used as a preventative. It also has anti-inflammatory properties, which can reduce symptoms if you're suffering. Quercetin is often combined with vitamin C, which helps immune cells attack pathogens, and bromelain, which reduces swelling and discomfort in the nose and sinuses. Feverfew inhibits the release of histamine and other inflammatory compounds, while nettle has also shown the ability to reduce the effects of seasonal allergies."

Catherine added: "Bromelain, a proteolytic enzyme found in pineapples, has anti-inflammatory and immune-supporting properties, helping relieve the pain and congestion of inflamed tissues"

And Keri suggested: "Using pro- and prebiotic supplements is advisable to maintain a healthy and diverse microbiome. A disrupted microbiome can make immune cells overreactive and reduce the excretion of allergens, making it more likely symptoms will occur."





## Terranova Quercetin Nettle Complex

Terranova Quercetin Nettle Complex is a powerfully active and intensely synergistic

formulation for support whenever we're exposed to higher levels of pollens, grasses and other airborne seasonal irritants. Quercetin Nettle Complex features the popular and well-researched combination of quercetin, vitamin C and bromelain, along with fresh freeze dried stinging nettle, elderflower and turmeric. As with all Terranova products, Quercetin Nettle Complex is free from any fillers, binders or any other manufacturing additives and is suitable for both vegetarians and vegans.

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

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## Hay Fever? Dust or Pet Allergy?

HayMax is the organic drug-free allergen barrier balm, proven in independent university studies to trap over 1/3 of pollen grains before they enter the body. It's 100% cruelty free and has never been tested on animals. It carries the Vegetarian Society Approved vegetarian trademark and is certified organic by the Soil Association. HayMax has the Allergy UK Allergy Friendly Product award (non-fragranced versions). HayMax has now switched to using sugar cane to make their pots, using up CO2 instead of producing it. As it is drug-free HayMax is suitable for children as well as pregnant and breast-feeding women.

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

Email: [info@haymax.biz](mailto:info@haymax.biz)



## Three Chamomile Tea

A chamomile inhalation can be helpful for those suffering in high pollen season. Use 4 Three Chamomile tea bags to make up a large bowl of strong tea with boiling water. Cover with a towel and steep for a few minutes. Place your head over the bowl and under the towel and take deep breaths through your nose and mouth for 5 minutes. This allows the steam to reach your lungs, providing relief and helping to decongest. A perfect combination of three types of organic chamomile: African, Egyptian and European flowers.

[www.pukkaherbs.com/uk/en](http://www.pukkaherbs.com/uk/en)

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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



# Spring clean your health

**As we emerge from the dark winter months, why not give your wellbeing a spring clean with these natural health essentials?**



## Liver cleanse

The winter months often include overindulgence of alcohol and fattier foods, both of which can put extra pressure on your liver.

Herbetom liver formula contains a unique combination of herbal extracts known to maintain healthy liver and digestive functions.

The liquid formula is both tasty and easily absorbed by the body.



## Gut cleanse

Toxins and pathogen build-up in the gut can leave you feeling bloated and lethargic and can lead to IBS symptoms.

Silicea gastrointestinal gel is the original natural silica gel, which bonds with toxins like a sponge, removing them from the digestive system to ease bloating and gas and soothe IBS symptoms.

It's a must have for any medicine cabinet!



## Better breathing

Winter coughs and colds can leave your nasal and sinus passages clogged with mucus and other nasties for months.

Better breathing increases energy levels while improving the quality of sleep. And using an Otosan Nasal Wash Kit helps flush out nasal debris and includes hyaluronic acid, which aids repair of the delicate mucus membranes.

## Natural energy

Strath herbal supplements contain a unique friendly yeast which has been subject to numerous clinical studies with remarkable results. Benefits include improved cognitive function, increased energy levels and the strengthening of the body's immune response to infection.

It works so well as it dramatically increases the absorption of nutrients from the food you eat.



Products are available in health food stores across the UK



# Ask the experts

## MAGNESIUM MATTERS

by Alice Bradshaw

### Why is magnesium so important for our health and what impact can deficiency have on us?

Magnesium is classified as a macro (or major) mineral, meaning that every day, our bodies require more than 100mg for good health. It's a mineral that is highly concentrated in the body's cells and while its primary function is enzyme activation (it's involved in over 300 enzymatic reactions), it's also needed for the proper functioning of pretty much every organ and system within the human body. Magnesium is crucial to bone health, the cardiovascular system, the nervous system, protein synthesis, electrolyte balance and energy metabolism.

### How common is it for people to be lacking in magnesium and what signs might people have if they are lacking?

Although magnesium is found in a wide range of foods, most nutritional experts believe that many people do not actually consume or retain enough of this mineral for optimal health. Magnesium deficiency can be due to factors such as low mineral concentrations in the soil in which our food is grown, as well as poor dietary choices that ultimately deplete magnesium. Additionally, there are several factors that reduce magnesium absorption (or increase its removal from the body); these include high

calcium intake, alcohol, surgery and conditions associated with ageing.

Because magnesium is central to so many physiological functions, a deficiency can manifest in many ways, from lacking in energy, experiencing muscle cramps or having feelings of heightened anxiety or stress. Individuals with more serious health conditions, such as those relating to bone or heart health, may also be lacking optimal levels of magnesium.

### Would you recommend a supplement and what advice can you offer in terms of choosing the right one?

Many people choose to supplement with magnesium but might be confused with the various forms that are available.

Magnesium citrate is generally well tolerated and absorbed, as are magnesium bisglycinate, taurate and malate. Some supplements contain a blend of several forms. Magnesium oxide has an osmotic effect, meaning that it draws water into the intestine, creating a laxative effect. Magnesium supplements are available as powder, tablets, capsules and even oral sprays.

As with all nutritional supplements, you should seek advice before supplementing high doses of magnesium, especially in the long term. It is important that minerals are used in balance with other nutrients.

## Q Are there any specific recommendations you can offer to support women suffering with IBS?

**Adrienne Benjamin explained:** Statistics show that women are around twice as likely as men to be diagnosed with irritable bowel syndrome (IBS), the symptoms of which include abdominal pain, bloating and altered bowel habits (diarrhoea and/or constipation). The condition is also strongly associated with psychological symptoms such as anxiety and depression, reflecting the much-researched link between the gut and the brain.

Evidence has increasingly shown the role of visceral hypersensitivity (internal organ pain), inflammation, loss of gut barrier function and gut motility disturbances in the development of IBS symptoms. All of these elements are impacted by our gut microbiome and higher diagnoses in women suggest that female hormones may also play a part, as these hormones affect digestive function, sensitivity to pain and can impact inflammation throughout the body.

Long-term chronic stress has also been shown to have a significant impact, as the body's stress response 'switches off' digestive function and impacts bacterial balance in the gut microbiome, again impacting food assimilation, motility and bowel habits.

General strategies to help manage stress and balance hormones include a nutrient-dense balanced diet, relaxation, hydration, exercise, massage, breathwork and optimising sleep and the key is finding what works best for you individually.

In addition, a brand-new study exclusively with women has shown that taking a specific daily probiotic supplement may help to reduce symptoms of IBS, including improving bowel habits and reducing feelings of anxiety and depression. The indications from this study are that the probiotics have a positive impact on the composition and functioning of the gut microbiome, which helps to manage the IBS-related symptoms.

## 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 more than 25 years and is Head of Nutrition Education and Information at Terranova.



**ISABELLE NUNN** is a Pharmacist, Registered Nutritional Therapist, and Functional Medicine Practitioner at DR.VEGAN, with more than 13 years' experience in supporting health and wellness. Isabelle regularly provides educational talks, workshops and articles alongside supporting customers on their health journey.



**NICOLA SAINTY** is a Nutritional Therapist at the supplement brand, Revive Active, as well as being a speaker at corporate and wellness events.



**ADRIENNE BENJAMIN** is the Nutritionist at ProVen Probiotics and specialises in understanding and sharing the ways in which our gut and microbiome help to support our health.





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# Ask the experts



## THE GUT AND THE MENOPAUSE

by Isabelle Nunn

### Why is there a link between menopause and gut health?

Gut health affects the balance of hormones, including the regulation of oestrogen levels. Oestrogen is initially metabolised through the liver before being converted into a form that can be excreted via the stools and urine, which is important to regulate oestrogen levels.

Significant changes in sex hormone levels occur during the perimenopause, in particular, oestrogen, which can fluctuate markedly and then decline as menopause approaches. Due to the reciprocal link between oestrogen and gut health, an imbalance in the gut microbiome can impact oestrogen levels, which in turn may trigger or exaggerate the symptoms of menopause. Furthermore, changes in oestrogen levels during menopause can alter the whole composition and balance of the gut microbiome.

### What gut health symptoms can menopause bring?

New research by the team at DR.VEGAN, which looked into the impact of menopause on gut health among 1,526 women going through menopause, shows 91 per cent of women experienced changing gut health during menopause. The research shows the most common change in gut health is bloating, which two thirds of women going through menopause will experience. Other symptoms women experience includes

excessive wind and gas, constipation, acid reflux, mild or severe IBS, diarrhoea, stomach cramps, and changes in the smell or colour of urine or stools.

### Can you recommend the best approach in terms of diet and lifestyle to ensure the gut is well looked after at this stage of life?

Changing one's diet and lifestyle can make a significant difference in improving gut health and relieving symptoms of menopause, and the research by DR.VEGAN found that 66 per cent of women who made changes to their diet and lifestyle found them to be effective. The five most effective changes women can make are increasing plants and vegetables, reducing or avoiding alcohol, increasing fibre intake, reducing or avoiding dairy or gluten and increasing protein intake.

If you're experiencing changing gut health symptoms, a good quality probiotic will help rebalance the gut microbiome, relieve gut health issues such as bloating and IBS, and in turn a healthy gut microbiome will help relieve symptoms of menopause. Look for a probiotic which also contains prebiotics, at least five strains of live cultures, and a high CFU count of 35bn or more. Natural supplements that contain phytoestrogens and essential vitamins and minerals can help regulate hormones as they fluctuate through menopause and are the most common choice among women going through this natural life stage.

### Q What are the most important nutrients for energy when taking part in a lot of exercise?

**Nicola Sainty recommended:** For many years, there has been an emphasis on protein as the go to nutrient for those undertaking sustained and long bouts of exercise. However, while lean protein is important, people concentrating on protein shakes could be overlooking other nutrients which are arguably more important; healthy fats, hydration from water (pure and simple), carbohydrates and energy boosting vitamins and minerals.

Carbohydrates are the body's first source of energy, fulfilling the most immediate needs, breaking down into glucose and providing fuel to the cells for quick energy. As ever, choose complex carbohydrates that provide steady energy and keep blood sugar levels stable.

Vitamins and minerals play a crucial role in energy metabolism, helping to transform carbohydrates into energy, carrying nutrients around the body and aid in cell metabolism. Three key actives to look out for are:

- **B vitamins** – all eight B vitamins play a role in energy metabolism, helping enzymes do a variety of jobs, from transporting energy rich nutrients around the body to red blood cell development. A daily dose of B complex is vital for a fully functioning nervous system so in a nutshell, B vitamins keep your energy up and your body running smoothly.

- **Iron** – is essential for generating a steady flow of oxygen as it breaks down carbs and provides the glucose that working muscles need. You might not be able to take advantage of that glucose as quickly if your body is low on iron. The steady flow of oxygen is also key to preventing post-exercise fatigue.

- **Coenzyme Q10 (CoQ10)** – is a boost and bodyguard simultaneously. It's in every cell and helps produce energy in the mitochondria. It can improve exercise performance by improving mitochondrial function and lowering oxidative stress in cells. This nutrient is important for all cells, especially vital organs like the heart and lungs.





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# REIGNITE YOUR ENERGY SPARK

**Low energy has a serious knock-on effect to quality of life and, in turn, our health. Here's how you can get your energy back to a healthier level.**

**F**eeling low in energy is something we will all experience from time to time. Sometimes, there are obvious reasons for this, such as a stressful period in life, stints of poor sleep, or busy times where you are eating on the go and get little downtime.

These are normal, short-term reasons to suffer with low energy, and should pass. But for many people, in our constantly switched on state, which allows little time for relaxation and an often-processed driven diet, low energy can be something we deal with on a routine basis – and it is this we must get in check as it has a worrying impact on our health and wellbeing.

Catherine Gorman, Nutritional Therapist at Good Health Naturally, pointed out: "One in eight adults in the UK feel tired all the time, according to a YouGov survey, with another 25 per cent reporting they feel weary most of the time. Tiredness and low energy are two of the most common reasons why people visit their GP. Often, poor energy is linked to the accumulation of lots of little stresses. Modern life, burning the candle at both ends, poor work-life balance, 24/7 communication and social media, can create a near-constant state of stress in the body. We are only designed to cope with high levels of stress for very short periods. Long-term stress will elevate stress hormones, disrupt blood sugar levels, and cause tiredness."

James Pugh, Nutritional Advisor at Viridian Nutrition, added: "Being depleted of energy is extremely common in this day and age. Of course, everyone can feel tired from time to time after a late night or a busy day, which is completely normal. However, it should become more a concern when low energy levels become a long-term issue and starts to affect your day-to-day life. This can often be described as chronic fatigue."

Martin Watson, Country Manager for Solaray, also advised: "Low energy can be caused by a range of factors, like not getting enough sleep, an unhealthy lifestyle where you're not eating a healthy, balanced diet or doing much physical activity or exercise, or just dealing with life challenges like looking after a new baby or managing work pressures. There is no doubt that modern life can have a huge impact on energy levels.

"Stress, depression and anxiety can all deplete energy, and are extremely common in a world that is facing global conflict, instability and economic uncertainty. Although common, steps should always be taken to address low energy, for optimum health. Fatigue that is new to you and persists for longer than two to four weeks, may indicate another health condition. You should make an appointment with your GP if resting, reducing stress, eating well and drinking plenty of fluids for two weeks or more hasn't helped."

## Identify the issues

If you find you are low in energy, looking at factors that could be causing you problems is important.

"There are many factors which can cause low energy levels, the main one being our diet," James explained.

"With the rise of ultra-processed foods in the western diet, many people are not consuming the nutrients they need to feel energised. Often, vegans and vegetarians don't consume adequate protein and replace meat sources with ultra processed alternatives, which can be high in sugar and artificial ingredients. This can often lead to deficiencies in important nutrients.

"Other factors include health conditions and diseases. Conditions such as fibromyalgia, which is the inability for our cells to produce adequate energy, are characterised by chronic fatigue and tiredness and therefore will cause low energy levels. Furthermore, busy and stressful lives can become draining on energy levels over a long period of time and can lead to a person 'burning out'."

Laura Clark, Dietitian and Spokesperson for Blueiron, went on:

"Low energy can result from a combination of factors, including insufficient sleep, poor nutrition, high stress levels and underlying health issues such as low iron levels."

Catherine continued: "There are so many reasons why people may suffer from low energy, including medical conditions, like anaemia, chronic fatigue syndrome, diabetes or underactive thyroid. However, often it is lifestyle causing tiredness. Poor eating habits mean our bodies may not be getting all the nourishing nutrients they need to function optimally and to keep blood sugar and energy levels steady.

"Dehydration can be another contributor. Our bodies are around 60 per cent water, we need it for so many things, including delivering nutrients into our cells, removing waste, regulating temperature and producing energy molecules. If we don't have enough, we can end up feeling fatigued. Many people are just not getting enough sleep; a recent survey found a third of the population is severely sleep-deprived. Without restful restorative sleep, the body will feel sluggish."





## Try this

- ★ Terranova Advanced Synergy B-Complex
- ★ Pharma Nord Bio-Quinone Active Q10 Gold
- ★ BlueIron Liquid Iron
- ★ NutraTea Nutra Boost
- ★ Frank Fruities Energy & Metabolism

## THE TRUE HEALTH IMPACT

Prolonged low energy has so many far-reaching effects on your health and wellbeing.

"When you don't recover adequately and prioritise quality sleep, it can put immense stress on your immune system, leaving you vulnerable to viruses that take longer to shake off. Very quickly, cortisol levels can spike at unhelpful times, disrupting sleep and hormone balance, especially in women," explained Nicola Fitzmaurice, Head of Marketing at Revive Active.

James continued: "Being exhausted and stressed can have an impact not just on energy levels but can also affect other components of wellbeing. For example, this will impact an individual's mental health if they are experiencing tiredness and chronic fatigue.

"Other knock-on-effects can be chronic infections and anaemia. When the body is stressed and low on energy, it can be prone to a weakened immune system, which requires more energy to overcome an infection or illness. Anaemia is characterised by reduced red blood cells in the blood, which are required for oxygen transport in the body. A shortage of oxygen may cause fatigue, as oxygen is required in energy production. Low energy can also have a knock-on-effect on a person's weight. Stress and low energy can cause unintentional weight loss but can also lead to binge eating and a sedentary lifestyle, which causes weight gain."

And Martin added: "One of the main knock-on effects is being too tired to exercise. If you have low energy, the last thing you feel like is hitting the gym or going for a run, or even more moderate physical activity like walking or taking the stairs instead of the lift at work. A lack of physical activity, particularly if accompanied by an unhealthy diet, can increase the risk of obesity, and weight-related health issues, such as cardiovascular disease. It can also affect mental wellbeing, and even brain health, causing lack of concentration and memory issues."

## Energy boosters

We can also make some positive changes to our daily routines that collectively can help to restore better energy.

James recommended: "Managing your work-life balance is vital for restoring and maintaining energy levels. Ensuring you are not too stressed and still have chance to relax and socialise outside of work. Other changes which could be made is implementing more exercise into their routine. There is an obvious link between exercise and an improvement in mental and physical wellbeing. The importance of sleep is also somewhat overlooked; ensuring you get at least eight hours sleep every evening is important to make your body rest sufficiently and feel energised in the morning."

Laura also suggested: "Lifestyle changes for individuals experiencing low energy may involve prioritising quality sleep, managing stress through relaxation techniques, adopting a nutrient-rich diet, staying hydrated and incorporating regular physical activity."

And Martin advised: "Avoid overeating as big, heavy meals can drain energy, as can dehydration, so drink plenty of water. Getting moving can also help too – exercising or physical activities such as gardening or doing housework can help more oxygen-rich blood move around your body, boosting energy levels – and it may help you sleep better as well!"

Catherine also suggested: "To lift energy, it is important to include some rest and play in your daily routine day. Exercise can help boost energy levels by improving blood sugar balance and mood, but it is important not to overstretch yourself. Choose an activity brisk enough to get your heart rate going, but does not wear you out and is something you enjoy. Find time to relax: take a walk in the woods, get out in the garden, or try stress-reducing exercises such as yoga, Pilates, tai chi, or even dancing. Deep breathing and meditation can be helpful in lowering cortisol."





## KNOW YOUR NUTRIENTS

We need a broad range of nutrients for good health, but there are some critical ones for energy function. Packing these in through the diet and potentially as an additional supplement could really help get your system working the best it can.

"Individuals with low energy may lack essential nutrients, with a key focus on iron," Laura explained. "Iron plays a vital role in oxygen transport, growth, immune function and neurotransmitter regulation. Some of my top iron-rich foods include liver, black pudding, heart and faggots, which is a haemin source – with 15-35 per cent of iron being absorbed. However, I recognise our diets are shifting and how we get iron is fundamentally changing. A vegetarian diet, for example, will include non-haemin sources, which have a two-20 per cent iron absorption rate. To help increase iron absorption, vitamin C sources should be incorporated into the diet and inhibitors such as red wine, tea and coffee should be reduced."

"Supplements may be recommended to try and increase iron levels. Check if the supplement is bioavailable and ensure you're taking on an empty stomach as the absorption rate is so much higher (five-28 per cent). First thing in the morning is my recommendation. It's also crucial to consult a healthcare professional for personalised advice on supplements and to address the underlying causes of low energy."

James added: "Largely, it is caused by deficiencies in important nutrients such as iron, magnesium, coenzyme Q10, omegas and B vitamins. These nutrients are common deficiencies, particularly in those following a plant-based diet, because iron and vitamin B12, for example, are largely found in red meat. Magnesium is a mineral which is extremely important for energy levels as it is involved in over 300 bodily processes, with one of the main ones being energy production. In addition, coenzyme Q10 and magnesium are also involved in the Krebs cycle, which is the process by which energy is produced by the body at cellular level."

"The key to a healthy diet is balance. A balanced diet with a large variety of fruit, vegetables and protein sources will provide the variety of nutrients needed to feel energised. Avoiding foods which are ultra processed and contain high amounts of sugar is important as this can cause what's known as a crash. This is where blood glucose and insulin levels spike, which results in a slump in energy when levels return to a more stable amount. Caffeine is known to improve alertness, concentration, and energy. However, this is only a quick fix and is followed by a slump, the same as sugar, which doesn't cure chronic energy conditions."

He added that supplements can be advised, recommending: "Magnesium is often referred to as the spark of life and therefore would be an important nutrient to supplement to improve energy levels. D-ribose is another option for supporting energy. It is a five-carbon monosaccharide and the structural backbone of ATP, which speeds up rebuilding of

depleted ATP pools, which increases the energy producing potential. Coenzyme Q10 can often be found in a B-complex, where the B vitamins work synergistically, meaning taking them together is the most optimal way."

And Martin suggested: "PQQ (Pyrroloquinoline quinone) is essential to energy metabolism in the cells, aiding the growth of new mitochondria, helping to protect brain cells and promoting cardiovascular health. If you combine it with coenzyme Q10, which is found in almost every cell in the body and plays an important role in energy production, glutathione and the amino acid, NAC, you have a really powerful formula to support healthy energy levels."

Nicola went on: "There are several key nutrients that play a vital role in energy production. Vitamin B2 is known to contribute towards the reduction of tiredness and fatigue, and B6 helps the body metabolise protein, fat, and carbohydrates for energy. Both B6 and B12 also play an important role in supporting normal red blood cell formation. Amino acids, which cannot be made by the body, are essential for muscle repair and recovery."

"At Revive Active, we like a food first approach, focussing on macronutrients, good quality protein, fibre-rich fruits and vegetables, beneficial fats, and complex carbohydrates. Look at where there might be refined sugars in your diet. Do you often eat highly processed ready meals because you're short of time? Do you just grab a sandwich on the fly? Quick swaps can look like making overnight oats ready to grab for breakfast in the morning or a quick protein drink with some antioxidant-rich blueberries added. Some people really enjoy the efficiency of a slow cooker."

Catherine also advised: "Your body needs sufficient vitamin B12 to produce healthy red blood cells. A deficiency of this vitamin can also cause anaemia. As we get older, it becomes harder for the body to absorb it. Vegetarians and vegans can easily become deficient as it is mainly found in meat and dairy. A deficiency of vitamin D has been associated with fatigue, and a deficit can sap bone and muscle strength. Iodine, a trace element, helps make thyroid hormones,

which control metabolism. A lack of iodine can result in low energy and mood.

"Our bodies need a full range of nutrients to function optimally, so it's important to eat a varied diet full of nourishing foods. In particular, good quality proteins such as eggs, lean meat, wild fish, tofu, nuts and seeds, plus, healthy fats like olive oil, coconut oil, avocados, and lots of different coloured vegetables and some fruit. Choose complex carbohydrates like sweet potato, butternut squash, or whole grains, which release energy more slowly, helping to maintain balanced blood sugars. If you need to snack, don't reach for the biscuit tin, instead, opt for hummus and veg sticks, or a handful of nuts and seeds."



# Natural Lifestyle Top Picks



## Advanced Synergy B Complex

Advanced Synergy B Complex is a full spectrum B complex that is formulated to provide optimum support for the nervous system, cognitive function, energy production and all the other benefits attributed to B vitamins. Additionally, the inclusion of key nutrients and botanicals make this arguably the most intensely synergistic B complex formula available. Each B vitamin within the formula is

presented in both its natural and coenzyme or 'active' form for maximum health benefits. Other synergistic nutrients, including Coenzyme Q10, alpha lipoic acid and magnesium, make this a comprehensive supportive formulation. All ingredients are free from gluten and dairy, contain no colours or flavours and are suitable for vegetarians and vegans.

**www.terranohealth.com**

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## Natural Nordic Energy\*

The only supplement formulated with Nordic blueberries, BlueIron is highly bioavailable and fast-working. Its patented micro-encapsulated iron means it's easily absorbed and gentle on the stomach.

BlueIron provides the full recommended intake of iron for

renewed energy\*, focus and natural vitality.

Every bottle of BlueIron contains vitamins combined with Nordic blueberry juice 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.

BlueIron will make a strong addition to health food stores' existing vitamin and supplement category. **For further info on Lanes Health and its brands, please visit: [www.laneshealth.com](http://www.laneshealth.com)**

\*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

## Daily Microbiome Booster

What has collagen got to do with gut health? Studies have shown that collagen peptides can help to maintain intestinal barrier integrity, prevent leaky gut, and help to improve the function of tight junctions in your gut lining. Our Daily Microbiome Booster contains collagen peptides which are easily digestible, as well as precision prebiotics and next-gen postbiotics, all in a handy sachet which you can mix into any food or drink!



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## NutraBoost - Energy Tea

NutraBoost® by Nutra Tea® is 1 of 30 functional herbal teas that has been expertly formulated by pharmacists and nutritionists to help maintain optimal stamina, feelings of energy and vitality. This unique herbal blend contains 100% active botanicals that have been sustainably sourced including Ashwagandha, Rhodiola, Licorice and many more well-established ingredients to help

maintain mental capacities and a mental calm. Each biodegradable tea bag contains 2 grams of active ingredients with no additives, oils or excipients enabling it to be reused throughout the day to make it the ideal offering to maintain physical and mental capacities.

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**Email: [info@nutratea.co.uk](mailto:info@nutratea.co.uk)**



# Getting active WITH HERBS

**We explain how to harness the power of herbs for a healthy and active spring.**

**A**s the warmer months approach, it's time to dust off the trainers and embrace the great outdoors.

Regular exercise helps to maintain a healthy weight, reduces the risk of chronic diseases, enhances mood, and improves sleep quality. The benefits extend beyond physical health too, positively impacting mental and emotional wellbeing.

Here, we explore the myriad benefits of staying active and how incorporating certain herbs into your routine can enhance joint health, boost energy levels, and keep you on your feet all summer long. As you prepare for an active summer, consider incorporating these herbs into your wellness regimen.

## NATURE'S ANTI-INFLAMMATORY

The golden-hued spice, turmeric, is celebrated for its potent anti-inflammatory properties. The active compound in turmeric, curcumin, has been shown to alleviate joint pain and stiffness, making it a valuable ally for those embracing an active lifestyle.

Whether you're hitting the trails or enjoying a morning jog, turmeric can help contribute to joint health, supporting your body in its movement endeavours.

## Stress less, move more

Stress can be a significant barrier to an active lifestyle. Ashwagandha is an adaptogenic herb renowned for its stress-reducing properties. By helping the body adapt to stressors, ashwagandha promotes a sense of calm and balance. Incorporating this herb into your routine may facilitate a more relaxed approach to physical activity, making it easier to stay active and enjoy the benefits of movement.

## A NATURAL ENERGY KICK

For those seeking a natural alternative to energy drinks, guarana may be the answer.

Packed with caffeine, antioxidants, and other beneficial compounds, guarana provides a sustained energy boost without the crashes associated with synthetic stimulants.

## REVITALISE AND ENERGISE

For an extra boost of energy and vitality, consider the adaptogenic herb, ginseng.

Known for its ability to enhance endurance and reduce fatigue, ginseng can be a game-changer to elevate physical performance. Whether you're a seasoned athlete or just starting your fitness journey, ginseng can provide the stamina needed to power through summer activities.

## Elevate your endurance

Elevate your exercise performance with rhodiola, an adaptogenic herb celebrated for its ability to enhance endurance and reduce fatigue. By supporting the body's stress response, rhodiola can aid in achieving peak physical performance.

## SUPPORTIVE HEALING FOR JOINTS

Completing our herbal line-up is gotu kola, a herb traditionally used to support joint health.

Gotu kola contains compounds that may help reduce inflammation and promote collagen synthesis, contributing to the overall wellbeing of your joints. Whether you're into high-impact activities or prefer low-impact like yoga, gotu kola can be a valuable addition to joint care.

## Reader offer

NutraBoost and NutraJoint from NutraTea are the ideal functional teas to keep you active this summer. Packed full of beneficial herbs, each tea blend has been formulated to be the perfect partner to help get and keep you active this summer. Utilising 100 per cent sustainable, active botanicals, *Natural Lifestyle* is offering readers the chance of winning one of five packs, featuring both functional herbal teas. See page 30 to enter.





# Get ENERGY

## – The Natural Way



- Patented formulation for exceptional absorption & effectiveness
- Product of choice for the ground-breaking KiSel10 and Q-Symbio
- With vitamin B<sub>2</sub> that contributes to the body's energy-yielding metabolism and to the reduction of tiredness and fatigue
- Documented effect in more than 120 scientific studies
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Coenzyme Q10 (also known as Q10 or ubiquinone) is a vitamin-like substance that plays a key role in the body's energy supply mechanism. Without Q10, it is impossible to extract energy from nutrients and our bodies would be unable to function.

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Pioneers in Nutritional Healthcare



# NATURAL LIFESTYLE Giveaways

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



## EQUILIBRIUM LABS DE-IVER-ANCE

The ingredients in the fast-acting formula, de-liver-ance, are scientifically designed with a proprietary blend of herbs, roots and extracts that help you to be your best, every single day. de-liver-ance helps to promote mental alertness, reduce the negative effects of toxins on the body, help maintain optimum liver health and keep you glowing, inside and out. The one-shot formula starts working within minutes to improve balance and achieve optimum mental and physical health. *Natural Lifestyle* is offering readers the chance of winning one of five three-packs of de-liver-ance.

## CLEANMARINE PERIODPLAN

Win a three-month supply of PeriodPlan, a scientifically formulated blend of omega 3 and multivitamins designed for individuals aged 15-40 who have periods. With PeriodPlan, you can be your true self all month long. Its expert blend can support your hormonal activity, mind, skin, and energy. This proactive approach can help manage your menstrual wellbeing. Choose PeriodPlan as your Plan A for your period and experience a better period – and *Natural Lifestyle* has one three-month supply to give away.



## PURE ENCAPSULATIONS VITAMIN C CHEWABLES

*Natural Lifestyle* has teamed up with Pure Encapsulations to offer readers the chance of winning one of five of its Vitamin C Chewables. Convenient vitamin C chewable tablet for normal function of the immune system, it provides vitamin C as a great tasting and convenient chewable tablet. With natural orange/strawberry flavour, it is made with mineral ascorbates to be gentler on the stomach. Vitamin C contributes to the normal function of the immune system and contributes to normal psychological function and functioning of the nervous system, as well as to the reduction of tiredness and fatigue.

## BIETHICA LION'S MANE MUSHROOM POWDER

Biethica Lion's Mane Mushroom Powder has numerous health benefits. Firstly, it supports brain health by stimulating the production of nerve growth factor, which aids in the growth and repair of brain cells. Additionally, it may enhance cognitive function, memory, and focus. Lion's mane also exhibits anti-inflammatory properties, boosts the immune system, and promotes healthy digestion. The powder can be taken from the spoon or added to smoothies or even to your morning coffee. *Natural Lifestyle* is offering readers the chance of winning one of three 150g bags, each providing up to 150 days' supply.



**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: June 1, 2024. Or you can enter online – visit [www.mynaturallifestyle.com](http://www.mynaturallifestyle.com)

Please tick: ☐ Cleanmarine ☐ Pure Encapsulations ☐ Equilibrium Labs ☐ Biethica ☐ NutraTea

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# LOVE YOUR Liver

**Equilibrium Labs explains the importance of looking after our liver health and how its de-liver-ance supplement can support this essential organ.**



**T**he liver is responsible for more than 500 vital functions and if this master organ is not healthy and in balance, it impacts your entire system.

Modern lifestyles have led to the liver being overwhelmed on all fronts, with seemingly safe drugs such as paracetamol (too much of it overwhelms the liver's processing ability), processed food (56 per cent of our diet is from ultra processed foods) and excess sugar all seriously compromising our all-important master organ. We are eating, drinking, and medicating ourselves to excess, causing ill health, with symptoms often only showing up once it's too late to rectify.

## Liver support

Equilibrium Labs is a company with a vision to advance awareness of the liver. As leading experts in the field of liver health, Equilibrium Labs is on a journey to increase awareness surrounding liver health, using science and research to help support and further develop their proposition.

de-liver-ance is a 100 per cent natural elixir, developed by founder, Siggi Clavien. Available at [www.loveyourliver.com/](http://www.loveyourliver.com/), de-liver-ance helps to restore balance and keep the liver in peak condition. Whether it's alcohol, medication or other toxins that have overloaded your liver, de-liver-ance accelerates detoxification, supplying the body with antioxidants and anti-inflammatories, while supporting the immune system.

After just 12 weeks of using de-liver-ance, you can experience multiple benefits, such as improved immunity, better sleep, enhanced mood, increased mental clarity, glowing skin, reduced impact from alcohol, and of course, reverse and reduce risk of fatty liver disease (which around one in four suffer from).

Observational studies of de-liver-ance have reported that taking one bottle of de-liver-ance a day combined with lifestyle

adaptions led to 83 per cent of participants having improved liver fat levels.

Siggi highlighted the scale of the problem, commenting: "Liver disease is up 400 per cent in the last 50 years and 83 per cent of people that we've tested with fatty liver did not see their issue on a blood test so we're helping change the system. Our driving goal is to dramatically improve liver health, liver awareness and knowledge about the liver globally and overall health in general.

"We want to help reduce deaths by liver disease and to create awareness about health in general and specifically about liver health, and the incredible ability that de-liver-ance has on overall wellbeing."

By combining this powerful, natural, liquid elixir with accurate testing, technology and nutritional/lifestyle advice through its Liver Clinic, Equilibrium Labs is changing the game in helping to reverse liver damage and optimise this master organ and overall health.

Find out more about de-liver-ance and Equilibrium Labs by emailing [info@loveyourliver.com](mailto:info@loveyourliver.com)





# Vegan versatility

**The couple behind the SO VEGAN platform are back with 100 fuss-free, fast and delicious vegan recipes that make it easy to get plants on plates.**

## Harissa aubergine on butter bean mash

Serves 3-4

Nowadays, you'll find rose harissa paste in most large supermarkets. It's slightly milder than regular harissa paste, and we use it for everything from stuffed courgettes to Bolognese – and, of course, to make this absolutely glorious aubergine dish. Gluten-free.

### Equipment:

- Saucepan/small saucepan

### Ingredients:

- Olive oil
- 2 aubergines, diced
- 1 onion, peeled and finely chopped
- 3 garlic cloves, peeled and finely chopped
- 1 tsp ground cinnamon
- 1 sprig of fresh rosemary, leaves picked and chopped
- 2tbsp rose harissa paste
- 2 x 400g tins of green lentils, drained and rinsed
- 1 x 400g tin of chopped tomatoes
- Salt and pepper
- A small handful of fresh parsley (10g), chopped

### For the mash:

- 2 x 400g tins of butter beans, drained and rinsed
- 1 lemon, juice only

### Method:

- Heat a drizzle of oil in a saucepan on a medium-high heat. Add the aubergines and fry for eight to 10 minutes. Remove the aubergines from the pan, add the onion and an extra drizzle of oil, if necessary, and fry for five minutes.
- Add the garlic, cinnamon and rosemary and fry for one minute. Stir in the rose harissa paste, lentils, chopped tomatoes and generous pinches of salt and pepper. Put the aubergines back into the pan, bring the mixture to the boil, then reduce the heat and simmer for 10 minutes.
- Meanwhile, put the butter beans into a separate small saucepan on a medium heat. Add a drizzle of oil, pinches of salt and pepper, and the juice of the lemon. Heat the beans and mash with a masher until smooth.
- Serve the aubergine and lentil mixture over the butter bean mash and finish with a drizzle of oil and the parsley.





## Miso and caramel chocolate tart Serves 8

**Miso has a habit of making everything taste better. It's the same principle as adding salt – the miso accentuates the chocolate, making it taste richer. Be sure to use 70 per cent dark chocolate because anything higher might not contain the emulsifiers required to prevent the mixture splitting. Gluten-free (use gluten-free biscuits).**

### Equipment:

- Small bowl
- Food processor
- 2 mixing bowls
- Loose-bottomed tart tin
- Saucepan

### Ingredients:

- 12 dates, pitted (we use medjool)
- 250g vegan biscuits
- 125g vegan butter or margarine, melted
- 2tsp miso paste (we use brown rice miso)
- 240ml tinned full-fat coconut milk
- 1tsp vanilla extract
- 2tbsp maple syrup
- 200g 70% vegan dark chocolate

### Method:

- Put the dates into a small bowl and cover with hot water straight from the kettle, then leave to one side. Reserve one biscuit to decorate with later, then put the rest of the biscuits into a food processor and pulse until you have fine crumbs. Put the crumbs into a mixing bowl along with the vegan butter or margarine and stir until fully combined.
- Transfer the biscuit base to a 23cm loose-bottomed tart tin and use your fingers to spread it out evenly across the base and up the sides. Then, place the tart in the fridge while you carry out the next steps.
- Wipe out the food processor. Drain the dates and put them into the processor along with the miso paste, 80ml of coconut milk, the vanilla and one tablespoon of maple syrup. Process until smooth, scraping down the sides as you go. Remove the tart from the fridge and, using a spatula, evenly spread the miso caramel filling all across the base. Pop the tart back into the fridge.
- Pour a couple of centimetres of water into a saucepan over a low heat. Place a metal or glass bowl in the saucepan, making sure the bottom doesn't touch the water. Break the chocolate into the bowl, then add the remaining coconut milk and the rest of the maple syrup. Stir until fully melted, then pour the chocolate into the tin on top of the caramel and tap the tin against the worktop to smooth out the top.
- Refrigerate the tart for a minimum of two hours, or until set. To serve, remove the tart from the tin, finely crush the reserved biscuit and sprinkle it in a circle on top of the tart.





## Tomato and fennel macaroni soup Serves 4-6

A family favourite, Roxy's love affair was passed down by her Polish mum. Like her mum, you'll almost always find Roxy in the kitchen testing a new 'zupa', such as this simple take using delicate fennel, fresh tomatoes and macaroni – the last of which you can switch for whatever pasta you like (we use orzo).

### Equipment:

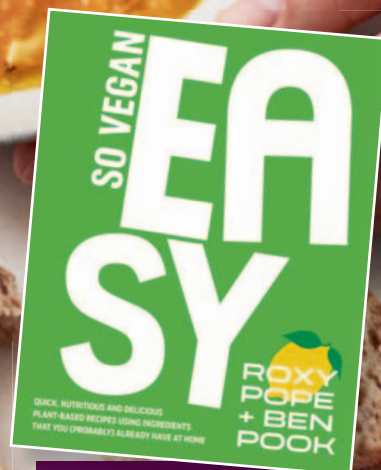
- Large casserole pot or large saucepan
- Handheld blender

### Ingredients:

- Olive oil
- 1 onion, peeled and thinly sliced
- 2 fennel bulbs
- 1 garlic cloves, peeled and thinly sliced
- 1kg ripe tomatoes, roughly chopped
- 1l vegetable stock
- 200g macaroni
- Salt and pepper
- Crusty bread, to serve

### Method:

- Heat a generous drizzle of oil in a large casserole pot or large saucepan on a medium heat. Once hot, fry the onion for five minutes. Meanwhile, cut the fennel bulbs in half and thinly slice the flesh, saving the fronds to decorate with later.
- Add the fennel, garlic and tomatoes to the casserole pot or saucepan and fry for 10 minutes. Then pour in the stock and blend the soup until smooth.
- Add the macaroni to the soup and simmer for 10 minutes, or until the pasta is ready. Taste and season with salt and pepper to your liking.
- Serve the soup with a drizzle of oil, freshly ground black pepper and the reserve fennel fronds for an extra burst of fennel flavour.



**EASY** by Roxy Pope and Ben Pook is published by Penguin Michael Joseph in hardback. Photography: Yuki Sugiura





TERRANOVA  
SYNERGISTIC NUTRITION

## Live vibrantly, *Choose carefully*

We've been told to  
'eat the rainbow'  
for a healthier life.  
Shouldn't this wise advice  
also apply to the  
supplements we take?

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