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Nov/Dec 2025



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We reveal the 2025 winner
of the *Natural Lifestyle*
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◆ CYRUS TODIWALA IN THE KITCHEN ◆ WHY MINERALS MATTER
◆ PRODUCT AWARDS – WHAT GETS YOUR VOTE? ◆ HEALTHY WINTER
WARMERS ◆ NATURAL LIFESTYLE GIVEAWAYS

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LOVE LIFE,
LIVE WELL —
NATURALLY

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Dec/Jan 2025 Welcome



Here at *Natural Lifestyle*, we are about giving back to the health stores that give us so much. It is why we publish this magazine, and give it to retailers for free, because we want to support them in their customer education. It is also why we run the *Natural Lifestyle* Retailer of the Year, to recognise and honour those health stores going the extra mile to support their community.

This year, we were overwhelmed not just with the quantity of nominations made by you, our readers, but also the quality – we read some wonderful stories about the difference your local health store has made to your health and wellbeing, the support these stores have offered you, and the help and advice you have received. It truly demonstrated just how wonderful the UK's network of health stores is.

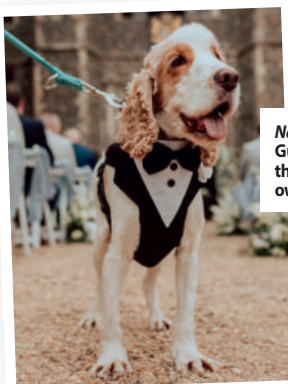
After a lengthy search, we are delighted to announce Therapy Organics, in the Cheshire town of Wilmslow, is our deserving winner. This store is all about education and customer service, with a well-qualified team on the shop floor ready to support and advise customers. Therapy Organics, run by passionate sister duo, Kylie Williams and Jackie Coldwell, epitomises all that is good about a health store and we couldn't be happier to have them as our 2025 winner. And we also congratulate our deserving runner-up, Food for All, in London's Stoke Newington, which runs as a not-for-profit business and is all about giving back. You can read more about our awards on page 14.

That's not all when it comes to praise; also in this issue, we launch our search for the best products in the world of natural health and wellbeing. The *Natural Lifestyle* Product Awards are designed to shine a light on those wonderful brands making products that do good for you and for the planet. Turn to page 21 to find out what is in the running for an accolade, then it's over to you to cast your vote for your winners – we thank you in advance for taking part.

Rachel Symonds,
Editor

The best bits

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



Natural Lifestyle mascot, Gus, looking very dapper at the recent wedding of his owner, Editor Rachel.

The *Natural Lifestyle* team was out in force as our publisher, Target Publishing, hosted a trade event for health store retailers.



Dec/Jan 2025 Contents

VISIT OUR WEBSITE www.mynaturallifestyle.com  



13.



36.

REGULARS

6 INSIDE HEALTH

8 INSIDE BEAUTY

10 EXPLORE IN STORE

The critical minerals we need for health

13 EXPLORE IN STORE

Our top tips for the healthiest hot drinks

34 ASK THE EXPERTS

Your questions answered

42 THE LOWDOWN

The importance of echinacea

43 NATURAL LIFESTYLE GIVEAWAYS

44 RECIPES

Cyrus Todiwala offers us some ideas for Indian-inspired dishes

FEATURES

14 RETAILER OF THE YEAR

We can now reveal the deserving winner of the 2025 *Natural Lifestyle* Retailer of the Year

20 PRODUCT AWARDS

It's the time of year that we can reveal all those brands in the running for a *Natural Lifestyle* Product Award

28 WINTER BLUES

Your holistic guide to managing seasonal affective disorder

38 HEALTHY HEART

The importance of healthy living and good nutrition to keep this critical organ functioning



8.

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HEALTH

Wellness made easy

A new female-founded app is aiming to redefine how we approach self-care and wellbeing.

Designed as a holistic sanctuary, Wellness-Essary brings together yoga, meditation, breathwork, sound healing, astrology, and community support, and has been founded by wellness experts, Laura Seddon and Blaise Browne.

Laura explained: "Wellness shouldn't feel clinical or like another task on the to-do list. It should feel uplifting, personal and joyful. That's why we created Wellness-Essary, so people can find the practices that really resonate with them and be supported by a community too."

Wellness-Essary is available via the App Store, with subscriptions for access to the library and community.



Fantastic forests

A forthcoming walking festival celebrates the beauty of the New Forest.

The New Forest Walking Festival returns for 2025 to mark 20 years of the National Park and is designed to celebrate the special qualities of the National Park in its 20th anniversary year.

As part of the festival, which takes place until November 2, people are invited to go behind the scenes with a variety of walks led by rangers and expert guides touching on heritage, wildlife, and connections to nature. Walkers will discover why the New Forest is internationally important for nature and find out how they can help look after it.

There will be family-friendly half-term walks, long,

more challenging rambles, and plenty of accessible routes, with something for everyone.

New Forest National Park Authority Lead Access And Volunteering Officer, Adam Vasey, advised: "The Walking Festival is the perfect way to explore the New Forest. You might find a new favourite spot or learn something new about the rare and exciting wildlife and habitats we have here, as well as its rich culture and history. Walking in nature is also great for our physical and mental wellbeing."

Find out more at www.newforestnpa.gov.uk/walkingfestival.



Women losing two hours sleep a night due to menopause

Women are losing more than two hours of sleep each night due to symptoms of the menopause, according to new research.

The poll from Silentnight has revealed that women are losing on average two hours and 36 minutes of sleep each night due to the menopause, waking up an average of 2.7 times at night. Nine out of 10 women experience menopause symptoms, which includes night sweats, insomnia and heart palpitations, each contributing to a lack of sleep.

In light of Menopause Awareness Month, which runs throughout October, Sally Bonser, spokesperson at Silentnight, shares her tips to sleeping better during the menopause:

• Regulate your bedroom temperature:

"To ensure your body temperature is regulated when experiencing night sweats, set your bedroom temperature to no more than 19 degrees and keep the air within the room circulated to make sure you are sleeping cool."

• Maintain a sleeping pattern:

"Make sure you are keeping to your regular sleeping pattern each night to improve your sleep when experiencing menopause symptoms. Regulating your body clock by going to bed at the same time every day will additionally support your overall wellbeing."

• **Avoid hot baths at bedtime:** "Taking a hot bath before bed will raise your body temperature, which must be avoided when going through hot flushes and night sweats. Instead, take a cold shower or bath and keep a damp and cold flannel by your bed to ease any overheating."

• **Talk to your GP:** "Seventy-nine per cent of women believe there isn't enough menopause-related support, which makes it all the more important to reach out. If you are struggling with your symptoms or would like more information about what to expect when going through the menopause, do speak with your GP as they can provide medical advice and ensure you won't go through it alone."

• **Try sleep aids:** "If keeping cool at night is becoming an issue, investing in cooling sleep aids may help to provide you with a better sleep. The Restore range from Silentnight has been specifically designed for over heaters, featuring innovative products which provide soothing relief."

Inside... HEALTH



IMAGE CREDIT: NEW FOREST NATIONAL PARK AUTHORITY.

WE
LOVE

NEW NORDIC LION'S MANE –

this powerful medicinal mushroom is known for its benefits to brain health. It supports cognitive function, memory, and focus by stimulating nerve growth factor production. Used regularly, lion's mane may enhance mental clarity, protect against cognitive decline, and promote overall neurological wellness.



XLEAR NASAL SPRAY –

an essential part of your winter wellness kit, Xlear's unique xylitol formula helps to alleviate congestion and open airways naturally, and moisturises dry, irritated nasal passages.

RECHARGE, REVITALISE, RESIST: UNLEASH YOUR IMMUNITY & THRIVE ALL YEAR ROUND



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TerranovaUK TerranovaHealthUK Terranova Nutrition

Naturally wild

With a focus on reducing fine lines and wrinkles naturally is this luxurious eye cream from Wildsmith.

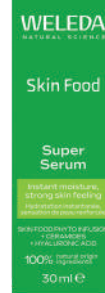
Active Super Eye Cream is described by its creators as a next-generation formula clinically proven to significantly reduce fine lines and wrinkles in just 28 days.

The skin around the eyes is thinner and more delicate than the rest of the face, making it the first area to show signs of ageing and fatigue. An effective eye cream is therefore an essential step in a daily skincare routine, offering targeted hydration and protection where your skin needs it most.

Harnessing advanced peptides and bioactive ingredients, the Active Super Eye Cream delivers a multi-targeted approach to the eye area. It is powered by argireline peptides, relaxing micro-movements to soften lines and stimulate collagen, paracress extract, niacinamide, and hyaluronic acid.



Inside... BEAUTY



FEED THE SKIN

The Skin Food range at Weleda now boasts a natural serum.

Super Serum is the latest to join the Skin Food line-up, and is a powerful blend of hyaluronic acid, ceramides, and Weleda's legendary Skin Food phyto infusion. It helps to instantly hydrate, support the skin barrier, and enhance the skin's natural glow.

Weleda's Ceramide NP is derived from olive oil, protecting against environmental damage, locking in moisture and preventing dryness – leaving skin smooth, supple and radiant. Its sodium hyaluronate, a well-tolerated form of hyaluronic acid that is particularly well absorbed due to its small molecule size, is a plant-based derivative made from corn, where the plant sugars are fermented.

Vegan and made with 100 per cent natural origin ingredients, Super Serum features Skin Food's signature botanicals: extracts of organic calendula and chamomile flowers, rosemary leaf, plus skin-smoothing viola tricolor or wild pansy. Together with organic plant oils, including nourishing sunflower seed oil, vitamin-rich apricot kernel oil and protective jojoba oil.

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Build your skin barrier

Our skin has its own microbiome and to keep it healthy, it needs to be nourished.

Here to help is a new prebiotic-focused skincare range from Lavera.

The Barrier Balance range is formulated with prebiotics and organic green tea. Prebiotics help support the skin's natural microbiome by strengthening and protecting the skin barrier. The range includes Barrier Balance Day Cream, Night Cream, Day Eye Cream, Balance Serum, and Body Lotion.

TIME TO TONE

If you have uneven skin tone and fatigued skin, this new creation from Alteya could help.

The natural skincare brand has developed Pore Minimizing Rose Water Toner, which is designed to address uneven skin tone, visible pores, and lacklustre, fatigued skin.

Powered by organic rose water and a concentrated level of pure niacinamide, it works to visibly tighten pores and enhance skin's natural radiance.

The toner is enriched with yuzu ceramide to strengthen and restore the skin's barrier, as well as Halorubin, an antioxidant that aids in cellular renewal and helps protect against daily environmental aggressors.



Natural Lifestyle Top Picks



Antibiotic and antiviral properties

These award-winning, research-based formulas combine therapeutic amounts of highest quality immune supporting ingredients including bee propolis, elderberry, olive leaf, beta glucans and more, with no fillers or excipients. Concentrated so fewer are required. Suitable for children too- Bee prepared capsule contents may be added to juice & food. Outstanding reviews!

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www.allimax.com



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Your MINERAL GUIDE

We all need a broad intake of minerals for good health, yet modern diets mean we can be lacking. Here's what you need to know about getting enough.

If we go back to the 1950s, minerals were found in abundance in a wide variety of foods so many people had adequate amounts through the diet. However, modern farming and the increase in chemicals means that soils can be depleted of these key minerals, meaning lower levels are obtained naturally through the food we eat.

And that's not the end of the story; with the worrying rise in consumption of ultra-processed foods, and the fact many people don't meet the basic five-a-day requirement, it's easy to see why we can be lacking in adequate amounts of important minerals.

We always suggest a food first approach to establish healthy foundations, so focusing on mineral-rich foods is advised. But it's worth considering – in light of lower levels found in food – adding supplements, especially if certain minerals are needed for your own health needs.

WHAT IS A MINERAL?

Minerals are found in the earth, such as soil, water

and rocks. They are absorbed into plants, and, therefore, we obtain them through the food we eat. They are referred to as two different types; macro minerals are those that we need in high amounts, and then trace minerals, which, while still important, we can function with lower amounts.

Minerals are crucial for a whole host of bodily functions, with many being important for immune function, energy, skin health, the thyroid, and bones.

In terms of the richest sources of minerals, as expected, plant foods are among the best; green leafy vegetables, nuts and seeds, and legumes all contain a broad range of minerals. Eggs are a rich source of zinc and selenium, while nuts contain magnesium and selenium. Iodine can be found in seaweed and some dairy products, while iron is found in meat and green leafy vegetables. Vegans and vegetarians can be lower in iron and so may need to consider a supplement. Calcium is generally found in dairy foods, as well as green leafy veg.

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- ♦ ITL HEALTH MAGTRIO
- ♦ TOGETHER HEALTH CALCIUM
- ♦ BLUEIRON ♦ SILICEA GASTRO-INTESTINAL
- ♦ NEW NORDIC MAGIC MAGNESIUM TAURATE

Critical minerals

When it comes to the minerals of greatest concern in terms of the importance for health, these include:

● **Magnesium** – levels are known to be too low in the UK, yet it is one of the most important minerals. Magnesium is required for muscle function, for our heart health, and also for ensuring vitamin D and calcium can be used in the body. It is also known as nature's relaxant so is ideal taken at night as a way to wind down and support healthy sleep. You can find magnesium in capsule, powder and oil/cream format.

● **Calcium** – a well-known mineral for our bones and our teeth, it is particularly important during times of growth. It is also necessary for muscle health.

● **Iron** – this mineral is important for carrying oxygen around the body and therefore plays an important role in energy, as well as with regard to hormone health. Women who experience periods are at greater risk of deficiency as iron can be lost in blood.

● **Selenium** – this mineral is important for the immune system and so ensuring you are getting enough in winter is advised.

● **Zinc** – this is quite the multi-tasking mineral, playing a key role in the immune system, as well as with fertility (for both the man and woman), and for skin health.

● **Iodine** – necessary for the thyroid, iodine can be important for fertility and also during pregnancy.

● **Chromium** – perhaps a lesser well-known mineral, we need chromium to help with blood sugar control.

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Natural Lifestyle Top Picks

NutraLiver – Liver Detox Tea

NutraLiver® by NutraTea® is one of 34 award winning functional herbal teas. Developed by pharmacists and nutritionists, NutraLiver is designed to support and maintain liver health while contributing to liver protection. This distinctive blend contains 100% active, sustainably sourced botanicals such as Milk Thistle, Turmeric and Fennel, chosen for their role in helping the liver's natural detoxifying processes.

Each biodegradable tea bag delivers 2 grams of pure herbs that are free from flavourings, oils and excipients, making them perfect for multiple infusions throughout the day. NutraLiver is a simple and enjoyable way to support your liver function as part of your daily lifestyle.

www.nutratea.co.uk



Dry, tickly cough?

Bronchosan Pine Cough Syrup is a traditional herbal medicinal product used for the relief of coughs, such as dry, tickly and irritating coughs, exclusively based upon long-standing use as a traditional remedy. Bronchosan is one of Alfred Vogel, the brand founder's oldest remedies. Young pine shoots, picked in spring when the needles are still green and soft, have been used for many decades as a traditional remedy for dry, tickly or irritating coughs. Always read the leaflet.

www.avogel.co.uk



NEW Microbiome Challenge is a gut support formula for stubborn gut imbalances featuring

specifically selected microbiota strains from Probiobiova. The formulation includes natural theanine extracted from green tea leaves as part of a comprehensive Magnifood Complex and Magnesium bisglycinate chelate as TRAACS™. Available in Independent Health Food Stores. Distributed in the UK by Bio-nature Ltd info@bionature.uk 100% Vegan | Additive Free | Clean Label

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Living Nutrition Organic Fermented Lion's Mane is a unique mushroom supplement that delivers a highly bioavailable and active form with added benefits. The unique kefir-kombucha fermentation process activates Lion's Mane key compounds including hericenones and erinacines while preserving many other supporting compounds. Each capsule provides over 1 billion beneficial microbes and a spectrum of postbiotic nutrients, created during fermentation and stabilised by our specialised freeze-drying process. Together this unlocks the nootropic and cognitive benefits associated with Lion's Mane, making it an ideal choice for anxiety support. www.livingnutrition.co.uk



Pukka rolls out larger pack sizes

Pukka Herbs is introducing 40 bag pack sizes across four of its best sellers. Supreme Matcha Green is now available, adding to the existing line up of Night Time, Three Mint and Lemon, Ginger & a touch of Manuka Honey. Pukka's teas are made with ethically and sustainably sourced organic ingredients, with FSC certified recyclable card and home compostable tea bags. www.pukkaherbs.com/uk/en





EXPLORE IN STORE

TRY THIS



♦ THE HERBTENDER GOOD MORNING TEA ♦ NUTRATEA MULLEIN & THYME TEA ♦ CLEARSPRING ORGANIC JAPANESE KUWA MATCHA ♦ BOOJA-BOOJA HOT CHOCOLATE

Healthy choices

There has never been greater choice when it comes to healthy alternatives to traditional tea and coffee and you can find a wide range on the shelves of your local health food store. Many of these will use the likes of herbs and berries that offer specific health benefits:

● **For digestion:** One of the most popular teas to support digestion is peppermint and it is ideal after a large meal. Dandelion is useful to help cleanse the system, as is nettle.

● **For immunity:** At this time of year, when more cold and flu bugs are doing the rounds, supporting your immune system is important. Choose teas containing elderberry, echinacea, and mullein, while ginger is antibacterial and great for warming at this time of year.

● **For energy:** You don't need to reach for heavily caffeinated drinks when many herbal teas offer a natural energy boost. Ginseng, lemon, and fennel are great choices here. You could also reach for green tea; although this does contain caffeine, the levels are much lower and there are many other health benefits, including a high level of antioxidants and polyphenols.

● **For sleep:** Add in some herbal teas to your evening wind-down routine, choosing those that contain ingredients to naturally support sleep. We love valerian, lemon balm, and chamomile.

● **To calm:** If you are experiencing periods of stress and anxiety, teas containing ashwagandha, rhodiola, and lion's mane can help here, but if anxiety is becoming a cause for concern, do seek advice from your GP first.

It's not just teas that you can seek alternative options for; there are plenty of 'latte' type products available now made with the likes of matcha green tea and turmeric, or even functional hot chocolate products that have added adaptogenic ingredients, such as medicinal mushrooms. Just be sure to check the labels that no undesirable ingredients have been added.

Nourishing YOUR WINTER HEALTH

As the weather turns colder, there's nothing nicer than a cup of something warm. The good news is you can add some function to your hot beverages with our choice of healthy winter drinks.

There aren't many of us who don't enjoy a hot drink, and we are certainly a nation of tea and coffee drinkers, with more than 100m cups of tea and 95m cups of coffee consumed each and every day in the UK.

In some respects, these drinks can offer some health benefits, with new research published in the *British Journal of Nutrition* revealing that moderate amounts of tea and coffee are linked with reduced cardiovascular risk. This link is likely down to the antioxidant content in both drinks, and while this is positive, we must remember that highly caffeinated drinks – especially coffee – can have negative effects on our health; high amounts of caffeine can be linked to anxiety, fertility issues, it can increase your blood pressure, and contribute to insomnia.

The best advice is to ensure you stick to the guidelines around caffeine consumption, no more than 400mg a day, or 200mg for those who

are pregnant. Instead, why not add in some of the healthier hot drinks you can find in your local health food shop? Many of these will contain healthy ingredients, such as herbs, which offer a functional benefit.

THE CAFFEINE EFFECT

Although we might connect caffeine with just tea and coffee, it is found in a wider range of products, including chocolate. That is because caffeine is found naturally in a number of different plants, including the obvious coffee beans, but also in cacao.

Caffeine is used as a stimulant, hence why many of us turn to a tea and coffee to revive us in the morning.

It's also important to note that whole decaffeinated varieties of tea and coffee help to cut back on your caffeine intake, they can have added chemicals and so you should be aware of how much you are consuming.

Natural Lifestyle

Retailer of the year 2025

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RETAIL THERAPY

We can now announce the 2025 winner of the *Natural Lifestyle* Retailer of the Year is Therapy Organics.

The *Natural Lifestyle* Retailer of the Year was designed to honour and recognise the incredible health food stores across the UK that make a difference to the health of their local communities. And a shining example of what a difference such stores make is our deserving 2025 winner – Therapy Organics.

This popular health food store, based in the Cheshire town of Wilmslow, encompasses everything that makes an independent health store special; responsible health advice from a team of qualified staff, customer service at the heart, and stocked with ethical brands making products that work. It is a hub of the community, a place people trust and turn to for support – and it is why the store was our winner.

The store was founded by sisters, Jackie Coldwell and Kylie Williams, who themselves are well qualified in the holistic world, Jackie as a Nutritional Therapist and Kylie as a Bowen Technique practitioner. Both are incredibly passionate about natural health, which led them to open the store 13 years ago. And their efforts continue to see the store grow, and evolve; most recently, they have launched an app, allowing customers to shop from there and also to book natural health treatments.

They are also passionate about helping the community to better health, educating them about nutrition through the Therapedia feature on their website, while in-store, all the team has a qualification in some kind of modality, including nutritional therapy, homeopathy, and herbalism.

Holistic praise

And the comments from customers reflect how wonderful this store is; one wrote: "Every time I walk in, the team greet me with a smile and help me find exactly what I need. Their product knowledge is so impressive, and I always feel safe in their trusted hands. If you're looking for a shop that truly cares about their customers, this is the one!"

Another told us: "I consider myself lucky to have this



WINNERS
THERAPY ORGANICS

health food store on my doorstep. Their customer service is second to none, always happy to help and with a smile. Whenever I ask a question about any product, their knowledge is fantastic, it's never a hard sell, just a genuine concern to help with your concerns. Always leave feeling much better and listened too."

And another wrote: "Such an inviting, clean and gorgeously scented environment that oozes health and feel-good vibes. Their customer service is so personal, and their knowledge is always given so generously. I always trust them and the products they sell. Fab shop and team who work so hard to look after us."

And one said: "They are most often my first port of call rather than go to the doctor, particularly on women's issues as their knowledge and holistic approach is so comprehensive. Lovely people who are clearly a passionate and dedicated team."

Commenting on their award win, Kylie and Jackie enthused: "We are so grateful to win this award and would love to thank everyone who took their time to vote for us. We strive to offer the very best we can,

combining excellent customer service with professional, qualified advice and the most wonderful, caring staff. We are truly honoured and it really does mean the world to us."

Rachel Symonds, Editor of *Natural Lifestyle* magazine, commented: "Our Retailer of the Year are always a highlight for us here at *Natural Lifestyle* as it recognises the many wonderful health food stores across the UK making a difference to the health and wellbeing of their local communities. This year, we were hugely impressed not just with the amount of nominations but by the wonderful words many of you had for your local health store – demonstrating just how critical these shops are to the communities they serve."

"We are delighted to announce Therapy Organics as our 2025 winner – a hugely deserving store that goes above and beyond to provide qualified, responsible and caring advice for its customers, who voted in their droves for this store. It is a testament to the whole team, and we congratulate them for their efforts. We also extend our congratulations to our runner-up and those shortlisted, and of course, to our friends at Bio-nature, as our dedicated sponsor, and which shares our passion and commitment to health stores."

Liz Smith, Director at Bio-nature, which distributes Terranova in the UK and which sponsored our awards, added: "We are always honoured to support the *Natural Lifestyle* Retailer of the Year – we truly believe independent health food stores play a vital role in supporting health and wellbeing, as we face ever increasing demands on our physical and mental health, our support for these stores is more important than ever."

"Huge congratulations to Therapy Organics, a beautiful store, and team on their win. We would also like to extend our congratulations to Food for All, a deserving runner-up, and all the shortlisted stores. It is a privilege to read all the customer feedback for all stores who take part as it really is a wonderful reflection on how important every store is for its customers and community."





OUR RUNNER-UP

We are delighted to announce that Food for All, in London's Stoke Newington, has been named as our deserving runner-up.

The store impressed the judges with its community-focused approach, as well as the fact that in its 50-year history, it has operated as a not-for-profit business, meaning a number of charities have benefitted hugely over the years. It is also well-known for its wide range of loose herbs on offer, not to mention being a haven for vegetarians and vegans.

Among the nominations, one told us: "Their customer service is top tier, with advice for your needs and such a wide array of products. They also help to spread the word of events you have aimed at your community – grateful for all they do."

And another wrote: "Generously, kind-hearted team and warm hearts." And another enthused:

"Their outstanding customer service, kindness and knowledge. A very special health shop with special vibes."

Meanwhile, one customer told us: "Food for All is my go-to local herbal and ethical shop, a true gem in the heart of the community. Every visit feels like stepping into another dimension: the blend of fragrant herbs, spices, and essential oils instantly transports you to a world of healing and magic."

Litchey Martins, Manager at Food for All, commented: "We're incredibly proud to be named runner-up in the awards – it's a real honour and a lovely recognition of the work we've put into making Food for All a welcoming and community-focused space. Huge thanks to everyone who nominated us and to the team behind the awards for shining a light on independent stores like ours."

THE SHORTLIST

Among the many stores that were nominated, we had a shortlist of five, which all impressed with their commitment to natural health and to the local community. As well as our winner and runner-up, the shortlist was made up of:

• **Healthfare, Tring** – this store, run by passionate owner, Zoe Milsome, and assisted by a team of three, is a haven of holistic health, caring for mind, body and soul. One customer wrote: "Before recommending any product, they spend time listening to your health issues. They ask health and lifestyle questions which can give clues about the root causes of your symptoms. And only then they would recommend any supplement and/or dietary and lifestyle advice. They don't try and sell something that one doesn't actually need."

• **Ceres, Yeovil** – this store has been an integral part of Yeovil for 40 years and remains hugely popular with its customers for the excellent service and wide product range. In one nomination, a customer wrote: "Excellent stock, in terms of quality, range and availability. Superb staff who provide first rate product knowledge and service standards. People take time to answer questions thoroughly and if required, check with colleagues or research for more detail. I make a special trip to shop there due the reliability and sheer pleasure of being in such a positive environment."

• **Demeter Health, Sandbach**: There were many positive comments for this store, including one customer who wrote: "Nothing was too much trouble when I visited, the staff were so welcoming and knowledgeable, there was no pressure to purchase, I enjoyed a complimentary tea. Reasonable priced good offers and the staff really seemed interested about me and cared."

HAVE A SPICY CHRISTMAS



Available at all good
health food stores



DELIVERING THE
health benefits
OF GINGER IN
delicious ways



Winter immunity – nourish your defences

How to support immune health with daily habits and trusted Solaray supplements.

As temperatures drop, winter brings not only frosty mornings and cosy jumpers but also new challenges for your immune system – making it more important to support robust immune health.

Fortunately, key nutrients like vitamins C, D, and calcium can make a big difference, especially when combined with healthy habits, helping you stay well all season long.

Why vitamin D matters

In the UK, the winter months are notoriously grey, with limited sunlight between October and March. This lack of sunlight directly impacts the body's ability to produce vitamin D. This essential nutrient contributes to the maintenance of normal bones, contributes to the maintenance of normal muscle function, and contributes to the normal function of the immune system.

Public Health England recommends that adults consider vitamin D supplementation during winter months to maintain optimal levels, recommending a daily dietary intake of 10mcg.¹

Solaray's Calcium Citrate with Vitamin D provides 10µg (400IU) of vitamin D3, a potent dose that

contributes to the normal function of the immune system. Consider this triple-tested, lab-verified supplement your ally in winter wellness.

Balanced diet and smart supplementation

A balanced diet is a hallmark of good health, but winter can make it harder to maintain. Comfort foods often replace fresh fruits and vegetables, and busy schedules may lead to skipped meals or missing nutrients. That's where supplementation can play an important role.

Vitamin C, for example, is a vital nutrient that contributes to the normal function of the immune system, contributes to the protection of cells from oxidative stress, and contributes to the reduction of tiredness and fatigue.

Solaray Vitamin C Timed Release supplement is a two-stage formula that releases 1,000mg of vitamin C gradually over 12 hours for long-lasting support. Made with 100 per cent vegan ingredients, including rose hips and acerola cherry, Solaray's Vitamin C is lab-tested and gluten-free. Make it the foundation of your seasonal wellness toolkit.

Daily habits to support immunity

Beyond nutrients, your daily routine plays an integral

role in immune health. Here are three practical tips to keep your defences strong:

- **Hydration:** Cold weather may reduce your thirst, but staying hydrated is key. Aim for six to eight glasses daily, and consider herbal teas for warmth and added benefits.
- **Sleep:** Quality sleep allows your body to restore itself. Aim for seven to nine hours per night and establish a calming bedtime routine to improve sleep quality.
- **Balanced meals:** Nutrient-dense meals support your immune system and more. Include a variety of colours on your plate, and don't skip breakfast – it kickstarts your body and fuels your day.

Empower your winter wellness

Are you ready to make this winter your healthiest yet? Embrace the season with a balanced diet, high-quality sleep, and trusted supplements like Solaray's Vitamin C Timed Release and Calcium and Vitamin D. Whether you're braving the chill or curling up indoors, make immune health a priority – and let Solaray support you every step of the way.

- ¹PHE publishes new advice on vitamin D: Public Health England www.gov.uk/government/news/phe-publishes-new-advice-on-vitamin-d, (accessed 15 September 2025).



About Solaray

Since 1973, Solaray has been a trusted name in wellness, crafting supplements to help you thrive. Backed by science and rooted in nature, Solaray offers more than 700 expertly formulated products.

Solaray supplements are designed to meet your unique needs, whether you want to support your immunity, digestion, sleep, mood, or daily

nutrition. To ensure utmost quality, the majority of the supplements are manufactured in Solaray's state-of-the-art facility in Utah, where the in-house lab triple-tests ingredients for purity, potency, and identity.

For over five decades, Solaray has delivered powerful supplements that support lifelong wellness – proud to be your partner in living brighter.

SUPPORTING YOUR IMMUNITY THIS WINTER

In colder months, reduced sunlight, busy lifestyles, festive indulgence, and seasonal bugs can also impact wellbeing. Alongside a balanced diet, targeted supplements provide daily support where it matters most.*

Advanced Vitamin C

Solaray Timed Release Vitamin C delivers a steady supply throughout the day, unlike standard formulas. With Solaray Timed Release technology, your body stays supported when it needs it most.



Calcium and Vitamin D

Solaray Calcium and Vitamin D complex are the perfect winter ally! Alongside Calcium and Vitamin D3, we've included a special base of herbs designed to provide additional nutritive support.





A CELEBRATION of holistic health

The *Natural Lifestyle* Product Awards are here – and we need you to tell us what should win.

Here at *Natural Lifestyle* magazine, we are dedicated to holistic health, and to helping readers support their health and wellbeing. This includes everything from nutrition education through to the importance of cutting the chemicals in your skincare products, right through to how you can live a more sustainable lifestyle.

Helping you on this journey to a holistic way of life is the many brands that can be found in your health food store. From manufacturing quality and efficacious supplements to creating natural skincare products that are good for you and the planet, not to mention the wonderful food products helping you to eat well, there are so many fantastic brands out there – and we believe they should be recognised.

That's what the annual *Natural Lifestyle* Product Awards are here to do, and we are delighted to be launching the 2025 accolades. Over the following pages, you can read more about all the products that are up for one of our awards, across a number of different categories, and then it's over to you to vote – we need you to tell us why you love a product so much, what impact it has had on your health and wellbeing, and what you love about the brand.

All you need to do is fill out the form opposite and send it back to us at the address on the bottom of the form, or you can head to www.mynaturallifestyle.co.uk/awards, where you can cast your vote. We thank you in advance for taking the time to vote, and look out for our March-April 2026 issue, where we will be revealing the winners.

VOTE NOW

To nominate your favourite product of 2025, please select just one item from each category, fill in your details below and FREEPOST to
Natural Lifestyle Product Awards 2025 FREEPOST ANG10222,
BISHOPS STORTFORD, CM22 6ZY.

Closing date – January 27, 2026.

You can also vote online at
www.mynaturallifestyle.com/awards



BEST BEAUTY/ BODYCARE

(Please tick one product)

- ☐ Altea Bio Damascena Organic Ageless Rose Otto Face Cream
- ☐ Silicea Kollagen Plus
- ☐ Weleda Skin Food Lotion

BEST FOOD/DRINK

(Please tick one product)

- ☐ Bragg Apple Cider Vinegar
- ☐ Pukka Night Time 40s
- ☐ Terranova Super Skin Drink
- ☐ The Herbtender Vital Glow Tea

BEST HERBAL

(Please tick one product)

- ☐ A.Vogel Echinaforce
- ☐ Botanicals For Life Black Walnut & Wormwood Extract
- ☐ Good Health Naturally Pumpkin Seed Extract
- ☐ Nutratea NutraMeno
- ☐ Terranova Fermented Ashwagandha FERNANOLIDE

- ☐ The Herbtender Calm & Collected
- ☐ Unbeelievable Daily Defence
- ☐ Viridian Organic Cinnamon Extract

BEST NEW PRODUCT

(Please tick one product)

- ☐ Booja-Booja Hot Chocolate
- ☐ Good Health Naturally Saffron Balance
- ☐ ITL Health MAGtrio
- ☐ Planet Paleo Multi Collagen
- ☐ Regenerative Omegas Liquid Plant-Based Omega 3-6-9
- ☐ Viridian Iconic Magnesium

BEST PERSONAL CARE

(Please tick one product)

- ☐ Altea Organic Bulgarian Rose Water
- ☐ Natracare Organic Cotton Tampons
- ☐ Salt of the Earth Unscented Roll-on Deodorant

SUPPLEMENT

(Please tick one product)

- ☐ Good Health Naturally Curcumin with Fenugreek
- ☐ New Nordic Magic Magnesium Taurate
- ☐ Pure Encapsulations PureDefense
- ☐ Pure Encapsulations Metabolic Xtra
- ☐ Syno-Vital Hylauronic Acid
- ☐ Terranova Nextgen NADpro
- ☐ Theta Balance Blend
- ☐ Viridian Brain Support

BEST VEGAN

(Please tick one product)

- ☐ BlueIron Liquid Iron
- ☐ Terranova Life Drink
- ☐ Viridian Vitamin D3 & K2

Full name: _____

Email: _____

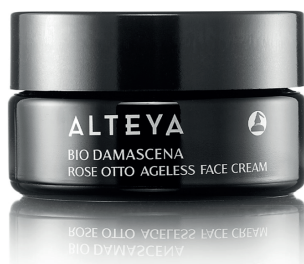
Telephone: _____

FREEPOST to NL Product Awards 2025, FREEPOST ANG10222, BISHOPS STORTFORD, CM22 6ZY. Thank you for voting.
The winners will be announced in the March-April issue of *Natural Lifestyle*.

BEST BEAUTY/BODYCARE

Alteya Organics: Bio Damascena Organic Ageless Rose OTTO Face Cream

Discover the luxury of Bio Damascena Organic Ageless Rose OTTO Face Cream, your intensive solution for a firmer, more youthful-looking complexion. This rich formula is fortified with rare Organic Rose Oil and powerful White Truffle Extract, delivering youth-enhancing hydration. It is specifically designed to reduce the appearance of lines and wrinkles while boosting skin elasticity and resilience. Additionally, illuminating Pracaxi Oil helps minimise age spots, while antioxidant-rich Pomegranate Extract provides protection against environmental damage. Certified organic and NATRUE approved, this cream supports your skin's natural balance for a truly radiant glow. Learn more: www.alteya.co.uk



BEST BEAUTY/BODYCARE

Ultimate beauty formula

Silicea Collagen Plus combines the highest quality Verisol collagen with a whopping 150mg of Haplex hyaluronic acid and Silicea's famous Silica gel all of which have been subjected to clinical studies covering, skin elasticity, wrinkles, hair & nail growth, and skin moisture levels. Flavoured only with fruit puree and packed in individual sachets for convenience. Available from all good health stores. www.wfbm.co.uk



BEST BEAUTY/BODYCARE

NEW Weleda Skin Food Body Lotion

This creamy new vegan-friendly Skin Food Body Lotion provides intensive care and long-lasting moisturisation, activating the skin's natural regenerative processes with the signature botanicals of Weleda's original Skin Food moisturiser - healing calendula, calming chamomile, revitalising rosemary and skin-soothing wild pansy. Boosted by powerfully active olive squalane for silky smoothness, the lotion delivers instantly glowy skin and intensive nourishment, and immediately soothes dry skin, strengthening the skin barrier. It's comfort food for skin. Its NATRUE-certified formula is naturally fragranced with essential oils, and comes packaged in recyclable rPET plastic made from recycled material, it's green in more ways than one. www.weleda.co.uk



BEST FOOD/DRINK

Bragg Organic Apple Cider Vinegar

Made from delicious organic apples, Bragg Apple Cider Vinegar is raw, unheated, unpasteurized, unfiltered and contains the mother. The Mother is a mix of good bacteria and live enzymes, similar to a Kombucha SCOBY, used in the fermentation process of apples into vinegar. Bragg Organic Apple Cider Vinegar is the traditional Apple Cider Vinegar, Produced on the Bragg live food farm since 1912, Bragg ACV has since become a staple in cupboards in the USA and now sweeping across Europe! Bragg has premium Apple Cider Vinegar that is made in the most organic, natural and purified way. www.bragguk.co.uk



BEST FOOD/DRINK

Pukka rolls out larger pack sizes

Pukka Herbs is introducing 40 bag pack sizes across four of its best sellers. Supreme Matcha Green is now available, adding to the existing line up of Night Time, Three Mint and Lemon, Ginger & a touch of Manuka Honey. Pukka's teas are made with ethically and sustainably sourced organic ingredients, with FSC certified recyclable card and home compostable tea bags. www.pukkaherbs.com/uk/en



BEST FOOD/DRINK

Terranova: Super Skin Drink

Nourish your glow from within with Terranova Super Skin Drink—the advanced, plant-based solution. Designed for those seeking a collagen alternative, this vegan-friendly powder features Vollagen®, Hyaluronic Acid, and Biotin to support the maintenance of normal skin, hair, and nails. The formula is rich in antioxidants from Blueberry, Cocoa, and Grape Seed, providing protection against oxidative stress. Easily mixable into water or smoothies, it's the clean, additive-free way to promote balance. 100% Vegan | Additive Free | Clean Label Available in Independent Health Food Stores Learn more: www.terranovahealth.com Distributed in the UK by Bio-nature Ltd info@bionature.uk.com



BEST FOOD/DRINK

Nurture Your Inner Fire

Adapt to the colder months by nourishing your immunity with some of nature's finest ingredients. The Herbtender's organic herbal tea, Vital Glow, has been expertly crafted by their medical herbalist using adaptogens, functional mushrooms and botanicals that taste as good as they make you feel. The gentle giant of mushrooms, Reishi is blended with tangy Hibiscus, spicy Cinnamon, warming Ginger, sweet Liquorice (for its immune supporting properties) and finished with soft Orange and Clove. The result is a stimulating, warming 'hug in a mug' that will help build your inner resilience and spark a steady vitality from within.



BEST HERBAL

Botanicals For Life Black Walnut

A true standout in modern herbal innovation, Botanicals For Life's Organic Black Walnut & Wormwood unites two renowned botanicals with cleansing and hepato-protective qualities. Working in synergy, they offer broad-spectrum support for digestive harmony and microbial balance. Expertly extracted from organically grown herbs and suspended in natural glycerine, this vegan, alcohol-free formula is exceptionally pure, potent, and fast absorbing. Delivering 1,000 mg of active plant material per serving, this dual extract reflects Botanicals For Life's commitment to scientific precision and plant-based purity. Precision herbal support. Powered by nature.



www.livingplanetdistribution.com

BEST HERBAL

NutraMeno – Menopause Tea

NutraMeno® by NutraTea® is part of our award-winning range of 34 functional herbal teas. Specially developed by pharmacists and nutritionists, this natural blend is designed to support a calm and comfortable menopause. Formulated with 100% active botanicals including Dong Quai, Shatavari Root and Vervain, NutraMeno helps to moderate sweating and maintain mental balance. Every biodegradable tea bag contains 2 grams of sustainably sourced herbs, free from flavourings, oils and excipients, making it perfect for multiple brews throughout the day. NutraMeno offers a simple and convenient way to support your wellbeing during the menopause phase of life.



www.nutratea.co.uk

BEST HERBAL

Trusted for 70 years



Help fight the misery of colds and flu by supporting your immune system with A.Vogel Echinaforce® Echinacea drops. Echinaforce is made from a unique formula of extracts of freshly harvested, organic Echinacea purpurea herb and root. It is a traditional herbal remedy for symptomatic relief of colds, influenza type infections and similar upper respiratory tract conditions. Always read the leaflet.

www.avogel.co.uk

BEST HERBAL

Pumpkin Seed Extract with Soy Isoflavones

A clean, vegan supplement combining two time-honoured botanicals for everyday wellness and balance. Each capsule provides a high-strength 10:1 pumpkin seed extract (equivalent to 5400mg) plus standardised non-GMO soy isoflavones (40%). Traditionally used to support bladder and urinary comfort in both men and women, pumpkin seed extract is also well regarded in men's prostate health, while soy isoflavones are often chosen for women's health and hormonal wellbeing. Together, they offer a balanced, research-inspired approach to supporting men's and women's health at all stages of life. 60 capsules per bottle.

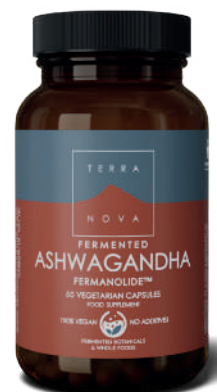


www.goodhealthnaturally.com

BEST HERBAL

Maximum Absorption: Terranova Fermented Ashwagandha FERNANOLIDE™

Experience the advanced power of Fermented Ashwagandha FERNANOLIDE™ by Terranova. This unique supplement utilises the highly researched KSM-66 Ashwagandha, which is then carefully fermented using our proprietary process. This fermentation enhances the profile of active compounds (withanolides) for optimal intake. FERNANOLIDE™ is a powerful and easily digestible adaptogen, providing comprehensive support traditionally associated with general well-being and balance. 100% Vegan | Additive Free | Clean Label Available in Independent Health Food Stores Learn more: www.terranovahealth.com



Distributed in the UK by Bio-nature Ltd info@bionature.uk.com

BEST HERBAL

Keep Calm & Carry On

Adapt to life's ups and downs, naturally, to find inner balance. Calm & Collected is a synergistic blend of adaptogens that is 100% nootropic – meaning every ingredient supports brain function. The Herbtender's Medical Herbalist crafted the formula to help those struggling with anxiety, enabling a restless mind to quiet. Ideal when sleep is elusive due to wandering thoughts or when unwanted worries are getting in the way of life. Dual extracted Lion's Mane and Lion's Mane biomass combine for their full spectrum benefits, blended with Ashwagandha, Holy Basil and Seagreens® (iodine). No filler, no filler. Just high quality expertly formulated natural ingredients.

www.the-herbtender.com



BEST HERBAL

Natural antibiotic & antiviral properties

Bee prepared daily immune supplement is formulated by nutritionists combining highest quality plant-based ingredients including several with antiviral and antibiotic properties including bee propolis, olive leaf and black elderberry. It's concentrated so fewer are required. Suitable for kids too. Capsules may be opened into juice if desired. Unbelievable Health is one of the only brands formulating all-in-one herb and food sourced supplements blending beneficial ingredients (not usually found in a regular diet), with no added fillers or excipients. Suitable to take daily, year round. Made in the UK.

unbelievablehealth.co.uk



BEST HERBAL

Pure and Potent Organic Cinnamon Extract

Viridian Organic Cinnamon is a high potency extract sourced from Ceylon cinnamon, often referred to as "true cinnamon". The formulation provides 60mg of proanthocyanidins and is equivalent to 4800mg of whole herb, ensuring therapeutic levels. The extract is derived from the dried inner bark of the evergreen tree of the laurel family, which is grown and harvested in Madagascar. This is one of the few other places in the world to successfully grow true cinnamon outside of Sri Lanka. Cinnamon contributes to the maintenance of healthy blood sugar level and helps to maintain normal stomach comfort. Nutritionist formulated and certified by the Soil Association ensuring purity.

www.viridian-nutrition.com



BEST NEW PRODUCT

Booja-Booja Hot Chocolate

Booja-Booja dairy free hot chocolate is an exciting new creation, bringing all the deliciousness and quality you expect from Booja-Booja chocolate truffles to an indulgent hot drink. Smooth, sophisticated and sumptuous, this exceptional hot chocolate is made with organic ingredients and is completely dairy free, gluten free and vegan. It can be used with any type of milk to create a rich, luxuriously comforting chocolate drink. New, innovative and luxurious, Booja-Booja hot chocolate is a Nourish Awards 2025 winner.

www.boojabooja.com



BEST NEW PRODUCT

New: Saffron Balance with Affron®

Saffron Balance is a premium addition to Good Health Naturally's range, providing 30mg of Affron® per capsule – the clinically researched saffron extract standardised to 3.5% Lepticosalides®. Recognised as the gold standard in saffron supplementation, Affron® is sustainably cultivated and gently extracted to preserve its active compounds, and extensively studied for its role in supporting mood and emotional balance. Early research suggests Affron® saffron extract may begin working within an hour, offering a reliable, evidence-based choice for daily emotional wellbeing. Saffron Balance is vegan, non-GMO, and free from artificial additives. Conveniently formulated for one-a-day use, each bottle provides 60 capsules.

www.goodhealthnaturally.com



BEST NEW PRODUCT

MAGtrio: Triple Magnesium Power

Three premium forms of magnesium, each paired with unique nutrient carriers for well-rounded support. Magnesium bisglycinate is gentle and highly absorbable, often chosen for sleep support and relaxation. Taurate is magnesium paired with taurine and studied for its role in heart health. Magnesium L-Threonate (Magtein®) is designed to cross the blood-brain barrier and is often chosen to support brain health and clarity. Genuinely pure and thoughtfully formulated — a comprehensive choice for magnesium supplementation.

www.itlhealth.co.uk



BEST NEW PRODUCT

Planet Paleo Multi Collagen

Planet Paleo's Multi Collagen is a next-generation blend featuring five collagen types (I, II, III, V, and X). Ethically sourced from LIAF-certified, grass-fed bovine cattle, wild-caught fish cartilage, and free-range eggshell membrane, it's a comprehensive product for whole-body vitality. With added Vitamin C and bamboo silica, it supports natural collagen production and helps strengthen connective tissue. Each nourishing scoop delivers 8.6g of hydrolysed collagen for skin elasticity, joint comfort, and active recovery, all in one formula. Ancient nutrition made for modern convenience.

www.livingplanetdistribution.com



BEST NEW PRODUCT

Regenerative Omegas® Liquid: Sustainable Wellness for the Whole Family

Meet Regenerative Omegas® Plant-Based Omega 3-6-9 – the genuinely sustainable choice for your essential fatty acids. Derived from Ahiflower® seed oil and grown using regenerative agriculture, this liquid supplement is naturally vegan-friendly and completely fish-free. It delivers a powerful combination of Omega-3, -6, and -9 to support optimal wellness. Crucially, the liquid is easy to swallow, flavourless, and does not cause fish burps—making it perfect for little ones! Simply add it to smoothies, porridge, soups, or any daily food. By choosing our traceable, soil-to-oil formula, you are actively supporting health and sustainability. We're saving 550,000 anchovies, one acre at a time. Learn more: www.regenerativeomegas.co.uk



BEST NEW PRODUCT

Unbound and Ready to React

Viridian Ionic Magnesium Liquid is sourced from an environmentally pristine area of the Northern shore of the Great Salt Lake, in Utah. This area offers a natural and clean environment for the water, rich in magnesium and electrolytes, to be harvested. The term ionic confirms the magnesium is unbound, and therefore has quicker absorption and higher bioavailability, making it more effective for promoting normal psychological function, energy metabolism, and reducing fatigue. Contains active ingredients, formulated by expert nutritionists with no artificial additives, fillers, preservatives and no nasties. Sourced according to Viridian's strict ethical criteria including no animal testing, GMO or palm oil.

www.viridian-nutrition.com



BEST PERSONAL CARE

Alteya Organic Bulgarian Rose Water

Experience the timeless beauty secret of the Rose Valley with Alteya's Organic Bulgarian Rose Water. This exquisite flower water is 100% pure, steam-distilled from freshly hand-picked Rosa Damascena petals. Certified organic, it offers gentle, multipurpose care for all skin types. Use this therapeutic-grade hydrolat as a hydrating toner, soothing facial mist, or hair revitaliser to instantly refresh, balance, and soften skin while reducing redness. Its naturally delicate, uplifting aroma also makes it perfect for aromatherapy. It's nature's purity in a bottle.

Learn more: www.alteya.co.uk



BEST PERSONAL CARE

Natracare tampons – the number one choice

Natracare has been the number one choice for plastic-free panty liners, pads and organic tampons for over thirty years. Their tampons are free from plastic, chlorine, synthetic fragrances and other harmful chemicals, and use 100% organic cotton that's certified to the Global Organic Textiles Standards. With easy-glide biodegradable cardboard applicators and recyclable packaging, Natracare tampons are ethical and sustainable, right down to the core.

www.natracare.co.uk



BEST PERSONAL CARE

Salt of the Earth Unscented Roll-on

The Salt of the Earth Unscented Refillable Roll-on Deodorant is certified vegan by the Vegan Society, certified natural by COSMOS and scent free. It's a great option for those who are looking for an alternative to heavily perfumed deodorants. The formula of natural mineral salts, aloe vera and rosemary offers long-lasting protection without leaving any unsightly white marks on your clothes. The 75ml bottle can be refilled up to 7 times by purchasing a 525ml Unscented Refill Bottle, which offers a great way of reducing waste.

saltoftheearthnatural.com





BEST SUPPLEMENT

CurcuminX4000® with Fenugreek Seed Extract

A long-standing customer favourite, CurcuminX4000® with Fenugreek Seed Extract stands out for its quality and performance. Featuring an advanced phospholipid formula with highly bioavailable Meriva® curcumin, shown in studies to absorb up to 30x better than standard curcumin, this expertly developed supplement offers superior value and results. Added Fenugreek Seed Extract enhances absorption further, supporting the body's natural defences and overall wellbeing. Curcumin is often used to support joints, brain, skin, digestion, and immune health. Each bottle provides 180 capsules (approx. 60 days' supply) in a clean, vegan, non-GMO formulation.

www.goodhealthnaturally.com



BEST SUPPLEMENT

Benefits of Magic Magnesium Taurate

New Nordic Magic Magnesium™ Taurate is a dietary supplement that combines magnesium with taurine, together with thiamin, vitamin D, B-vitamins and French maritime pine bark.

Magnesium contributes to the normal function of the muscles, and thiamin contributes to the normal function of the heart. Pine bark is traditionally linked with circulation support. This gentle formula provides magnesium in a taurine-bound form that may be easier to take daily. Produced by New Nordic, the No.1 magnesium manufacturer in Scandinavia, this supplement is intended for general wellbeing and can be included as part of a balanced lifestyle to support everyday nutrient intake.

newnordic.co.uk/en/vitality/magnesium



BEST SUPPLEMENT

With Vitamin C, D and Zinc for normal function of the immune system

PureDefense is a targeted blend of nutrients and plant extracts including Vitamin C, D and Zinc which contribute to the normal function of the immune system. Also providing n-acetylcysteine (NAC), EpiCor® dried yeast fermentate complex, Elderberry fruit extract and quercetin. Featuring 450 mg of NAC in each serving of two capsules. EpiCor® is a dried yeast fermentate complex that has undergone published clinical research. Provides 1000 IU (25 ug) vitamin D3 in each serving of two capsules.

<http://www.pure-encapsulations.com>

co.uk/puredefense.html?options=Size_120+capsules



BEST SUPPLEMENT

Metabolic Xtra with Svetol® Green Coffee Extract

Metabolic Xtra with Svetol® Green Coffee Bean Extract features a blend of ResVida® resveratrol, alpha lipoic acid and chromium. Svetol® is a clinically studied decaffeinated green coffee bean extract providing chlorogenic acids. Featuring the recommended amount of 400 mg Svetol® per daily dose. With ResVida® resveratrol providing high purity trans-resveratrol and alpha lipoic acid. Highly bioavailable chromium picolinate contributes to the maintenance of normal blood glucose levels.

www.pure-encapsulations.co.uk



BEST SUPPLEMENT

The Leading brand in Oral Hyaluronic Acid ...

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 affect 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% of the human eye, 60% of the skin, and crucially 9% of the joints. Taking Syno-Vital can help to top up those levels and ease joint problems, whilst hydrating the skin and eyes too.

www.modernherbals.com



BEST SUPPLEMENT

Terranova NextGen NADPro™: The 44x More Bioavailable NAD+ Complex

NextGen NADPro™ NAD+ Activator Complex features BioSNEDS™ NADPro™ Quercetin/ Niacinamide Cocrystal to support healthy NAD levels, a cofactor for crucial metabolic functions in the body. NextGen NADPro™ NAD+ Activator Complex is 44.4 times more bioavailable compared to the standard form, results based on independent Pharmacokinetic (PK) and PAMPA studies. This advanced formulation not only has a MAGNIFOOD COMPLEX providing synergistic phytonutrients from superfoods and fermented botanicals to further support the activity of NAD+ but there are additional ingredients such as BioSNEDS™ ResveraSol™, bitter orange and lycopene that add to its unique composition and synergy. Available in Independent Health Food Stores. Learn more: www.terranovahealth.com 100% Vegan | Additive Free | Clean Label Distributed in the UK by Bio-nature Ltd info@bionature.uk.com



BEST SUPPLEMENT

Balance Blend

The most communicated symptoms of perimenopause and menopause are sleep disruption, hot flushes, night sweats, fatigue and irritability. Theta's Balance Blend supplement effectively addresses symptoms by using a trio of natural proven ingredients. Red Clover supports natural hormone levels, effectively easing hot flushes and night sweats. Dong Quai balances hormones, reducing hot flushes, sweating, restlessness and irritability. Vitamin E protects cells from oxidative stress, supports immune function and promotes cellular communication to effectively improve symptoms. Theta is available on Amazon (£20.99) and in independent health food stores to truly empower perimenopausal and menopausal women to thrive during their journey. youaretheta.com



BEST SUPPLEMENT

Nourish Your Mind with Brain Support Multi

Brain Support Multi is a daily multivitamin and mineral formulation developed by expert nutritionists at Viridian. Featuring a blend of 22 nutrients including supportive vitamins to promote brain health and function, together with bioavailable minerals and selected phytonutrients. The formulation contains iodine, iron and zinc which all contribute to normal cognitive function, and vitamin B5 contributes to normal mental performance. Brain Support Multi features a high dose of choline together with a botanical extract brahmi at the therapeutic dose. Contains active ingredients and no artificial additives, fillers or binders. Non-animal tested and ethically sourced. www.viridian-nutrition.com



BEST VEGAN

Natural Nordic Energy*

The only supplement formulated with delicious Nordic blueberries, Blueiron is highly bioavailable and fast acting. Its patented micro-encapsulated iron means it's easily absorbed and gentle on the stomach, setting a new standard for efficacy and convenience, even through pregnancy and breastfeeding. Blueiron provides the full recommended intake of iron for reduced tiredness and fatigue, whilst supporting the normal function of the immune system. It is the only iron supplement made with vitamins and Nordic blueberry juice to offer a pleasant flavour, while reducing the unwelcome side-effects commonly associated with other iron supplements. 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.



BEST VEGAN

Life Drink: Wholefood Nutrition, Optimised Absorption

Life Drink is Terranova's comprehensive, plant-based nutritional foundation. This potent, vegan-friendly powder is an exceptional blend of key nutritional groups, combining balanced pea and rice protein with Rice Bran Actives and nutrient-dense Microalgae (Spirulina and Chlorella). The formula is further enhanced with a blend of freeze-dried Greens, Berries, and Mushrooms (Reishi and Shiitake), alongside a Probiotic and Digestive Enzyme complex to aid nutrient assimilation. Additionally, it provides a balanced ratio of Omega 3, 6, and 9 essential fatty acids. It's the ideal way to start your day, ensuring your body receives a broad spectrum of active nutrients in one scoop. 100% Vegan | Additive Free | Clean Label Available in Independent Health Food Stores. Learn more: www.terranovahealth.com Distributed in the UK by Bio-nature Ltd info@bionature.uk.com



BEST VEGAN

Vitamin D3 & K2 Liquid for Optimal Bone Health

High potency Viridian Vitamin D3 and K2 Liquid, a convenient and easy to use pill-free way of taking these essential nutrients. Vitamin D3 and K2, are a powerful duo when combined, contributes to the maintenance of bone health. Vitamin D3 contributes to the absorption of calcium and K2 helps activate the relevant proteins that requires calcium. Viridian Vitamin D3 is clinically studied and sourced from lichen, whilst K2 is derived from natto, and contributes to normal blood clotting and maintenance of normal bone. The complementing K2 is non-animal tested. This great tasting vegan formulation with real orange oil, contains active ingredients and no artificial additives, preservatives or other unnecessary ingredients. www.viridian-nutrition.com



Soothe the SEASONAL BLUES

Rates of anxiety are known to be on the rise, and this time of year can be more problematic as Seasonal Affective Disorder (SAD) begins. But there are many holistic choices that can help, as our experts advise.

Rates of anxiety are increasing and the data bears out how much of a problem it is. While there are many factors involved in terms of why anxiety is so common, there's no doubt modern living, social media use, not to mention the cost-of-living crisis have all had a part to play.

When we move into the winter, rates of seasonal depression and anxiety can rise. This is because changes in the weather and fewer daylight hours raises our risk of seasonal affective disorder, commonly referred to as SAD. It's important to note if you are concerned about your mental health, seek the advice of your GP, and always inform them if you are taking supplements; likewise, notify health store staff if you are taking medication.

Catherine Gorman, Nutritionist at Good Health Naturally, explained: "Statistics suggest anxiety is steadily increasing. A 2022/23 UK mental health survey found 37.1 per cent of women and 29.9 per cent of men reported high levels of anxiety. Another survey in March 2023 found 20 per cent of UK adults reported feeling anxious most or all of the time."

Why are you anxious?

There are many factors involved, and often, it's not one single cause.

Alison Cullen, Education Manager at A.Vogel, advised: "Nutritional deficiencies make mood regulation more difficult, and drive fatigue, which in turn lowers mood. Additionally, poor gut function impacts serotonin levels, as so much of it is produced by cells in the gut when healthy."

Catherine continued: "Increased cost-of-living and financial insecurity have placed many households under stress. According to a Mental Health Foundation survey, 32 per cent of UK adults reported worrying about paying bills was a significant cause of anxiety. Wider uncertainty linked to events such as Brexit or concerns about ongoing conflicts around

the world have also contributed to feelings of instability and lack of control.

"Gender and social inequalities seem to play a part, as women and those living in deprived areas experience higher rates of anxiety. Young people seem to be suffering in particular. In 2023-24 in England, there were 204,526 new referrals of patients aged 17 for anxiety. This is more than double before the pandemic. Social media and digital life may be an added pressure, particularly for younger generations."

SAD explained

We know that SAD is related to the change in seasons, but why does it occur?

Catherine advised: "While the exact cause is not fully understood, limited daylight is thought to play a major role. A lack of natural light can disrupt the body's circadian rhythm. Reduced

sunlight can lower serotonin activity, which is strongly linked to mood. At the same time, melatonin may remain higher during the day. As a result, people experience low energy, mood changes, and sleep disturbances. In its most severe form, SAD is classified as a type of depression. Clinical winter depression affects around three in every 100 people in the UK."

Alice Bradshaw, Head of Nutrition

Education and Information at Terranova, added: "SAD is estimated to affect between two-six per cent of the UK population, while many more experience milder symptoms often described as the winter blues. Its seasonal nature is explained by the reduction in both daylight hours and light intensity during the colder months, which diminishes the signals needed to regulate circadian rhythm and neurotransmitter activity."

And what signs are experienced with SAD?

Alice advised: "Symptoms mirror those of depression but follow a clear seasonal pattern. Persistent low mood, loss of interest in normal activities, fatigue, poor concentration and irritability are common. Many report increased appetite,

particularly for carbohydrate-rich foods, which may lead to weight gain. Sleep often becomes excessive yet unrefreshing, leaving individuals tired. Symptoms typically begin in autumn, worsen through winter and ease as longer, brighter days return."

And who can be more at risk?

"SAD often runs in families, so there seems to be a genetic element. It also tends to affect women more than men," Catherine commented. "Reduced sunlight can lead to low vitamin D, which has been linked to SAD. Lifestyle factors can play a role too. People who spend most of their time indoors or have little access to natural light may be at greater risk. High stress levels, existing mental health conditions like ADHD, anxiety or bipolar disorder, or poor coping strategies can also make seasonal mood changes worse."

The role of diet

Food plays a critical role in brain, including mental health. Therefore, a healthy, balanced diet is crucial.

Catherine commented: "The Western diet, often high in refined and processed carbohydrates, has been linked to worsening symptoms of mood disorders such as anxiety. Starchy, sugary foods disrupt blood sugar balance, leading to sudden drops in energy that can trigger sugar cravings, irritability,





Address your stress

The impact of stress on your mental health cannot be underestimated.

Catherine added: "Stress can encourage emotional eating; people often reach for foods and drinks that provide a quick energy boost, such as sugary snacks or caffeinated drinks. While these may offer temporary relief, the lift is short-lived. A sharp dip in blood sugar usually follows, often causing people to feel worse and more irritable. Sleep deprivation is another major factor. It is estimated half of adults suffering from stress and anxiety struggle with poor sleep, often because their brains remain wired at night. This creates a vicious cycle, as inadequate sleep increases stress and anxiety, which makes sleep more difficult. The consequences include low energy, irritability, mood swings, and difficulty thinking clearly."

Therefore, managing stress and being active is helpful.

"It's important to get outside every day, even just for 10 minutes," Catherine recommended. "Natural light helps regulate the circadian rhythm, and fresh air can give energy levels a boost. Try going for a walk first thing in the morning, or during lunch breaks, and make the most of sunny or dry days. If the weather is too harsh, it is beneficial to sit near a window to soak up as much daylight as possible, which may help ease SAD naturally."

"Social support is also key to managing SAD. Stay connected with friends and family, even if it feels like an effort. Try joining a class or sign up for an indoor exercise group. Make the most of brighter days with walks outside, during bad weather, arrange trips to the cinema, or even an indoor shopping centre where you can walk and talk."

Alice added: "Routine changes can make a marked difference in managing SAD. Light therapy boxes may offer additional support. Incorporating daily movement, whether aerobic or strength-based, has well-established benefits for mental health and sleep quality. Relaxation practices such as meditation or deep breathing, alongside structured social contact and enjoyable activities, help to counteract withdrawal and low motivation."

And Alison suggested: "Have a regular (preferably fairly early) bedtime and wake time."

poor sleep and heightened anxiety."

So, what changes should you make to your diet?

Alice recommended: "A whole-food approach, rich in vegetables, fruits, wholegrains, legumes, lean proteins, nuts, seeds and oily fish, supplies steady energy and the materials needed for healthy brain chemistry. At the same time, limiting caffeine and alcohol is advisable, as both can interfere with sleep and heighten anxiety."

Catherine added: "The Mediterranean diet is a great choice for supporting mental wellbeing, with an emphasis on vegetables, low-sugar fruits such as apples and berries, and healthy fats from olive oil, coconut oil, avocados, nuts, seeds, legumes, high-quality meat, fish and seafood. It encourages cutting out or reducing processed, refined and sugar-laden foods, replacing with whole grains such as oats, quinoa, buckwheat and brown rice to sustain energy and stabilise blood sugar. Lean proteins like chicken, fish, legumes, and tofu also play a role in maintaining steady energy throughout the day."

"Research shows people who follow a Mediterranean diet have up to a 35 per cent lower risk of anxiety and depression compared to a traditional Western diet. A 2018 paper in the *World Journal of Psychiatry* identified 12 'antidepressant nutrients' linked to anxiety and depressive disorders:

folate, iron, omega 3 fatty acids, magnesium, potassium, selenium, vitamins A, B1, B6, B12, C, and zinc. The study highlighted leafy greens, lettuce, peppers, cruciferous vegetables, seafood and organ meats as some of the best sources. A happy gut means a happier mind, as the digestive system plays a big role in how resilient people are to stress. Support the gut by adding fermented foods like kefir, sauerkraut, and kimchi, along with fibre and prebiotic-rich foods such as apples, leeks, garlic, onions and artichokes."

Alison went on: "Eat at regular times – digestion is most effective when meals happen at more or less the same time each day. Healthy eye tissue is useful, as those vulnerable to SAD need light exposure and the ability to respond visually to light, possible when eyes are healthy. Blackberries, blackcurrants, and blueberries are therefore useful, and can be taken in supplement form. Good quality protein, omega 3 and vitamin D are all helpful. Consider a postbiotic as the fastest way to resettle an unhappy gut."

SAD supplements

Certain nutrients support your mental health during winter, with vitamin D among the most critical.

"Vitamin D3 is particularly important in the UK winter, when sunlight exposure is limited; low levels

have been consistently associated with fatigue and poor mood, and while oily fish, egg yolks and fortified foods provide some vitamin D, intake is often insufficient without supplementation," Alice explained. "Vitamin C, in citrus fruits, berries, peppers and broccoli, plays a key role in adrenal health and protection against oxidative stress. Magnesium, in leafy greens, nuts, seeds, wholegrains and dark chocolate, supports relaxation of the nervous system, muscle function and restorative sleep. Omega 3 from fish oil or algae contribute to brain health and reduced inflammation."

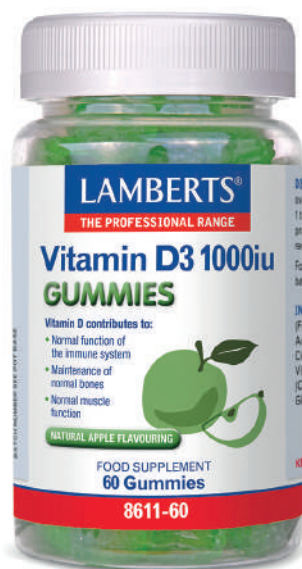
Catherine went on: "B12 is a big player when it comes to mood and brain health. It helps the body make neurotransmitters and protects nerves. Low levels can lead to tiredness, brain fog and low spirits. It is found in foods like eggs, organ meats and red meat. Vegans and vegetarians may need to supplement, as plant foods don't provide much B12. Zinc regulates mood-boosting serotonin and dopamine. Low zinc has been linked to depression, anxiety and irritability. Good sources include pumpkin seeds, chickpeas, cashews, eggs and seafood."

Alison added: "Supplements such as Lactarium extract ensure you experience all the sleep stages, enabling your body to repair both physically and mentally overnight."

Lamberts Vitamin D3 Gummy

Vitamin D3 is made in the body when sunlight hits the skin and offers superior absorption to the D2 form that is made from plants. Vitamin D synthesis only happens in the UK during spring and summer and may be an issue in winter. Sun avoiders, the elderly and overweight people may also struggle with Vitamin D. This nutrient is recommended for concerns including bones, immunity and muscle function. Each Lamberts gummy provides 25µg of vitamin D3, for maximum absorption. With a delicious apple flavour and no added sugar or sweeteners, they are ideal for anyone (4+).

www.lambertshealthcare.co.uk



Together Health Multivitamin wholefood supplement 30 capsules

Together Health's Multivitamin delivers 24 essential nutrients from wholefood sources, ocean minerals and plant-based ingredients. With vitamin D3 from lichen and fermented K2, this complete complex is easily recognised and absorbed by the body. Carefully formulated with food-based vitamins and bioavailable minerals, it helps maintain immunity, energy and overall wellbeing. Vegan, non-GMO and free from artificial additives, it's made with clean, natural ingredients your body can trust. Gentle on the stomach and 100% clean, it provides comprehensive nutritional support for modern lifestyles.

www.togetherhealth.co.uk



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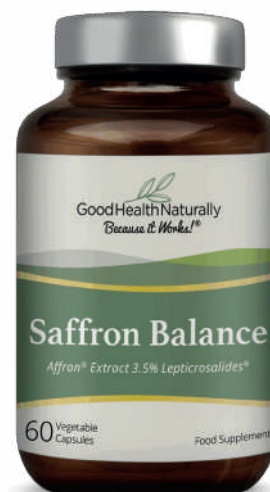
Betaimune® is a scientifically formulated supplement developed by specialists to provide comprehensive immune support. It combines a powerful blend of well-known antioxidants, including mixed berries, pine bark extract, mixed carotenoids, CoQ10, citrus bioflavonoids, and red grape polyphenol powder. These are further complemented by carefully selected vitamins and minerals, chosen for their role in maintaining a strong and responsive immune system. Whether you're looking to protect against everyday stressors, environmental challenges, or seasonal illness, Betaimune® delivers advanced nutritional support to help you stay healthy and resilient. Betaimune® retails at £13.99 for 30 capsules. Contact HealthAid® Ltd on 020 8426 3400 for purchase and stockiest information or visit www.healthaid.co.uk



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Saffron Balance features 30 mg of Affron® – a clinically researched saffron extract standardised to 3.5% Lepticrosalides®. Affron® is considered the gold standard in saffron supplements, with research exploring its role in mood, PMS, sleep, and menopausal wellbeing. Derived from the delicate stigmas of *Crocus sativus* L., it is sustainably grown in Spain and gently extracted to preserve its key active compounds. The formula is 100% vegan, non-GMO, free from artificial additives, and made to exacting quality standards. Easy to incorporate into your daily wellness routine, Saffron Balance provides a natural, science-backed way to support overall wellbeing. 60 one-a-day capsules.

sales@goodhealthnaturally.com



Double award winning Ionic Magnesium Liquid

Ionic Magnesium Liquid is unbound and ready to react, sourced straight from the Great Salt Lake in Utah. Featuring a blend of naturally occurring magnesium and electrolytes. This nutritionist formulated supplement has won 2 awards for 2025 Best New Product. The term ionic confirms the magnesium is unbound, and therefore has quicker absorption and higher bioavailability, making it more effective for promoting normal psychological function, energy metabolism, and reducing fatigue. The source offers a clean environment for the water rich magnesium and electrolyte content to be harvested. Contains active ingredients, no artificial additives, vegan friendly and ethically sourced.

www.viridian-nutrition.com



Blueiron is a delicious and effective way to boost your iron levels

Blueiron, crafted with Nordic blueberries, is a naturally sourced, highly bioavailable iron supplement that is gentle on the stomach and quickly absorbed, thanks to its patented micro-encapsulation. It provides the full recommended daily iron intake to help combat fatigue and support immune health. Unlike many other iron supplements, Blueiron offers a pleasant taste without the typical side effects, and it is suitable for vegetarians, vegans, as well as those who are pregnant or breastfeeding. Infused with essential vitamins and natural blueberry juice, Blueiron is a delicious and effective way to boost your iron levels or support various life stages.

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.



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ImproveMe

Mushroom Extract

Traditional Hot Water Extract/Alcohol free

THE MUSHROOM GLYCERITES THE CONCEPT:

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.



www.improve-me.co.uk

Discover Organic Planet Paleo Bone Broth Concentrate

Learn about Planet Paleo's ancestral nutrition made convenient for modern lifestyles.

Once linked with beauty, collagen is now valued for its benefits in joint health, gut comfort, and whole-body vitality.

But as more of us understand the benefits of collagen, people are now searching beyond generic powders towards formulas that are traceable, sustainable, and practical for everyday use. Responding to this shift, Planet Paleo has developed Organic Bone Broth Concentrate – a product that unites tradition with convenience.

Everyday vitality made simple

Bone broth has long been a cornerstone of ancestral nutrition. Yet preparing it at home is often time-consuming, messy, and inconvenient. Planet Paleo's Organic Bone Broth Concentrate removes those barriers, delivering the depth of slow-simmered nutrition in a ready-to-use, shelf-stable jar.

Made with just three pure ingredients, organic, grass-fed, and pasture-raised beef bones, fresh spring water, and salt, it's an example of clean-label clarity. Each 250g jar provides 93g of collagen, amino acids such as glycine and glutamine, and a spectrum of minerals including potassium, magnesium, and phosphorus. Certified organic and sourced from Swedish farms committed to regenerative agriculture, it combines nutritional density with sourcing integrity. It is ideal for those seeking natural ways to boost energy, aid recovery, or simply add more protein into their daily life. And with only three ingredients, it's free from common FODMAP triggers and fits seamlessly into paleo and keto lifestyles.

Sustainability, the traditional way

The concentrate uses bones that would otherwise go to waste, honouring a nose-to-tail approach to nutrition that is resourceful and mindful. Slow-simmered for over 20 hours, it delivers a nutrient-rich concentrate that stays true to traditional broth-making while reducing waste.

Each jar provides 25 servings, offering a cost-effective way to build nourishment into daily routines.

This eye-catching glass jar of nutritional goodness also delivers a long shelf life before opening, which minimises waste.

Where comfort meets credibility

Bone broth's resurgence reflects a broader shift in wellness. People are looking for wholefood-based options that are pure, authentic and genuinely nourishing, rather than heavily processed or overcomplicated. Bone broth delivers on that need, offering wholefood nutrition in a simple and recognisable format.

Planet Paleo's new Organic Bone Broth Concentrate is created to meet that demand: nutrient-dense, ethically sourced, and easy to integrate into daily routines.



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REDEFINING NATURAL WELLNESS
WITH INTEGRITY AND EXPERTISE.



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Ask the experts



Q What is silica and what areas of my health can it support?

Mark McCarty explained: Silica, also known as silicon dioxide, is a natural mineral found in quartz sand and clay, and it is the second most abundant mineral on earth. Silica is also present in plants, providing strength and flexibility, as seen in bamboo.

When it comes to hair, skin, and nails, silica plays a crucial role in maintaining their health and vitality. First and foremost, silica strengthens hair strands, making them less prone to breakage and split ends. It also promotes hair growth by stimulating hair follicles and improving blood circulation to the scalp, which helps hair appear shinier and more lustrous. Various clinical studies have confirmed these benefits.

In terms of skincare, silica is known for its ability to enhance collagen production, which helps maintain skin elasticity and firmness. Additionally, its absorbent properties draw water into the skin, which can help reduce excess oil.

For nails, silica contributes to their strength and durability, reducing the likelihood of brittleness and breakage while supporting nail growth and overall health. This leads to stronger and more beautiful nails. Incorporating silica-rich foods such as oats, barley, and leafy greens, or using silica supplements, can enhance the health and appearance of hair, skin, and nails, promoting a more radiant and youthful look overall.

Silica is also valuable for gastrointestinal health. When processed into a larger molecular size in liquid form, it passes through the digestive system like a sponge, absorbing toxins and gases. This can help treat heartburn, diarrhoea, and IBS symptoms; however, it is essential to choose a preservative-free formula.

The holistic action of adaptogens...

by Schia Mitchell Sinclair

Can you explain what adaptogens are and how they can help us to live healthier?

Adaptogens are nature's stress-balancers. They are a special group of herbs and mushrooms that help the body adapt to stress and restore balance. Used for thousands of years in traditional Indian and Chinese medicine, they were prized for boosting vitality, stamina, and overall health.

To qualify as an adaptogen, a plant or mushroom is typically safe for long-term use, non-specific (supporting multiple body systems), balancing (helping the body return to homeostasis), energy-regulating, and protective against stress.

Adaptogens support the body by balancing the stress-response system (HPA axis), enhancing energy and vitality, and strengthening immunity. This helps keep cortisol in check, stabilise blood sugar, and reduce inflammation and oxidative stress. The result is improved resilience, mood, focus, and overall wellbeing, helping us feel stronger and more capable in daily life.

What are your favourite adaptogens and why?

I love all adaptogens, but three I wouldn't live without are reishi, holy basil, and ashwagandha.

Reishi is my gentle giant, taken almost daily. It supports overall energy and vitality while also being calming. Rich in triterpenes, it can help with inflammation, allergies, heart health, and more – my go-to, 'covers everything' mushroom.

Holy basil has a glorious, uplifting aroma and is often called 'liquid yoga'. It's wonderful for calming

and clarifying the mind, making it perfect for anyone with anxiety or an overactive mind.

Ashwagandha is a versatile, non-stimulating adaptogen. I use it with menopausal patients who are tired or stressed, as well as anyone struggling with anxiety or sleep issues. It gently supports resilience, energy, and emotional balance without overstimulation.

How can we incorporate them into our daily wellness routine?

The easiest way to make adaptogens part of your day is to pair them with habits you already have. Take them alongside your existing supplements or associate them with a daily ritual, like morning coffee, evening tea, or brushing your teeth before bed.

Adaptogens come in many forms – capsules, powders, liquids, and teas – so choose what works best for you. If you are new to supplements or adaptogens, start simple: introduce one adaptogen (or adaptogenic formula) at a time, ideally at a lower dose, and notice how your body responds. Adjust gradually based on how you feel.

Look for formulas that provide a synergy of adaptogens, functional mushrooms and botanicals that help fortify the mind and body's resilience to the symptoms of stress. Consistency is key, as benefits build over time. And if you're pregnant, breastfeeding, on medication, or have any health concerns, check with a healthcare professional or supplement provider to ensure safety.



SCHIA MITCHELL SINCLAIR

is Chief Herbalist at The Herbender. Her journey into herbal medicine drew her to the UK to study under Hein Zeylstra at the College of Phytotherapy. Trained as a herbal polypharmacist, in addition to seeing patients, she delivers talks and workshops.



VICTORIA MALCOLM

is a Registered Nutritional Therapist at Wassen and Efamol, with over a decade of experience in the supplement industry. She is passionate about guiding individuals toward healthier lifestyles through balanced nutrition and practical wellness strategies.



MARTINA DELLA VEDOVA

obtained a Master in Functional Genomics in Italy and trained as a Nutritional Therapist in London. She works for NaturesPlus as a Nutritional Advisor and Product Development Specialist and also sees clients privately.



MARK MCCARTY

has worked in the natural health industry for more than 30 years, and is the Co-founder and Director of WFBM Healthcare, which distributes brands including the silica range, Silicea.

ABOUT THE EXPERTS

VIRIDIAN



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Ask the experts



Your memory matters...

by Victoria Malcolm

What are the best ways to look after our memory and keep our brains sharp?

Supporting memory begins with proactive, consistent daily habits that nurture brain health. Regular exercise, quality sleep, mental stimulation, social connection, and balanced nutrition all play vital roles. Physical activity boosts blood flow and supports new neural connections, while good sleep helps consolidate memories. Keeping the mind active through learning, puzzles, or creative hobbies strengthens cognitive resilience, and meaningful social connection supports mood, engagement, and long-term memory. Finally, managing stress with mindfulness, deep breathing, or yoga helps maintain calm, focused thinking and overall brain vitality.

Can you suggest a healthy diet that can support our memory, especially as we get older?

A nutrient-rich, Mediterranean-style diet is one of the most effective ways to support long-term memory. Emphasise colourful fruits and vegetables rich in antioxidants, oily fish such as salmon and mackerel for omega 3s, and whole grains for steady energy. Include nuts, seeds, olive oil, and avocados for healthy fats, and limit processed foods and

refined sugars that can promote inflammation. Hydration and balanced blood sugar levels are key for focus and clarity.

Good gut health also supports the brain through the gut-brain axis. A healthy microbiome aids neurotransmitter production and influences mood and cognition. Eating enough fibre from fruits, vegetables, and whole grains, along with fermented foods like yoghurt or kefir, helps maintain a balanced gut environment that benefits memory and overall brain health.

What nutrients are crucial to support our memory?

Certain nutrients play an essential role in maintaining brain health. Omega 3 fatty acids (particularly DHA) support neuronal structure and communication. B vitamins, especially B6, B12, and folate, help regulate homocysteine levels and support energy metabolism in brain cells.

Antioxidants like vitamins C and E, along with polyphenols from berries and green tea, help protect against oxidative damage. Minerals such as zinc, magnesium, and iron are also vital for neurotransmitter activity and oxygen delivery. Together, these nutrients form the foundation of optimal memory and cognitive resilience.



What are the most important nutrients for our eye health and how can we make sure we're getting enough?

Martina Della Vedova advised: In today's world of constant screen exposure and pervasive UV radiation, our eyes are working harder than ever – and they need extra care. Signs of eye strain and fatigue are no longer limited to older adults; they're now appearing much earlier in life. According to the largest study of its kind, published in the *British Journal of Ophthalmology*, more than one in three children and teenagers worldwide are now short-sighted.

Certain nutrients play a vital role in maintaining healthy vision. Zinc and vitamin A contribute to the normal function of the eyes, and are naturally found in foods like liver, eggs, oysters, dark leafy greens, and seeds. Selenium and vitamins C and E help protect cells from oxidative stress, a key factor in many eye-related conditions. You can boost your intake by including foods such as turkey, chicken, Brazil nuts, sunflower seeds, peppers, kiwi fruit, and broccoli in your diet.

Carotenoids such as lutein, zeaxanthin, and astaxanthin are powerful antioxidants that help filter high-frequency light waves, known to be very damaging. These valuable compounds are abundant in dark leafy greens, algae, and seafood. Traditionally used botanicals like bilberry, grape seed, green tea, and turmeric can work in synergy with these nutrients, bringing a more holistic perspective and wisdom.

Digestive Enzymes Ultra

Broad spectrum vegetarian digestive enzymes



Product features

- ✓ Provides a high-strength, broad-spectrum vegetarian digestive enzymes
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HEART- healthy living

Take steps to protect your heart through smart nutrition and healthy lifestyle choices.

Our hearts are asked a lot of, given the critical role they play in our health – indeed, in our survival. Therefore, we should treat this organ with the upmost care to allow it to perform these vital functions, yet this can be far from the case.

Let's look at the data, which shows heart-related ill health is a huge and increasing problem in the UK.

Lindsay Powers, Naturopathic Nutritional Therapist and Head of Nutrition and Practitioner Services at Good Health Naturally, advised: "Heart disease is one of the biggest threats to public health in the UK today, with figures from the British Heart Foundation (BHF) stating these conditions affect one in four people. While they suggest that heart and circulatory disease deaths have halved in recent years, it still accounts for a quarter of all deaths in the UK or 170,000 deaths yearly. BHF also state around 7.4m people live with heart and circulatory disease in the UK, affecting 3.9 million men and 3.5m women. According to Blood Pressure UK, one in three adults has high blood pressure. However, many cases remain undiagnosed or untreated, so the actual numbers are likely to be much higher."

Alice Bradshaw, Head of Nutrition Education and Information at Terranova, went on: "Despite improvements in treatment and public awareness, cardiovascular disease remains one of the UK's most pressing health challenges. Key risk factors, such as high blood pressure, obesity, and type 2 diabetes, are increasingly common, and notably, these conditions are appearing at younger ages. This shift reflects how modern lifestyles are influencing heart health."

What affects the heart?

There are many factors that affect our heart, and some are well within our control to modify.

James Pugh, Nutrition Advisor at Viridian Nutrition, explained: "There are many risk factors for developing heart and circulatory disease such as high blood pressure, high cholesterol, diabetes and more. Being overweight or obese can result in having an unhealthier heart. This is because it can cause a build-up in fat around crucial organs such as the heart, putting it under further strain.

Cardiovascular issues are predominantly avoidable through lifestyle choices. A diet which consists of large amounts of fruit and vegetables is essential for their antioxidant properties. Fibre intake from wholegrains, fruit and vegetables is important to reduce the risk of cardiovascular disease. Fibre has been shown to reduce the risk of coronary artery disease by reducing triglycerides, LDL and

cholesterol. Managing stress is another way of improving our heart health and preventing strain on our heart."

Lindsay added: "Factors like ageing populations and improved detection and diagnosis methods may also contribute to the rising prevalence. If you smoke, are overweight or obese, have a poor diet, or a sedentary or stressful lifestyle, it can make you more susceptible, and many people have a combination of these, which adds

to the risk. Therefore, it is essential to focus on a heart-healthy diet and lifestyle, including regular exercise, stress management, and good sleep."

Important to note is the people who can be more at risk.

Lindsay advised: "People of a certain age, gender, ethnicity, or family history tend to be more susceptible. For example, death from heart disease affects more men than women, with BHF figures stating it affects one in seven men and one in 12 women. Those with diseases such as diabetes are at a higher risk of heart disease, with one-third of adults with diabetes dying from heart disease or stroke."

James added: "Heart problems occur most commonly in the older generation, with people

over the age of 40 being more susceptible to developing cardiovascular disease. High blood pressure, high cholesterol and diabetes are all more common in those over the age of 40, often caused by diet and inactivity. Postmenopausal women are at greater risk of cardiovascular issues due to oestrogen protective effects dropping after the menopause."

Understanding the signs

While we can't know the health of our hearts, there will be warning signs you need to take some action.

"Cardiovascular disease is still the leading cause of death worldwide, and many risk factors like high blood pressure, inflammation, insulin resistance, and high cholesterol can go unnoticed for years. People should watch for signs such as breathlessness, chest discomfort, palpitations, or fatigue, and consider regular check-ups," Lindsay advised.

Alice added: "Raised blood pressure, arterial stiffness, and changes in lipid levels can remain unnoticed until a more serious event occurs. These risks are closely linked to long-term habits such as diet, movement, sleep, and stress management. Diets high in salt and lacking in nutrient-dense foods may strain the cardiovascular system over time. Chronic stress and poor sleep can have a compounding effect."

Nourishing the heart

There are simply dietary changes to fuel the heart with the nutrients it needs.

Alice recommended: "A Mediterranean-style approach is widely recognised for its heart-supportive benefits, focusing on

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whole, unprocessed foods, such as leafy greens, berries, legumes, nuts, olive oil, and oily fish. These provide a wide spectrum of heart-supportive nutrients including fibre, polyphenols, omega 3s, and magnesium."

Lindsay continued: "Eating more plant foods is a beneficial way to support heart health. It's straightforward to add more veggies to soups, salads, stir-fries, and stews. Omega 3 fatty acids are very heart-friendly. Aim for two to three portions of oily fish a week, and add walnuts, chia seeds, flaxseeds, and hemp seeds for vegan options."

It's imperative to also remove the foods that could damage your heart, especially if consumed regularly over a longer period of time.

"Research indicates a strong correlation between poor cardiovascular health and a high intake of ultra-processed foods. These include soft drinks, chips, chocolate, sweets, ice cream, sweetened breakfast cereals, packaged soups, chicken nuggets, hot dogs, fries, and more," Lindsay explained.

"It also comes as no surprise that many processed foods contain high levels of sugar (often from hidden sources). When you consume excess sugar, the extra insulin in the bloodstream can affect the arteries, leading to inflammation, hardening, and damage to the arterial walls, known as atherosclerosis."

James added: "Avoiding stimulants such as caffeine and alcohol is beneficial to our hearts. Consuming these can not only affect our heart rate, but also dietary choices too. The same applies to habits such as smoking or vaping, both of which are linked to the onset of cardiovascular disease."

Alice continued: "Excess sodium, commonly found in pre-packaged and ready-to-eat meals, may raise blood pressure over time. While the conversation around dietary fat has become more nuanced, consistently high intake of low-quality fats from processed foods or excessive saturated fats from industrial sources may still impact long-term heart function, particularly in the context of an overall unbalanced diet."

Also keep in mind some lifestyle switches can be helpful.

"Regular physical activity strengthens the cardiovascular system, supports weight management, and improves resilience to stress. Sleep plays a crucial role in recovery and hormonal regulation," Alice recommended. "Practices such as mindfulness, relaxation, or simply spending time outdoors can help reduce emotional stress, which is closely tied to heart health."

Nutrient support

It's important you get a broad intake of nutrients the heart needs to function, and while diet is the cornerstone, you may also want to add in supplements.

Alice suggested: "Omega 3 fatty acids, found in fish oil, flaxseed, or algae-based formulas, help maintain healthy blood lipids and support a calm, balanced inflammatory response in the body. Vitamin D helps regulate immune activity and inflammation, which can influence cardiovascular wellbeing. Garlic extract has been used traditionally to support circulation and may help maintain normal blood lipids and vascular function over time. Hawthorn berry has a long history of use for supporting cardiovascular tone, healthy circulation, and overall heart vitality, especially when used as part of a long-term wellness approach."

James went on: "Vitamin E can come in multiple forms, which is known as mixed tocopherols. These forms have different benefits, such as improving cardiovascular health with anti-inflammatory and antioxidant properties. This vitamin is a fat-soluble nutrient, which may help prevent blood clots and reduce risk of heart disease. Coenzyme Q10, also known as CoQ10, is a popular supplement for heart health. It is an essential nutrient for heart health, which can enhance blood flow as well as protect blood vessels. Those following a plant-based diet and those taking statins may be deficient in CoQ10 because it is typically found in meat and statins can deplete CoQ10 stores in the body. Grape seed extract has cardiovascular protective effects by maintaining endothelial function and improving blood pressure. Other options include vitamin K, policosanol and astaxanthin, all of which are associated with protecting and improving cardiovascular health."

Lindsay focused on magnesium: "Magnesium is a critical mineral that plays a role in heart health, yet figures show 50 per cent of the Western population does not get enough. Magnesium plays a crucial role in relaxing blood vessels, allowing blood to flow more freely. Low magnesium can also play a role in angina, where coronary arteries are constricted. Therefore, a magnesium supplement is highly recommended. Magnesium also works closely with vitamins K2 and D3 to support proper calcium metabolism, vital for heart health, and to prevent calcium deposits in blood vessels. Nattokinase is an enzyme derived from fermented soybeans and is believed to have cardiovascular benefits due to its ability to break down fibrin, a protein involved in blood clot formation. By promoting healthy blood flow and reducing the risk of clot formation, nattokinase may help support cardiovascular health and lower the risk of conditions such as heart attacks and strokes."

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ECHINACEA

Discover why echinacea is much more than just a cold and 'flu remedy.

Echinacea is one of the most recognisable herbal remedies on health food store shelves, and for good reason. Known for its striking purple flowers, this North American native has been used for centuries to help support the immune system and fight infection.

Today, *Echinacea purpurea* is one of the most scientifically studied herbal remedies, with strong evidence for preventing and treating respiratory tract infections.

Who benefits from echinacea?

While almost anyone can benefit from immune support, echinacea is especially suited to:

- Those prone to recurrent colds and 'flu.
- People run down by stress, poor sleep, or diet.
- Those frequently exposed to infection – healthcare workers, teachers, parents, etc.
- Travellers and anyone passing through busy travel hubs.
- Athletes with lowered immunity from intense training.

How echinacea works

Echinacea works in two key ways. Firstly, it supports the immune system, helping the body respond quickly to pathogens. Secondly, it has direct antiviral and antibacterial effects, disabling viruses and bacteria.

It interferes with how viruses attach to our respiratory cells. For example, it modifies 'flu virus attachment structures and coronavirus spike proteins, making infection much harder for the viruses to achieve. Echinacea's phytochemicals, especially alkylamides, can also break down enveloped viruses entirely, reducing their ability to spread.

Echinacea's anti-inflammatory action helps prevent tissue damage and lowers the risk of recurring illness,

particularly secondary infections like sinusitis or coughs that often lead to antibiotic prescriptions.

The science: backed by decades of research

People who take echinacea regularly know it works, but the science is just as convincing:

- A study at Cardiff's Common Cold Centre found four months of daily echinacea reduced colds by 26 per cent overall and 59 per cent in high-risk groups such as smokers, poor sleepers, and those under stress.
- A 2022 trial showed echinacea reduced viral load by up to 99 per cent, lowering the risk of severe symptoms and of spreading infection.
- A 2024 meta-analysis of 30 clinical trials with over 5,500 participants showed that echinacea reduced the need for antibiotics by up to 80 per cent by preventing secondary bacterial infections. This has huge implications for slowing antibiotic resistance, one of today's most pressing global health challenges.

Prevention versus acute use

Should echinacea be taken only when sick or all year

round? The answer is both: preventative should be one to two doses per day for ongoing immune support. At first signs of illness, increase to three to five doses per day, to stop the infection in its tracks.

As echinacea expert, the late Alfred Vogel, put it: "Echinacea should be taken prophylactically too, especially during epidemics of influenza and with colds of all kinds. We thus increase and strengthen the body's power of resistance against infections caused by bacteria and viruses."

Why whole plant matters

For the best results, choose a fresh, whole-plant extract containing both aerial parts and root. The aerial parts are most effective against viruses, while the root offers powerful anti-inflammatory benefits.

Echinacea is far more than a cold remedy; it's a well-researched herbal ally that strengthens the immune system, directly fights viruses, and helps reduce antibiotic pressure. By introducing customers to echinacea, you can help them feel stronger, more resilient, and better prepared for whatever the season brings!

READER GIVEAWAY

Natural Lifestyle has teamed up with A.Vogel to celebrate an incredible 70 years of award winning Echinaforce Echinacea drops, by offering readers the chance to win an echinacea prize bundle.

The prize includes the new blackcurrant flavoured Echinacea Lozenges, made with freshly harvested organic herbs, as well as Echinacea Cream. Produced using extracts of fresh echinacea, the cream helps to calm and soothe troubled skin. The celebrations continue on Echinacea Day, November 15, when A.Vogel invites everyone to get involved. Spread the word and celebrate the occasion with #EchinaceaDay! See opposite page to enter.



Giveaways

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

BioCare Menopause Multinutrient

Menopause Multinutrient by BioCare is an advanced, expert-formulated multivitamin designed precisely for the peri and post menopausal transition. Offering high potency, easily absorbed nutrients, it features vitamin B6 for hormone balance, magnesium, calcium, and vitamins D3 and K2 for bone strength, plus zinc, green tea and lycopene for antioxidant and skin heart support. The inclusion of methylfolate and methyl B12 enhances absorption, while its vegan-friendly formulation comes in three easy-to-swallow vegetable capsules. *Natural Lifestyle* is offering readers the chance of winning one of three.



PHARMA NORD BIO-GLUCOSAMINE MEGA

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Regenerative Omegas Plant-based Omega 3-6-9 Capsules

Natural Lifestyle has teamed up with Regenerative Omegas to offer readers the chance of winning one of 15 bottles of its award-winning Plant-based Omega 3-6-9 Capsules, sustainably sourced from regeneratively farmed ahiflower in the UK. Regenerative Omegas is the perfect fish-free alternative. It provides complete benefits for your heart, brain, skin, and immune health while avoiding ocean contaminants like heavy metals and microplastics. It's a smart choice for your wellness and the planet.



Wassen Selenium ACE+D

With the winter months upon us, there has never been a more important time to look after our immune health. Help your immune system naturally with a balanced diet but for a little extra help, ACE immunity this winter with Wassen's Selenium ACE+D, packed full of vitamins A, C and D3 along with minerals, zinc and selenium. Selenium is central to a healthy working immune function and helps to protect cells from oxidative stress. Wassen Selenium is

from enriched yeast, a highly bioavailable form of selenium. *Natural Lifestyle* is offering readers the chance of winning one of five packs, which contains a three-month supply of 90 capsules

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BIG FLAVOURS

Small plates,

Cyrus Todiwala takes up on a culinary journey with small dishes and big flavours in his new book, *Modern Indian*.

Steamed spinach dumplings in a chickpea & yoghurt curry

While this recipe originates in northern India, there are hundreds of variations that can be found across the continent. They vary on seasoning, tempering or ratios as each part of India has its own signature on this very versatile dish. A pakodi is a denser version of a pakora, sometimes fried, sometimes steamed or sometimes dried in the sun and then boiled in the kadhi to cook. To make an 'authentic' version, you'll need a kuzhi paniyaram pan with seven indents for each pakodi, but you can equally use a mini Yorkshire pudding or muffin tin.

Serves 4-6

INGREDIENTS:

For the pakodis:

- 50g (1¾ oz) spinach leaves, finely chopped
- 1 onion, finely chopped
- 2 long green chillies, finely chopped
- 5cm (2in) piece of fresh ginger, peeled and finely chopped
- 10 fresh curry leaves
- 15 fenugreek seeds, crushed
- ½ tsp cumin seeds, crushed
- ¾ tsp red chilli powder
- ½ tsp ground turmeric
- 50g (5½ oz) besan or gram flour (garbanzo bean flour)
- ½ tsp bicarbonate of soda (baking soda)

For the kadhi:

- 250g (9oz) Greek yoghurt
- 100g (3½ oz) besan or gram flour (garbanzo bean flour)

- 1 tsp ground turmeric
- 1 tsp red chilli powder
- 1 tsp ground coriander
- ½ tsp garam masala
- ¼ tsp asafoetida
- 1 tsp fine sea salt

For the tadka:

- 1 tbsp ghee or neutral oil, plus extra for greasing
- 2 long green chillies, slit
- 7.5cm (3in) piece of cinnamon bark
- ¾ tsp cumin seeds
- 2 large dried red chillies, broken into big pieces
- 7.5cm (3in) piece of fresh ginger, peeled and finely chopped
- 1 onion, sliced
- 15 fresh curry leaves, shredded
- 1 tbsp finely chopped fresh coriander (cilantro)
- Steamed basmati rice, to serve

METHOD:

- Preheat the oven to 180C fan/200C/405F/Gas 6. Pour a little neutral oil into each of the cavities of the kuzhi paniyaram or mini Yorkshire pudding or muffin pan (there should be eight-12 and you may need to do this in batches) and place on the middle shelf of the oven to heat up.
- Meanwhile, in a large bowl, mix together all the ingredients for the pakodis except the bicarbonate of soda. Combine well until you see liquid released from the onions and spinach. Stir in a little water to make a thick batter. Finally, mix in the bicarbonate of soda.
- Carefully pour a little of the batter into each cavity of your chosen pan, over the hot oil, top with a baking sheet, and return to the oven. After eight to 10 minutes, flip each pakodi over and place them back in the oven, covering again, for a further six to eight minutes until cooked. Remove and set aside. Repeat to use up any leftover batter, if required.
- To make the kadhi, first sieve (strain) the yoghurt into a casserole dish, and then blend the strained yoghurt with the flour, spices and salt, gradually adding 700ml of lukewarm water, and beating all the time to make a smooth mixture.
- Place over a medium heat. Beat as if making a bechamel sauce, so that the flour does not stick to the bottom of the pan and the yoghurt does not split. Bring to the boil, whisking constantly, until you have a smooth texture. If you get a few lumps, you can blend the kadhi with a stick blender or cool and blend in a food processor. Simmer over a low heat while you make the tadka.
- Heat the ghee or oil in a frying pan over medium-high heat and add the green chillies, cinnamon bark and cumin seeds. As soon as the cumin changes colour, add the dried red chillies and, after a few seconds more, as they also begin to change colour, add the chopped ginger. When ginger changes colour, add the onions and fry until they begin to turn golden. Add the shredded curry leaves, fry for another minute and then tip the mixture into the pan of simmering kadhi. Stir in the chopped coriander and season with salt and pepper to taste, before adding the pakodis. Simmer the pakodis in the sauce until they are warmed through and serve with steamed basmati rice.



Bombay bread pudding

The famous Irani cafés of Bombay encouraged people to travel miles just to eat the individual specialities of the cafés. One such signature dish was baked bread pudding, utilising leftover loaves and crusts from the bread that had been baked on site. This recipe is an example of one of those great classics, simplified by the use of evaporated and sweetened condensed milk. The melted jam is entirely optional as you may find this is sweet enough without!

Serves 12-16

INGREDIENTS:

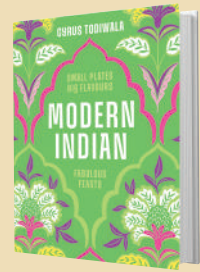
- 250g (9oz) salted butter, plus extra for greasing the dish
- 3tbsp neutral oil
- 1 stale loaf of bread, chopped into 2cm (¾ in) cubes
- 8 eggs, plus 4 egg yolks
- 600ml (1¼ pt) evaporated milk
- 1l (35fl oz) double (heavy) cream
- 300ml (10½ fl oz) condensed milk
- ½ tsp ground nutmeg
- ½ tsp ground green cardamom
- Vanilla extract, to taste
- Jam (jelly), melted, to serve (optional)
- Cream or custard, to serve (optional)

METHOD:

- Preheat the oven to 160C fan/185C/355F/Gas 4 and place a lipped baking sheet with 2.5cm (1in) water on the bottom shelf. Place another baking sheet on the middle shelf.
- In a large frying pan, over a medium heat, melt the butter with the oil. In batches, add the bread, stir to coat, and fry until the cubes turn a light golden colour and you have a lovely aroma. Alternatively, place the diced bread in a roasting tray, pour over the melted butter and oil mixture and toss to coat. Roast in the oven for 10-15

minutes until light golden, being sure to stir after five minutes. Set aside to cool.

- Beat the eggs and egg yolks in a deep bowl until well blended but not over beaten – the less froth, the better.
- In a large pan over a medium heat, stirring regularly, heat the evaporated milk, cream and condensed milk together until near boiling. Remove from the heat, and while beating the eggs, gradually pour the milk mixture over the top. Beat well to prevent splitting until completely combined.
- Using a sieve, strain the mixture into another clean, large bowl and stir in the nutmeg, cardamom, and vanilla to taste.
- Butter a 15cm x 30cm (6in x 12in) deep baking tin and tip in the croutons, followed by the custard. Carefully place the baking tin on the preheated baking sheet on the middle shelf of the oven. After 15 minutes, reduce the temperature to 130°C fan/150°C/300F/Gas 3.
- Bake for another 15 minutes until a small knife inserted into the middle comes out clean and the crust is golden brown. Remove from the oven and cool completely.
- Slice the pudding into 12 or 16 squares and serve, with or without a brushing of melted jam and cream or custard. Store any leftovers in an airtight container in the fridge for up to three days. ➤



Modern Indian: Small Plates, Big Flavours, Fabulous Feasts
by Cyrus Todiwala,
White Lion Publishing.

Rajasthani dimpled roti

This particular roti hails from Rajasthan. The word *khoba* means 'deep indentations', and its surface is elaborately patterned due its thickness, as the air holes allow it to cook on the inside as well as the outside. It is less well known than some of the other breads in this book but it is a very versatile bread that is traditionally served with the yoghurt-based curry *khadi*, but it also pairs well with daal, vegetables or curry. I love to serve it with some red onion salad.

Makes 4

INGREDIENTS:

- 100g (3½ oz) wholemeal (wholewheat) flour
- 100g (3½ oz) besan or gram flour (garbanzo bean flour)
- 1 tsp fine sea salt
- ¾ tsp ajwain (carom) seeds or cumin seeds
- 4tbsp ghee, plus more to serve

METHOD:

- In a large bowl, sift together the flours and salt.
- Rub the ajwain or cumin seeds between your palms until they become aromatic. Make a well in the centre of the sifted flours and add the ghee and ajwain or cumin seeds. Gently rub the ghee into the flour and seeds until well distributed and the mixture has become crumbly.
- Pour in 200ml (7fl oz) of warm water into the centre of the bowl and mix to form a tight dough. Cover with a tea towel and rest for 30 minutes.
- On a lightly floured work surface, knead the rested dough until smooth and pliable. Roll the dough into a cylinder approximately 4cm (1in) thick, then divide the dough into quarters. Roll each piece into a ball and cover.
- Keeping the rest of the pieces of dough covered, flatten one of the balls

into a disc 5mm thick and prick the surface with a fork several times. Repeat with the rest of the dough.

- Preheat the oven to 160°C fan/180°C/350°F/Gas 4.
- Heat a large frying pan (skillet) over a low heat. Place the rolled roti into the pan. Turn the heat up to medium and after 15-20 seconds, flip and transfer to a plate. Carefully, starting from the outer edge, pinch the dough to create dimples on the surface of the roti. Repeat, working in a spiral pattern, until the entire roti is covered. This should take about a minute.
- Place the roti back in the pan, dimple side down, and let it cook for a few more minutes until lightly golden. Place it on a baking sheet lined with parchment. Repeat the process with the rest of the dough.
- Place the baking sheet inside the oven and bake for five to six minutes until golden brown. Brush the hot roti's pinched dimples with ghee to serve.

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