

# Natural Lifestyle

LOVE LIFE, LIVE WELL — NATURALLY

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

Jan/Feb 2026



## BETTER BOWEL HEALTH

A healthy nutrition  
plan to ease IBS

## INNER NOURISHMENT

Skin health from the inside

# Holistic health goals

Start 2026 the right way with our guide to a healthy cleanse

Plus »

- ♦ NUTRITIONAL NOURISHMENT IN THE KITCHEN ♦ KEY NUTRIENTS FOR COGNITION ♦ READER TRIAL RESULTS
- ♦ NATURAL LIFESTYLE GIVEAWAY ♦ ESSENTIAL EYE HEALTH ADVICE

# Support your body's Defence



## Floradix® Immune Support

Vitamins B<sub>6</sub>, B<sub>12</sub>, C, D,  
selenium and zinc contribute  
to the **normal function of  
the immune system**

- ✓ Based on a herbal extract from plants and Echinacea
- ✓ Contains fruit concentrates for a great taste
- ✓ No preservatives, colourings or alcohol
- ✓ Free from gluten and lactose
- ✓ Suitable for vegetarians and vegans



Available from selected health food shops

[www.floradix.co.uk](http://www.floradix.co.uk)

**Salus**





#### NATURAL LIFESTYLE MAGAZINE,

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

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

#### EDITOR

RACHEL SYMONDS

e: rachel.symonds@targetpublishing.com

#### CONTRIBUTORS

Lindsay Powers, Anish Patel, Susie  
Hewson, Jo Sharp

#### THE TEAM

#### SALES DIRECTOR

RUTH GILMOUR

e: ruth.gilmour@targetpublishing.com

#### KEY ACCOUNTS DIRECTOR

ABIGAIL HAYS

e: abigail.hays@targetpublishing.com

#### SENIOR SALES EXECUTIVE

JAMES LLOYD

e: james.lloyd@targetpublishing.com

#### DESIGN AND PRODUCTION

EMMA SHUFFIELD

e: emma.shuffield@targetpublishing.com

#### ADMINISTRATION/DISTRIBUTION

DONNA WENHAM

e: donna.wenham@targetpublishing.com

#### ACCOUNTS

ALISON BARNES

e: alison.barnes@targetpublishing.com

#### MANAGING DIRECTOR

DAVID CANN

e: info@targetpublishing.com

Published by Target Publishing Limited. Colour reproduction & printing by The Magazine Printing Company, Enfield, Middx. EN3 7NT. ©2023 Target Publishing Ltd. Produced on environmentally friendly chlorine free paper derived from sustained forests. The Publishers cannot accept any responsibility for the advertisements in this publication. To protect our environment papers used in this publication are produced by mills that promote sustainably managed forests and utilise Elementary Chlorine Free process to produce fully recyclable material in accordance with an Environmental Management System conforming with BS EN ISO 14001:2004.



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



LOVE LIFE,  
LIVE WELL —  
NATURALLY

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

# Jan/Feb 2026 Welcome



We live in an age where the default question when someone has lost any weight is 'Was it weight loss jabs', such is the frequency of use in the UK. Of course, these drugs have been proven to work and are helping to lift people out of the misery of obesity, but we are also seemingly moving to a culture where these jabs – known as GLP-1 medication – are the first thing people reach for, even if they don't have much weight to lose.

And by having these as the default for weight loss, do we therefore risk losing touch with how to eat nutritionally well, how to naturally understand when we are full and don't need to consume more calories, and to potentially put ourselves in a vicious cycle

where we can only lose weight by taking the medication?

Here at *Natural Lifestyle*, we want to support readers with learning about nutrition, about the basic foundations that keep us well and supply us with the nutrients our body needs. Whether you choose weight loss injections is a totally personal choice, but even when taking them, our advice remains valid to ensure you don't miss out on key nutrition. And in this issue, we bring the focus on how to have a healthy cleanse as we start a new year. On page 14, we have gathered an expert panel to offer you their advice on a healthy shape-up, and we also have top tips from Nutritionist, Erica Rodriguez, who not only offers some healthy and wholesome recipes for the new year, but also answers some key dietary questions. You can read her advice and recipes on page 30.

And as always, we have a fantastic collection of giveaways, we bring your expert advice around easing the symptoms of IBS, and we are also delighted to bring you the results of our reader trial with BioCare, which reveals the powerful effects the brand's Calm Complex had on participants.

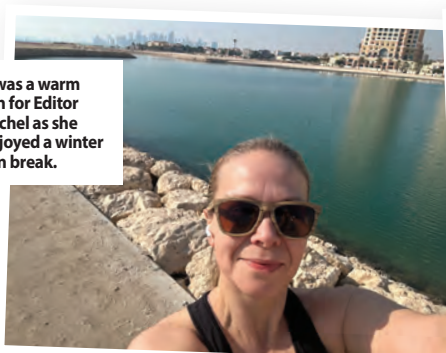
All that remains from me is to wish all our readers a happy Christmas and a healthy and holistic 2026.

*Rachel Symonds,*  
**Editor**

## The best bits



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

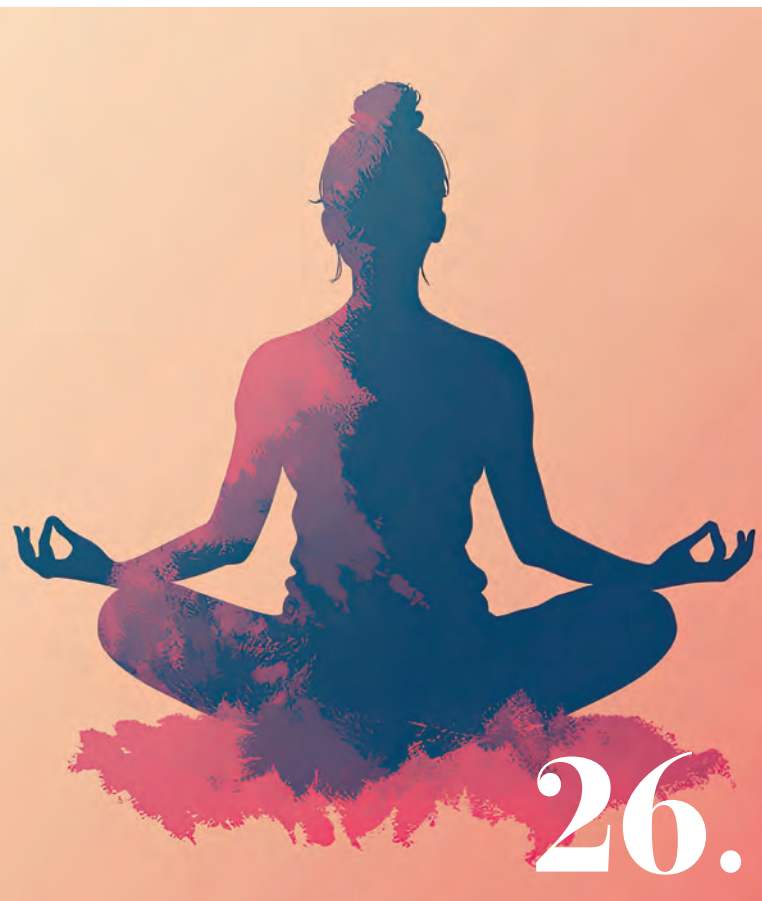
It was a warm run for Editor Rachel as she enjoyed a winter sun break.



Our Sales Exec, James, took to the slopes for a weekend of skiing in Val d'Isère.

# Jan/Feb 2026 Contents

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



## REGULARS

### 6. INSIDE HEALTH

### 8. INSIDE BEAUTY

### 10. EXPLORE IN STORE

Nutrients for cognitive function

### 13. EXPLORE IN STORE

Inner nourishment for skin health

### 18. ASK THE EXPERTS

Your questions answered

### 28. THE LOWDOWN

Support your eye health

### 29. NATURAL LIFESTYLE GIVEAWAYS

### 30. RECIPES

Nourishing recipes to keep you healthy

## FEATURES

### 14. NEW YEAR CLEANSE

Your guide to a healthy shape-up  
to start off 2026

### 22. IBS ADVICE

Key steps to managing symptoms  
of IBS

### 26. READER TRIAL

We bring you the results of our  
latest reader trial in partnership  
with BioCare





# Hair Support Rooted In Science

INFUSED WITH BOTANICS



## TRI-HAIR SYSTEM

Science based hair support with botanical extracts, vitamins and minerals.  
Free from artificial additives and chemicals.



**VIRIDIAN**  
Effective | Ethical | Pure



## Wild about nature

Kickstart your 2026 organisation with this beautiful diary and calendar inspired by nature.

The 2026 editions of the Wild Nature Diary and Wild Nature Calendar are published and edited by nature and adventure photographer, John Beatty, in partnership with the John Muir Trust, which works alongside communities nationwide to connect people with wild places, campaign to protect those places, and restore and re-wild land for the common good.

The diary and calendar are a celebration of the wonders of Britain's wild nature, showcasing stunning photography taken by some of the UK's finest photographers and naturalists. The diary features 60 breathtaking images, arranged in sequence as the seasons move round. The calendar showcases 12 carefully selected photographs which also reflect many aspects of nature's wonders and raw beauty.

Both are printed in the UK using sustainably sourced paper, and plastic has been eliminated from the packaging to remain committed to environmental responsibility.

They are now available at [www.wild-nature.co.uk](http://www.wild-nature.co.uk)

## A man's guide to the menopause

We are all talking about the menopause so much more these days, but knowing how to support women can be difficult for the male population.

And so, the people at The Menopause Exchange have created a new guide that is directly aimed at men, so they can know what to do, or what to say, if their wife, partner or work colleague is struggling with troublesome symptoms.

In the latest issue of The Menopause Exchange newsletter, Mike Savvas, Consultant Gynaecologist, provides men with reliable, trustworthy information about the menopause. He covers the main symptoms caused by hormonal changes, possible treatments and other management approaches, and how the menopause can impact on relationships at home and at work.

"Most men want to support the menopausal women in their life – whether this is a relative, friend or work colleague, but it can be difficult to know where to begin," commented Norma Goldman, founder and director of The Menopause Exchange. "Understanding the menopause is the first step towards providing that support."

Other articles in the latest issue include non-hormonal treatments for sweats and flushes, nutrition at the post-menopause, and HRT prescriptions. To join The Menopause Exchange, sign up for free at [www.menopause-exchange.co.uk](http://www.menopause-exchange.co.uk).

# Inside... HEALTH



## The importance of sound sleep

Lack of or poor quality sleep has a huge impact on our wellbeing but how much do you know about the role of the gut in securing better shuteye?

Dr Lucy Williamson (*pictured*) is a registered nutritionist and gut health expert, and explains that with so many stresses, it's difficult to unwind and relax enough to make sure sleep is sound.

She adds that sleep is important because while we rest, our biology is hard at work, repairing everyday cell damage, restoring energy reserves, supporting brain function and nurturing our gut microbiome.

Lucy advised: "As a Nutritionist, I usually begin with food. Yet over the years I've seen that sleep is just as essential, partly because of the extraordinary link between our gut and our brain. This connection, known as the gut-brain axis, is our body's internal super-highway and plays a crucial role in how we sleep, how we feel and how our digestive system functions."

"Often described as 'the second brain', our gut evolved long before the brain did, which is why some of us now think of it as the first brain! This pathway helps explain why emotions show up in the gut, think of those familiar butterflies for example, and why sleep issues, low mood and digestive discomfort often occur together. These shared symptoms frequently reflect changes in the gut microbiome, particularly when beneficial microbes become less diverse."

And so, Lucy shares her advice on how to support better sleep:

• **Enjoy fermented foods:** Bio live yogurt, kefir and aged

cheeses such as Gruyère are excellent options.

• **Manage stress daily:** Short yoga sessions, breathwork or regular moments of self-kindness can all calm the gut-brain axis.

• **Eat a rainbow:** Bitter brassicas, rich in antioxidants like watercress, support repair processes during sleep. Mushrooms are thought to aid sleep; reishi, shiitake, and lion's mane may promote relaxation, manage stress, and reduce anxiety.

• **Move regularly:** Exercise nourishes the microbiome and boosts emotional wellbeing.

• **Hydrate early:** And avoid heavy meals late at night. Aim for a gentle overnight fast of around 12 hours to give your gut microbes a helpful rest, too. Herbal teas or water in the evening are fine.

• **Avoid:** Coffee, chocolate, breakfast tea (contains caffeine), alcohol and sugar for a good night's sleep.

WE  
LOVE

### PURE ENCAPSULATIONS O.N.E. MULTIVITAMIN

Support your nutritional health with this once-daily formula from the leading supplement brand, O.N.E. Multivitamin features a comprehensive profile of highly bioavailable vitamins, minerals and phytonutrients and other factors to support optimal nutrition for both men and women.

### HEALTHAID DAILY PROBIO

Nourish your gut health with this daily probiotic, which contains 20 powerful strains that are scientifically proven to support the colon, digestion and overall gut health.



# HealthAid®



For further information:  
T: 020 8426 3400  
E: sales@HealthAid.co.uk

[www.HealthAid.co.uk](http://www.HealthAid.co.uk)

Follow us on

@HealthAidLimited

## THE RISE OF RESILIENCE

Powered by nature, our expertly crafted supplements and teas nurture the strength, fortitude and resilience you need to show up and embrace life.

FORMULATED BY OUR MEDICAL HERBALIST

AWARD WINNING NATURAL BLENDS

CLEAN & NATURAL INGREDIENTS



@theherbtender  
UK: +44 1223 625352  
IRE: +353 1 556 3625  
hello@the-herbtender.com

*theherbtender*  
Adapt, naturally.





## The natural multi-tasker

Life is busy, especially as we approach the festive season – therefore, a simple yet clean haircare routine is needed.

A great choice for a minimalist yet effective routine is with Dr. Bronner's, a brand that has become a go-to for people seeking plant-based, sustainable formulas.

What many don't realise is that Dr. Bronner's products can easily anchor a healthy hair care routine, from clarifying washes to deep conditioning treatments and scalp care.

We love the All-One Magic Soap, perfect for a once-a-week scalp reset – just a small amount of this

concentrated formula, diluted well, breaks down product build-up while invigorating the scalp. The organic peppermint oil boosts circulation, leaving hair feeling ultra-clean and refreshed.

And don't forget the Pure-Castile Bar Soap; perfect for travellers and minimalists, the bar soap doubles as a gentle, solid shampoo. It cleanses without stripping thanks to an ultra-moisturising blend of plant oils.



## Inside... BEAUTY



## MOOD-BOOSTING RITUALS



As the darker days set in, why not try to focus on small, sensory moments of comfort to lift spirits and restore balance?

And what better way than with Green People's Alexandra Kay Wellbeing Collection, which offers gentle ways to support emotional wellbeing and brighten darker months.

As winter settles in and natural light fades earlier, many of us feel our energy dip. Shorter days can affect mood, motivation, and sleep, and so simple acts of self-care become powerful tools for resilience.

Ease stress and soften evenings with the Alexandra Kay Time to Relax Essential Oil Blend, a calming mix of lavender, bergamot and vetivert, or add some sunshine on grey mornings or low-energy afternoons with Time to Smile Essential Oil Blend; its uplifting citrus notes help re-energise and bring back a sense of optimism when daylight is scarce.

And to wind down with Time to Sleep Essential Oil Blend, a soothing trio of lavender, bergamot and frankincense designed to invite calm and encourage restorative sleep.



## The science of skin calm

A leading holistic therapist is helping to destress and rebalance the skin.

Thea Cartwright has shared her tips on how to bring balance back to skin and mind with the help of Dr Organic.

She explained that we can calm skin through lymphatic massage and nervous system balance, while she also recommends Dr. Organic's Skin Calm Probiotic Cream Cleanser, formulated with a natural probiotic complex, organic aloe vera juice, and chamomile extract. It melts away impurities while nourishing and rebalancing the skin.

Thea explained: "Using something gentle while practising mindful massage helps boost circulation, ease tension, and leave the complexion calm and bright. It's not just skincare – it's self-care."



## Wild about organic beauty

Give the gift of natural beauty this festive season with this range of toiletries from Wild England.

The Dorset-born brand founded by wife-and husband duo, Dasha and Edward, offers a range of organic, refillable toiletries and home fragrances that blend indulgence with integrity. Inspired by the untamed beauty of the Dorset countryside and coast, from hedgerow to ocean, each scent evokes a sense of place.

You can choose from travel-size pouches, 2L refills, or ready-to-gift sets featuring shampoo, conditioner, cleansing gel, and body lotion, while home fragrance favourites include candles and reed diffusers.

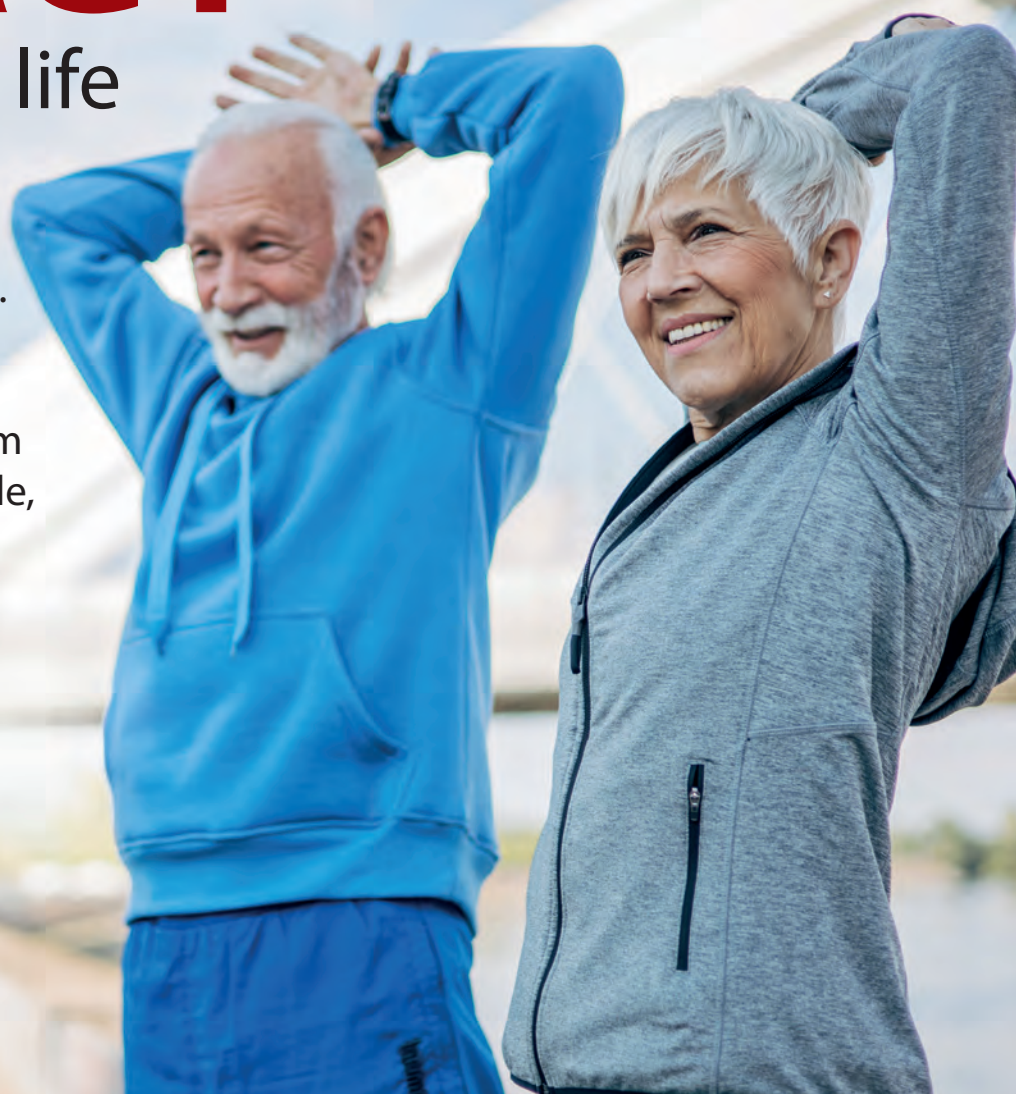


# ENERGY

## for quality of life

Several nutrients are important as we get older. Selenium contributes to the immune system and the protection of cells from oxidative stress. Meanwhile, the body's production of 'coenzyme Q10' declines with age.

SelenoQ10 gives you the best of both worlds.



### The Original formula from the groundbreaking KiSel-10 study



- Two compounds with proven high absorbability; our unique selenium yeast and our Bio-Quinone Q10, the reference product in international Q10 research.
- Pharma Nords Bio-Quinone Q10 with its unique patented formula, increases the body's Q10 levels.
- The two products were used in the groundbreaking KiSel-10 study.
- Manufactured under Danish pharmaceutical control.

 **Pharma Nord**



**Call today on (0) 1670 534 900**

to find out more about SelenoQ10 and our full range of high quality supplements.

You can also visit [www.pharmanord.co.uk](http://www.pharmanord.co.uk) where you can sign up to our newsletters and stay informed on the latest health headlines.

# The BRAIN HEALTH BASICS

Supporting our cognitive function need not be complicated if we stick to some of the basic rules around what the brain needs.



**M**odern living may have made advances in so many ways, from medicine and life expectancy through to technology but it has also seen us become greater consumers of a poor quality, nutrient-depleted, sugar-rich diet. This, coupled with often poor lifestyle choices and a constantly 'switched on' culture, is doing our health no good.

And looking at this in greater detail, it is having a worrying impact on our brain health; research indicates that diets that are heavily processed can raise our risk of dementia, while being less active than a generation ago can also impact our brain health. The point being we are not doing enough to nourish our brain, nutritionally and from a lifestyle perspective.

Here, we bring you some of the foundation steps to cleaning up your diet and providing your brain with the fuel it needs to not only function, but also to thrive as we get older.

## Tip one – clean up the diet

This not only aids your long-term brain health but also supports general wellbeing. The basics are around cutting right back on refined sugar and processed foods, and maintaining stable blood sugar. If your blood sugar levels are too high, it can impact your cognitive function.

A poor diet can also put your body under greater stress; it can affect your gut health, which is inextricably linked to the brain, and also affects your sleep. These all have consequences on the long-term health of the brain.

It also goes without saying that if you smoke, try to stop as it raises the risk of stroke, among

other issues. Try too to cut back on caffeine and alcohol intake.

## Tip two – add in antioxidants

Oxidative stress can be caused by many factors in the western lifestyle, including a poor quality diet, and can affect our brain health. One way to counter this is through antioxidants, which are found in colourful fruit and veg, especially berries.

Experts often recommend a Mediterranean-style diet, as it contains high levels of foods rich in the nutrients our brain needs; good fats from oily fish, olive oil and nuts and seeds, along with quality protein, wholegrains, legumes, and plenty of fruit and veg. It is also low in processed foods.

Other recommendations around diet includes green leafy veg that are rich in B vitamins. This is important as they help to manage high levels of homocysteine, an amino acid linked to cognitive decline. And don't forget the gut, as there is much research about the gut-brain connection; think fermented foods such as kefir, sauerkraut and fibre. You could also add in a probiotic supplement for general gut maintenance.

## Tip three – work it out

When we say work out, we mean both physically and mentally as both are key for brain health.

Starting with the physical, moving more helps to boost blood flow, which is important for the brain. It is also good for easing stress and promoting good sleep.

We also need to stay active mentally, such as through reading, social interaction, and puzzles – whatever you enjoy that keeps your brain stimulated.

## Tip four – up your nutrients

A generally healthy diet will ensure you're getting key nutrients in your diet, but for many people, adding in certain supplements is important. This is especially the case when you consider our soils these days are heavily depleted of key minerals, and that many people are not meeting the recommended intake for certain nutrients, including magnesium.

• **Omega 3** – these essential fats play an important role in controlling inflammation, as well as being involved in memory and cognitive function.

• **B vitamins** – the B group of vitamins are crucial for the brain as they help lower homocysteine. We should also reference vitamin D, so important is it for both cognitive function and mood.

• **Magnesium** – thought to play a role in memory and learning, it can also be a relaxant and support better sleep.

• **Antioxidants** – think vitamins C and E, along with selenium, to help counter the effects of oxidative stress.

• **Mushrooms** – medicinal mushrooms are known to have a positive impact on cognition in a variety of ways. They are available in health stores in different forms, and includes lion's mane, well known for improving cognitive function.

• **Herbs** – there are some herbs that can be great for the brain. Gingko biloba is believed to support blood flow to the brain, while rosemary is an antioxidant and can support memory. When seeking herbs, do remember to tell staff in your local health food store about any medication you may be taken to ensure there are no contraindications.





## AllicinMax Immune for normal immune function

AllicinMax Immune provides stabilised allicin from garlic, with beta glucan along with vitamin C and Zinc. Vitamin C and Zinc contribute to normal functioning of the immune system. It makes a perfect addition to your wellness regime. The easy to swallow, vegan capsules are odour free and suitable from age 12. Two capsules provide 180mg Allisure (Allicin) Powder, 150mg Vitamin C and 10mg Zinc. Part of the AllicinMax™ range, the brand leader in stabilised allicin supplements, you will find the range in your local independent health food store.

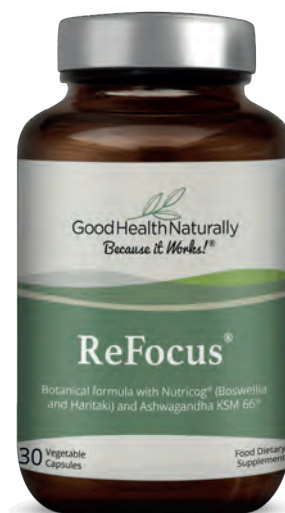
[www.allimax.co.uk](http://www.allimax.co.uk)



## Feel Sharper Today, Support Your Brain for Tomorrow

If you want to think more clearly, stay focused and feel more in control of your day, ReFocus® gives you a simple, natural way to support your mind. With just one capsule a day, this advanced botanical nootropic pairs clinically studied Nutricog® (Haritaki and Boswellia) with KSM-66® Ashwagandha to help you feel calmer, sharper and more mentally organised. It's ideal if you're juggling a busy life, noticing midlife changes or simply wanting to look after your long-term brain health. ReFocus® helps you feel like your best, most capable self, now and for the years ahead. 30 Capsules. Vegan.

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



## Comprehensive once-daily multivitamin

O.N.E. Multivitamin is a once-daily formula with a comprehensive profile of highly bioavailable vitamins, minerals and phytonutrients and other factors to support optimal nutrition for both men and women.

[www.pure-encapsulations.co.uk](http://www.pure-encapsulations.co.uk)



## Tri-Hair System, rooted in science

A complete three-step hair nourishing programme, infused with botanical extracts. Comprising Hair Support Complex, a synergistic blend of vitamins, minerals and plant-based phytonutrients to support the underlying structures for healthy hair, featuring biotin and selenium to contribute to the maintenance of normal hair. Organic Hair Growth Liquid includes researched millet extract, pumpkin seed and evening primrose oils which supplies polyunsaturated fatty acids needed for important psychological processes, including normal hair growth. Organic Hair Restore Serum is a powerful 5-in-1 topical treatment containing rosemary and safflower oils contributing to hair lustre and shine. Nutritionist formulated, no artificial additives, free from synthetic fragrances. Non-animal tested and ethically sourced.

[www.viridian-nutrition.com](http://www.viridian-nutrition.com)



## Sharpen Your Focus with New Nordic Lion's Mane

New Nordic Lion's Mane 600 mg offers a concentrated dose of one of nature's most respected functional mushrooms, traditionally used to support mental clarity and focus. Known for its ability to nourish the brain, Lion's Mane is valued for promoting concentration, supporting memory, and encouraging a calm, balanced mood. This high-strength formula provides a convenient way to incorporate cognitive-supporting nutrients into your daily routine. Many people appreciate Lion's Mane for helping them stay sharp, productive, and mentally energised throughout the day. New Nordic's carefully crafted supplement delivers pure, effective support for those looking to enhance everyday brain performance naturally.

[www.newnordic.co.uk](http://www.newnordic.co.uk)



## NaturesPlus BioAdvanced Eye Complex

See the world more clearly with BioAdvanced Eye Complex. This powerful herbal and nutrient blend is expertly formulated to support healthy vision and help protect your eyes from oxidative stress. In today's world of endless screen time and constant exposure to UV radiation, your eyes need extra care. Packed with essential nutrients like zinc, vitamins A, C, and E, selenium, and lutein, this formula works in perfect synergy with traditionally used botanicals - including bilberry, grape seed, green tea, and turmeric - to nourish, protect, and maintain optimal eye health.

[www.naturesplus.co.uk](http://www.naturesplus.co.uk) - £24.95



# Natural Lifestyle Top Picks

## Qsilica Award Winning Beauty Supplement

Qsilica Skin, Hair & Nails ONE-A-DAY Multi-Nutrient Tablets contain mineral silica, biotin, zinc and selenium in a convenient, once daily supplement. Silica supports bone integrity, assists connective tissue production and together with biotin and zinc, supports the health of your skin, hair & nails. Selenium and zinc also help reduce free radical damage to body cells. Qsilica is Australia's first ingestible beauty supplement and the award winning formula includes our signature colloidal silica, to nourish and rejuvenate you from the inside out.

[www.qsilica.co.uk](http://www.qsilica.co.uk)



## "Beauty Strengthened From Within."

HealthAid® Beauty Collagen Powder delivers specialist support for radiant, healthy-looking skin. As the body's main structural protein, collagen is essential for skin elasticity, hydration, and smooth texture. This advanced marine formula provides types I, II and III collagen, hydrolysed for superior absorption and bioavailability. Taken daily, it helps maintain youthful, supple skin while also supporting hair, nails, and overall connective tissue. Ideal for those seeking natural beauty nourishment, it works from within to enhance skin vitality and promote a glowing complexion every day.

Marine Collagen Powder retails at £29.99 for 250g. Contact HealthAid Ltd on **020 8426 3400** for purchase and stockist information or visit [www.healthaid.co.uk](http://www.healthaid.co.uk)



## Terranova - Life Drink

A multi-award-winning, synergistic nutritional formulation that provides balanced ratios of plant proteins, friendly microflora, digestive enzymes and Omega Oils, whilst also featuring deeply nourishing Fresh Freeze-Dried Microalgae, Berries, Greens and Full-Spectrum Mushrooms (Reishi & Shiitake). Research has shown that fresh freeze drying protects and retains a plant's potency, biochemical integrity and increases solubility, compared to standard drying methods, meaning that this blend may benefit anyone in need of broad-spectrum nutritional support, those who have difficulties in achieving optimal nourishment from diet alone and active individuals. As with all Terranova Products - No Additives, Only Active Ingredients & 100% Vegan.

Available in Independent Health Food Stores

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

Distributed in the UK by Bio-nature Ltd [info@bionature.uk.com](mailto:info@bionature.uk.com)



## Ancestral nourishment for your modern skin

Smooth Miracle by Balmy Cow is powered by Grass-Fed Tallow and enriched with Manuka Honey. Smooth Miracle brings ancestral skincare into the modern world. Crafted with Vanilla Planifolia and Roman Chamomile, two of nature's finest botanicals, this timeless balm offers simple, effective care for the whole family.

Free from toxic chemicals and unnecessary fillers, it delivers deep nourishment and a soft, comforting finish. Designed for those who want clean, safe, efficient skincare that truly works. Smooth Miracle feeds the skin exactly as nature intended and is already loved by customers in health stores and boutiques across the UK and USA. Made for our family, shared with yours simple, trusted, timeless care.

Email [info@balmycow.com](mailto:info@balmycow.com) for more information or visit [balmycow.com](http://balmycow.com)





## TRY THIS



♦ TERRANOVA SUPER SKIN DRINK  
 ♦♦ EFAMOL PURE EVENING  
 PRIMROSE OIL ♦ SYNO-VITAL  
 ORAL HYALURONIC ACID PLUS  
 VITAMIN C ♦ PURE  
 ENCAPSULATIONS HAIR SKIN  
 NAILS ULTRA

# Feed YOUR SKIN

Your nutrition plays a big role in how healthy your skin is, so it's important you make sure you're getting enough key nutrients.

**T**he power of good nutritional health cannot be underestimated. It helps to keep our immune system strong, supports our joints and bones, fuels our brains, and, as the largest organ in the body, it also keeps our skin healthy.

And it is the latter that we focus on here, as we explain why a healthy diet, along with key nutrients, is so critical to keeping our skin functioning well, especially when you consider that our skin is exposed to so many pressures on a daily basis.

Let's start with explaining the role of the skin in our health – and it runs far deeper than just how we might look externally. Skin, as already highlighted, is the largest organ of the body and it helps to protect your other organs from external sources, while also playing a part in detoxification. It is also exposed to pollutants, toxins, and changing seasons, meaning it needs to be fed the right nutrients to keep it healthy.

## SIGNS OF SKIN STRESS

Skin can be affected by a range of factors, and there's no doubt that genetics and, of course, age will play a role in the health and appearance of our skin. But we must also consider the effect that poor nutrition and lifestyle can have on our skin – and the signs can be obvious.

If you have nutrient deficiencies, you might find you have dry, flaky skin, you might have frequent breakouts, or your hair might be thinning. You

might find that skin looks dull. As we get older, our skin can start to lose elasticity and structure, which can leave the telltale signs of wrinkling, sagging, dryness and age spots. Skin can also become thinner when we get older, meaning it can be more at risk of damage from the sun's rays and toxins.

## DIETARY FOCUS

Your nutritional health should start with diet, as these can provide a broad intake of nutrients.

The general advice is to consume plenty of fruit and veg, from a range of colours as this will mean you're getting a broad intake of important antioxidants, polyphenols and carotenoids, all really important for healthy skin. Foods to focus on includes berries, citrus fruits, and green leafy veg. Protein is also important, especially as we get older; ideal foods to try and feature in the diet includes eggs, meat, fish, as well as nuts and pulses. If you are a non-meat eater, tofu is a good choice.

Omega 3 essential fatty acids are really important for skin health and can be found in oily fish, nuts and seeds. Hydration is also critical to stop skin from feeling dry so try to drink two litres of water a day, and ease back on caffeine, which can be drying.

You should also be aware of the impact of diets that contain high amounts of refined sugars and processed foods; these can lead to inflammation and insulin spikes (raising the risk of the likes of acne).

## Essential nutrients

A broad intake of nutrients is important, and this can be gained by taking a quality multivitamin and mineral, but keep in mind there are some specific ones that are needed for skin health. This includes:

● **Collagen** – also important for the joints, collagen plays a critical role in maintaining skin elasticity and hydration. It becomes more important as we get older, and is best paired with vitamin C, which helps with natural production of collagen.

● **Vitamins** – there are some crucial vitamins we need for the skin, such as antioxidant nutrients including vitamins C and E, and vitamin A.

● **Essential fatty acids** – these play an important role in controlling inflammation, as well as keeping skin hydrated and easing skin redness.

● **Probiotics** – there is increasing research around the gut-skin axis, with evidence showing that our skin health can be determined by the state of our gut. Therefore, taking a multi-strain probiotic to maintain a good bacteria balance is recommended. Your health food store will be able to advise of the best for your skin needs.

● **Minerals** – zinc and selenium are crucial for easing the effects of oxidative stress in the skin, which can play a role in skin ageing. Biotin, commonly known for its role in hair health, can also help to ease dry skin.

● **Hyaluronic acid** – essential as our skin gets older, this compound helps to keep skin plump and elastic.

# A new year HEALTH RESET

The start of a new year is a common time to detox, but to get the most out of it, you need to take a holistic and balanced approach, as our experts advise.

**O**ur bodies are pretty clever and quickly tell us if they are overloaded; we might be lacking in energy, our skin dull and prone to breakouts, we could suffer with digestive issues and poor sleep.

And with the festive season upon us, and with all the excesses that can bring, planning a balanced and well thought-out cleanse can be a great way to start the new year as you mean to go on.

But what does such a plan look like, and what benefits could you gain from it? Read on for the advice from the natural health experts.

## Are you overloaded?

It's common in our modern lifestyles to have toxin overload but what are the obvious signs?

Ella Kaur Maan, Nutritionist at DR.VEGAN, explained: "The body has several detox systems, mainly the liver, kidneys, gut, skin, and lymphatic system. These organs can sometimes need support, especially when environmental toxic load is high or when genetic changes make detox pathways less effective. A cleanse is about supporting these systems by reducing the burden you place on them and supporting their optimal function."

"Individuals who may benefit from a cleanse may notice bloating or sluggish digestion, low energy or mid-afternoon crashes, irregular bowel movements, sugar cravings, poor sleep, feeling inflamed or puffy, skin congestion, mood swings or irritability after highly processed eating, and feeling generally sluggish or out of balance."

Alice Bradshaw, Head of Nutrition Education and Information at Terranova, added: "Digestive discomfort such as bloating, constipation or irregular bowel movements may indicate the gut is not functioning optimally. Skin changes, including dullness, breakouts or uneven tone, often reflect internal stressors. Low energy, difficulty concentrating, disrupted sleep and a general sense of sluggishness are also common. These signs do not mean the body has stopped detoxifying, but rather that diet and lifestyle adjustments could help reduce the burden and support the efficiency of natural processes."

And what are the common factors involved in why our systems get overloaded in the first place?

James Pugh, Nutrition Advisor at Viridian, advised: "Lifestyle choices such as poor diet and a lack of exercise, also known as a sedentary lifestyle, can build

up toxins in the body and cause the need for a cleanse. The modern western diet is made up of over 50 per cent ultra-processed foods, providing us with a lack of nutrients and excessive intake of fatty and sugary foods. Other causes of toxicity include the environment such as pollution, and dietary choices such as alcohol and fizzy drink intake. Those with increased blood sugar levels and frequent gastric upset from poor diet may also benefit from cleansing."

## Planning a cleanse

It's important to start a cleanse with thought so you don't restrict key food groups and miss out on important nutrients. We also advise avoiding the faddy trends that can emerge at this time of year on social media, and instead, stick to advice from qualified experts.

In terms of the basics, Lindsay Powers, Nutritionist at Good Health Naturally, advised: "Some people like to go for three to five days on pure juices alone."

Some people prefer to have a fasting approach, where they'll eat very lightly for only an eight-hour window. Others choose to hit it hard with

liver-cleansing herbs, water, and a light diet for a few days. It is important to reduce

the toxic load, so no alcohol or caffeine is consumed during the cleansing period. It is essential to lighten the load with diet and remove heavily processed foods, sugars and refined carbs and replace with lightly steamed or raw vegetables, lean proteins like tofu, chicken or fish and low-sugar fruits like berries."

James added: "There is no specific number on how

often a cleanse should be done, however, the general recommendation is a few times a year, although it can be up to once a month. It is important to have a clean diet all year round, not just when we need to cleanse our system. Choosing organic where possible also limits our exposure to toxins from sprays and fertilisers. A healthy cleanse involves a food first approach; cellular detoxification is a nutrient-driven process which relies on a variety of vitamins and minerals. Therefore, it is essential to consume a good amount of fruit and vegetables, like spinach and kale, high in fibre and nutrient dense. Fibre helps to improve the elimination and reduce the reabsorption of toxins."

"Good quality protein and antioxidants help support the liver. Sulphur-containing foods like beef, eggs, onions, garlic, fish, nuts and legumes act as an exfoliator and possess healing properties. This wholefood approach is particularly beneficial to avoid heavily processed foods, helping to control cholesterol and aid weight loss. It is important to stay hydrated by drinking at least two to three litres of water every day, particularly when partaking in regular exercise."

Alice added: "Reducing alcohol, caffeine, refined sugar and heavily processed foods is a practical first step. These items can place strain on the liver and digestive tract. In their place, a diet rich in vegetables, fruits, whole grains, legumes, nuts and seeds provides fibre, phytonutrients and antioxidants that support normal detoxification pathways. Cruciferous vegetables such as broccoli and Brussels sprouts are particularly valuable, as they contain compounds that influence liver enzyme activity. Chlorophyll-rich foods like leafy greens, wheatgrass and chlorella are often chosen to complement this approach, as they support gut elimination."

Ella continued: "Remove anything that strains



## Cleanse benefits

Many people will take part in a cleanse at certain times in the year, and this can be hugely beneficial to their health – if planned properly.

James explained: "Benefits can include weight loss, lowering blood pressure and blood glucose levels and the promotion of cardiovascular and digestive health. A cleanse can also lead to increased energy, as well as clearer vision, skin and improved cognitive function. Other benefits include improved health of the gut microbiome, which improves immunity."

Alice added: "A cleanse, when approached sensibly, is not about flushing toxins but about creating conditions that allow the body's natural detoxification systems to work more effectively. Many people also find a structured cleanse provides psychological benefits: it acts as a reset point, helping break cycles of poor dietary habits and motivating longer-term lifestyle changes. The benefits are therefore both physiological – supporting liver enzyme activity, gut elimination and hydration – and behavioural, reinforcing healthier routines that sustain wellbeing beyond the cleanse period."





digestion or fuels inflammation, such as alcohol, ultra-processed foods, high sugar snacks, white bread, pastries, fried foods, heavy dairy, red/processed meats, seed oils in processed foods, excess salt, and sugary drinks.”

### Move it

It’s also important to keep active during the process, as James explained: “This can enhance the elimination of toxins through increased perspiration as well as supporting cardiovascular function.”

Alice recommended: “Gentle exercise such as walking, light stretching or swimming supports circulation and lymphatic flow, while sauna or steam can encourage elimination via the skin. Mindful practices such as journaling, meditation and time outdoors help reduce emotional stress and promote wellbeing. Reducing screen time and creating space for relaxation further enhance the benefits of a cleanse, ensuring that body and mind are supported.”

Ella also suggested: “Daily walking (20-40 minutes) encourages blood flow to the liver. Dry brushing supports lymphatic flow and the movement of toxins, and intermittent fasting, even 12 hours overnight, helps gut rest. Decrease environmental toxin exposure – switch to clean cosmetics, cleaning products, and household cleaning products.”

And Lindsay advised: “It is important to focus on a good night’s sleep when undergoing a cleanse, as the

body does most of its repair and detoxing work at night. Aim for a good seven to nine hours. Gentle exercise can also help, like walking, stretching or yoga, but don’t partake in anything too strenuous if the body is focusing on its detoxing efforts.”

### Cleansing support

Along with a balanced cleanse, nutritional supplements can be beneficial to aid your goals.

“Deficiencies can occur if cleanses are overly restrictive, particularly when protein or healthy fats are excluded. B vitamins, magnesium and amino acids are vital for energy metabolism and detoxification processes, and without them, individuals may experience fatigue, reduced satiety and impaired resilience,” Alice advised. “Protein deficiency can compromise muscle maintenance and immune function. A balanced cleanse should therefore include sufficient protein, healthy fats and micronutrients to ensure that the body’s detoxification systems are supported rather than depleted.

“A high-quality multivitamin and mineral ensures adequate micronutrient intake, while B vitamins, zinc, selenium and magnesium are involved in liver enzyme activity. Adaptogenic mushrooms such as reishi and cordyceps may help the body adapt to stress, which is particularly relevant during lifestyle change.”

And James recommended: “Supplements that contain algae derived ingredients such as spirulina and

chlorella are a rich source of chlorophyll, which support the elimination of toxins. It is also recommended to get extra fibre in your diet from supplementation. This will aid the elimination of toxins. Nopal has been shown to support cleansing and weight management because of its high fibre content. Antioxidants can be found in dietary sources like fruit and vegetables but can also be taken in supplement form. These can help fight off harmful free radicals, caused by oxidative stress in the body. Examples include vitamin C and E, selenium and phytochemicals like flavonoids and carotenoids. Another popular supplement is cleavers, known to provide benefits such as improved skin health and reduced inflammation due to its lymphatic cleansing properties.”

Ella added: “Milk thistle supports liver enzyme function, burdock supports bile flow, which carries toxins away from the liver, and dandelion supports renal function. Probiotics support the transit of toxins through the gut and support gut function, and magnesium, especially citrate or glycinate, can aid with regular bowel movements.”

Lindsay continued: “Supplements can be very helpful to support the process. Many people use herbs like milk thistle, dandelion, artichoke, or turmeric to aid the liver’s natural detox pathways. If the bowels are sluggish, probiotics, digestive enzymes, or gentle fibre blends can improve regularity and nutrient breakdown. Some include electrolytes to stay hydrated, or magnesium to support digestion and relaxation.”



New Year,

# NEW ROUTINE

Build daily balance with targeted supplements and start the year strong with simple habits and time-tested support from Solaray.

**A**s the calendar turns and resolutions take shape, January offers a fresh opportunity to reset, refocus, and rebuild. Whether you're aiming to feel more invigorated, would like to reduce tiredness and fatigue, or simply want to bring more balance to your day, the key lies in small, consistent habits – and the right nutritional support.

In the UK, winter's slower pace and darker days can make it tempting to hibernate. But this season is also the perfect time to lay the foundation for a healthier year ahead. With a few mindful changes, and the help of targeted supplements like magnesium and psyllium husk fibre, you can create a routine that supports a healthy lifestyle, day in, day out.

## Why magnesium deserves a spot in your daily routine

Magnesium is one of the most essential minerals in the human body, involved in a multitude of functions in the human body.<sup>1</sup> It contributes to the normal functioning of the nervous system, contributes to the maintenance of normal bones, contributes to normal

psychological function, and contributes to a reduction of tiredness and fatigue.

There are several different kinds of magnesium. Magnesium glycinate is a popular choice with those looking for a form of magnesium that is gentle on the stomach. Solaray Magnesium Glycinate features 3,180mg magnesium bisglycinate, providing 350mg elemental magnesium, plus 5mg of black pepper extract for added benefits.

Magnesium citrate has high bioavailability, meaning it is better absorbed by the body than certain inorganic forms. Solaray Magnesium Citrate includes 2,500mg magnesium citrate, providing 400mg elemental magnesium with a base of supportive herbs, including alfalfa, watercress and parsley for added nutritive value.

Whether you choose glycinate, citrate, or another form of magnesium, this important mineral can add daily balance to your routine in the new year.

## Fibre: the unsung hero of wellness

Another often-overlooked nutrient is fibre; in the UK, most adults fall short of the recommended daily intake of fibre – about 20g per day rather than the recommended 30g.

Psyllium husk is a plant-based soluble fibre derived from the outer shells of the *Plantago ovata* plant. Adding Solaray Psyllium Husk capsules to your morning routine is a simple way to start your day with

good intentions. Each three-capsule daily serving provides 1,575mg of psyllium husk powder in a convenient capsule format that offers a taste-free alternative to powdered psyllium drinks – ideal for people seeking daily fibre support without added sugars or thickeners.

## Practical tips for a sustainable lifestyle

Starting a new routine doesn't mean overhauling your entire lifestyle overnight. In fact, the most effective changes are often the simplest. Here are four practical tips to help you build momentum:

- **Hydration first:** Begin your day with a glass of water to kickstart digestion and hydration. Add a slice of lemon for a refreshing boost.
- **Mindful meals:** Focus on whole foods, colourful vegetables, and lean proteins. Aim for balance, not perfection.
- **Move daily:** Whether it's a brisk walk, yoga, or dancing in your kitchen, movement helps energise your body and clear your mind.
- **Supplement smartly:** Choose high-quality, lab-verified supplements that align with your goals. Solaray's Magnesium Citrate, Magnesium Glycinate, and Psyllium Husk are designed to support your wellness journey so you can thrive all year.
- Food supplements should not be used as a substitute for a varied diet and a healthy lifestyle.



## Your new routine starts now

The New Year is more than a date – it's a mindset. By prioritising nutrition, movement, and daily balance, you're setting yourself up for a healthier, more vibrant year. And with Solaray's targeted supplements, you have trusted tools to support your goals as the months fly by.

• References available on request.





# NEW YEAR NEW ROUTINE.

Start this year with **trusted daily essentials** to support your health and routine—crafted with care by Solaray.



## Magnesium Glycinate

Solaray Magnesium Glycinate helps you excel with **support for muscles and bones**, expertly formulated for optimal absorption and gentle digestion\*.



## Psyllium Husk

Solaray Psyllium Husk packs **soluble fibre into a convenient vegan capsule** to support a healthy diet and lifestyle\*.



## Vitamin C

Solaray Vitamin C with rose hips and acerola helps you shine with **timed release immune support**\*.



AVAILABLE AT [amazon.co.uk](https://www.amazon.co.uk)



\*Food supplements should not be used as a substitute for a varied, balanced diet and a healthy lifestyle. Do not exceed the recommended daily intake. Keep out of reach of children.

\*Magnesium contributes to normal muscle function and the maintenance of normal bones.

\*Vitamin C contributes to normal collagen formation for the normal function of blood vessels and to the normal function of the immune system.

# Ask the experts



## Q Why do I need to be aware of what materials are in period products and what should be avoided?

Susie Hewson advised: Sometimes, it's the things that you do not see, or have not been told, that are the most deleterious to health and the environment. Absence of proper independent research and regulatory direction means new and synthetic materials and processes being used in period products may or may not be having a negative impact on our skin, short and long-term gynaecological health, or reproductive capabilities.

Recent reports of heavy metals and pesticides in tampons, volatile organic compounds (VOCs) and per- and polyfluoroalkyl substances (PFAS) in period underwear and pads, symptoms of rash and irritated skin, points to an urgent need to be monitored more specifically than under General Products Safety Regulation. How is it possible to avoid ingredients of concern if they are not labelled? We should have the right to a healthy period and without a menstrual act, and independent testing, we are vulnerable.

Tampons can be made of a combination of viscose, cotton and plastic, or just cotton; certified organic or not. Pads are made from an absorbent core, a top sheet, a barrier film and often a super absorbent microplastic polymer, held together with an adhesive. The exception to this is for the new flexible pads made from polyurethane! Absorbent cores can be wood pulp, cotton, viscose from bamboo, polyurethane or combinations. In direct contact with the skin can be polyesters, cotton, viscose (bamboo is classified as viscose) or polyurethane. The barrier film can be 100 per cent polyethylene or plant-based.

What's needed is legal requirement for manufacturers to disclose ingredients and additives in all period products. You can sign the Women's Environmental Network petition making powerful representation for this.

## A holistic guide to joints and bones...

by Lindsay Powers

### What are the most common factors that can affect the health of our joints and bones, and how do we know if we have an issue?

According to the NHS, around 10 million people in the UK experience arthritis or similar joint issues, and Age UK estimates that more than three million people are living with osteoporosis.

Many factors are involved, including the fact that our modern lifestyles have become increasingly sedentary, which means our joints are not being regularly moved and strengthened. Many people also fall short of key nutrients due to the rise in highly processed foods, leaving the body without the building blocks it needs to maintain healthy bones and cartilage. An ageing population naturally adds to the numbers, as wear and tear can accumulate over time.

Seasonal changes also play a part. You often hear people say that their joints and bodies feel much stiffer in winter, and there may be some truth to it. As temperatures drop, circulation slows, synovial fluid becomes thicker, and we tend to move less, which can result in reduced flexibility, swelling and more discomfort with movement.

### Can you recommend a healthy joint and bone diet and lifestyle plan for the winter?

The good news is there is plenty we can do to stay comfortable through the colder months and beyond. A nourishing Mediterranean-style diet, rich in colourful plants and omega 3s, helps reduce inflammation. Staying hydrated also keeps joints moving smoothly, even when we do not feel as thirsty in winter. Gentle movement, such as walking, stretching, or yoga, can ease stiffness, support circulation, and improve overall comfort.

### And what supplements do you recommend to support healthy joints and bones?

There are several well researched supplements that can help. Curcumin and krill oil support the body's normal inflammatory response, while collagen and glucosamine contribute to connective tissue structure and joint mobility. For bone strength, vitamins D3, K2 and magnesium are essential because they work together to support healthy calcium absorption. Since many people are low in these bone-building nutrients, supplements can be an effective way to fill the gaps.



LINDSAY POWERS

is a Naturopathic Nutritional Therapist and Head of Nutrition at the leading supplement brand, Good Health Naturally.



ANISH PATEL

is a qualified pharmacist and co-founder of NutraTea, a family-run, UK-based B Corp herbal wellness brand grounded in Ayurvedic tradition and modern science.



SUSIE HEWSON MBE

is founder and Director of sustainable period and personal care brand Natracare, creator of the world's first organic tampon.



JO SHARP

is a Nutritionist and Solgar's Nutrition and Product Specialist. Dedicated to improving people's lives, her approach is grounded in science-backed nutritional strategies and guided by an education-focused functional medicine framework.

## «ABOUT THE EXPERTS»



FREE TO ENTER

## WIN LOTS OF NATURAL GOODIES

IN EVERY ISSUE, WE GIVE  
YOU THE CHANCE TO **WIN**  
BRILLIANT NATURAL  
PRODUCTS FROM SOME OF  
THE **BEST** BRANDS.



**MYNATURALLIFESTYLE.CO.UK/COMPETITIONS**

### NUTRATEA

FUNCTIONAL HERBAL TEA

## IT'S WHAT'S INSIDE THAT MAKES US BETTER

#### NUTRALIVER

CONTAINS:

Milk Thistle (30%),  
Liquorice (30%),  
Peppermint,  
Fennel & Turmeric.

#### NUTRATRIM

CONTAINS:

Green Tea (20%), Fennel (10%), Nettle (10%), Ginger,  
Cinnamon, Cayenne Pepper, Alder Buckthorn, Dandelion  
Root, Burdock Root, Garcinia Cambogia, Juniper Berry,  
Hibiscus, Guarana, Couch Grass, Black Pepper & Kelp.

#### NUTRACLEANSE

CONTAINS:

Milk Thistle (20%), Artichoke (15%),  
Liquorice, Dandelion Root, Ginger,  
Coriander, Fennel, Nettle, Burdock  
Root, Cinnamon & Star Anise.



COMPLETELY  
NATURAL



REUSABLE  
TEA BAGS



NO FLAVOURINGS  
OR OILS



2 GRAMS  
OF ACTIVE INGREDIENTS



BIODEGRADABLE  
PACKAGING



INGREDIENTS WITH KNOWN  
HEALTH BENEFITS



## Q What is the link between ageing and nutrition, and what key nutrients do we need to support longevity?

Jo Sharp explained: Ageing is deeply interconnected with nutrition. The nutrients we consume influence the fundamental cellular processes that regulate metabolic health, inflammation and resilience to stress. As we age, our cells experience accumulated oxidative damage, reduced mitochondrial efficiency and increased inflammatory signaling. The damage is caused by free radicals that harm components of cells and cause mutations in mitochondrial DNA (mtDNA) that increase cellular dysfunction. Nutrition acts as a major modulator of these pathways, either accelerating ageing or helping maintain cellular health.

One of the most important biochemical changes that occurs with age is a decline in NAD<sup>+</sup>, a critical coenzyme required for mitochondrial energy production and for activating sirtuins – a family of proteins involved in DNA repair, metabolic regulation and circadian rhythm. Lower NAD<sup>+</sup> levels contribute to fatigue, reduced metabolic flexibility and capacity for cellular repair. Nutrients such as nicotinamide riboside, a form of B3, is an NAD<sup>+</sup> precursor that has been scientifically proven to positively support this decline. In turn, this improves mitochondrial function and vitality.

Several other nutrients play key roles in supporting healthy ageing. Omega 3 fatty acids (EPA and DHA) help lower inflammatory processes and are essential for brain and cardiovascular health. Vitamin D is critical for immune function and bone integrity. Deficiency is associated with accelerated biological ageing. Magnesium supports energy metabolism and protects against mitochondrial dysfunction. Compounds like sulforaphane from cruciferous vegetables activate endogenous antioxidant defenses, while polyphenols, including quercetin and EGCG, support cellular stress response mechanisms. Free radical damage can also be counteracted with antioxidant nutrients like vitamins A, C, E and zinc, as well as selenium.

Nutrition directly shapes the cellular environment that determines how well we age, influencing everything from mitochondrial efficiency to DNA integrity.

## Addressing overload...

by Anish Patel

### Why might our systems become overloaded and in need of a cleanse, and are there any obvious signs?

Throughout the year, our bodies work constantly to keep us balanced, but lifestyle pressures, stress, and processed foods can start to take their toll. When the liver, kidneys, and digestive system are working harder than usual, you might notice signs like low energy, bloating, dull skin, or feeling heavy after meals. It is not that the body stops functioning, but it can simply need a little extra care to perform at its best. I always see a seasonal cleanse as a reset rather than a restriction. It is an opportunity to pause, nourish, and support the organs that already do the hard work for us.

### What dietary changes would you recommend?

Keeping things simple is the best approach. Choose fresh, whole foods wherever possible and make sure to stay hydrated. Reducing refined sugar, caffeine, and alcohol can make a big difference, while adding more vegetables, pulses, and fibre helps support healthy digestion. Gentle movement and good quality sleep are equally important in helping the body cleanse naturally.

A gentle cleanse does not need to follow strict timelines or rigid rules. The most effective approach is to make small, consistent changes that the body can maintain long-term. Even a few mindful adjustments over two or three weeks can make a

real difference, but lasting benefits come from turning those actions into part of your everyday routine. Simple habits such as eating whole foods, drinking plenty of water, and including a herbal tea blend each day containing herbs that are traditionally valued for their role in maintaining liver and digestive health, such as dandelion, milk thistle, and artichoke, can support the body's natural cleansing process.

### How can herbal teas help and what are your favourite herbs to support a cleanse?

Herbal teas are a gentle and enjoyable way to support the body's natural processes. Ingredients like dandelion root, milk thistle, artichoke, and nettle have long been valued for their cleansing and revitalising properties. At NutraTea, we often recommend blends that combine these herbs as part of a daily routine, as they offer a simple yet effective way to restore balance. A mindful tea break can become a small daily ritual that helps both body and mind feel refreshed.

At NutraTea, we encourage people to view cleansing as a gentle form of ongoing self-care rather than a short-term plan. Supporting the body through balanced nutrition, regular movement, and enough rest helps the organs work efficiently all year round. When you care for your body consistently, you rarely need a dramatic cleanse but just small, mindful rituals that keep you feeling balanced and well.



Life Drink is a Multi-Award-Winning formula providing wholefood nutrients in a form designed for easy and efficient absorption and utilisation.

# Add *Life* to your life



Natural, clean and effective complex of 48 ingredients.



10 fresh freeze dried  
super greens



10 fresh freeze dried  
super berries



2 fresh freeze dried  
mushrooms reishi & shitake



omega 3, 6, 9



2 proteins



12 digestive enzymes



5 friendly microflora



prebiotics



2 microalgae



ginger

**NO additives | NO dairy | NO added sugar | No preservatives**  
**We only use pure active ingredients. We have never and will never compromise.**



  
**LIVE VIBRANTLY**  
CHOOSE CAREFULLY

Available in Independent Health Food Stores

Distributed in the UK by Bio-nature Ltd For details, call 01535 611 446 or email: [info@bionature.uk.com](mailto:info@bionature.uk.com)



# GUT REBOOT

IBS is a common and often debilitating condition, which can be eased with a holistic approach. Our experts offer their suggestions to help with symptom management.

There will be times you suffer from digestive upset, for example, you eat something that causes a bacteria imbalance in your gut, or you're in a period of stress, which can impact your digestion. These are generally short-lived periods, with your gut restored to normality when the trigger passes.

However, for an increasing number of people, their digestive issues run far deeper, and this is because they are suffering from irritable bowel syndrome, otherwise known as IBS. The symptom range can be so wide and varied that getting a diagnosis can prove difficult and time-consuming. And it can be debilitating, leading to poor quality of life, not to mention raised risk of other health issues.

Therefore, it's important to understand what IBS actually is, what we know about the known causes and triggers, and, importantly, how you can manage your symptom range. The good news is, a holistic and nutrition-focused approach can go a long way to help.

Alice Bradshaw, Head of Nutrition Education and Information at Terranova, explained why more of us appear to be suffering with IBS.

"While improved awareness and better diagnosis certainly brought more cases to light, modern living is also thought to be contributing to a genuine rise in incidence," she explained. "Diets high in ultra-processed foods, refined sugars, and artificial additives, combined with lower fibre intake, are taking their toll on gut health. At the same time, stress, disrupted sleep, and sedentary lifestyles are becoming the norm, all of which can affect digestion and the gut microbiome."

"Research continues to show that these lifestyle factors, along with repeated antibiotic use and post-infectious changes following food poisoning, can alter the delicate balance of bacteria in the gut. One area that has attracted particular attention is small intestinal bacterial overgrowth (SIBO), a condition where bacteria build-up in the small intestine and can trigger the very symptoms associated with IBS."

## Pinpoint your symptoms

IBS can be really confusing as the symptom range is so wide, and not all signs are obviously connected to the gut.

Alice advised: "IBS is a long-term functional gut disorder that affects how the digestive system works rather than causing structural damage. The most common symptoms include abdominal pain or cramping, bloating, and changes in bowel habits. Some people notice their stomach visibly expands throughout the day, while others struggle with frequent gas, diarrhoea, or constipation. These

symptoms can vary in intensity from day to day and are often influenced by meals, stress, and hormonal changes.

"There are also some less well-known signs of IBS, such as fatigue, nausea, headaches, backache, and even urinary urgency.

Many people with IBS also experience anxiety or low mood, a reflection of the strong connection between the gut and brain. Because symptoms can overlap with other digestive issues, it's important to get a proper assessment rather than trying to

self-diagnose."

And can you also be at risk of other health issues?

"Many people with IBS also experience acid reflux (GERD) or functional dyspepsia, while research suggests a strong connection with SIBO," Alice advised, adding: "There's also an overlap between IBS and conditions such as fibromyalgia and chronic fatigue syndrome, both of which involve heightened sensitivity within the nervous system. In women, hormonal imbalances or endometriosis can mimic or worsen digestive symptoms. This interconnectedness highlights why managing IBS effectively often requires a holistic approach that looks beyond the gut alone."

Adrienne Benjamin, Nutritionist at Pro-Ven Biotics, went on: "IBS is often linked to stress and psychological/mood disorders, with many sufferers also experiencing

## TRY THIS



- ✦ VIRIDIAN L-GLUTAMINE POWDER
- ✦ HEALTHAID DAILY PROBIO
- ✦ PRO-VEN BIOTICS FOR ADULTS
- 25 BILLION ✦ TERRANOVA MICROBIOME CHALLENGE
- ✦ PURE ENCAPSULATIONS
- DIGESTIVE ENZYMES
- ULTRA



depression and anxiety. Other related complaints include GERD, gallbladder disease and gallstones, coeliac disease and diverticulitis. In addition, some long-term IBS sufferers are later diagnosed with SIBO and inflammatory bowel diseases (IBD – Crohn's disease and ulcerative colitis)."

## Could you be at risk?

It's important to understand if you are at risk of IBS, and, in turn, if there are any steps to reduce such risk.

Adrienne explained: "IBS is a common disorder defined as a disorder of gut-brain interaction. It generally affects the large intestine and is a chronic condition that is diagnosed when all other possibilities have been ruled out. The causes vary between individuals, but there seem to be several contributory factors, including food intolerances, physiological digestion issues, and microbiome dysbiosis (imbalance). Psychological issues, such as anxiety and excess stress, are also often involved in either a causatory or co-morbid capacity.

"The Rome IV Criteria divide IBS into three different types: IBS-C (constipation), IBS-D (diarrhoea) and IBS-M (mixed bowel habits) and base diagnosis on recurrent abdominal pain at least one day a week in the last three months, linked to two or more of the following criteria: related to defecation; associated with a change in frequency of stool; associated with a change in form (appearance) of stool. These criteria are used by the GP or a specialist gastroenterologist to diagnose. They require the above symptoms to have been experienced for the last three months, with symptom onset at least six months prior to diagnosis."

Alice continued: "The condition is complex and influenced by many factors, including the gut-brain connection, gut bacteria, hormones, and stress levels. Some people develop IBS after a stomach infection or a period of high stress, while others find their symptoms worsen with hormonal fluctuations or certain foods. Women tend to be affected more often than men, and people who have anxiety, depression, or a history of antibiotic use appear to be more at risk. The reality is that IBS rarely has a single cause – rather, it's the result of a combination of physical, microbial, and emotional factors working together."

So, if you are worried you might be suffering, what do the experts suggest in terms of being diagnosed?

Alice advised: "Getting an IBS diagnosis can take time, as there's no single test that confirms it. Instead, IBS is considered a diagnosis of exclusion, meaning other conditions must first be ruled out before a diagnosis can be made. Doctors and nutrition professionals typically rely on symptom patterns, guided by what's known as the Rome IV criteria: recurring abdominal pain linked to changes in bowel habits. Because symptoms can overlap with other digestive disorders, it's important to rule out conditions such as coeliac disease, inflammatory bowel disease, infections, or even lactose intolerance. Breath testing for SIBO can also be useful, especially when bloating and gas are prominent. Stool or blood tests may be run to check for signs of inflammation or nutrient deficiencies."

## Nutrition first

Your diet can play a big part in IBS symptom management, as well as avoiding nutrient deficiencies, which can be common in sufferers.

Alice recommended: "Diet plays a central role in supporting those with IBS. The low-FODMAP diet remains one of the most effective evidence-based approaches for reducing symptoms. It temporarily limits foods that are poorly absorbed and can ferment in the gut, causing gas and bloating. Once symptoms improve, foods are carefully reintroduced to pinpoint which are problematic. Because the diet is complex, it's best followed with professional guidance to avoid over-restriction.

"Beyond FODMAPs, a balanced diet rich in whole, unprocessed foods can make a big difference. Regular meals, eaten in a relaxed environment, help maintain digestive rhythm. For some sufferers, including soluble fibre from foods like oats, chia, and psyllium can aid bowel regularity, while reducing caffeine, alcohol, and processed foods can ease irritation. A Mediterranean-style diet, with its focus on olive oil, vegetables, fish, and nuts, can also support gut and overall health thanks to its anti-inflammatory benefits."

Adrienne also advised: "IBS is very often linked to particular foods, and it can be useful to follow an elimination diet to help identify which foods a particular individual is susceptible to. Reactive foods can include wheat and gluten, dairy, soya, eggs and certain vegetables, notably garlic, onions and the brassica vegetables (broccoli, cauliflower, Brussels sprouts, cabbage).

"FODMAPs stands for fermentable oligosaccharides, disaccharides, monosaccharides and polyols, which are all types of sugars, and a doctor or nutritionist can provide a list of foods that contain them. Whilst it can help with alleviating symptoms, a FODMAPs diet is very restrictive and should only be followed under the guidance of an experienced practitioner and for a limited period."

## Bridge nutrition gaps

Both food and supplements are important allies in

## Simple steps

There are other measures you can take to address your symptoms, such as simple lifestyle changes.

Alice recommended: "Regular exercise supports healthy bowel movements and helps manage stress, while practices like time in nature, meditation and deep breathing can calm the nervous system and improve gut-brain communication. Managing stress is particularly important, as it can directly affect digestion and even contribute to SIBO development. Poor sleep can worsen pain perception and make symptoms feel more intense. IBS is highly individual, keeping a simple symptom and food journal can help identify personal triggers and patterns."



addressing nutritional deficiencies in IBS sufferers, as well as helping to support symptom management.

Alice explained: "Nutrient deficiencies can occur in people with IBS, particularly when digestion or absorption is impaired. Those with SIBO or chronic diarrhoea may be prone to low levels of vitamin B12, iron, and fat-soluble vitamins such as A, D, E, and K. Vitamin D deficiency may be linked to IBS severity and overall gut health.

"Supplements can be a valuable part of IBS management when used thoughtfully. A high-quality multivitamin can cover nutritional gaps, particularly during periods of dietary restriction. Digestive enzymes are helpful for reducing bloating and discomfort after meals by supporting the breakdown of food. Magnesium, especially in forms such as citrate or glycinate, can help ease constipation and support muscle relaxation. Herbal support can also be effective. Fennel, ginger, and peppermint oil have long been used to reduce spasms and ease bloating, while L-glutamine may support the gut lining."

Adrienne also pointed out: "IBS-C can increase the number of toxins in the body, as healthy elimination is key to supporting health. This can impact nutrient absorption and may lead to an ongoing feeling of fullness and lack of appetite, potentially resulting in nutrient deficiencies, and long-term, can lead to faecal impaction and haemorrhoids. Regular diarrhoea as experienced with IBS-D can cause dehydration due to water loss and can result in loss of many nutrients from the body, in particular, minerals required for

various body systems. This can lead to low mineral levels, particularly in children, and if people are avoiding eating, this will also impact nutrient intake.

"Finally, imbalances in gut bacteria (dysbiosis) may affect levels of vitamins in the body as these are synthesised by certain bacteria strains – they include B vitamins and vitamin K. This may also affect energy levels and potentially increase gas

and bloating as a by-product of fermentation by certain bacteria species.

"Supplements should be recommended based upon each individual case and must take account of how well the person's gut is working to absorb nutrients. Optimal nutrient absorption requires a healthy gut mucosal lining, and supplement recommendations may include zinc, vitamin C, L-glutamine, and psyllium husk fibre."

## Better bacteria

You could also choose probiotics, which can be a powerful support for the gut.

Adrienne advised: "Our gut bacteria play a central role in immune and digestive health, whilst specifically helping to digest nutrients and produce key hormones, neurotransmitters, B vitamins and vitamin K. They also form part of the protective barrier at our gut wall to help prevent toxins from entering our bloodstream. Probiotics act as 'proxies' (substitutes) for the gut bacteria. They often include high numbers of strains of bacteria that are naturally present in our gut and can help to support bacterial balance in our gut microbiome.

"Look for a probiotic that has relatively high numbers (more than 10 billion) of research-backed bacteria species, supported by research with people experiencing IBS at the levels and combinations of bacteria offered. Probiotics include bacteria in counts of billions, and mostly impact the small intestine, which contains many billions of species and strains of bacteria."

Alice added: "Research has shown specific strains of microflora may help reduce bloating, improve bowel regularity, and support overall gut balance. Symptoms such as Bifidobacterium abdominal pain and excess gas are sometimes relieved with the use of certain strains. The yeast, *Saccharomyces boulardii*, has been studied for its use after antibiotics or for diarrhoea-predominant IBS.

"Multi-strain formulas containing both *Lactobacillus* and *Bifidobacterium* species can offer broad support. In some cases, addressing bacterial overgrowth first – through diet or targeted antimicrobial protocols – before introducing probiotics yields better results and this is where professional guidance is warranted."



# Natural Lifestyle Top Picks

## NEW: IBS SUITE

Includes Cura Magnesium Complex+, three highly bioavailable forms of magnesium. Formulated to support overall magnesium status, nervous system balance, muscle relaxation, and overall wellbeing. Magnesium can be used to reduce stress, ease muscle tension, support healthy sleep, and promote optimal digestive and nerve function. Ideal for those looking to enhance stress resilience, calm the gut, and maintain balanced nerve and muscle activity. Contact us for information on our upcoming IBS campaign, [retail@curanutrition.com](mailto:retail@curanutrition.com)



## Helping your hormone balance

ProVen For Women has been developed specifically with women and the female microbiome in mind. It contains three strains of Lactobacillus bacteria, the species that dominates the vaginal microbiome, including two Lactobacillus acidophilus and Lactobacillus gasseri, which is one of the primary strains found in this area of the female body. Along with 17.5 billion live bacteria, this product also contains cranberry extract and vitamin B6, which helps to support hormonal balance.

[www.provenbiotics.uk](http://www.provenbiotics.uk)



## Terranova - Dandelion, Artichoke & Cysteine Complex

A renewing blend of Fresh Freeze-Dried Botanicals & Traditional Digestive Bitters – With a main focus of Dandelion Root, Artichoke Leaf and Turmeric Root, alongside Sea Buckthorn & Schisandra Berry, Green Barley Grass, Green Tea Leaf & Kale are also paired with a synergistic combination of Cysteine, Selenium, Taurine & Vitamin C supply additional support for seasonal indulgence. Research has shown that fresh freeze drying protects and retains a plant's potency, biochemical integrity and increases solubility, compared to standard drying methods. As with all Terranova Products - No Additives & 100% Vegan.

Available in Independent Health Food Stores  
Learn more: [www.terranovahealth.com](http://www.terranovahealth.com)

Distributed in the UK by Bio-nature Ltd  
[info@bionature.uk.com](mailto:info@bionature.uk.com)



## Biome Balance Intimate Flora for Women

Many variables can affect the intimate microbiome, including tight or synthetic clothing, heavily scented toiletries, hormone fluctuations and hot weather. When this microbiome becomes unbalanced it can cause the overgrowth of pathogens such as E. Coli. This in turn can lead to embarrassing and uncomfortable symptoms. Biome Balance Intimate Flora for Women is formulated with Lactobacillus plantarum, Lactobacillus rhamnosus and Bifidobacterium animalis lactis, strains which have been shown to reach the vagina. It is supplied in easy-to-swallow, one a day capsule making it simple to incorporate into your daily routine.

[www.lambertshealthcare.co.uk](http://www.lambertshealthcare.co.uk)



## Rest Assured with Slippery Elm Food

There are few products that have been around as long as Thompson's Slippery Elm Food. That, undoubtedly, indicates its success. It soothes and sustains at times of distress, whether convalescing or simply needing to line the digestive tract and nourish. Slippery Elm Food malted or unmalted makes a smooth porridge or a drink and is easily digested by the most delicate stomachs. A Slippery Elm Food drink before bedtime may encourage sound restful sleep. For more information visit [www.sunshinehealthshop.co.uk](http://www.sunshinehealthshop.co.uk)



# FROM OVERWHELM TO AT EASE

## —Calm Complex on trial

After *Natural Lifestyle* joined forces with nutrition experts, BioCare, to launch a reader trial, we can reveal that Calm Complex helped 96 per cent of people find their moment of calm.

**C**alm Complex is a unique supplement that was created by the experts at BioCare to support mental health and wellbeing, relaxation and sleep. And given the uniqueness of this supplement, we wanted to put it to the test through our latest reader trial.

Earlier this year, we recruited 150 people to take part in the trial, in which readers took Calm Complex for eight weeks and then told us how it had supported them through our feedback questionnaire, based on five symptoms: feeling overwhelmed or under pressure; persistent worry or anxiety; difficulty relaxing or switching off; physical symptoms of stress, such as tension, headaches and digestive issues, and sleep disturbance related to stress or anxiety.

And we are delighted to reveal the powerful results from the trial:

- Some 96.1 per cent of people found that at least one symptom improved after completing the trial. In addition, 47.4 per cent reported all five improving.
- Difficulty relaxing or switching off was the strongest reported improvement with 69.7 per cent finding benefit after taking Calm Complex.
- Impressively, 91 per cent of people would recommend Calm Complex and 83 per cent would buy it for themselves.

Head of Brand, Kelly Smith, commented: "We created Calm Complex because so many people today are juggling busy, demanding lives and

increasingly looking for effective, but natural support to help manage overwhelm and ease stress. Results from our recent trial have been incredibly encouraging, showing that Calm Complex is helping people feel more settled, supported and able to find their own moment of calm. It's exactly what we hoped to achieve when we developed it, and it's wonderful to see the impact it's having."

### Trial praise

Those taking part experienced some impressive improvements and their words afterwards demonstrated how beneficial it was.

One wrote: "I feel it has helped a lot. I am more productive during the day and very well relaxed in the evening. Even my sleep has greatly improved. I can now switch off and fall asleep no problem – 10/10!"

Another enthused: "I feel a lot more positive, more relaxed, less anxious, and just generally happier in myself."

While another told us: "Calm Complex has noticeably improved my overall quality of life. I feel calmer, more grounded, and better able to handle day-to-day challenges without becoming overwhelmed. My general mood is more positive, and I find it easier to focus and stay productive at work. It's also had a positive effect on my relationships, as I'm more patient, present, and less irritable. Overall, I feel more like myself again and better equipped to enjoy life."





## ON TRIAL

Calm Complex contains magnesium in an easy for the body to absorb glycinate form, which supports the nervous system, and helps reduce tiredness and fatigue. In addition, lemon balm, L-theanine, and holy basil reduce stress, support brain health, relaxation, mental and physical wellbeing, and healthy sleep. Lemon balm also decreases tenseness, restlessness, and irritability.

A specifically selected blend of herbs and nutrients support the nervous system, especially due to stress, worry, irritability, or difficulty sleeping, including during the pre-menstrual period, or when studying for exams.

As always with BioCare, it is free from unnecessary additives and is suitable for vegetarians and vegans.





Learn the importance of good nutrition to maintain the health of your eyes.

**E**ye health supplements have become increasingly popular as people look for practical ways to support their vision and overall eye health. While supplements cannot replace professional eye care or treat medical conditions, many individuals use them as part of a broader routine to maintain healthy eyes. Ingredients such as blueberry, eyebright, and tagetes (often the source of lutein and zeaxanthin from marigold flowers) are frequently included because they provide nutrients and antioxidants that may help support the natural functions of the eyes.

### Berry power

Blueberries are well-known for their high anthocyanin content, which is a plant compound with potent antioxidant properties. Antioxidants help neutralise free radicals – unstable molecules that can contribute to oxidative stress. Since the eyes are constantly exposed to light and environmental factors that can increase oxidative stress, antioxidants play an important supportive role.

Many people find that adding blueberry extracts or powders to their supplement regimen offers a convenient way to increase their intake of these helpful compounds. Beyond their antioxidant capacity, blueberries also contain vitamins and minerals that contribute to overall health and can indirectly support visual wellness when consumed as part of a balanced diet.

### Herbal support

Eyebright (*Euphrasia officinalis*) is an herb traditionally used in various wellness practices for its reputation in supporting eye health. In supplements, eyebright is often valued for its natural plant compounds, including

flavonoids and tannins. These may help the body maintain healthy inflammatory responses, which is important because the eyes can sometimes feel strained or irritated by everyday activities such as prolonged screen use, dry environments, or seasonal exposure to wind and pollen.

While scientific research on eyebright is still developing, many people choose it for its long history in herbal traditions related to ocular wellness.

### Choose carotenoids

Tagetes, commonly known as marigold, is a primary natural source of lutein and zeaxanthin, two carotenoids that are highly concentrated in the retina, particularly the macula. These carotenoids act as natural pigments that help filter high-energy blue light and support the eye's ability to manage light exposure.

Because modern life involves extensive screen time, many individuals seek supplements with lutein and zeaxanthin to help support their eyes' natural protective mechanisms. Tagetes extracts also contain antioxidants, further contributing to their popularity in

eye health formulations.

### An effective combination

When combined in a single supplement, ingredients such as blueberry, eyebright, and tagetes offer a multifaceted approach to supporting eye health. Blueberry provides antioxidant support, eyebright contributes herbal compounds associated with eye comfort, and tagetes supplies key carotenoids important for retinal health. Together, these nutrients can complement a healthy lifestyle that includes a balanced diet, proper hydration, good lighting, regular breaks from screens, and routine eye examinations.

Eye health supplements can be a convenient way to increase nutrient intake associated with visual wellness. They work best when used proactively and as part of a broader health routine rather than as a substitute for professional care. For anyone considering supplements, it is wise to speak with a qualified healthcare professional, especially for those with eye conditions or those already taking medications, to ensure products fit safely into their overall wellness plan.

### READER GIVEAWAY

Enter now for a chance to win a three-month supply of Blue Berry 30s from New Nordic. Three *Natural Lifestyle* readers will be randomly selected to receive a three-month supply of this long standing eye health supplement. It's a great way to try out New Nordic's well-known supplement – and you could benefit from blueberry's antioxidant properties to support your wellbeing. Don't miss this opportunity to give your eyes a natural boost – enter via the page opposite.





# NATURAL LIFESTYLE Giveaways

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



## Solaray Magnesium Glycinate

Magnesium Glycinate by Solaray, the trusted US brand delivering high quality vitamins and supplements since 1973, is an expertly formulated supplement to support your daily wellbeing. Providing 350mg of magnesium per serving in a gentle, bioavailable glycinate form, it's ideal for maintaining muscle, nerve, and psychological function. This vegan-friendly, lab-tested supplement is easy to absorb and kind to digestion, making it a trusted choice for all-round daily support. Solaray and *Natural Lifestyle* have teamed up to offer readers the chance of winning one of five of this award-winning product.

## ALLICINMAX BUNDLE

Not all garlic products are equal – does your product contain allicin? The AllicinMax range is based on stabilised allicin so you can be sure of what you are getting every time. Winners will receive one Alliderm Gel, allicin from garlic and aloe vera, and suitable for all skin types, and a one-month supply of AllicinMax Immune, featuring allicin and beta glucan, plus vitamin C and zinc, which contribute to normal immune function. Both products are suitable for vegans and can be used as part of your wellness plan. We have five bundles to give away.



## The Herbender Rise & Shine Tea

Winter affects our energy and mood. Adapting to this shift in seasons is where adaptogens can help. The Herbender's medical herbalist formulated Rise & Shine, an energising, caffeine-free blend of red and white panax (Asian) ginseng with dual-extracted reishi mushroom, gently restores energy levels, builds stamina and improves mood. *Natural Lifestyle* has one jar (one month's worth) of Rise & Shine to give away to five lucky readers.



## LAMBERTS IMUNO-STRENGTH GUMMIES

*Natural Lifestyle* has teamed up with Lamberts to offer readers the chance of winning one of 10 Imuno-Strength, a tasty elderberry gummy, produced to ensure the beneficial compounds of the fruits are retained. Elderberries are a rich source of compounds called flavonoids,



which are antioxidants. This formula includes vitamin C and zinc, which contribute to the normal function of the immune system. The gummies are free from added sugar, sweeteners, and gelatin, with a strawberry and cherry flavour.

## Pharma Nord SelenoQ10

Several nutrients are important as we get older. Selenium, for instance, contributes to the immune system, thyroid function and hair and nails. Meanwhile, the body's production of coenzyme Q10 (the cell's 'spark plug') naturally declines with age. SelenoQ10 is an expertly crafted combination product that gives you the best of both worlds. It includes Bio-Quinone, a special coenzyme Q10 product that's proven to absorb well, and the patented selenium, SelenoPrecise. This combination formula contains two products used in the groundbreaking KiSel-10 study. *Natural Lifestyle* is offering readers the chance of winning one of two 60-tablet packs.



**ENTER HERE** Please indicate below which giveaway you are applying for, complete form and post back to us at 'Reader Offers', *Natural Lifestyle* magazine, The Old Dairy, Hudsons Farm, Fieldgate Lane, Ugley Green, Bishops Stortford CM22 6HJ. Closing Date: February 1, 2026. Or you can enter online – visit [www.mynaturallifestyle.com](http://www.mynaturallifestyle.com)

Please tick: ☐ Solaray ☐ AllicinMax ☐ Pharma Nord ☐ Lamberts ☐ The Herbender ☐ New Nordic

MR / MRS / MS FULL NAME:

ADDRESS:

POSTCODE:

CONTACT NUMBER:

EMAIL:

☐ I would like to be contacted by *Natural Lifestyle* magazine, including a free monthly e-newsletter. You can unsubscribe at any time. ☐ I would like to be contacted by *Natural Lifestyle* and relevant third parties

# Natural NOURISHMENT

Take inspiration from Nutritionist, Erica Rodriguez, who shares her top tips and tasty everyday vegetarian recipes, in her new book, *Nourished Kitchen*.

## Cardamom oats with butter-roasted pears and toasted hazelnuts

They've been around forever and they're here to stay; a warm bowl of creamy oats will always earn a spot at the breakfast table because they are like a little morning hug, easing you into the day. The butter-roasted pears add a rich sweetness that is balanced perfectly by the tangy yoghurt and floral notes from the cardamom. The toasted hazelnuts provide that irresistible crunch factor, rounding off this fibre-rich and somewhat decadent breakfast number. Pears are rich in phytochemicals, rutin and quercetin, which play a role in supporting cardiovascular health. Oats are a fantastic source of beta-glucans, known to support immunity and improve blood sugar management. Although you can use either options, cardamom seeds fresh from the pods tend to have a stronger flavour compared to the pre-ground spice.

### Serves 2

#### INGREDIENTS:

- 8 green cardamom pods (or 1tsp ground cardamom)
- 30g (1oz) blanched hazelnuts, chopped
- 25g (1oz/2tbsp) butter
- 2 conference pears
- 100g (3½ oz) rolled oats
- 1tbsp maple syrup
- 500ml (17fl oz/2 cups) unsweetened hazelnut milk, or milk of your choice
- A small pinch of salt

#### TO SERVE:

- 4tbsp natural yoghurt
- Dark chocolate, grated
- Maple syrup

#### METHOD:

- Preheat the oven to 200°C (400°F)/180°C (350°F) fan/gas 6.
- Add the cardamom pods to a small pan over medium heat and toast for a couple of minutes until they become fragrant. Remove from the pan and set aside. Place the pan back on the heat, add the hazelnuts and toast for a few minutes, until they've turned golden. Remove from the heat and set aside.
- Open the cardamom pods, release the seeds into a pestle and mortar and

grind into a fine powder (skip this step if you're using pre-ground cardamom).

- Melt the butter in a saucepan over low heat and stir in half of the ground cardamom. Remove from the heat and set aside.

• Next, cut one of the pears in half, scoop out the core with a teaspoon and place cut-sides up in an oven dish. Pour the melted butter over the top of the pear halves, then turn them cut-sides down. Roast in the oven for 25-30 minutes, until tender and caramelised.

• Meanwhile, coarsely grate the other pear and add it to a saucepan over medium heat, along with the oats, maple syrup, hazelnut milk, salt and the remaining ground cardamom. Bring to a gentle simmer and let the oats cook for four to five minutes on low heat, stirring frequently. If they become too thick, you can add a splash of water or more milk. Remove from the heat and divide between two bowls.

• Remove the pears from the oven, add to the bowl of oats and spoon a little of the melted butter over the top. Add the yoghurt and toasted hazelnuts and finish with some grated dark chocolate and a drizzle of maple syrup.







## ASK ERICA

### Q Why is breakfast such an important meal and what are the essential nutrients you recommend are included?

Breakfast is important as it replenishes your energy stores after an overnight fast and helps stabilise blood sugar levels. It's also a good window to get more nutrients in before the day begins. I recommend building a balanced breakfast around fibre-rich foods for digestion and steady energy, protein for satiety and to support blood-sugar balance, and nutrient-dense carbohydrates that provide essential vitamins and minerals involved in energy production. Think whole grains, lean proteins, leafy greens, fruit, nuts or seeds. Combining these elements will set you up for better focus and sustained energy throughout the morning.



## ASK ERICA

### Q Why is protein so important at mealtimes and how can I get enough?

Aim to include protein with every meal, as it helps you feel fuller for longer and can curb those familiar sugar cravings. Combine lean proteins like chicken, fish, or eggs with plant-based options such as tofu, quinoa, lentils, and beans. Look for easy ways to add protein throughout the day; I often add cannellini beans, lentils or peas to salads for a quick, protein-rich boost, sprinkle nuts or seeds on soups and other dishes, or crumble feta on eggs. Food prep really is a game changer: having boiled eggs, precooked chicken, or cooked quinoa in the fridge means there is always something ready to increase the protein content of any meal.

## Smoky beetroot and lentil burger with creamy sriracha sauce and lime slaw

This burger is bursting with umami flavour and has a wonderful texture. It also contains a good amount of plant-based protein from chickpeas and lentils. Ancho chilli provides a mild heat and a sweet, smoky flavour, and the earthiness of the beetroot is balanced by zesty lime slaw and sriracha sauce. Since the patties freeze well, I recommend making a batch of them to stock up.

## INGREDIENTS:

- 1tbsp milled chia seed
- 3tbsp filtered water
- 1 large beetroot
- 2 dried ancho chillies
- 1tbsp olive oil, plus a drizzle for frying the burgers
- 1 large onion, finely diced
- Salt
- 2 garlic cloves, minced
- 1tbsp tomato puree (paste)
- 1tbsp maple syrup
- 1tbsp tamari soy sauce
- ½ tsp smoked paprika
- ½ tsp ground coriander
- 1tbsp balsamic vinegar
- 50g (1¾ oz/½ cup) rolled oats
- 100g (3½ oz/¾ cup) cooked chickpeas
- 150g (5½ oz/¾ cup) cooked beluga lentils
- Plain (all-purpose) flour, for dusting
- 4 burger buns
- A few lettuce leaves

## FOR THE SLAW:

- ½ head of hispi (pointed) cabbage, finely shredded
- Juice and zest of ½ lime
- Salt
- Freshly ground black pepper

## FOR THE CREAMY SRIRACHA SAUCE

- 1tsp sriracha sauce
- 4tbsp Greek yoghurt (or a plant-based alternative to keep it vegan)
- ½ tsp light agave syrup

## METHOD:

- Start by adding the milled chia to a bowl with the filtered water, mix together well and set aside until it forms a gel-like consistency.
- Make the slaw. Add the cabbage to a bowl and combine with the lime juice and zest. Season with salt and pepper, then set aside.
- Make the creamy sriracha sauce. In a bowl, mix together the sriracha, Greek yoghurt and agave syrup. Set aside.
- Remove the ends of the beetroot and scrub the skin under running water to remove any dirt. Place a paper towel inside a large mixing bowl and coarsely grate the beetroot into it. Using the paper towel, give the beetroot a squeeze to remove any excess liquid. Set the beetroot aside.
- Remove and discard the stalk and seeds from the ancho chillies and finely chop. Add to a small bowl, cover with boiling water and let the chillies rehydrate for several minutes. Drain off the liquid.
- Heat the olive oil in a frying pan over medium heat, add the onion with a pinch of salt and cook for about five minutes, stirring occasionally, until soft and translucent. Add the garlic and cook for one to two minutes. Add the grated beetroot and cook for five minutes, then add the tomato puree, maple syrup, tamari, smoked paprika, ground coriander, balsamic vinegar and ancho chilli. Cook for another five minutes, then season well with salt and black pepper and remove from the heat.
- Add the oats to a food processor and pulse until they start to resemble a coarse flour. Add the chickpeas, lentils, soaked chia and the cooked beetroot mixture and pulse until combined but not completely smooth – you want to retain some texture.
- On a flour-dusted surface, divide and shape the mixture into four equal-sized patties, roughly 2cm (¾ in) thick. Put the patties in the fridge for one hour to firm up before cooking.
- Heat a little olive oil in a frying pan over low-medium heat, add the patties and cook for three to four minutes on each side, until they brown slightly.
- To serve the burgers, lightly toast the burger buns. Add some lettuce to the base of each, then place the burger on top, and layer with the creamy sriracha sauce and lime slaw. Finally, top with the other half of the buns and enjoy!





## ASK ERICA

**Q** Can you recommend how I can add flavour to my cooking while also getting plenty of greens in?

I use plenty of herbs in my own cooking as they're a fantastic way to get more greens in while adding bold flavour to your meals. Fresh herbs like basil, tarragon, coriander, parsley or dill can completely transform a dish, and they're packed with antioxidants like vitamin C and beta-carotene. I use them liberally in salads or make a condiment like pesto or chimichurri to add fresh flavour to pasta or fish. I also love stirring spinach through dahls and curries; it wilts down easily and adds colour and extra nutrients. Pairing greens with garlic, lemon, chilli or a good olive oil makes them taste even brighter, and adding them to sauces, dressings, soups or stir-fries is an easy way to increase your intake. And don't be afraid to experiment – something as simple as gochujang-roasted Brussels sprouts can completely elevate your greens.

## Tofu, broccoli and green bean curry

A beautifully rich and comforting curry, loaded with anti-inflammatory properties, this recipe ticks all the boxes for some deep, winter nourishment. The hero ingredient that really brings this curry together is tamarind; the sweet and sour tanginess cuts right through the rich creamy coconut, and paired with the acidity of the tomatoes, it balances the dish perfectly. If you're not a fan of tofu, feel free to substitute for another protein; prawns and cod would also work well. I prefer to cook the greens just enough for them to retain some bite, their beautiful vibrant green colour and their vitamin C content. Serve up with a bowl of steaming basmati rice and a swirl of plain, unsweetened yoghurt

**Serves 4**

### INGREDIENTS:

- 3 banana shallots, quartered
- 6 garlic cloves
- 1 fresh red chilli, roughly chopped
- 1tbsp medium curry powder
- 1tsp ground turmeric
- 1tsp ground coriander
- 1tbsp coconut oil
- Thumb-sized piece of fresh root ginger, peeled and minced
- 200g (7oz) cherry tomatoes, halved
- 1 x 400ml (14oz) can of full-fat coconut milk
- 1tsp tamarind paste
- 1tsp coconut palm

- Sugar
- 1tsp salt
- Freshly ground black pepper
- ½ head of broccoli (approximately 150g/5½ oz), cut into small florets
- 100g (3½ oz) green beans, trimmed
- Cooked white basmati rice, to serve
- 2tsp nigella seeds, to serve
- Plain yoghurt (opt for plant-based to keep it vegan), to serve

### FOR THE TOFU:

- 1 x 280g (10oz) block of firm tofu
- 1tbsp tamari soy sauce
- 1tbsp maple syrup
- ¼ tsp ground turmeric
- 1tbsp toasted sesame oil

### METHOD:

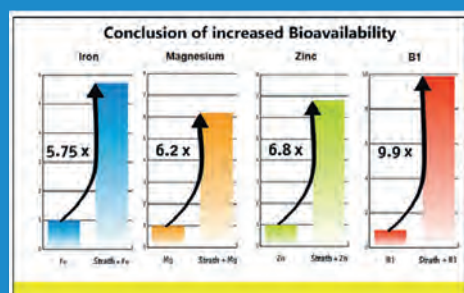
- Start by preparing the tofu. Wrap the block in a clean tea towel and squeeze out the excess liquid (you can use a tofu press if you have one). Cut into 2-3cm cubes, add to a bowl and combine with the tamari, maple syrup and turmeric. Set aside.
- Add the shallots, garlic and chilli to a food processor and blitz until it reaches a paste-like consistency. Scrape down the sides, pulse again and add a splash of water if required.
- In a small mixing bowl, combine the curry powder, ground turmeric, ground coriander, and four tablespoons of water, and stir together to form a slurry.
- Warm the coconut oil in a large saucepan over medium heat, add the chilli paste from the food processor and the minced ginger and cook for a few minutes, until it becomes fragrant. Add the spice slurry to the pan, give it a stir, then add tomatoes and cook for two to three minutes, until they soften.
- Add the coconut milk, along with a can of filtered water, the tamarind paste, sugar and salt, then season with black pepper. Turn the heat up and give it a stir, then reduce the heat to a low simmer. Add the broccoli and green beans and cook for three to four minutes, until they're tender but still have some bite.
- Heat the toasted sesame oil in a frying pan over medium-high heat, add the tofu cubes and cook for several minutes, occasionally turning, until they turn a deep golden colour on all sides and the edges become crispy. Stir the tofu into the curry, then remove it from the heat. Serve the curry into bowls with some fluffy white basmati rice, top with some nigella seeds, and if you like, a dollop of yoghurt.



# Super Natural - Since 1961



Recent studies have confirmed that Strath can dramatically increase the absorption of key nutrients in the digestive system, ensuring you get the most from your supplement regime. Strath studies have also shown increases in performance and recovery during, and after exercise.



Available from all good independent health food stores,  
visit [biostrath.co.uk](http://biostrath.co.uk) for more information.



Made in  
Switzerland

## Cherry, blueberry and rosemary galette

Although this galette may appear to be a dessert that requires some time and patience to prepare, it's extremely quick and easy to make, and the end result is an elegant thing of beauty. Good-quality, premade pastry has become so much more accessible, and I highly recommend it to speed things up in the kitchen; I like Picard round puff pastry sheets. Galettes are known for their rustic, free-form aesthetic, so you really don't need to be too neat when it comes to assembling. The sweet tart filling is made up of plump, juicy, antioxidant-rich cherries and blueberries, with fresh rosemary imparting a delicate hint of lemony-pine. My homegrown rosemary plant produces these tiny, sweet-tasting purple flowers, which happen to make a lovely little garnish to finish off the galette. If you're able to find flowering rosemary, add them when serving.

### Serves 6

#### INGREDIENTS:

- 300g (10½ oz) frozen cherries
- 100g (3½ oz) frozen blueberries
- Juice of ½ lemon
- 1tbsp arrowroot powder
- 1tbsp honey
- 1 small egg
- 1 frozen round puff

pastry sheet, thawed according to packet instructions

- 2tsp demerara sugar
- A few sprigs of fresh rosemary, plus a few small sprigs with flowers to garnish
- Vanilla ice cream or Greek yoghurt, to serve

#### METHOD:

- Preheat the oven to 190°C (375°F) / 170°C (325°F) fan/gas 5. Line a baking tray with parchment paper.
- In a bowl, combine the frozen cherries and blueberries. Allow them to thaw slightly, then add the lemon juice, arrowroot powder and honey, mix well to combine and set aside.
- In a separate bowl, make an egg wash by beating the egg with one tablespoon of water.
- Place the thawed pastry sheet on the lined baking tray. Add the berry filling in the centre of the pastry, leaving a 5cm (2in) border around the edge. Fold the edges in, overlapping as you pull the pastry up around the filling to create pleats all the way around; aim for a rustic look. Brush the top of the pastry with the egg wash and sprinkle with demerara sugar. Add a few small sprigs of rosemary to the filling.
- Bake the galette in the preheated oven for 30-40 minutes, until the crust is crisp and golden and the filling has thickened and is bubbling. Remove from the oven and allow to cool slightly before slicing. Garnish with rosemary flowers, if you have them, and serve with a scoop of ice cream or a dollop of Greek yoghurt.

### ASK ERICA

**Q** Why should I keep refined sugar intake low and can you suggest alternatives for a sweeter treat?

Keeping refined sugar intake low is important, as it can spike blood sugar levels, leading to energy crashes and, over time, affecting insulin and metabolic health. Look for sweeteners that are lower on the glycaemic index, such as maple syrup, coconut palm sugar or lucuma powder; these can be added to baking or hot drinks. Dates or mashed banana are naturally sweet, fibre-rich alternatives that can be used to sweeten baked goods or other treats, with the fibre helping to slow down sugar absorption. Even small swaps, like adding cinnamon, which can also help regulate blood sugar, or vanilla (pod or paste), can add a subtle sweetness to porridge or baking while supporting overall wellbeing.







• EAT WELL • SLEEP WELL • BE ACTIVE

# LOVE LIFE, LIVE WELL NATURALLY.

KEEP SUPPORTING YOUR LOCAL INDEPENDENT  
HEALTH STORE IN 2026, SO THEY CAN CONTINUE  
TO SUPPORT YOU AND YOUR FAMILY.

VISIT THEM AND TALK TO THEIR STAFF FOR EXPERT  
TIPS TO STAY HEALTHY, SAFE AND WELL.



**NaturalLifestyle**  
LOVE LIFE, LIVE WELL — NATURALLY

[MYNATURALLIFESTYLE.CO.UK](http://MYNATURALLIFESTYLE.CO.UK)



# From overwhelm to at ease -

Calm Complex helped 96% of people  
find their moment of calm\*

“  
*I feel a lot more  
positive, more relaxed,  
less anxious, and just  
generally happier  
in myself.*”



\*Independent user trial. Results are from 76 participants over 8 weeks.



BioCare Limited  
Manufactured in the UK

We're here to help. Call on 0121 433 3727  
or visit [biocare.co.uk](https://biocare.co.uk)

Find out more about our  
Nervous products here

