Natural Lifestyle

LOVE LIFE, LIVE WELL – NATURALLY

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Nov/Dec 2026



HOLISTIC ALL STARS

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VITAL VITAMIN D

Why we all need enough of the sunshine vitamin as we head into autumn

Soothing stress

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Plus »

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LOVE LIFE, LIVE WELL — NATURALLY

VISIT OUR WEBSITEwww.mynaturallifestyle.com

November/December 2026

Welcome



There is no doubt that wellness has become a bit of a buzzword in recent years, with social media increasingly awash with what appears to be the latest wonder ingredient that is going to supercharge your health.

As a magazine dedicated to natural health, and to supporting wellbeing through healthy, sensible nutritional choices, a consistent lifestyle, and, where needed, adding in supplements, we love to see awareness growing of how we can all do a little bit more to keep our health in check. However, we also emphasise that there is no magic bullet to health and wellness; there is little point taking countless supplements when you may follow a less than healthy diet or – and we see this a lot – you do not even need those particular supplements.

And that is the difference between the advice you see online – especially on social media – and the kind of guidance you obtain in your local health food store. In many cases, influencers simply do not have the nutritional knowledge to be encouraging people to buy any given supplement, unlike those working in a health food store. But more than that, such influencers can have little knowledge about what has gone into a supplement they are recommending, what you should need in terms of the actives in the supplement, what ingredients should be avoided in their mnaufacture, and, importantly, they are unlikely to offer advice around contraindications between supplements as they simply do not have the training to advise that. And that is why we, as a magazine, champion health stores for the wonderfully supportive and responsible role they play in your health. And we also love to champion the products they stock, which is why we run the *Natural Lifestyle* Product Awards.

Designed to recognise and honour those brands making excellent products that genuinely make a difference to your health, we are excited to be launching our annual search in this issue. From page 27, you can discover what is in the running for an award, and then it's over to you to tell us what gets your vote. You can head to www.mynaturallifestyle.co.uk/awards to cast your vote.

Rachel Symonds,
Editor

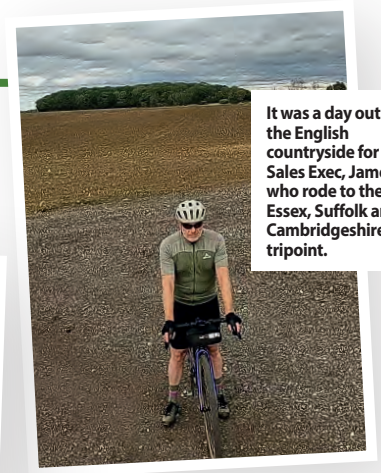
The best bits

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



It was a once-in-a-lifetime trip for Sales Director, Ruth, and her family, who jetted off to Kenya on Safari.





It was a day out in the English countryside for Sales Exec, James, who rode to the Essex, Suffolk and Cambridgeshire tripoint.

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The UK's menopause hotspots revealed

New research has revealed areas of the UK where women suffer most with the menopause.

Women in England are experiencing a menopause divide thanks to an HRT postcode lottery, with those in northeast London three times more likely to suffer as a result of their symptoms than those in Cornwall and Isles of Scilly.

The Menopause Lens on the Sleep Disruption Map, created by British sleep brand, Mossva, allows women to enter their postcode and discover how their area compares with the rest of England for menopause care.

Cornwall and Isles of Scilly has the highest HRT prescribing rate in England, at 72.3 HRT patients per 1,000 residents, compared with 21.3 per 1,000 in northeast London. More startling is the contrast in areas with similar population sizes of women of perimenopause and menopausal age. In Gloucestershire, women aged 40-75 account for 22.9 per cent of the population, with an HRT prescribing rate of 70.9 per 1,000. In Lincolnshire, the equivalent figure is 23.4 per cent, a 0.5 per cent difference, but the HRT prescribing rate is just 50.8 per 1,000 – a 28 per cent difference.

Mossva also looked at the search data for menopause symptoms such as night sweats, which showed an increase in searches peaking in the UK in January 2026, long before the heatwaves of this summer. An estimated 41 per cent of people in the UK suffer from night sweats, with searches for 'best bedding for night sweats' up 160 per cent year-on-year.

Tom Savage, Founder of Mossva, commented: "For us, this is about recognising that menopause care doesn't stop at the doctors. Symptoms such as night sweats can have a huge impact on how women feel and sleep every night, and how they function the next day. While having access to the right medical support is essential, practical changes to the bedroom environment can also be considered when night sweats and other menopause symptoms make sleep unbearable. It's why we're so passionate about making the bedroom a more comfortable place to be."

Inside... HEALTH

THE JOY OF HOMEGROWN

With one third of people prioritising wellbeing through a deeper connection to nature, one supplier is reminding how you can get growing at home.

Heirloom seed company, She Grows Veg, knows more than most the joy of harvesting your own crops, with unmatched flavour, freshly-picked vegetables are a delicious by-product of a hobby that can bring a profound sense of pride, whilst reducing stress, boosting happiness and supporting your mental health.

"It is well known that spending time outside is great for both your mental and physical health and we believe there is nothing more satisfying that harvesting food you've grown from seed," explained Kate Cotterill, co-founder of She Grows Veg.

The brand, which works closely with Suffolk Mind, understands the link between gardening and a positive mind. The Suffolk Mind's GreenCare Initiative helps create safe spaces for people to access support for their mental wellbeing and learn more about gardening.



Kate added: "In 2026, we donated over 2,500 seeds to help others discover the joy of working outside and enjoy the quiet rhythm of tending a plot. The beauty of heirloom seeds is the unusual and colourful varieties available, so harvesting the plants always brings a sense of excitement and wonder, especially when growing with others as it turns into a shared celebration."



Micro movements this autumn

Shorter days maybe upon us but that doesn't need to mean your exercise regime goes out the window, according to one expert.

Jordan Chadwick, Managing Director at Tonic, is highlighting the benefits of micro-exercises, short, focused bursts of exercise that usually last between 20 seconds and 10 minutes. They can include stair climbing, brisk walking, bodyweight movements or dancing, and may be completed once or repeated at different points through the day. Jordan explains that this flexibility can make exercise feel more achievable.

Jordan explained: "A person is committing to one manageable burst rather than preparing physically and mentally for a full session. That smaller commitment can matter when somebody feels overwhelmed, tired or unsure of their ability. Five minutes creates a clear finish line, so starting may feel less risky and completing it can provide an immediate sense of follow-through."

Referring specifically to how micro workouts can support mental wellbeing, Jordan advised:

- **A lower barrier to starting:** Longer workouts can feel a major commitment before they begin. A clear five-minute finish line can require less planning and motivation, making it useful for beginners, people returning to activity and those who feel overwhelmed.
- **A quick interruption to stress and sitting:** A brief movement break can create separation between difficult tasks while interrupting long periods of inactivity.
- **An immediate sense of completion**: Physical changes take time, but completing one small, defined action can provide an immediate sense of achievement. That quick reward may help people who lose motivation when progress feels distant or who lack confidence.
- **Flexibility for unpredictable schedules:** Busy professionals, parents, carers and shift workers may not control when a longer exercise window appears. A micro workout can fit into an existing break or transition without requiring travel, specialist equipment or a change of clothes.
- **A fallback that supports consistency**: One missed gym session should not make you feel the whole week has been wasted. A shorter alternative can keep the habit alive without creating an expectation that every day must look the same. The activity itself should reflect the individual's health, mobility and current fitness. Anyone who has not exercised for some time, or who has a medical condition or concern, should seek appropriate professional advice before beginning.

WE LOVE

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- **ENERGY**[2,3]

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1: Zinc / 2: Vitamin C / 3: Vitamin B6 / 4: Selenium

Pharma Nord



Inside... BEAUTY

The autumn skincare switch-up

After the warm weather, we are moving into the colder seasons and the need to change up your skincare.

Dryness, tightness, dehydration and sensitivity can become more noticeable in the colder months, meaning lightweight formulas that worked through summer may no longer be enough. Rather than completely overhauling your routine, Green People founder, Charlotte Vøhtz, recommends some seasonal switches.

"You don't necessarily need to change your entire skincare routine – small adjustments, such as choosing a creamier cleanser, adding a richer moisturiser or introducing a facial oil in the evening, can make a real difference," she explained. "The key is to pay attention to how your skin feels and focus on hydration and supporting the skin barrier, rather than overwhelming it with lots of new products."

- **Trade your lightweight moisturiser for something richer:** If your skin suddenly feels tighter or less comfortable, your summer moisturiser may not be providing enough nourishment. Green People Vita Min Fix 24-Hour Cream is a richer moisturiser to deliver intensive hydration and nourishment.
- **Make your cleanser more comforting:** Foaming cleansers can work well when warmer weather leaves skin oilier, but as autumn arrives, a creamier cleanser can help prevent already-dry skin from feeling stripped after cleansing.
- **Reach for hyaluronic acid:** Skin that felt oily or blemish-prone in summer can still become dehydrated when temperatures fall and central heating returns. If your complexion is beginning to feel tight or thirsty, Green People Scent Free Hyaluronic Booster Serum is an intensive hydration step.
- **Put your skin barrier first:** If skin becomes dry, tight or reactive, the most effective seasonal change is to simplify. Focus on gentle cleansing, hydration and nourishing formulas that keep the skin barrier comfortable.

NaturalLifestyle RECOMMENDS

In our regular recommendations, this issue, we bring our suggestions for the best bedtime beauty rituals:

Sweet Bee Organics Sweet Sleep Magnesium Butter – a bedside table hero and one of Sweet Bee Organics' best-loved products, Sweet Sleep Magnesium Butter combines magnesium with rich botanical butters for an indulgent, pre-bed body ritual. Massage into skin before bed and let the silky texture and calming lavender scent become your cue that it's officially time to switch off.

Weleda Skin Food – give your skin some nighttime nourishment with this cult beauty hero, which celebrates its centenary this year. Skin Food is powered by four signature botanicals: calendula, chamomile, rosemary and viola tricolor, in a luxurious base of nourishing plant oils and protective natural waxes.

KNOW YOUR LABELS TO KEEP SKIN HEALTHY



A leading beauty expert is reminding of the importance of a little-known beauty logo.

Beauty expert, Danielle Louise, from Fresha, an AI-powered booking platform for beauty and wellness, is urging people to check the Period After Opening (PAO) symbol; it looks like a small open jar and contains a number such as 6M, 12M or 18M. The number indicates how many months the product is intended to be used once it has been opened.

She explained: "Most of us have beauty products that have been sitting in a make-up bag, bathroom cupboard or drawer for much longer than we realise. The difficulty is that very few of us actually remember when we opened a moisturiser, foundation or fake tan, particularly products we only use seasonally."

- **SPF:** Don't assume the bottle you bought for last year's holiday should go into next year's suitcase. Check for its PAO symbol and any expiry information, particularly if it has been stored somewhere hot.
- **Mascara and liquid eye products:** Danielle advised: "Mascara is something people can keep in their make-up bags for far longer than they realise, particularly if they don't wear it every day."
- **Foundation and concealer:** Changes in smell, consistency, separation or appearance can be signs it is time to take a closer look at the packaging.
- **Moisturisers and skincare:** Skincare routines can change with the seasons, meaning half-used products are often put away and brought back out months later

Danielle explained: "If you're bringing an old moisturiser or skincare product back into your routine this autumn, check how long it has been open rather than assuming it's fine because there's still plenty left."

Danielle added: "Autumn is a really useful point in the year to have a quick look through everything you use. If you're putting summer products away, check them before storing them for another year. Equally, if you're bringing products out that you haven't touched since last winter, look at the packaging before putting them back into your routine."

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the versatile vitamin

As a nutrient with so many functions – many of which become more important during the colder months – we all need to ensure we're getting enough vitamin D.

The fact that official Government guidance recommends all of us – no matter our age or sex – should take a vitamin D supplement during the autumn and winter demonstrates the importance of this vitamin. But while many people do follow this guidance, there can be a lack of understanding around why, and what exactly we should be taking.

And this is a really important consideration if you want your supplement to work, to be properly absorbed, and to be made with ingredients that support your health.

As a baseline to look for, we recommend you choose supplements made from vitamin D3 (more on this later), and that are free of undesirable ingredients such as fillers and binders.

Know the science

But let's first start by explaining what vitamin D is, and how we obtain it.

Vitamin D is known as a fat-soluble vitamin, and is considered a hormone. Our skin naturally produces vitamin D on exposure to sunlight, which is why it is often referred to as the sunshine vitamin. We can obtain it from food such as oily fish, red meat, egg yolks and fortified foods, but levels are known to be low through food, so a supplement is often recommended.

It is more common to be low in vitamin D during the autumn and winter as there is less sunlight, although certain groups of people are recommended to supplement throughout the year as they are more at risk of deficiency. This includes if you are darker skinned, as more melanin in the skin can reduce vitamin D synthesis, if you are over 65, and also if you are overweight or obese, or follow a restricted diet.

Signs you could be low in vitamin D can include fatigue, bone pain, low mood, and increased risk of infection, although often there are no symptoms. If you are concerned you have low levels, the best way to ascertain this is via a blood test; your health food store may stock them or be able to advise you of a reputable practitioner.

A range of benefits

Vitamin D is considered so important because of the many benefits in plays in a host of body functions

One of the most important is the role it plays in the immune system, which is why it became such a popular supplement to take during the Covid-19 pandemic. The reason it is so important during the autumn and winter is we have less sunlight to make it, at a time when our immune systems are under increased pressure.

But the benefits don't end there; we need vitamin D (along with K2) for healthy bones, both generally, but also specifically for children; low levels of vitamin D are linked with the bone condition, rickets. We also need it for muscle function, for our mood and brain health, and to support our heart health, as well as for being able to absorb calcium in the right place.

Choosing a supplement

At this time of year, we can all benefit from taking a vitamin D supplement, and your health food store is the best place to source from as they will be able to advise on specific needs and will also stock quality supplements.

As a general rule, opt for vitamin D3, rather than D2, as D3 is known to be more effective. Vitamin D3 usually comes from lanolin, made from sheep's wool, although you can find plant-based supplements made from lichen.

You will find supplements in capsule form, and also in liquid, either through a dropper or as an oral spray. Capsules and liquid are both beneficial, although the latter can help with absorption and also ease of use, such as with children. And because it is fat-soluble, it is recommended to choose a vitamin D supplement made with healthy oils to aid absorption.

Be sure to opt for those that are free from ingredients such as fillers, binders, and artificial flavourings.

NATURAL LIFESTYLE

TOP PICKS

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www.goodhealthnaturally.com

VEGAN VITAMIN D3 1000IU



Vitamin D can be manufactured via skin, but this only happens in the UK during spring and summer. Sun avoiders, the elderly and overweight people may struggle with Vitamin D. Everyone in the UK is advised to take 400iu of D daily from September-April, but experts believe that this is insufficient. Dietary sources are often animal-based, and vegans are limited to fortified foods and mushrooms, which provide D2. D3 is better absorbed and utilised than D2 and has been indicated for concerns including bones, immunity and muscle function. Lamberts source D3 from algae making it sustainable, traceable, and high-quality.
w**www.lambertshealthcare.co.uk**

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Your UTI checklist

If you are affected by UTIs, then follow *Natural Lifestyle's* holistic guide to easing the effects and reducing your risk.



When a urinary tract infection (UTI) strikes, it can feel like it has come out of nowhere, and the effects can be uncomfortable and painful. Yet very often, there are factors in the background leading to raise your risk of developing a UTI which, if we take action on, can reduce the chances of you succumbing; for example, poor hydration and dietary choices, age, hormones, and stress are all known to contribute to risk. So clearly, while there are some factors out of our control, there are steps you can take to support your urinary health.

Understanding UTIs

A UTI is an infection of the urinary system, which includes the bladder, kidneys and urethra. It happens when bacteria enter the urinary tract, take over, and create a range of symptoms.

The most obvious symptoms are burning or stinging when urinating, as well as a frequent urge to urinate, lower abdominal or pelvic discomfort, and a feeling of incomplete bladder emptying. If a UTI becomes serious, it can lead to a temperature, back pain, and even vomiting.

If left unaddressed, or if you suffer with recurrent UTIs, you can be at greater risk of kidney stones, inflammation and in men, prostate issues. A UTI is more common in women and can also be linked to the menopause.

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- NUTRATEA NUTRA FLOW
- BLADAPURE D-MANNOSE
- BIO-KULT PRO-CYAN
- GOOD HEALTH NATURALLY PURE C+

Cut your risk

In terms of risk factors, it is important to understand how you can realistically cut these.

A high sugar diet is one such risk factor and that's because bacteria can feed off sugar and grow. Spicy food, caffeine and alcohol can also irritate the bladder. Instead, try to eat a balanced diet with plenty of fruit and veg, including leafy green veg, which offer an alkaline environment that helps to stop the bacteria growing. You may also want to add in fermented foods for their probiotic benefits as this helps with bacteria balance.

Hydration is also imperative; try to drink plenty of water to flush the bacteria away, and avoid sugary drinks, as this can encourage bacteria to flourish. Carbonated drinks can be acidic – the opposite of what the urinary system needs – and so should be cut. Opt for herbal teas with ingredients such as nettle and dandelion leaf as these are supportive of the urinary system.

It is also well accepted that periods of stress can increase risk of a UTI. So, although stress isn't always avoidable, it's important to take measures to manage this. A poor immune system can also increase chances of a UTI.

Holistic help

There are some relatively easy switches to make to avoid the risk of UTI. If you suffer with recurrent attacks, you may benefit from seeing a nutritional therapist, who can work on areas such as immune and gut health.

General guidance includes eating a healthy, balanced diet that is low on sugar. Switch caffeine drinks for herbal teas or plain water and remember to manage your stress. Experts also advise not to hold your urine for a long time as retention can raise your risk of a UTI. Aavoid scented hygiene products, as they can upset the natural pH balance.

Cranberry contains proanthocyanidins (PAC), which can help to stop the bacteria adhering to the bladder wall. If you opt to take it as a juice, be sure it has no added sugars, as this is counterproductive. Your health food store will also stock cranberry supplements. Alongside this, D-Mannose works in a similar way.

You also want to ease the inflammation caused by a UTI, so ensure you are getting plenty of omega-3, either from oily fish or a daily supplement, and if you think your immune system could be lacking, vitamin C and zinc can be really helpful.

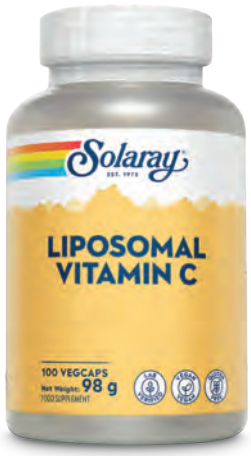
Furthermore, you could choose a probiotic supplement designed for use with UTIs; this means they will contain strains specifically related to the urinary tract, while vitamin A has been shown to be useful to help those with recurrent UTIs.

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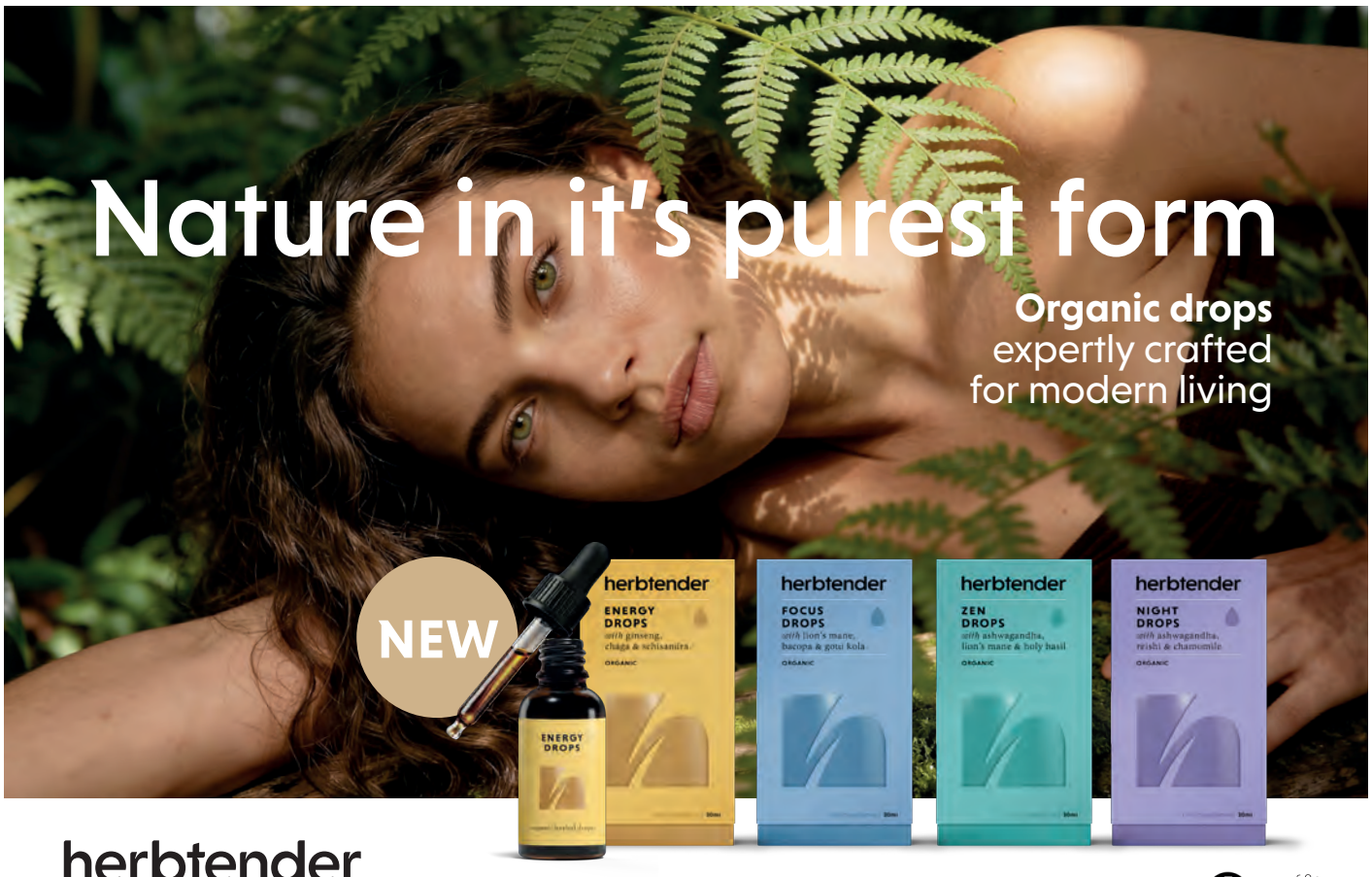
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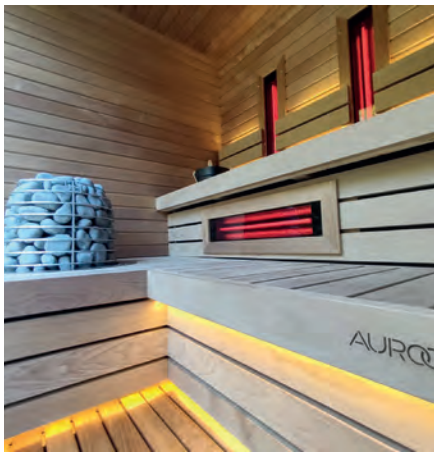


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A new chapter FOR WELLNESS

Auroom offers modern sauna solutions designed for the individual.

Sauna is an ancient wellness ritual that is increasingly popular in today's modern world. And at the forefront of this is Auroom, a sauna and wellness brand built on 25 years of craftsmanship.

Chris Wainwright-Park, Co-Founder and Director of UK wellness specialist, Ember & Ice, which distributes the Auroom range, explained. "Sauna used to be viewed as an occasional treat, something people experienced on holiday or at a spa. Now, it is increasingly seen as a form of everyday maintenance, spoken about in the same breath as sleep, movement and diet."

Clients increasingly arrive already familiar with heat and cold exposure, rather than needing the basic principles explained to them. Interest that was once concentrated within sport and performance is becoming much more mainstream.

Chris added: "The conversation starts from a much more informed place than it did even a couple of years ago."

Sauna selection

But how do you go about choosing the right sauna for your needs? And how can Auroom help?

Ergonomics, bench heights, airflow, lighting, temperature and glazing all influence comfort, while the relationship between the sauna and the space around it can completely change the atmosphere.

As Auroom's Head of Product Development, Rain Kalda, puts it: "Auroom's goal is to build the sauna around the human, from correct ergonomics to the individual sauna usage profile."

That means beginning with the person, rather than simply with the product. How will the space be used? Is it a solitary evening ritual, part of a training routine, or somewhere family and friends will gather?

Chris says these questions now come up before discussions about finishes or materials. Clients want to understand how they will move through the experience, from heat to cooling and then rest, and how the space will work throughout the year. "We are designing wellness environments now, not just installing products," he added.

Materials as part of the experience

Wood is not simply something you look at. You sit against it, walk across it, feel its texture and notice its scent as the room warms. The material becomes part of the experience.

Auroom places considerable attention on this tactile relationship with natural timber. Many of its sauna solutions use thermally modified wood, where heat and steam improve the stability, durability and moisture performance of the timber without toxic preservatives.

That connection with natural materials extends beyond the interior. Contemporary saunas are increasingly designed as part of their environment, whether tucked into a garden, opening towards a landscape or integrated into a larger home wellness space.

Next steps

Thinking about bringing sauna into your everyday routine? Explore Auroom's sauna and wellness solutions at **auroomwellness.com**, or speak to UK wellness specialists, Ember & Ice at **emberandice.co.uk**

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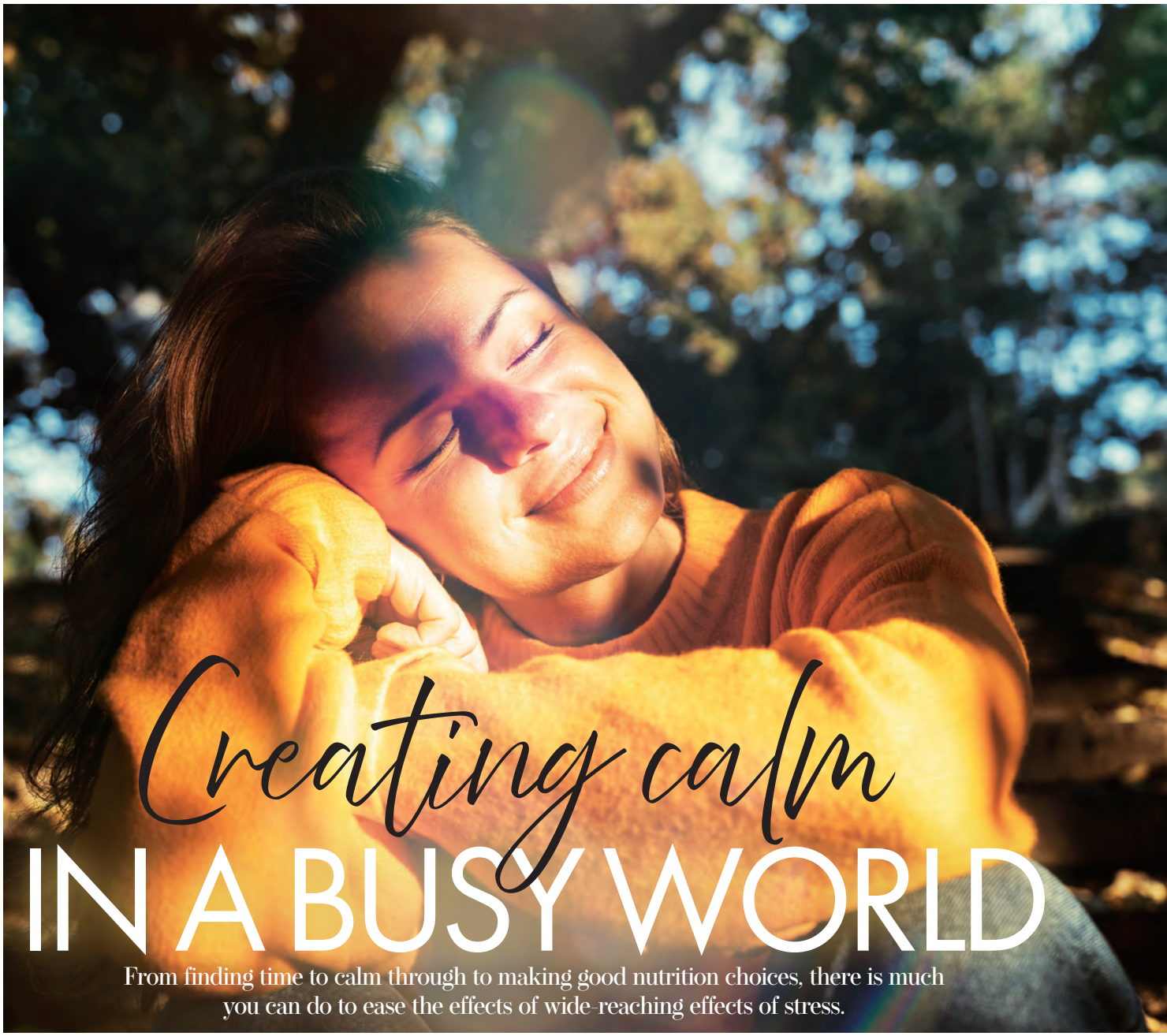


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Creating calm IN A BUSY WORLD

From finding time to calm through to making good nutrition choices, there is much you can do to ease the effects of wide-reaching effects of stress.

In our busy, demanding world, where we find ourselves 'switched on' much of the time, navigating family life with demanding careers, and often eating on the go, carving out real down time to decompress can be low down the list of priorities. All too often, we simply accept stress as part of modern society.

But there are consequences of this. In the immediate, it can impact sleep and digestion, while being in a prolonged state of stress can deplete our immune system, affect cognitive health, our nervous system, and more.

Meg Esser: Holistic Nutritionist and MD at ITL Health, explained: "Stress has become a significant part of modern life. We are constantly connected, often juggling work, family, finances and other responsibilities, with very little opportunity to properly switch off. Our bodies can manage short periods of stress, but many people now spend far too much time in a heightened state. Eventually, that can begin to affect how we feel and function day to day.

"Stress can show up differently for everyone. Common signs include muscle tension, headaches, irritability, difficulty concentrating, digestive changes, fatigue and disrupted sleep. Some may feel restless or anxious, while others feel completely drained. We sometimes become so accustomed to feeling stressed that these signals begin to feel normal, but they are often the body's way of asking us to slow down and provide more support."

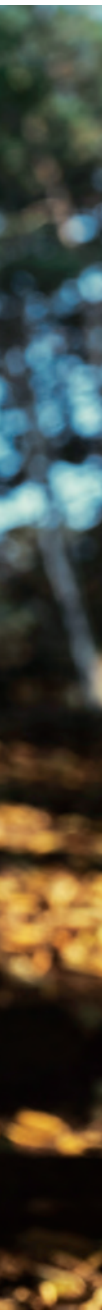
Schia Mitchell Sinclair, Medical Herbalist and Science Director at The Herbtender, added: "The scale of the issue is significant. Research from the Mental Health Foundation found that 74 per cent of people in the UK had felt so stressed at some point in the previous year that they felt overwhelmed or unable to cope. In my experience, the biggest challenge is not stress itself, but the fact that many of us are spending large portions of our lives in a low-level stress response without ever fully switching it off."

What happens when we stress?

So, what happens to the body when we stressed?

Corin Sadler, Nutrition Team Manager at Viridian, explained: "We respond to stress or external stimuli by releasing hormones, including adrenaline and cortisol. Adrenaline causes the heart to pump faster, widens airways to increase lung capacity and oxygenate blood to the muscles and brain, and triggers blood sugar to rise to provide energy. Cortisol increases blood sugar to fuel the body and brain. It supresses non-essential systems to conserve energy, boosts alertness and focus, regulates inflammation and maintains blood pressure."

Catherine Gorman, Nutritionist and Health Advisor at Good Health Naturally, added: "Historically, this response helped us deal with immediate physical threats, such as a wild animal. Although the things that cause us stress today are very different, our bodies still respond in much the same way by preparing us to 'attack' or 'escape'. Once the stressful situation passes, the body should return to normal. If stress becomes long-term, the body doesn't get the



signal to stand down and remains in a heightened state. Imagine constantly pushing your foot on the car accelerator, keeping the engine running at high speed can lead to wear and tear. Similarly, the body's stress-response systems can remain activated or become dysregulated, placing greater demands on systems involved in sleep, digestion, immune function, cardiovascular health and emotional wellbeing. Over time, this constant state of high alert can leave us physically and mentally drained."

The health impact

And what impact does stress have on our health?

Alice Bradshaw, Head of Nutrition Education and Information at Terranova, explained: "It may influence sleep quality, mood, digestion, energy, and immune balance. Over time, this can affect daily routines and recovery, making it harder to maintain consistent sleep, regular meals, and healthy activity levels. When these habits are disrupted for long periods, people may feel less resilient and find everyday demands more difficult, even when stressors themselves haven't changed."

Martina Della Vedova, Nutritional Advisor at NaturesPlus, added: "Stress is very energy consuming, and is not sustainable for long periods. When stress is prolonged, we might feel exhausted, suffer from gut irritability, have raised blood pressure, problems sleeping, experience poor mental performance, have abnormal blood sugar levels or hormonal imbalances."

Schia continued: "While the body is remarkably resilient, prolonged exposure to stress has been associated with an increased risk of more serious health issues, including cardiovascular disease, metabolic disorders and poor mental health. The repercussions can be far-reaching, affecting virtually every system in the body, which is why finding sustainable ways to build resilience and support recovery is so important."

Catherine added: "Some people crave caffeine and sugary foods, while others experience poor sleep or flare-ups of eczema or acne. The digestive system can be sensitive to stress, with symptoms such as stomach aches, nausea, bloating, diarrhoea or constipation."

Stress strategies

There are various aspects that should form part of a strategy to support your body during times of stress, and let's start with your daily routine.

Meg suggested: "We cannot remove every source of stress, but we can help the body respond to it more effectively. Regular movement, consistent sleep habits, time outdoors, deep breathing and genuine breaks can all help regulate the nervous system. It is also important to look at what can realistically be removed from the schedule. We often try to manage stress by adding more things to our to-do lists, when sometimes the most helpful strategy is simply doing less. Small, repeatable habits are usually more effective than an elaborate routine that becomes another source of pressure."

Alice continued: "Staying socially connected, making time for enjoyable activities, and learning to recognise early signs of feeling overwhelmed can help people adjust their pace and priorities before stress begins to feel unmanageable."

Martina went on: "We can work on our nervous system resilience and put in place habits that help us manage it. Try breathing techniques, have regular walks in nature, or set a routine for challenging times of day when we feel most vulnerable."

Schia added: "When people are very stressed, I encourage them to think less about finding one perfect solution and more about building small moments of recovery into their day. Simple breathing exercises such as box breathing can help signal safety to the nervous system. Taking a few deep breaths before opening your inbox, pausing to notice what is around you as you step through a door or stepping outside for five minutes between meetings can help interrupt the stress cycle. It can be helpful to focus on positive experiences. Many of us have a tendency to dwell on what went wrong, so keeping a simple journal of three good things that happened each day can encourage the brain to notice what is going well as well as what is challenging."

Catherine continued: "Mindfulness, meditation, or gentle exercise like yoga, tai chi or Pilates can also be beneficial for a sense of calm. Exercise can stimulate the release of endorphins and other chemicals involved in mood regulation, helping us feel more positive and relaxed. However, when we are already under significant stress, there is no need to push to the limit. A gentle 30-minute walk can be an excellent way to get moving without placing demands on the body."

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Internal nourishment

What you eat also plays a critical role in your health, providing the foundation to nutritional wellbeing.

Corin explained: "Caffeine, refined fast-releasing carbs, and sugary food and drinks may not only induce feelings of stress and anxiety, but they also upset blood glucose levels, which trigger your adrenal glands to produce more stress hormones. Break this vicious cycle by limiting these foods as much as possible. Adding good quality protein to each meal and eating regular meals also helps. Often, people use alcohol to help control feeling of anxiety or stress, and whilst this feels helpful in the short-term, alcohol is a stimulant and can disrupt sleep patterns, which exacerbate feelings of anxiety, stress and overwhelm."

Martina added: "Foods that support us during stressful times are those that nourish the nervous system and adrenal glands and keep blood sugar under control. Complex carbohydrates, lean protein, noble fats and colourful fresh vegetables and fruit provide the basics. Mild dehydration elevates cortisol and causes headaches, fatigue, and irritability. Aim for two litres of water daily and swap your afternoon coffee for calming herbal options like chamomile, peppermint, or green tea (which contains L-theanine)."

Meg went on: "Magnesium-rich foods are valuable and include leafy greens, nuts, seeds, legumes, whole grains, avocado and dark chocolate."

Catherine added: "Don't forget the gut. There is growing interest in the connection between gut health and emotional wellbeing. Fibre-rich foods and prebiotic vegetables such as onions, garlic, leeks, apples and artichokes provide fibres and other compounds that can support a diverse gut microbiome. Fermented foods such as live yoghurt, kefir, sauerkraut and kimchi can also be included as part of a varied diet."

Stress support supplements

Stress, especially if it's prolonged, can deplete our nutrient levels.

Meg explained: "Magnesium is important because it is involved in hundreds of processes, including normal muscle function, energy metabolism and nervous system function. Stress and magnesium can become something of a vicious cycle: the body may use and excrete more magnesium during periods of stress, while low magnesium may leave us less well equipped to manage its physical effects. Magnesium bisglycinate is chosen during stress because it is gentle on the digestive system and is a popular option for an evening relaxation routine."

Meanwhile, Catherine added: "Omega-3 fatty acids are important for normal brain function and have been studied for mood and emotional wellbeing. This makes oily fish and omega-3 supplements a useful addition to a healthy diet. Saffron has attracted interest for its effects on mood and emotional wellbeing.

"Vitamin C is concentrated in the adrenal glands, which produce hormones involved in the stress response. Stress may increase the body's use of vitamin C. Vitamin C also contributes to normal immune function and helps protect cells from oxidative stress. B vitamins are important during periods of stress. They support normal energy metabolism and nervous system function, helping the body release energy from food and maintain normal psychological function."

Martina went on: "When stress signallimg stays too long, we run out of magnesium potassium and zinc, vitamin Bs and D3, and antioxidants.Curcumin can have wonderful effects on wellbeing. Quercetin, NAC, and CoQ10 can aid our body's capabilities to restore balance, and zinc and chromium could make resilience more solid."

Schia added "For stress affecting sleep, I consider herbs such as ashwagandha, chamomile and passiflora, alongside calming reishi mushroom. For anxiety and mental overwhelm, holy basil, lion's mane and ashwagandha can be useful. Where stress is contributing to poor focus, I often think of rosemary, lion's mane, gotu kola and lemon balm."

Corin continued: "Lemon balm increases GABA, the neurotransmitter responsible for keeping us relaxed and helping muscles feel less tense. The amino acid, L-theanine, can provide stress relief as it increases alpha brain waves, helping relaxation and improving concentration. California poppy is a lovely herb to relieve tension if stress is affecting sleep. Bitter herbs like gentian can have a dual role in supporting stress. Not only do they support the digestion, but their bitter taste taken in tincture form helps drain the sympathetic or fight or flight nervous system response when it gets a bit stuck in the overactive pattern."

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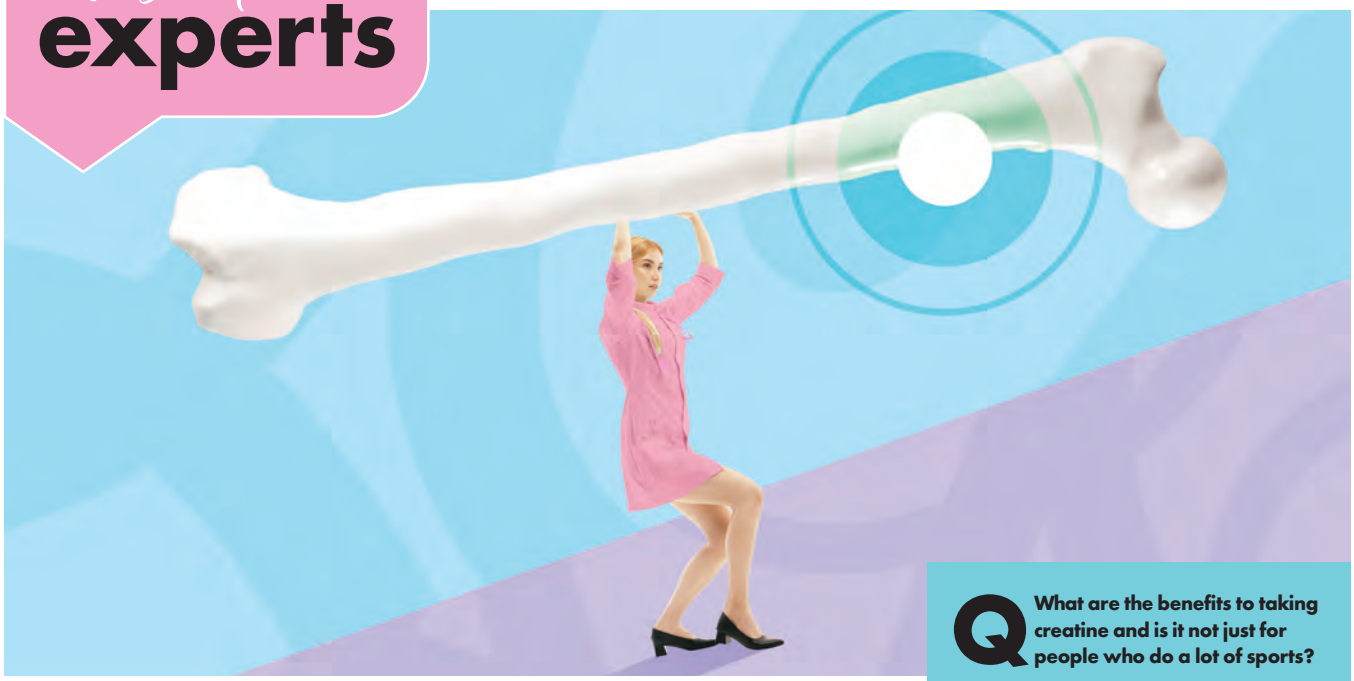
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Ask the experts



Strengthen your bone health...

by Joanna Dziedzic

Why is bone health a significant concern for women, especially as they age?

As women enter midlife, the risk of osteoporosis and bone density loss significantly increases. This period is marked by hormonal changes, particularly the decline in oestrogen, progesterone, and testosterone, which are linked to bone mass density (BMD), making it essential to adopt effective nutritional and lifestyle strategies. Bones are dynamic organs, continuously remodelled throughout life in response to environmental stimuli. Several physiological and clinical factors make midlife women uniquely vulnerable to bone health concerns, including a body mass index (BMI) of less than 19, previous fractures, family history, certain medications, medical conditions (for example, coeliac disease and crohn's), and early menopause.

What nutritional strategies can women adopt to strengthen their bones?

Adopting a healthy Mediterranean-style diet that provides essential anti-inflammatory fats from oily fish, avocados, seeds, nuts, and olive oil, as well as adequate protein, is essential for bone health. Midlife women should aim for 1-1.2g of protein per kilogram of body weight daily. Protein helps stimulate IGF-1, which supports muscle and bone anabolism. Ideal sources include lean meats, poultry, fish, legumes, nuts, and particularly dairy, which provide essential amino acids and BCAAs for muscle recovery and help build strength.

A diverse plant-based diet rich in fruits, vegetables, and legumes also supports bone density by promoting beneficial gut microbes and neutralising dietary acid loads.

Are there specific foods, supplements, or lifestyle practices that are beneficial for maintaining bone density and overall skeletal health?

Calcium is vital for bone mass, with over 95 per cent stored in bones. Dairy is a top source, followed by sardines, tofu, and leafy greens. If intake is insufficient, supplementation should be considered, especially with calcium MCHA, which provides other minerals and bone proteins found to be mitogenic for bone cells and effective for preventing bone loss in perimenopausal women.

Vitamin D is essential for calcium absorption and maintaining bone health, with a target serum level of 75-100 nmol/L. Vitamin K2, particularly in the MK-7 form, supports bone health by directing calcium to bones and activating osteocalcin. Minerals like magnesium, boron, and zinc are also crucial for bone structure and formation, promoting overall skeletal health.

Finally, physical activity is vital for midlife bone health. Studies demonstrate that high-impact and resistance training significantly boost bone mineral density (BMD) compared to moderate exercise. Incorporating endurance and strength exercises tailored to individual capabilities is recommended. Additionally, quality sleep should not be overlooked, as melatonin promotes proteins involved in bone formation, enhancing overall skeletal health.

Q What are the benefits to taking creatine and is it not just for people who do a lot of sports?

James Pugh explained: Creatine is one of the most popular sports supplements in the world; however, research suggests that it can be used for far more than just sporting performance and exercise.

Creatine is bound to phosphate in the cell, making phosphocreatine, which acts as an energy buffer to maintain energy when ATP demand is greater than the rate of production. This, therefore, provides benefits for sport performance where the muscles have access to more energy upon exhaustion, allowing people to lift more, jump higher and run for longer.

More recent research suggests this can also have a positive impact on brain health. Creatine is naturally found in the brain and growing evidence suggests that creatine helps improve cognitive function, mental health and neuroprotection, by providing more fuel for the brain itself. This can be beneficial as we get older, where not only muscle mass decreases, but also cognitive decline is more common.

Creatine is also a perfect partner for magnesium. Adequate magnesium is required for ATP synthesis and energy production, so both in combination can be a great way of providing cells with more energy. Magnesium is also a key mineral for muscle function, where positive association has been found between magnesium status and sports performance, as well as mood, which aligns with the benefits of creatine supplementation.



JOANNA DZIEDZIC
is a Nutritional Therapist with a passion for natural approaches to supporting complex health issues and improving vitality and wellbeing. She is Business Development Manager for Pure Encapsulations UK, a leading nutritional health science company.



SCHIA MITCHELL SINCLAIR
is a Medical Herbalist and Science Director at The Herbtender, a herbal supplement brand specialising in adaptogens and medicinal mushrooms. She is passionate about making herbal medicine relevant, accessible and effective for the challenges of modern life.

ABOUT THE EXPERTS



JAMES PUGH
is a Nutrition Advisor at Viridian Nutrition and has a BSc (Hons) Sport & Exercise Nutrition. He believes in taking a holistic approach to overall wellness and his interests range from energy to mood, with a particular focus on sport.



LINDSAY POWERS
is a Naturopathic Nutritional Therapist and Head of Nutrition and Practitioner Services at Good Health Naturally. As well as supporting customers and practitioners, Lindsay contributes to product development, content creation and education.

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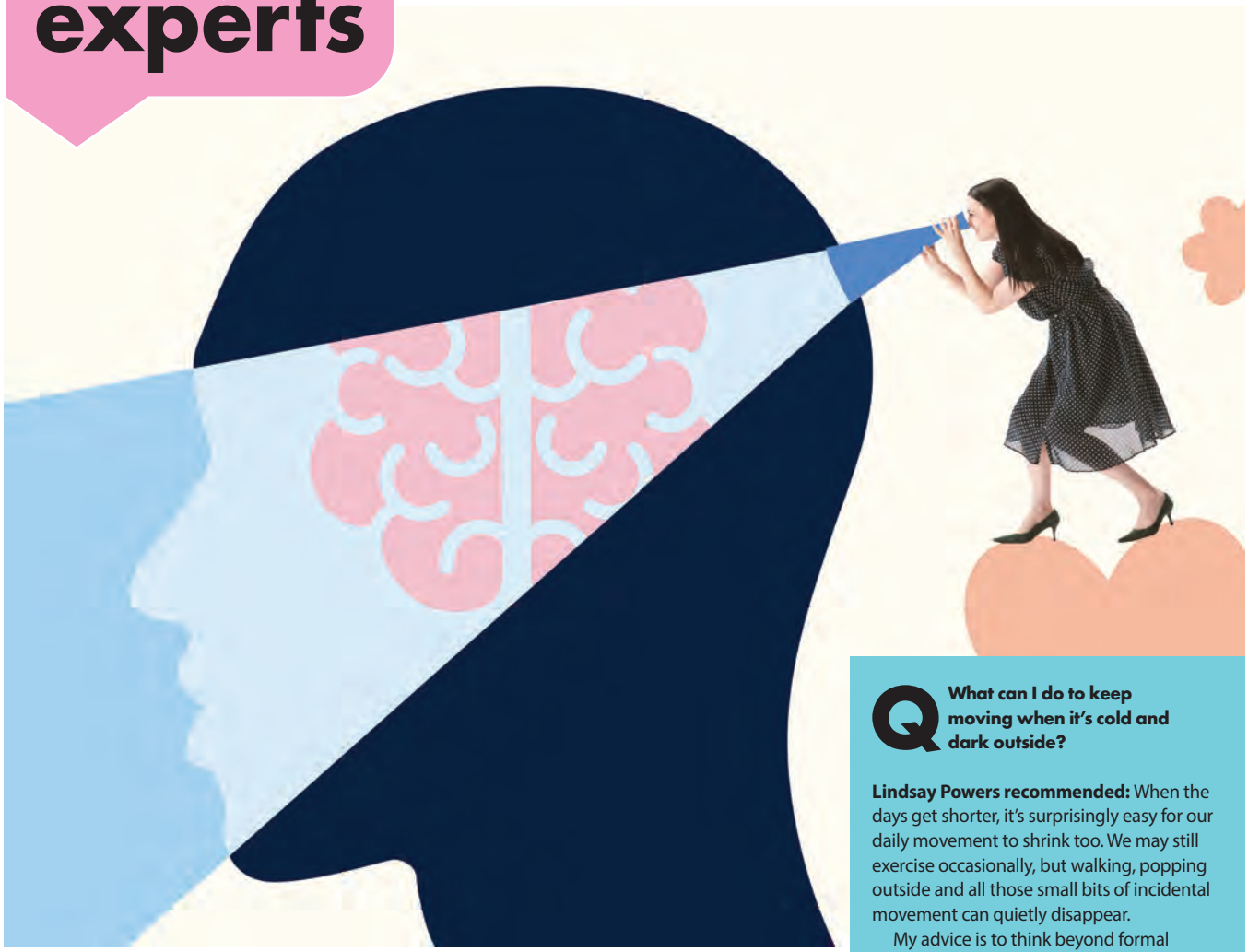
PrizMAG™ Magnesium Bisglycinate
Industry-recognized for
sleep-category performance



www.itlhealth.eu

itlhealtheurope

Ask the experts



Finding focus...

by Schia Mitchell Sinclair

What are the most common contributory factors that leave us struggling to focus?

Modern life places enormous demands on our attention. Many people assume poor focus is simply a mental issue, but in practice, it is often a reflection of how well we are sleeping, eating, moving and recovering.

One of the biggest contributors to poor concentration is lack of quality sleep. When we don't get enough rest, the brain has to work harder to process information, maintain attention and make decisions. Constant digital stimulation can also play a role. Many of us move rapidly between emails, messages, notifications and tasks throughout the day without allowing the brain any real opportunity to settle into deeper concentration. Blood sugar fluctuations may also affect focus.

What kind of daily routine can help?

Starting the day with a balanced breakfast that contains protein, healthy fats and fibre can help support steady energy levels throughout the morning. Staying hydrated is equally important, as even mild dehydration can affect concentration and mental performance.

Lifestyle habits matter too. Regular movement increases blood flow and helps refresh the mind, while taking short breaks throughout the day can often improve productivity rather than reduce it.

Spending time outdoors and exposing yourself to natural daylight can also help support healthy sleep-wake rhythms, benefiting cognitive function.

And what botanicals do you recommend?

When it comes to botanicals, I often encourage people to think about supporting the whole person rather than chasing a quick fix. Traditional herbs such as rosemary, lemon balm and gotu kola have long histories of use for memory, mental clarity and cognitive performance. Lion's mane mushroom, often affectionately referred to as 'nature's nutrient for the neurons', has become increasingly popular for its potential role in supporting cognitive function, while rhodiola is valued for supporting both mental performance and resilience during times of increased demand.

If poor sleep is contributing to difficulties with focus, it's worth addressing this too. Herbs such as ashwagandha, passiflora and chamomile have long been used to support relaxation and help people prepare for a restful night's sleep, laying the foundation for better concentration the following day.

Ultimately, the best approach to focus combines good nutrition, restorative sleep, regular movement and appropriate botanical support. Herbs can be a valuable part of the picture, but they tend to work best when they sit alongside healthy daily habits rather than replacing them.

Q What can I do to keep moving when it's cold and dark outside?

Lindsay Powers recommended: When the days get shorter, it's surprisingly easy for our daily movement to shrink too. We may still exercise occasionally, but walking, popping outside and all those small bits of incidental movement can quietly disappear.

My advice is to think beyond formal exercise and try 'movement snacking', short bursts of activity throughout the day. Take regular breaks from sitting, walk around while you're on the phone or do a few wall push-ups. You could even keep some light hand weights by your desk as a reminder to use them. A brisk lunchtime walk is also a great way to make the most of limited winter daylight.

Don't underestimate everyday activities either. Walking downstairs involves eccentric exercise, where muscles work while lengthening to control your movement. So, while we tend to think climbing the stairs is the exercise, coming back down is doing useful work too.

Of course, winter is also a great time to use the gym, particularly for maintaining strength, or try indoor activities such as swimming or an exercise class. A short strength routine at home counts too, and even putting on some music and dancing around the kitchen gets you moving.

Nutrition supports an active lifestyle. Include a source of protein with each meal to help maintain muscle, alongside a varied diet providing nutrients such as magnesium, which contributes to normal muscle function. Remember to drink regularly too, even if you feel less thirsty in colder weather. Above all, keep it achievable. Small amounts of movement, repeated regularly, really do add up.


AUROOM
Moments of Wellbeing, designed around you.
Premium outdoor saunas for home and hospitality spaces - from elegant compact models to larger architectural solutions.
Discover Auroom in the UK:
Ember & Ice
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A CELEBRATION *of holistic health*

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

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

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

That's what the annual *Natural Lifestyle* Retailer of the Year Awards are here to do, and we are delighted to be launching the 2026 accolades here. Over the following pages, you can read more about all the products that are up for one of our awards, across a number of different categories, and then it's over to you to vote – we need you to tell us why you love a product so much, what impact it has had on your health and wellbeing, and what you love about the brand.

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

VOTE NOW

To nominate your favourite product of 2026, please select just one item from each category, fill in your details below and FREEPOST to *Natural Lifestyle* Product Awards 2025 FREEPOST ANG10222, BISHOPS STORTFORD, CM22 6ZY.
Closing date – January 27, 2027.

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



BEST BEAUTY/ BODYCARE

(Please tick one product)

- ☐ Alteya Organic Bulgarian Rose Water Rosa Damascena
- ☐ BioKap Hair Dyes
- ☐ Silicea Beauty Gummies
- ☐ Viridian Organic Hair Restore Serum

BEST FOOD/DRINK

(Please tick one product)

- ☐ Ginger People Ginger Shots
- ☐ Sunflower Family Mince
- ☐ Terranova Life Drink

BEST HERBAL

(Please tick one product)

- ☐ A.Vogel Echinaforce Echinacea Drops
- ☐ Good Health Naturally CurcuminX4000 with Fenugreek Seed Extract
- ☐ NutraTea NutraCleanse
- ☐ Terranova Holy Basil
- ☐ Unbeelievable Health Bee Rested

BEST NEW PRODUCT

(Please tick one product)

- ☐ BlueIron High Strength Drops
- ☐ Booja-Booja Orange Hot Chocolate
- ☐ Ecoleaf by Suma Bamboo Kitchen Utensils
- ☐ Fushi Turmeric Glow Drops
- ☐ Nature's Answer Mullein-X Throat Spray
- ☐ Solgar Hair Complex
- ☐ Terranova NextGen CreaXorb
- ☐ Viridian NAD+ Cellular Protect

BEST PERSONAL CARE

(Please tick one product)

- ☐ Bio-Nature Lemon Myrtle Vegan Soap
- ☐ Natracare Organic Cotton Tampons
- ☐ Salt of the Earth Oud & Bergamot Refillable Roll-On Deodorant

BEST SUPPLEMENT

(Please tick one product)

- ☐ Bio-Kult Infantis
- ☐ Fushi Black Seed Oil
- ☐ Good Health Naturally Active Life
- ☐ ITL Health MAGtrio
- ☐ New Nordic Magnesium Glycinate
- ☐ Solgar Magnesium L-Threonate
- ☐ Solgar Magnesium Glycinate
- ☐ Syno-Vital Oral Hyaluronic Acid
- ☐ Terranova Prenatal Multivitamin Complex
- ☐ Trace Mineral Complex
- ☐ Viridian Electrolyte Fix

BEST VEGAN

(Please tick one product)

- ☐ G&G Vitamins Total Amino
- ☐ Good Guru 100% Berberine
- ☐ Qsilica Vegan Collagen
- ☐ Terranova Vollagen Complex
- ☐ Viridian Collagen Pro Factors

Full name: _____

Email: _____

Telephone: _____

FREEPOST to NL Product Awards 2026, FREEPOST ANG10222, BISHOPS STORTFORD, CM22 6ZY. Thank you for voting.
The winners will be announced in the March-April issue of *Natural Lifestyle*.

BEST BEAUTY/BODYCARE

Alteya Organic Bulgarian Rose Water Rosa Damascena - 100% Pure Organic Steam-Distilled Rose Water



Experience the timeless beauty secret of the Rose Valley with Alteya's certified organic rose water. Crafted from hand-harvested Rosa Damascena petals, this 100% pure steam-distilled floral essence provides luxurious, all-round care for every skin type. Immensely versatile, it functions beautifully as a skin-quenching toner, a calming face mist, or an invigorating hair elixir—working instantly to clarify, soothe, and restore natural glow. Infused with a delicate, mood-boosting botanical fragrance, it doubles as a sublime aromatherapy treat. Pure, organic perfection in every drop. Available in Independent Health Food Stores. Discover more: **www.alteya.co.uk**

BEST BEAUTY/BODYCARE

BioKap Dyes – PPD Free grey coverage in just 10 minutes!



BioKap hair dyes offer a fast and gentle option to cover grey hair perfectly. The high percentage natural and vegan formulas work in just 10 minutes, and are a first in the natural home hair dye category! Carefully developed with Organic Argan Oil and Tricorepair complex to protect hair and scalp , the range of 12 shades is free from PPD, Ammonia, Resorcin and Fragrance to ensure suitability for even the most sensitive scalps. Also available from BioKap are Root Touch-Up sprays in 3 shades for covering re-growth, and shampoo and conditioner for coloured hair. **www.biokap.co.uk**

BEST BEAUTY/BODYCARE

Nourish Your Beauty From Within



Unlock radiant skin, stronger nails, and lustrous hair with Original Silicea Beauty Gummies. Formulated with premium silica to boost natural collagen production, these delicious, vegan gummies make daily self-care effortless. Nourish your natural beauty from within - one sweet bite at a time. **www.healthy2u.co.uk**

BEST BEAUTY/BODYCARE

Restore & Shine: Organic Hair Restore Serum



Elevate your hair care routine with Viridian Organic Hair Restore Serum. A powerful 5-in-1 topical treatment comprised of cold-pressed blend of plant seed oils. The science backed formula contains organic essential oils distilled from fresh herbs, including rosemary and lavender. A nourishing blend of argan, evening primrose and safflower oil contributes to hair lustre and shine. Suitable for all hair types, the serum helps to stimulate hair & scalp, moisturise & nourishes, enhances visible softness, improves brightness & shine, and reduces tangling. This lightweight, non-greasy formula is free from synthetic fragrances and artificial additives, non-animal tested. Part of the Tri-Hair System which in user trials increased the positive feel participants had about their hair by 100%.
www.viridian-nutrition.com

BEST FOOD/DRINK

Ginger with a real kick



Discover 12 vibrant shots in every bottle, crafted with real Peruvian ginger and an impressive 30% ginger content for a bold, authentic character. Made from juice, never concentrate, with no added preservatives, it's balanced by apple and lemon juices for a bright, naturally rounded flavour.
www.thegingerpeople.co.uk

BEST FOOD/DRINK

Experience the power of the sun in every bite!



Sunflower Family Mince is a revolutionary plant-based meat alternative crafted from 100% organic sunflower protein. It provides the perfect solution for those seeking a soy-free, gluten-free, and high protein source without compromising on texture. Unlike many heavily processed alternatives, it is minimally processed and naturally nutrient-dense. Sustainable and delicious, this organic mince is a clean-label choice for conscious eaters wanting a versatile, planet-friendly kitchen staple. Experience the power of the sun in every bite!
www.sunflowerfamily.co.uk

BEST FOOD/DRINK

Terranova Life Drink - Comprehensive All-in-One Vegan Powder Blend with Plant Protein, Greens, Berries & Live Cultures



Terranova Life Drink brings together plant protein, leafy greens, berries, microalgae, mushrooms and live cultures in a single vegan powder, designed to be stirred into juice or blended into a smoothie. The greens and berries are fresh freeze dried, and the blend is made entirely without flavours, colours, preservatives or fillers, so that every ingredient in the scoop serves a purpose. Available in Independent Health Food Stores. Learn more: **www.terranovahealth.com**

BEST HERBAL

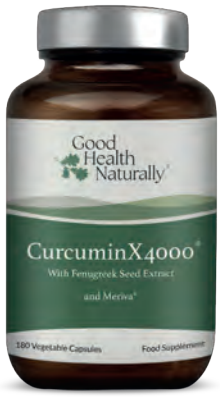
Trusted for over 70 years



Discover A.Vogel Echinaforce® Echinacea Drops – the original fresh-herb Echinacea remedy, crafted with expertise developed over generations. Made using freshly harvested Echinacea purpurea herb and root, grown with care and processed rapidly after harvesting to preserve the qualities of the fresh plant. A trusted medicine-cabinet staple for cold and flu season, its concentrated liquid format offers a simple, convenient way to take Echinacea when seasonal bugs strike. Echinaforce® Echinacea Drops are a traditional herbal remedy used for the symptomatic relief of colds, influenza-type infections and similar upper respiratory tract conditions. Always read the leaflet. **www.avogel.co.uk**

BEST HERBAL

Curcuminx4000 with Fenugreek Dual Botanical Formula



CurcuminX4000® with Fenugreek brings together two carefully selected botanicals in a premium, high-strength formula. Each daily serving provides 600mg of clinically studied Meriva® Curcumin Phytosome®, developed by Indena for enhanced absorption, alongside a substantial 450mg of fenugreek seed extract. The clean, vegan formula contains no unnecessary fillers or additives, delivering a considered alternative to standard curcumin supplements. With 180 capsules providing 60 daily servings, CurcuminX4000® reflects Good Health Naturally's commitment to quality ingredients, intelligent formulation and more than 30 years of natural health expertise as an independent, family-led British company. **www.goodhealthnaturally.com**

BEST HERBAL

NutraCleanse – Detox Tea



NutraCleanse® by NutraTea® is one of 34 award winning functional herbal teas. Developed by pharmacists and nutritionists, NutraCleanse helps support digestion and sustain the body's detoxification processes. This unique blend contains 100% active, sustainably sourced botanicals such as Ginger, Burdock Root and Milk Thistle to contribute to the normal function of intestinal tract. Each biodegradable tea bag delivers 2 grams of pure herbs that are free from flavourings, oils and bulking ingredients, making them perfect for multiple infusions throughout the day. NutraCleanse is an ideal addition to your daily lifestyle, offering a delicious cup of herbal tea that supports gut health and detoxification. **www.nutratea.co.uk**

BEST HERBAL

Terranova Holy Basil 400mg – Potent Fresh Freeze Dried Botanicals in Vegan Capsules



Holy basil, also known as tulsi, has been cultivated for centuries and remains one of the worlds most cherished botanicals. Terranova Holy Basil 400mg presents the herb in the simplest possible form: each vegan capsule contains fresh freeze dried holy basil and nothing more, in keeping with our range, which is made entirely without fillers, binders or other excipients. Available in Independent Health Food Stores.
Learn more: **www.terranovahealth.com**

BEST HERBAL

All Natural Sleep Supplement



Bee rested is formulated by nutritionists, combining therapeutic amounts of 9 botanical ingredients shown to help you nod off faster & wake up less in the night including saffron, montmorency cherry, royal jelly, griffonia seed and more. They contain no allergens & are concentrated so fewer are required. Unbeelievable Health is one of the only brands formulating all-in-one plant, herb and food sourced supplements blending highest quality beneficial ingredients (not usually found in a regular diet), with no added fillers, synthetics or excipients. Made in the UK.
www.unbeelievablehealth.co.uk

BEST NEW PRODUCT

BlueIron High Strength Drops



BlueIron High Strength Drops launched in January 2026, bringing a fresh approach to iron supplementation through a unique combination of innovation, convenience and consumer-friendly design. Delivering 20mg of iron per serving (142% RI), plus vitamin C to support iron absorption, the liquid format is easy to take and can be used with or without food. BlueIron uses patented microencapsulated Fe3+ iron, designed to be gentle on the stomach and easy to incorporate into busy lifestyles. Made with wild Nordic blueberry juice for a pleasant taste and suitable for vegans, vegetarians and during pregnancy, BlueIron High Strength Drops offer a modern solution for everyday iron supplementation. **www.blueiron.co.uk**

BEST NEW PRODUCT

Orange Hot Chocolate



Mellow, smooth and deliciously indulgent, Booja-Booja Orange Hot Chocolate takes a classic flavour combination and whirls and swirls it to cosy perfection. This luxurious drink contains no additives, artificial colours or preservatives. It's made with just a handful of simple, organic ingredients. The stars of the show are the vibrant, organic orange extract and rich, dark chocolate flakes, mingled together they create a joyfully luxurious treat. It's already a Nourish Awards winner and, like all Booja-Booja delights, this Orange Hot Chocolate is dairy free, gluten free and vegan, making it the perfect winter warmer for just about everybody. £4.99 RRP. **www.boojabooja.com**

BEST NEW PRODUCT

Bamboo Kitchen Utensils



Suma have launched a new product under their household brand, Ecoleaf by Suma. Four stylish, sturdy, plastic-free bamboo kitchen utensils. In partnership with @bambuubrush, these bamboo utensils are perfect for all cooking and mixing needs, and make great gifts, just in time for Christmas. Ethical Consumer Best Buy product, Vegan Trademark approved and compostable. **www.suma.coop**

BEST NEW PRODUCT

Turmeric Glow Drops

Fushi's Turmeric Glow Drops bring together two of India's most treasured beauty ingredients, vibrant turmeric and precious saffron, blended with fresh-pressed botanical oils for nourished, radiant-looking skin. For nearly 4,000 years, turmeric has been cherished in Ayurvedic beauty rituals for its golden glow, while saffron, once prized above gold by weight, has long been celebrated for its association with luminous, radiant skin. Capture the glow of an Indian sunset with this ancient beauty ritual rooted in centuries of tradition. **www.fushiwellbeing.com**



BEST NEW PRODUCT

Herbal Sore Throat Support That Works From Within

Nature's Answer Mullein-X™ Throat Spray On-the-Go takes a fresh approach to throat care. Rather than simply numbing, it's designed to be gargled, swished and swallowed, so its herbal blend works from within. Mullein-X™, Licorice Root, Slippery Elm Bark and Sage Leaf help soothe irritated throats, while Grapefruit Seed, Olive Leaf and Ginger Root support immune and upper respiratory health. Non-drowsy, alcohol-free and gluten-free, it features the exclusive Quik-Sorb® blend to aid natural absorption. Convenient, with a 60-day supply, it slips easily into any daily routine. From a family-run pioneer founded in 1972, it's natural throat support, wherever life takes you. Available from leading health stores and independent pharmacies nationwide. **baldwins.co.uk**



BEST NEW PRODUCT

New Solgar® Hair Complex Softgels

A hair supplement uniquely formulated with clinically studied ingredients to support great looking hair. Featuring Keranat™, a science-backed botanical complex, this advanced formula is designed to help support beautiful and shiny hair. Each vegan softgel also provides biotin, zinc and copper, nutrients that contribute to the maintenance of healthy hair.
One softgel daily of Solgar's innovative Hair Complex offers convenient, targeted support for people seeking healthy and vibrant-looking hair.
Available at **www.solgar.co.uk**



BEST NEW PRODUCT

Terranova NextGen CreaXorb™ Creatine Plus 22x greater bioavailability than conventional Creatine validated with PAMPA and PK studies



Terranova NextGen CreaXorb™ Creatine Plus offers creatine in capsule form, a convenient alternative to the more common powders. Part of our NextGen range, built on BioSNEDS™ advanced delivery technology, the formula pairs creatine with a Magnifood complex of organic, fresh freeze dried mushrooms and botanicals. The capsules are suitable for vegans and free from fillers, binders and other excipients. Available in Independent Health Food Stores. Learn more: **www.terranovahealth.com**



BEST NEW PRODUCT

Potent NAD+ Cellular Protect



Support cellular health from within with Viridian NAD+ Cellular Protect. This advanced formula combines NAD+, and the NAD pre-cursors NR and other key nutrients to fuel cellular energy, fight oxidative stress and reduce daily fatigue. NR is a researched alternative to NMN. The inclusion of niacin (vitamin B3) contributes to normal energy yielding metabolism and the reduction of tiredness and fatigue. Vitamin E also contributes to the protection of cells from oxidative stress, whilst CoQ10 provides additional support for everyday wellbeing. This optimal formulation provides comprehensive cellular support by helping to maintain the body's natural processes. Contains active ingredients, avoids additives. **www.viridian-nutrition.com**

BEST PERSONAL CARE

Lemon Myrtle Vegan Soap - Gentle Cleansing for Everyday Living



Experience the soothing care of our traditional handmade vegan soap, enriched with pure lemon myrtle oil and finely crushed leaves. Designed to gently exfoliate, it cleanses and deeply nourishes the skin, making it an ideal choice for sensitive complexions. Independent research by Charles Sturt University in Australia demonstrates that lemon myrtle oil delivers a 30% stronger antibacterial effect than tea tree oil, offering exceptional natural protection. This long-lasting bar captivates the senses with an uplifting citrus scent, leaving your skin feeling invigorated, refreshed, and thoroughly cared for. To protect both your skin and the environment, each soap is thoughtfully wrapped in recyclable paper. Available in Independent Health Food Stores. Learn more: **www.bionature.uk.com**

BEST PERSONAL CARE

Natracare Tampons – The Number One Choice



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

BEST PERSONAL CARE

A Deodorant Without Compromise



Salt of the Earth Oud & Bergamot Refillable Roll-On combines sophisticated fragrance with certified natural performance. Blending rich, woody oud with fresh bergamot, it delivers long lasting odour protection in a distinctive unisex scent. Made in the UK and certified COSMOS Natural, Vegan Society approved, Leaping Bunny approved and B Corp Certified, it reflects the brand's commitment to trusted natural ingredients and responsible manufacturing. The refillable design helps reduce plastic waste by allowing customers to reuse the roll-on bottle, making everyday personal care a more responsible choice without compromising on quality or effectiveness.www.**saltoftheearthnatural.com**



BEST SUPPLEMENT

Bio-Kult® Infantis



Bio-Kult® Infantis is scientifically developed for babies, toddlers and young children, helping to support the developing gut microbiome and immune system. Its advanced multi-action formulation contains 7 scientifically developed strains of live bacteria to complement developing infant gut flora. With added vitamin C to support the normal function of the immune system, it is specially designed to help look after little tums. Bio-Kult® Infantis, 16 Sachets, available at **bio-kult.com.**

BEST SUPPLEMENT

Black Seed Oil



Known as "the seed of blessing" in Middle Eastern tradition, Black Seed Oil has a remarkable history spanning thousands of years, from ancient wellness rituals to modern anti-inflammatory research. Hippocrates, the father of medicine, is said to have revered it for gut health. Cleopatra embraced it for beauty, while the Prophet Muhammad described it as "a remedy for every illness except death". Today, its extraordinary heritage continues to capture attention. In an era of overpromised wellness claims, Black Seed Oil offers something increasingly rare: thousands of years of credibility. Fushi's Black Seed Oil is cold-pressed and fresh from harvest for exceptional quality. **www.fushiwellbeing.com**

BEST SUPPLEMENT

Active Life™ Multivitamin



Active Life™ Multivitamin is a comprehensive, high-strength daily formula created for those who want more from their multivitamin. Providing a broad spectrum of essential vitamins and minerals, it prioritises carefully selected nutrient forms including Quatrefolic® methylfolate, methylcobalamin B12, L-OptiZinc® zinc, selenomethionine and vegan vitamin D3 from lichen. The iron-free formula also provides 500mg vitamin C, 100mg magnesium and 200mcg selenium per daily serving, alongside choline, inositol and boron. Vegan and thoughtfully formulated, Active Life™ reflects Good Health Naturally's focus on quality, effective nutrient forms and over 30 years of expertise in nutritional supplementation. **www.goodhealthnaturally.com**

BEST SUPPLEMENT

MAGtrio: 3-in-1 Magnesium



MAGtrio brings together three premium forms of magnesium in one thoughtfully formulated supplement: magnesium bisglycinate, magnesium taurate and magnesium L-threonate. Magnesium bisglycinate is often chosen to support relaxation, while magnesium taurate combines magnesium with taurine and is associated with heart and nervous-system health. Magnesium L-threonate (Magtein®) is an innovative form studied for its ability to raise magnesium levels in the brain, making it particularly relevant to cognitive health. Made in small batches without fillers, binders or manufacturing chemicals, MAGtrio is encapsulated in vegan pullulan capsules, offering a genuinely pure and comprehensive approach to daily magnesium supplementation. **www.itlhealth.co.uk**

BEST SUPPLEMENT

Vote for Magic Magnesium™ Glycinate – the UK's No.1



Magnesium GlycinateCreated to meet the growing demand for high-quality magnesium, Magic Magnesium™ Glycinate combines a premium, highly absorbable and gentle form of magnesium with a simple, trusted formulation. Magnesium contributes to normal muscle and psychological function, energy-yielding metabolism and the reduction of tiredness and fatigue. With its distinctive Scandinavian identity, strong consumer appeal and impressive retail success, Magic Magnesium™ Glycinate has become a standout product in this fast-growing category. Effective, easy to understand and relevant to everyday wellbeing, it's a supplement consumers are choosing and returning to. **www.newnordic.co.uk**

BEST SUPPLEMENT

The Next Generation of Magnesium



Solgar® Magnesium L-Threonate features Magtein®, a scientifically studied form of magnesium, in a vegan-friendly capsule. Magnesium also contributes to normal psychological and nervous system function. The formula also includes a botanical blend containing wild blueberry, strawberry and spinach extracts that are naturally rich in polyphenols. Free from gluten, wheat and dairy, Solgar® Magnesium L-Threonate brings cutting-edge magnesium science to consumers seeking advanced nutritional support. Available at **www.solgar.co.uk**

BEST SUPPLEMENT

High-Strength Magnesium Glycinate



Powering over 300 enzymatic reactions, Magnesium acts as a switch that activates hundreds of processes in the body. The scientifically proven benefits range from supporting energy, muscle and nerve function and reduce tiredness and fatigue. It also contributes to strong bones and teeth, while supporting normal psychological function. Each dose delivers 240mg of highly bioavailable, gentle form of Magnesium Glycinate to support daily wellbeing. Solgar continues to set the gold standard in the industry. Available at **www.solgar.co.uk**

BEST SUPPLEMENT

The Leading brand in Oral Hyaluronic Acid …



Syno-Vital is the leading brand of pure liquid Hyaluronic Acid which is easily absorbed by the body. Hyaluronic Acid may help to increase the viscosity of the synovial fluid and so restore the cushioning affect for the joints thus improving flexibility. As we get older, we produce less Hyaluronic Acid, hence we start to show and feel signs of ageing, such as aching joints and wrinkly skin!! Hyaluronic Acid, makes up a massive 80% of the human eye, 60% of the skin, and crucially 9% of the joints. Taking Syno-Vital can help to top up those levels and ease joint problems, whilst hydrating the skin and eyes too. **www.modernherbals.com**

BEST SUPPLEMENT

Terranova Prenatal Multivitamin Complex - Pure Care for Every Step of This Special Journey



Formulated for before, during and after pregnancy, Terranova Prenatal Multivitamin Complex combines a broad range of vitamins and minerals with Magnifood, our signature complex of whole foods, including kale, berries, beetroot and spinach. Now enhanced with gentle Iron as Bisglycinate Chelate [Ferrochel™] for superior bioavailability and tolerance on the digestive system , 400µg of biologically active Folate (Calcium L-Methylfolate), B12 as Methylcobalamin, and 10mg Vegan DHA. The capsules are suitable for vegans and, true to our philosophy, contain no fillers, binders or other excipients. Available in Independent Health Food Stores. Learn more: **www.terranovahealth.com**

BEST SUPPLEMENT

Trace Mineral Complex, Sourced from the Great Salt Lake



ConcenTrace® Trace Mineral Drops from Trace Minerals offer a simple, natural way to top up your minerals. Sourced from Utah's Great Salt Lake, these liquid drops deliver a full spectrum of naturally occurring ionic trace minerals. They're rich in Magnesium, which contributes to electrolyte balance and the reduction of tiredness and fatigue, plus the key electrolytes Chloride, Sodium and Potassium. Just add a few drops to your water or juice – it really couldn't be easier. Gluten-free, Certified Vegan, made to cGMP standards and third-party tested for purity, ConcenTrace makes everyday mineral support effortless. **bodykind.com**

BEST SUPPLEMENT

Pure Electrolyte Fix Liquid



Refuel your liquids with Electrolyte Fix by replenishing the body's natural minerals. Sourced from the Great Salt Lake in Utah, USA, Viridian Electrolyte Fix is a pure source of 4 natural minerals and electrolytes. The concentrated drops contain four essential electrolytes: magnesium, which contributes to electrolyte balance and normal energy levels, as well as a reduction in tiredness and fatigue; potassium, which contributes to normal muscle function; and sodium and chloride. Just ½ a teaspoon turns any cold beverage or water into an electrolyte-fuelled drink. A clean formulation with active ingredients and no added sweeteners, preservatives and avoiding anything artificial. **www.viridian-nutrition.com**



BEST VEGAN

Total Amino

Total Amino is a full spectrum amino acids supplement that provides all 20 amino acids used by the human body, including the 9 essential amino acids that the body can't synthesize. The amino acids in this full spectrum supplement exist in a free form crystalline state. The value of free form amino acids lies in their ability to bypass digestion, allowing for faster delivery into the body. While free form amino acids are typically sourced from animals, we have dedicated considerable time and care to develop a high-quality vegan amino acid supplement.
www.gandgvitamins.com



BEST VEGAN

Good Guru Berberine 100%

Berberine HCl 100% is a concentrated form of berberine derived from plant sources. Each capsule contains 500 mg of Berberine HCl standardised to 98% purity. Berberine is a naturally occurring botanical compound that has been traditionally used in various herbal preparations. The product is presented in a vegetable cellulose HPMC capsule, making it suitable for vegetarians and vegans. It contains no animal-derived capsule material and provides a convenient way to incorporate berberine into a daily supplement routine. The high 98% specification indicates the purity and standardisation of the Berberine HCl ingredient used in the formulation.
www.thegoodguru.com



BEST VEGAN

Qsilica Plant Based Collagen for Youthful Skin

Experience the future of ethical skincare with our plant-based collagen alternative. Formulated with scientifically backed Vollagen®, this breakthrough supplement directly replicates the precise amino acid profile found in human Type I collagen. Unlike heavy animal-derived alternatives that require complex digestion, our isolated amino acids are completely water-dispersible. This allows your body to effortlessly absorb and utilise the nutrients immediately. Infused with cell-protecting antioxidants, this daily formulation actively targets the signs of aging. Whether you prefer convenient capsules or a versatile powder, making this a part of your beauty ritual will visibly diminish fine lines, enhance moisture retention, and restore youthful skin elasticity.
www.qsilica.co.uk



BEST VEGAN

Terranova Vollagen® Complex – Pure Advanced Vegan Alternative to Collagen

Terranova Vollagen® Complex offers an alternative to animal-derived collagen, using fermentation to produce a blend of amino acids in the same proportions as those found in human collagen. The result is wholly vegan, complemented by a Magnifood complex of organic rose hips, matcha green tea, aronia berry and bilberry, and made without fillers, binders or other excipients. Available in Independent Health Food Stores.
Learn more: **www.terranovahealth.com**



BEST VEGAN

Collagen Pro Factors but Vegan!

Collagen Pro Factors is an advanced plant-based complex with 18 key amino acids in the precise ratio found in type 1 human collagen, all ready for the body to absorb and utilise. Starting with natural non-GMO corn, a fermentation process creates the exact combination of amino acids in a vegan form with no animal sources. Formulated with vitamin C to provide the necessary building blocks and support for the normal production of collagen, and scientifically studied friendly bacteria. A soluble powder, easy to add to water and cold drinks. Developed by nutritionists, with active ingredients and no artificial fillers and no nasties. **www.viridian-nutrition.com**





Are you looking for a vitamin D supplement that is bioavailable and effective?

Get the proven benefits of sun exposure...

Without worrying about your skin

As you know, it is important to protect your skin when the sun is most powerful. Still, sun exposure is necessary in order for our skin to synthesize vitamin D, which contributes to a normal immune defense.

If we avoid the sun or somehow prevent the UV rays from reaching our skin, it will reduce our ability to make vitamin D. Just for the record, it is rather difficult to get enough vitamin D from your diet. Therefore, to maintain a reasonable amount of vitamin D in your system it may be a good idea to consider taking a supplement like D-Pearls.

D-Pearls are small, soft gelatin capsules with 20, 25, 75, 100 or 125 micrograms of vitamin D in each. This makes it easy for you to choose the right dose for the time of year and for your personal level of sun exposure.

- The vitamin D is dissolved in cold-pressed olive oil for better absorption
- Small vitamin D capsules that are easy to swallow – or chew



Pharma Nord
www.pharmanord.co.uk



Reset your routine

Wind-down rituals ahead of the busiest season.

December has a way of filling every corner of the calendar. Between festive gatherings, end-of-year deadlines, and travel plans, the final weeks of the year can feel less like a celebration and more like a sprint to the finish line.

For many people, days become longer, evenings fuller, and downtime an afterthought. It's no surprise that by the time December arrives, tiredness can catch up with us. Yet in a season that encourages us to do more, one of the most valuable habits may be doing less.

A thoughtful evening routine can create space to pause, reset, and prepare for the next day. Rather than treating rest as something that simply happens, more people are building wind-down routines that support their wellbeing. For those who take magnesium, choosing a consistent time each day can also make supplementation easier to maintain.

When busy becomes the norm

While occasional busy periods are a normal part of life, maintaining healthy routines during demanding seasons can make a meaningful difference. Simple practices such as limiting screen time, dimming lights, reading, or setting aside a few quiet moments can help create a sense of separation between the busyness of the day and the opportunity to rest.

These small habits aren't about perfection – they're about consistency. Even a simple evening ritual can provide a welcome signal that it's time to slow down.

A mineral for modern life

Modern life asks a lot of us. Work, family responsibilities, social commitments, and digital distractions all compete for attention throughout the day. That's why magnesium has become a popular choice for people seeking nutritional support.

Rather than focusing on a single benefit, magnesium is an essential mineral that contributes to a range of normal bodily functions that support everyday wellbeing. It contributes to normal psychological function, normal functioning of the nervous system and normal muscle function. It also contributes to the reduction of tiredness and fatigue, making it particularly relevant during busy periods of the year. Together, these functions help explain magnesium's important role in everyday nutrition.

Choosing the right magnesium

It's important to note that not all forms of magnesium are the same. Different forms are often selected to suit different preferences and routines.

Magnesium glycinate, for example, is a popular choice among those looking for a well-tolerated form that's easy to incorporate into their daily routine. Many people choose an established point in the day to take magnesium as directed, including as part of an evening routine.

As with any supplement, following the directions for use consistently can make the routine easier to maintain.

How to create an evening routine

Rather than overhauling your evening with an elaborate protocol, focus on a few practices you can realistically maintain throughout the festive season and beyond. Consider building a wind-down routine around:

- A consistent bedtime.
- Reduced screen time.
- Gentle stretching.
- Journalling.
- A warm drink.
- Any supplements due at that time, taken as directed.

The goal isn't to create a perfect evening. It's to create a repeatable one. When repeated consistently, small habits can help transform the final hours of the day from something rushed and reactive into something more intentional and unhurried.



FINISH THE YEAR STRONG

December encourages us to focus on everything left to do before the year ends. But perhaps one of the most valuable habits is creating a moment each evening to slow down.

This December, consider building a simple evening ritual around healthy habits and a balanced lifestyle. Because sometimes the best way to make the most of a busy season is to make more time to reset.

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

Solaray
EST. 1973

RESET YOUR ROUTINE

Why Magnesium Matters



AVAILABLE AT:
SOLARAYEUROPE.COM

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

Sauna – a mod

Natural Lifestyle examines why sauna is becoming a modern wellbeing ritual, and guides readers through how to create their own wellness space.



Once associated mainly with Nordic tradition and spa escapes, sauna is finding a new place in everyday life. As people rethink what wellbeing means, the simple ritual of heat, rest and time away from screens feels more relevant than ever.

For many, wellness is no longer something reserved for holidays or moments when life has already become too busy. It is increasingly shaping the way we live every day; we pay more attention to sleep, recovery, movement and mental rest. We bring nature into our homes, choose materials that feel good to live with and create environments that support rather than compete with our wellbeing.

Within that wider shift, one of Europe's oldest wellbeing traditions is enjoying a new chapter: the sauna.

Wellness part of everyday life

Our homes are increasingly becoming places where we actively look after ourselves. We exercise, recover, spend more time outdoors and create small rituals that help separate work, activity and rest.

And the same change is happening beyond the home. Contrast therapy clubs, bathhouses and dedicated recovery spaces are bringing regular sauna and cold experiences to people who may not have the space or budget for their own installation.

What connects all of these settings is a shift from occasional wellness towards regular practice. And sauna fits naturally into that change. There is very little expected of you once you step inside – the phone stays outside, the warmth changes the pace, conversation becomes quieter or disappears altogether. In a world that moves quickly, a sauna offers something quite rare – permission to sit still.

Rather than adding another activity to the day, sauna creates a moment in which there is nothing that needs to be accomplished.

The health benefits

Sauna culture is certainly not new. Heat bathing has existed in different forms for thousands of years. What has changed is our understanding of how naturally it fits into modern conversations around health, recovery and long-term wellbeing.

Growing awareness of the benefits associated with regular sauna use is an important part of its renewed popularity. Sauna is valued for supporting circulation and cardiovascular health, encouraging relaxation, easing muscle tension and supporting recovery after physical activity. Many people also incorporate it into their routines to reduce stress, unwind in the evening and support a greater sense of physical and mental wellbeing.

Why natural materials matter

There is something inherently physical about the sauna experience. Wood is not simply something you look at. You sit against it, walk across it, feel its texture and notice its scent as the room warms. The material becomes part of the experience. That connection with natural materials extends beyond the interior.

Contemporary saunas are increasingly designed as part of their environment, whether tucked into a garden, opening towards a landscape or integrated into a larger home wellness space. Rather than competing with their surroundings, the most successful spaces feel connected to them.

Ergonomics, bench heights, airflow, lighting, temperature and glazing all influence comfort, while the relationship between the sauna and the space around it can completely change the atmosphere. That means beginning with the person, rather than simply with the product. How will the space be used? Is it a solitary evening ritual, part of a training routine, or somewhere family and friends will gather?

The ritual is bigger than the sauna

A sauna session is not really one experience, but a sequence of contrasts. Warm the body. Step out. Cool down. Rest. Return when it feels right.

That rhythm has always been central to traditional sauna culture, but today, people are thinking more consciously about the spaces around it. Saunas open onto terraces and gardens. Cold plunges and outdoor showers offer contrast after the heat. Comfortable places to sit encourage people to rest. rather than immediately moving on to the next thing.

The transitions matter just as much as the sauna itself. Stepping from heat into cool air. Feeling the temperature change against the skin. Sitting outside as the body gradually settles. Sharing the experience with somebody else or choosing to enjoy it alone.

Interestingly, this ritual is also becoming increasingly social. The rise of bathhouses and contrast therapy clubs is creating communities around regular sauna use, with people returning week after week and getting to know others through a shared wellbeing practice.

ern wellbeing ritual







Start with how you want to feel

For anyone considering bringing sauna into their own lifestyle, perhaps the best place to begin is not with size, finishes or a list of features. It is with the experience you want to create.

Will it be somewhere to recover after exercise? A quiet evening ritual? A reason to spend more time outdoors? A place to share with family and friends? Start with how you want to feel, not with the product.

It is also worth thinking about quality and longevity. Materials, construction and thoughtful placement influence not only how a sauna looks when it is new, but how well it performs and how often it becomes part of everyday life.

And bigger is not necessarily better. A thoughtfully placed sauna that genuinely fits someone's routine is likely to bring far more value than an ambitious wellness space that never quite gets finished.

Perhaps that is also the wider lesson behind sauna's renewed popularity. Wellbeing does not always need to become another project to complete. Sometimes the spaces that ask the least of us are the ones we return to most.

MAGNESIUM *for modern life*



In our latest reader trial in partnership with BioCare, 90 per cent noticed a positive difference after taking Magnesium Glycinate for 12 weeks.

Modern lives are busy, demanding, and often leave little time to properly unwind. Juggling family life with pressured jobs, while finding the time to eat and live well can often mean we end the day feeling stressed and unable to switch off.

We know that people are in need to support to unwind and promote calm, and that is why *Natural Lifestyle* once again teamed up with leading supplement brand, BioCare, to launch a reader trial. In this trial, we put BioCare's Magnesium Glycinate to the test, in which our readers took the supplement for 12 weeks and fed back to us how they felt – and the results were clear, with an impressive 90 per cent of readers noticing a positive difference.

Kelly Smith, Head of Brand at BioCare, commented: "Modern life can make it difficult to switch off, slow down and properly unwind, which is why we developed Magnesium Glycinate to provide effective daily support for calm, mood and overall wellbeing.

"The results of our consumer trial have been incredibly encouraging, with 90 per cent of those who completed the full 12 weeks noticing a positive difference. Participants told us they felt calmer, less overwhelmed and better able to switch off, with many also reporting improvements in their sleep and mood. It's wonderful to see Magnesium Glycinate making such a meaningful difference to how people feel in their everyday lives."

The results

Looking in greater detail at the results, as well as 90 per cent of people completing the trial noticing a difference in at least one area improving, 49 per cent found all five improved. The categories were:

- Feeling stressed – 65 per cent noticed an improvement.
- Feeling overwhelmed or under pressure – 67 per cent found an improvement.
- Difficulty relaxing or switching off – 73 per cent reported an improvement.
- Difficulty falling asleep or sleeping through the night – this was improved in 60 per cent of participants.
- Feeling down/low or negative – some 72 per cent reported an improvement.

Furthermore, some 89 per cent of participants said they would purchase BioCare Magnesium Glycinate, and the same percentage said they would recommend to others.

Looking in detail at the responses, when asked if participants felt that Magnesium Glycinate has improved their overall quality of life, one participant said: "I've slept better than I have in years, felt more relaxed and less stressed. Joint pain eased as well."

Another wrote: "Since starting to take magnesium, I have felt calmer, happier, less



stressed and my sleep has been of much better length and quality, which has also contributed to me feeling generally healthier and happier."

And another told us: "I found it easy to make BioCare Magnesium Glycinate part of my daily routine. I felt calmer overall and found it easier to switch off in the evenings. My sleep gradually became more settled, and I woke up feeling more rested on most mornings. I also noticed that I felt less overwhelmed day to day, and my mood felt more balanced. While it wasn't an overnight change, I did notice a gradual improvement over time."

Meanwhile, one reader wrote: "It had such a positive effect on my overall health and wellbeing, it's amazing stuff."

Finally, another commented: "It has helped me to manage my stress levels and negative reactions to things around me. It has made me feel more relaxed and calmer in general.

WHAT READERS TRIALLED

BioCare Magnesium Glycinate is a highly bioavailable and easy to absorb complex of magnesium and glycine to help you feel calm and relaxed and to support your mood.

It supports the nervous system, regulating mood and sleep and promoting a feeling of calm and relaxation. It is designed for maximum absorption and use by the body, gentle on the stomach and well tolerated.

BioCare never compromises on quality and never uses magnesium oxide or other inferior ingredients. It comes in easy to swallow capsules, allowing convenience, and splitting dose throughout the day ensures maximum efficacy.



The power of MATCHA

Discover how matcha can support your health and wellbeing



Matcha isn't just having a moment – it's tapping into a much bigger shift in how people want to feel day to day. As we move away from quick fixes and spikes, there's a growing appetite for something steadier, more considered. Matcha fits that perfectly: a clean, natural way to take on your day wrapped up in a ritual that feels simple, grounding and enjoyable.

Unique properties

What makes matcha unique begins long before it reaches the cup. Grown in the shade for several weeks before harvest, the tea leaves develop higher chlorophyll levels, giving matcha its signature green colour and smooth, rounded taste. After harvesting, the leaves are carefully steamed, dried and finely ground into a powder. Unlike traditional teas, where leaves are steeped and discarded, matcha is fully whisked into water, meaning you consume the whole leaf and its naturally occurring compounds.

This is part of what gives matcha its distinctive character. It is naturally rich in flavonoids and is one of the most potent natural sources of L-theanine, often containing up to five times more than regular green tea.

Matcha's appeal isn't just about what's in it – it's about how it fits. One minute, it's a slow, mindful whisk as part of your morning reset; the next it's a matcha latte on the go or blended into a smoothie. It flexes with real life. And in a world that rarely slows down, that little pause – however you take it – is exactly what people are leaning into. As matcha has grown in popularity, so too has the range of products available. For many consumers, this makes understanding quality more important than ever. Traditionally produced matcha follows careful growing and processing methods designed to preserve both flavour and integrity.

Choosing your matcha

Looking out for organic certification can be one helpful guide, as it ensures the tea has been grown without synthetic pesticides or fertilisers. Equally, Fair certified matcha can offer reassurance that farmers and workers are supported through more equitable and sustainable practices.

In a category that's exploding with options, those signals of quality really start to matter – they're what help people cut through the noise and feel good about what they're picking up. Because at its best, matcha isn't just another wellness fad on the shelf – it's the product of where it's grown, how it's handled, and the care that goes into every step. And that's what gives it real depth, not just hype.

As matcha keeps building momentum, its staying power comes down to a pretty compelling mix of versatility and that sense of ritual people actually want to hold onto. It's not about adding more complexity to your routine – quite the opposite. It's a reminder that looking after yourself can be simple, and sometimes it starts with something as small as what's in your cup.

READER GIVEAWAY

Enter now for a chance to win a beautiful Pukka mug, a pack of Supreme Matcha Green and two tins of product from Pukka's new organic matcha range. For a moment of revitalising bliss, experience Pukka Tulsi Lemon Matcha, combining rich matcha with bright lemon notes and aromatic tulsi. Or dive into Pukka Vanilla Chai Matcha, a harmonious blend of pure matcha, warming chai spices, and smooth vanilla for a moment of herbal zen, 100 per cent organic and Fair for Life Certified. Both products are naturally sugar free, made with ingredients from 100 per cent natural origin, and packed in a recyclable tin with up to 30 servings.

See opposite page to enter.



NATURAL LIFESTYLE

Giveaways

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

BIOCARE MAGNESIUM GLYCINATE

Magnesium Glycinate is a highly bioavailable and easy to absorb complex of magnesium and glycine, designed to help you feel calm and relaxed while supporting your mood. This high strength, 100 per cent pure magnesium glycinate provides 100mg per capsule and is designed for maximum absorption and use by the body. Magnesium contributes to normal functioning of the nervous system and normal psychological function, while also supporting energy-yielding metabolism and helping to reduce tiredness and fatigue. Gentle on the stomach and well tolerated, with no unnecessary additives, it is suitable for vegetarians and vegans. *Natural Lifestyle* has five to give away.



PURE ENCAPSULATIONS METABOLIC XTRA



Natural Lifestyle has teamed up with Pure Encapsulations to offer readers the chance of winning one of five of its Metabolic Xtra with Svetol Green Coffee Extract. Featuring Svetol, a clinically studied decaffeinated green coffee bean extract, ResVida resveratrol, alpha lipoic acid, and chromium, which contributes to the maintenance of normal blood glucose levels. Vegan, vegetarian, gluten free, dairy free, non-GMO, and soya free.

TERRANOVA VITAMIN D3 2000IU & K2 100UG



Natural Lifestyle has teamed up with Terranova to offer readers the chance of winning one of five pots of its Vitamin D3 2000iu & K2 100ug. Vitamin D contributes to the normal function of the immune system, while vitamins D and K contribute to the maintenance of normal bones. This formula pairs vegan vitamin D3 with vitamin K2 (MenaQ7). Enhanced with Terranova's unique Magnifood complex, a freeze-dried botanical blend including kale, parsley, shiitake mushroom, and pumpkin seed, it is free from wheat, soy, yeast, dairy, gelatine, animal ingredients, additives, added sugar, colours, flavours and preservatives.

SOLARAY VITAMIN C WITH ROSEHIP & ACEROLA



Vitamin C with Rosehip & Acerola by Solaray, the trusted US brand delivering high-quality vitamins and supplements since 1973, is an expertly formulated vitamin C supplement designed for everyday use. Featuring a two-stage time-release technology, it gradually releases nutrients throughout the day and combines 1,000mg of vitamin C with rosehip and acerola cherry. This vegan-friendly, lab-tested formula offers a convenient way to incorporate vitamin C into your daily routine. Solaray and *Natural Lifestyle* have teamed up to offer readers the chance of winning one of five bottles of this premium supplement.

A.VOGEL SLEEP WELL

Win one of 15 A.Vogel Sleep Well 14 Day Packs, designed to support a restful night's sleep and help you wake feeling refreshed. This convenient dissolvable granule formula combines lemon balm, lettuce extract, magnesium and L-tryptophan, making it easy to add to your evening routine. Simply take before bed as part of your wind-down ritual. With 15 full 14-day packs available to win, it's the perfect opportunity to give your bedtime routine a little extra support.



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

Please tick: ☐ **BioCare** ☐ **Solaray** ☐ **Terranova** ☐ **Pure Encapsulations** ☐ **A.Vogel** ☐ **Pukka Herbs**

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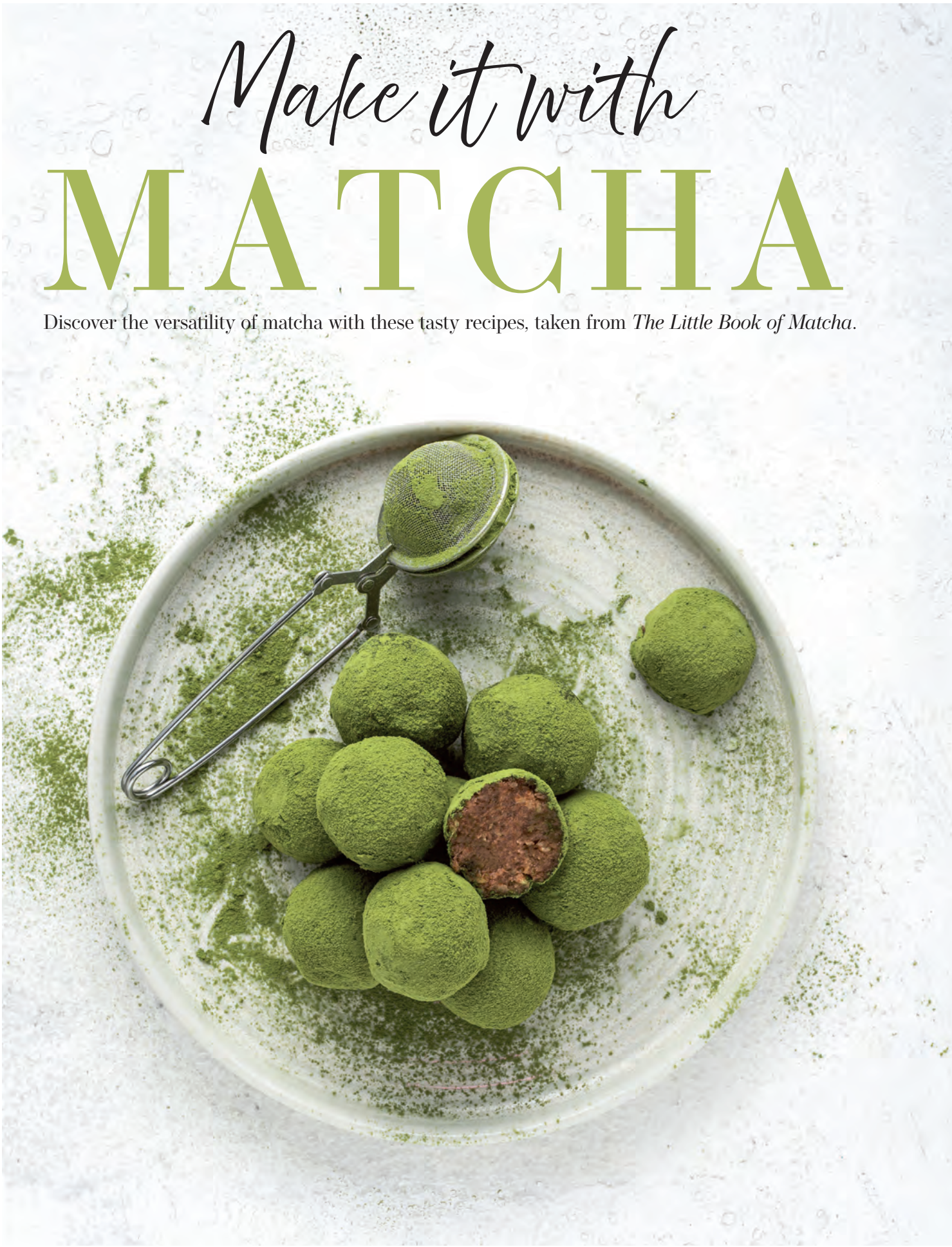
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Make it with MATCHA

Discover the versatility of matcha with these tasty recipes, taken from *The Little Book of Matcha*.



Matcha cacao power balls

Dark chocolate and green tea are a matcha made in heaven with rich, earthy tones and antioxidants aplenty. The dates and nuts in these vegan-friendly power balls provide extra power and keep you going for longer, too.

INGREDIENTS:

- 110g (4oz) Medjool dates
- 110g (4oz) almonds or pecans
- 55g (2oz) good-quality cocoa powder
- Splash of plant milk of your choice
- Pinch of sea salt
- 1tsp vanilla extract
- 2tsp matcha powder, plus extra for dusting

METHOD:

- Put the Medjool dates in a high-speed blender with the almonds or pecans. Blitz until the mixture comes together as a sticky ball.
- Next, add in the cocoa powder and plant milk and whiz again until well combined.
- Add in the sea salt and vanilla extract and blitz once more. Finally, add the sieved matcha powder and pulse again. You should now have a sticky dough that forms a ball. If it's a little too dry, add another dash of milk before mixing a final time. Take the dough out of the blender and roll it into individual balls. Aim for around 10-12.
- Dust each one with a little matcha powder to look pretty, and chill them in the fridge until you're ready to pop them in your mouth.



Pea, mint and matcha soup

Capture the essence of early summer in this delicious, fresh soup with a nutty, satisfying flavour. Ideal for enjoying all year round with a chunk of buttery bread.

INGREDIENTS:

- 35g (1oz) unsalted butter
- Handful of spring onions, thinly sliced
- 1 garlic clove, crushed
- 1 medium potato, peeled and diced
- 450ml (3 pint) vegetable stock
- 350g (12oz) peas, fresh or frozen
- 11tsp matcha powder
- 2tbsp fresh mint, chopped (with extra for garnishing)
- 1tsp sugar
- 1tbsp lime juice
- 55ml (2fl oz) double cream or creme fraîche

METHOD:

- Melt the butter in a saucepan and gently fry the spring onions and garlic over a low heat until softened. Add the diced potato and gently fry for a few more minutes.
- Next, add the stock and bring it up to a simmer. Continue to simmer until the potato is soft, then add in the peas and simmer for a further three to four minutes. Remove from the heat.
- Sieve in your matcha powder and add in the chopped mint, sugar and lime juice. Stir and then leave to infuse for a few minutes.
- Add half the double cream and blend until smooth. Divide between two bowls, swirl in a little of the remaining cream, and garnish with mint.



The Little Book of Matcha by Kitty Greenbrown is published by Summersdale, £9.99.

Matcha chocolate bark

This beautiful treat not only looks pretty, but it's also packed with antioxidants, iron, healthy amino acids and protein to keep you feeling on top of the world. It also makes a gorgeous homemade gift.

INGREDIENTS:

- 200g (7oz) dark chocolate bar (72 per cent cacao or above)
- 100g (3½ oz) white chocolate bar
- 1tsp matcha powder
- 55g (2oz) shelled pistachios or hazelnuts, bashed slightly
- Freeze-dried raspberries

METHOD:

- Begin by lining a large rectangular baking tray with non-stick baking parchment.
- Next, break up your dark chocolate bar and place three-quarters of it in a bain-marie, double boiler or microwavable bowl to melt it. Heat the chocolate gently and once it's melted, add the last quarter and stir until smooth. Pour the melted chocolate onto your baking parchment in an even layer and set aside.
- In another bowl, break up and melt your white chocolate using the same method. Once it's melted, sieve in your matcha powder and mix until it's smooth.
- Drizzle the matcha white chocolate over the dark chocolate, using a toothpick to swirl it into pretty patterns. Scatter the pistachios or hazelnuts and freeze-dried raspberries on top to finish.
- Pop the baking tray in the fridge to set for around 25 minutes and then break your masterpiece into delicious chunks. Store in an airtight container.

Cheesy matcha scones

These gloriously savoury bakes are fluffy, cheesy, and contain an extra dash of matcha magic. Dip them in soup or guzzle them warm from the oven with butter.

INGREDIENTS:

- 450g (1lb) self-raising flour
- Pinch of cayenne pepper
- 2tsp matcha powder, sieved
- Pinch of salt
- Cracked black pepper
- 110g (4oz) chilled butter or margarine, chopped
- 150g (5oz) mature cheddar cheese, shredded
- 1 large egg, beaten slightly
- 150ml (1 pint) milk of your choice

METHOD:

- Preheat your oven to 180°C (350oF), 160°C (320oF) for fan ovens, or gas mark 4, and line a baking tray with non-stick baking parchment.
- Combine the self-raising flour, cayenne pepper, sieved matcha powder, salt and black pepper in a large bowl. Add the chopped, chilled butter or margarine and rub it into the flour mixture until you get the texture of fine breadcrumbs. Stir in the majority of the cheese, keeping a small amount back for the top of the scones, then make a well in the middle of your dough and add in the beaten egg. Pour in three quarters of your milk and combine to make a soft, malleable dough.
- Tip the dough onto a floured surface and divide it into two. Make each half of the dough into a rough ball shape. Flatten each ball with your palm and cut it into four pieces by slicing vertically and then horizontally in a cross shape.
- Place the eight scones onto your baking tray, and brush with a little of the remaining milk. Top with the remaining cheese and chill in the fridge for 30 minutes before baking.
- Once chilled, bake for 12-15 minutes in the oven until fluffy and golden brown.



Optimise Your Electrolytes



- ✓ 100% Natural
- ✓ Source of Magnesium
- ✓ No Additives

Magnesium contributes to electrolyte balance.

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With lymphatic drainage, depuffing and debloating dominating the wellness conversation, castor oil packs are having a moment. Simply soak a flannel in warm Fushi Organic Castor Oil and place it over your abdomen for 30 mins or overnight to wake up feeling your best.



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