

# Natural Lifestyle

LOVE LIFE, LIVE WELL – NATURALLY

www.mynaturallifestyle.com

May/June 2023

The UK's  
**best**  
**FREE**  
HEALTH  
MAGAZINE

## Cognitive check

Feed your brain to protect  
cognitive function

## Prep for pollen season

Essential advice to  
holistically manage  
hay fever

## ANTI-INFLAMMATORY ESSENTIALS

THE NUTRIENTS YOU NEED WHEN  
INFLAMMATION STRIKES

**Plus** A COLLAGEN EDUCATION • BETTER BAKING • NATURAL LIFESTYLE  
GIVEAWAYS • PREPARE YOUR SUMMER HEALTH • SILICON NEEDS

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LOVE LIFE, LIVE WELL — NATURALLY

May/June 2023

# Welcome



## NATURAL LIFESTYLE MAGAZINE,

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

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

### EDITOR

RACHEL SYMONDS

e: rachel.symonds@targetpublishing.com

### CONTRIBUTORS

Alice Bradshaw, Keri Briggs,  
Roz Crompton, Alison Cullen

### THE TEAM

#### SALES DIRECTOR

RUTH GILMOUR

e: ruth.gilmour@targetpublishing.com

#### KEY ACCOUNTS DIRECTOR

ABIGAIL MORRIS

e: abigail.morris@targetpublishing.com

#### SENIOR SALES EXECUTIVE

JAMES LLOYD

e: james.lloyd@targetpublishing.com

#### DESIGN

CLARE HOLLAND

e: clare.holland@targetpublishing.com

#### PRODUCTION

DANIELLA COMPARETTO

e: daniella.comparetto@targetpublishing.com

#### ADMINISTRATION/DISTRIBUTION

DONNA WENHAM

e: donna.wenham@targetpublishing.com

#### ACCOUNTS

LORRAINE EVANS

e: lorraine.evans@targetpublishing.com

#### MANAGING DIRECTOR

DAVID CANN

e: info@targetpublishing.com

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- ISSN - 20428421

Printed in the UK by  
The Magazine Printing Company  
using only paper from FSC® PEFC® registered  
www.mypaper.co.uk



There is a definite sense of summer on the way, the sun is shining more, the clocks have gone forward, leaving us with lighter mornings and longer evenings. All these factors are welcome after a long and cold winter, especially as we live in a world that can feel a little doom and gloom at times.

But here at *Natural Lifestyle*, we prefer to try and take the positives and the approaching summer is certainly one of

those. Better weather makes us feel good, it can lift our mood, we top up our all-important vitamin D and for many, it signals the start of holiday season. However, we can't forget those people who can find the warmer weather harder and that is thanks to hay fever season. The weather warming up means the release of pollen, which can cause misery to what seems to be an increasing number of people, with hay fever blighting their summer simply by stepping outside.

What we love about holistic health is there are certain issues that respond incredibly well to it, with hay fever being one of them. For example, by making some relatively simple changes to your diet, looking at your lifestyle to see how you can reduce your exposure to pollen, and adding in certain supplements that can help your body better cope with the pollen are all worthwhile things to consider, while also making sure you are generally healthy to help you be able to more effectively defend against it. And so, we have gathered a range of experts who offer their advice on how best to approach your health during hay fever season. Turn to page 16 for the full story.

And finally, we are really excited to once again be hosting the *Natural Lifestyle* Retailer of the Year Awards, in partnership with Terranova. This search for the UK's best health stores needs you, our readers, to nominate your favourite, and we are delighted to announce that nominations are now open. Turn to page 19 for more and visit [www.mynaturallifestyle.co.uk](http://www.mynaturallifestyle.co.uk) to get involved.

## THE BEST BITS

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

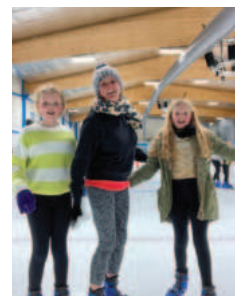


*Natural Lifestyle* team, Ruth and Abbi, were out meeting with the UK's health store owners recently while exhibiting at a trade show.



It was a day of adventures and sniffs for *Natural Lifestyle* resident dog, Gus, while out on a walk with his owner, Editor Rachel.

*Rachel Symonds,  
Editor*



Sales Director, Ruth, showed off her moves during a trip to the ice rink with her daughters.



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



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# natural relief

- ✦ Urinary tract infections can be very painful especially when visiting the toilet, and are becoming increasingly resistant to traditional treatments such as antibiotics.
- ✦ Bladapure combines D mannose, Organic cranberry powder, inulin and key nutrients to create an inhospitable environment for bacteria to flourish which can cause infections.
- ✦ Online reviews confirm that Bladapure is one of the most popular supplements used for this common problem.

Available from all good health food stores

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## Health experts remind of vitamin D importance amid cost-of-living crisis

The public is being advised that vitamin D supplements may help safeguard against dietary deficiencies as food costs rise.

The Health Food Manufacturers' Association (HFMA) explained that the Government's roll-out of vitamin D supplementation to those in vulnerable categories gave a clear signal that this nutrient is essential to wellbeing. Government advice continues to recommend 10mcg daily from October to March.

Health practitioners are keen to highlight the value of food supplements for those at risk of insufficient intake, especially when consumers are changing their buying patterns, and adapting to rising food costs. Office for National Statistics Consumer Price Inflation figures for October 2022 show that food and non-alcoholic beverage prices increased by 16.4 per cent, with many people now making choices about how often, or even whether, these certain food items are purchased.

The HFMA reminds that from a nutritional health perspective, this is not without impact. Foods with highest price increases include milk, cheese and eggs, all major contributors to vitamin D intakes in the British diet. And according to the Department of Health and Social Care, around one in six adults and almost 20 per cent of children in the UK have vitamin D levels lower than Government recommendations. Older people, the housebound and people from Black and South Asian communities are more likely to have lower levels of the vital vitamin.

Dr Michele Sadler, Scientific Advisor to the HFMA, explained: "If people cut out whole food groups because of rising prices, insufficient intake of certain nutrients becomes more likely. This is particularly true for vitamin D, for which milk, meat, fish, eggs and breakfast cereals are important dietary sources. Following Government recommendations to take a 10mcg vitamin D supplement daily, will be even more important.

"There is a wide margin of safety between the upper safe intake of vitamin D and daily requirements such that supplementation with 25mcg per day, and even up to 75mcg vitamin D daily, is within safety limits".

# Inside... HEALTH

## ARE YOU AT RISK OF TYPE 2 DIABETES?

A leading doctor has reminded people of the importance of being aware of type 2 diabetes risk, given there is much you can do to reduce it.

According to new research, the UK is experiencing a type 2 diabetes crisis, with a reported 4.3m diagnosed cases and another 850,000 people living with symptoms, yet to be diagnosed. Another 2.4m people are at high risk of developing the type 2 form in the UK.

Dr Michael Mosley, from The Fast 800, explains that it is possible to reverse type 2 diabetes by making positive improvements to your diet and lifestyle.

"I am passionate about spreading the message that type 2 diabetes is a preventable and even reversible disease. I know first-hand because in 2012, I was diagnosed with it myself. Rather than go on medication, I lost nine kilograms by putting myself on an intermittent fasting diet and my blood sugars returned to normal," he explained.

"Numerous studies have shown that if you are significantly overweight and you have type 2 diabetes, you can get rid of it if you follow a healthy diet. My wife, Clare, was part of The Diamond Study, which was carried out at Oxford University a few years ago. They looked at the feasibility of using an 800 calorie, low-carb, Mediterranean-style diet as a treatment for people with type 2 diabetes. The study found after eight weeks, people in the rapid weight loss group experienced an average weight loss of 9.5kg, sustained over the course of the trial. Results also included a significant drop in blood sugars, blood pressure and the use of medication (none of which improved in the controlled group, who were following a standard diet)."



## Fantastic forests

Enjoy the great outdoors in some of the UK's finest forests while enjoying music from leading bands.

That's what is on offer at this year's Forest Live, a series of concerts run throughout the summer and hosted by Forestry England.

Forest Live is a major outdoor live music series that introduces forests to new audiences in unique, natural woodland arenas around the country. Over two million people have attended a Forest Live gig in the last 22 years, enjoying great music and supporting the nation's forests when buying a ticket. What's more, going to a concert helps Forestry England create beautiful places for people to enjoy, run important conservation projects and keep growing trees. Last year, it planted some 6.8m trees, caring for the nation's 1,500 woods and forests sustainably and welcoming 363m visits annually.

Acts confirmed for 2023 are Jack Savoretti, Tom Grennan, Paul Weller, Madness, Anne-Marie, and Richard Ashcroft.

For the latest information and tickets online, visit [www.forestryengland.uk/music](http://www.forestryengland.uk/music)

## We love

**SKINGLO** Give your skin some nourishment from the inside with this range of world-leading collagen supplements, designed to enhance the natural beauty of your skin. In sachet form, they are made in the UK, and formulated by a team of experts with years of experience. Products include Collagen Drink, Collagen Drink for Men, as well as a vegan collagen product.

### PURE ENCAPSULATIONS PRENATAL NUTRIENTS

This supplement is formulated to support women of childbearing age, pregnant women and lactating women. It provides essential vitamins, minerals and nutrients based on scientific recommendations for pregnancy. Convenient and easy to take and in vegetarian capsules.





TERRANOVA  
SYNERGISTIC NUTRITION

# Holistic Skin Nutrition 3-Step Plan by Terranova



## STEP 1 FOUNDATIONAL NUTRITION



Create a daily foundation built upon nutrient-dense foods. Vitamins, minerals, enzymes, essential fatty acids, water and phytonutrients are just some of the elements that are required to nourish the body and skin.



## STEP 2 TARGETED NUTRITIONAL SUPPLEMENTS

Specific nutritional supplements can further support step 1 depending on skin type, age and any existing skin conditions. The Terranova range features tailored formulations designed to enhance all aspects of natural beauty by combining synergistic botanical and wholefood blends with innovative and unique ingredients, including VOLLAGEN®, a vegan alternative to collagen to promote skin tone and suppleness by supporting the general structural components that make up the various layers of the skin; ExceptionHYAL® Star, a full spectrum hyaluronic acid to help maintain skin hydration; bamboo shoots, a highly concentrated source of silica to help enhance the condition of skin, hair and nails. In addition, the inclusion of nutrients such as the B vitamins, copper and zinc all contribute to the maintenance of normal, healthy skin regardless of skin type or age, and vitamin C is involved in collagen formation, a fundamental factor in boosting skin health at a cellular level.

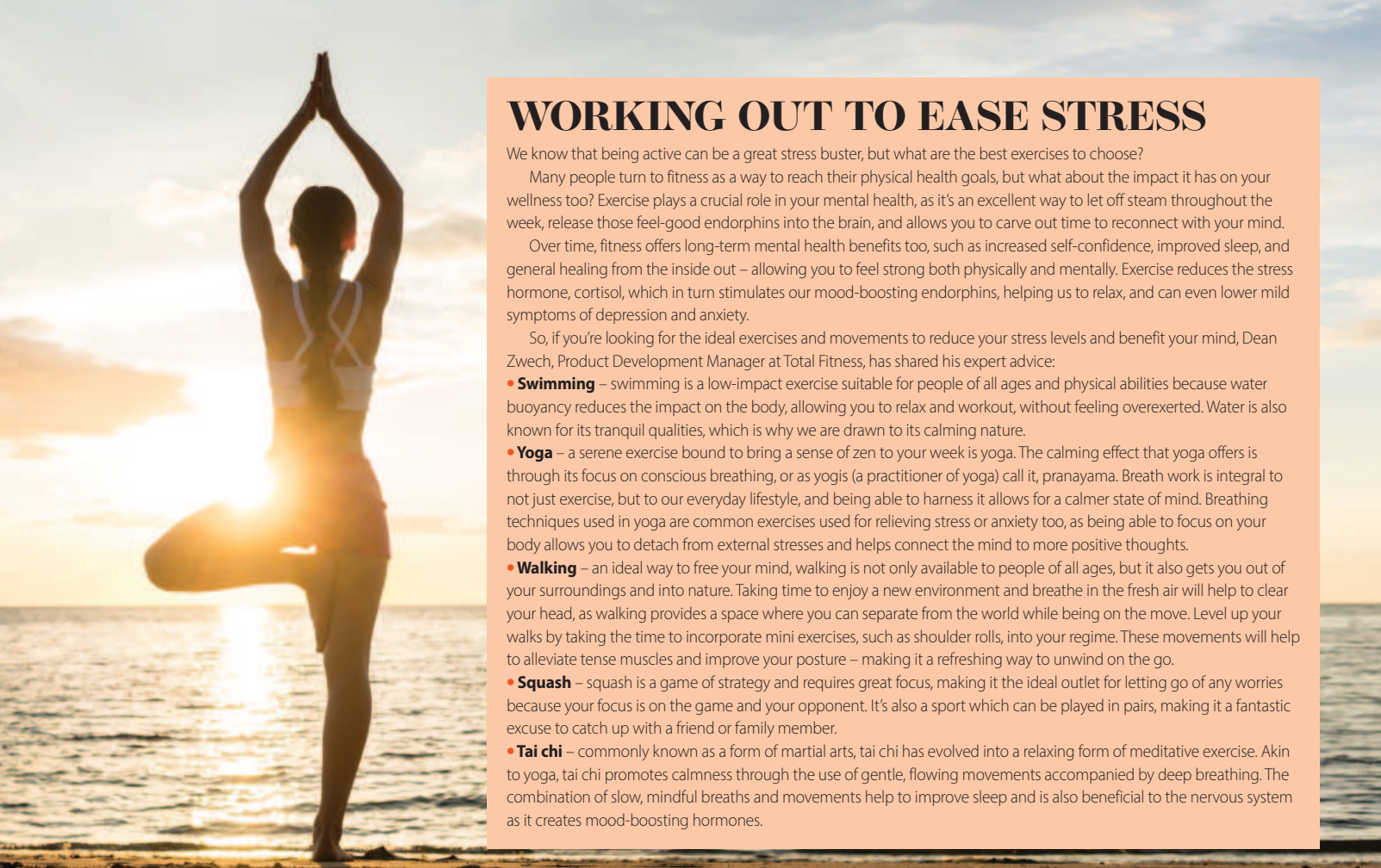


## STEP 3 TOPICAL APPLICATION

Daily application of the Terranova SERUM 768 Organic Skin Oil is a great way to complement the skin-enhancing benefits of steps 1 and 2.







## WORKING OUT TO EASE STRESS

We know that being active can be a great stress buster, but what are the best exercises to choose?

Many people turn to fitness as a way to reach their physical health goals, but what about the impact it has on your wellness too? Exercise plays a crucial role in your mental health, as it's an excellent way to let off steam throughout the week, release those feel-good endorphins into the brain, and allows you to carve out time to reconnect with your mind.

Over time, fitness offers long-term mental health benefits too, such as increased self-confidence, improved sleep, and general healing from the inside out – allowing you to feel strong both physically and mentally. Exercise reduces the stress hormone, cortisol, which in turn stimulates our mood-boosting endorphins, helping us to relax, and can even lower mild symptoms of depression and anxiety.

So, if you're looking for the ideal exercises and movements to reduce your stress levels and benefit your mind, Dean Zwech, Product Development Manager at Total Fitness, has shared his expert advice:

- **Swimming** – swimming is a low-impact exercise suitable for people of all ages and physical abilities because water buoyancy reduces the impact on the body, allowing you to relax and workout, without feeling overexerted. Water is also known for its tranquil qualities, which is why we are drawn to its calming nature.
- **Yoga** – a serene exercise bound to bring a sense of zen to your week is yoga. The calming effect that yoga offers is through its focus on conscious breathing, or as yogis (a practitioner of yoga) call it, pranayama. Breath work is integral to not just exercise, but to our everyday lifestyle, and being able to harness it allows for a calmer state of mind. Breathing techniques used in yoga are common exercises used for relieving stress or anxiety too, as being able to focus on your body allows you to detach from external stresses and helps connect the mind to more positive thoughts.
- **Walking** – an ideal way to free your mind, walking is not only available to people of all ages, but it also gets you out of your surroundings and into nature. Taking time to enjoy a new environment and breathe in the fresh air will help to clear your head, as walking provides a space where you can separate from the world while being on the move. Level up your walks by taking the time to incorporate mini exercises, such as shoulder rolls, into your regime. These movements will help to alleviate tense muscles and improve your posture – making it a refreshing way to unwind on the go.
- **Squash** – squash is a game of strategy and requires great focus, making it the ideal outlet for letting go of any worries because your focus is on the game and your opponent. It's also a sport which can be played in pairs, making it a fantastic excuse to catch up with a friend or family member.
- **Tai chi** – commonly known as a form of martial arts, tai chi has evolved into a relaxing form of meditative exercise. akin to yoga, tai chi promotes calmness through the use of gentle, flowing movements accompanied by deep breathing. The combination of slow, mindful breaths and movements help to improve sleep and is also beneficial to the nervous system as it creates mood-boosting hormones.

# Inside... LIFESTYLE



## TRAVEL CONSCIOUSLY

You can take your favourite drink on the go while being conscious of the environment with these travel mugs from Super Sparrow.

The mugs are made from 18/10 medical-grade stainless steel, which is odour and BPA-free, making sure liquids are kept fresh all day long. These super sleek thermos coffee mugs have a three in four Supermix lid, ensuring every sip is in control by simply pressing the autoclick button. The spout is then automatically sealed when the button is released. It also has a double lock setting by sliding the button safety lock to locked position, which prevents the drinking valve from accidentally opening.

As with all Super Sparrow bottles, the mugs are ultralight and durable, and the inner walls are 26 per cent lighter due to innovative Swivel Thinning Technology, with no compromise to sturdiness or durability.

## Period brands team up to cut waste



Two sustainable female-owned British period product brands have joined forces to launch limited edition reusable pads made from offcuts.

Mooncup, creator of the first silicone menstrual cup in the world, has teamed up with the pioneering reusable period wear brand, WUKA, to create a limited edition collection of reusable pads and liners.

Crafted using offcuts from WUKA period pants, Mooncup x WUKA Reusable Period Pads and Liners are set to further disrupt the sustainable period care category and thereby increasing the ethical choices available to people in the UK.

Those of us experiencing periods will use 11,000 disposable period products on average over the course of a lifetime, with the vast majority of traditional single-use pads and tampons – which contain up to 90 per cent plastic – ending up in landfill or in the ocean, causing dire consequences for the environment.

This unique collaboration between two supposedly competing brands demonstrates the true commitment of two leading, dynamic female-led businesses to give consumers more choice whilst helping tackle the environmental waste produced by the corporate giants before them.



  
Good Health Naturally  
*Because it Works!*<sup>®</sup>

Same great formulations...  
fresh new look



**Arriving in-store soon!**

*Available at all good independent health food retailers.*

# TIMELESS RENEWAL

Firming the skin has just been made easier with this luxurious organic body oil from Evolve.

Described as a new natural bodycare hero to the Bio-Retinol range, Evolve Organic Beauty has developed Timeless Renewal Bio-Retinol Body Oil to help skin appear rejuvenated and to firm, nourish and boost skin hydration.

The certified COSMOS organic body oil is formulated with Bio-Retinol Bidens Pilosa, which offers retinol-like benefits, such as stimulating collagen production, restoring skin's elasticity and improving firmness.

The body oil also contains hyaluronic acid, organic apricot and macadamia oil, and beautifully fragranced with organic rose geranium, ylang ylang and mandarin essential oils.



# Inside... BEAUTY

## Nourishing nutrients

Well-known for its supplements, Good Health Naturally is utilising its nutritional knowledge with a new moisturiser rich in key nutrients.

The pioneering family-run nutrition and wellness brand has introduced a hotly anticipated new addition to the skincare line-up with Revitalising Moisturiser, which contains coenzyme Q10, alongside the powerful plant-based retinol alternative bakuchiol oil, as well as a feast of natural skin-loving ingredients, including aloe, sweet almond oil and avocado oil. It also includes biotin to support optimum skin health.



## GLOW, SOOTHE AND BALANCE

If you are looking to personalise your skincare regime for your specific needs, then Green People can help.

When it comes to skincare, there really is no one size fits all. While some products may claim to do it all, the truth is that our skin is unique to each and every one of us, and it demands a personalised approach.

Whether your skin is crying out for a hydration boost or needs a calming touch, Green People is highlighting some of its hero products you can add into your routine when your complexion needs it most.

To add a natural glow, the new Age Defy+ Liquid Gold Tanning Drops offer an instant radiance boost. Vegan, cruelty-free and ideal for those unsure about self-tanning at home, these 95 per cent organic tanning drops can be used on face and body, and develop into a smooth, even tan in hours.

Powered by skin-compatible sugars, dihydroxyacetone (DHA) and erythrulose, the natural actives react with the amino acids on the skin to generate a subtle colour that can last up to a week.

If skin needs to be soothed, Green People founder, Charlotte Vøhtz, has launched Age Defy+ Soothing Anti-Redness Oil Serum. Offering a personalised approach to skin care, this oil serum blends botanicals with plant stem cell extract and scientifically proven phyto-actives. Together, they work in synergy to help calm tightness and redness.

And to add some balance, Age Defy+ Purifying Balancing Oil Serum can be used daily to help combat skin congestion in adult skin. Using stem cells from ginger leaf extract, this purifying oil serum blends cutting-edge botanicals with sebum-balancing phyto-actives and can be applied directly to blemishes or combined with your daily moisturiser to balance the skin's sebum production.

## Natural travel companion

If you are planning a getaway this summer, you don't need to forgo your natural skincare routine thanks to this new travel kit.

The Natural Spa Travel Wash Kit is the perfect grab-and-go companion for last minute escapes this summer. The packs – plastic-free, vegan-friendly and made from sustainably sourced ingredients – come in five varieties, including Citrus, Earth, and Woodland and can be found at eco&me. Created by Zoe Strassen, she made the range in her Devonshire workshop, based on her passion for natural products and a low waste lifestyle. They are packed in an aluminium tin, which can be re-used or recycled. The soap and conditioner are packaging free, whilst the organic cotton face cloth and shampoo paper packaging can both be composted.





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The perfect beauty and hydration partnership

## Syno-Vital

Joint Thinking  
Oral Hyaluronic Acid  
Plus Vitamin C



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## Result?

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Contact: [info@modernherbals.com](mailto:info@modernherbals.com)



Products available at all good health food stores



# THE INFLAMMATORY FIGHT

**All of us will experience inflammation from time to time, but when it becomes too frequent, it can raise our risk of health issues.**

**T**he word 'inflammation' can be associated with many negative effects, and while it is not something our bodies want in the long-term, we should remember that inflammation is a natural process, working hard to tackle an infection or repair the body when in need, for example.

When the inflammatory process has done its job, it should pass.

The issue with inflammation these days is our modern world leads many of us to be in a prolonged state of inflammation, and it is this that can lead to heightened risk of health issues, including cognitive decline, heart disease, and diabetes, among others. Arthritis is also a long-term inflammatory condition, with a range of contributory factors.

This makes it imperative we get it in check with a bit of a lifestyle overhaul – so here's what you need to know.

## EAT RIGHT

What you eat plays a big part in how inflammatory you are as some foods can actually encourage it. The good news is there are also some foods that can be anti-inflammatory, and these are what you need more of.

Let's start with the worst culprits in raising inflammation – refined sugar and processed foods. These are generally devoid of any nutrients, and it is the processing of a food that can make it inflammatory.

Also try to avoid the likes of sunflower oils, as these can become damaged in their processing and produce pro-inflammatory trans fats. Instead, opt for omega-rich olive oil.

Many will advise the Med diet for its anti-inflammatory benefits, which includes whole grain versions of bread, rice and pasta over their white counterparts (which has been processed and can provoke inflammation), healthy oils as already highlighted, and lean meat and oily fish. It will also include lots of healthy herbs and spices.

Also try to add in omega-rich nuts and seeds, and cut back on refined sugar treats; instead, choose more fruit and veg, dark chocolate, or make your own snacks at home without adding in all the undesirable ingredients involved in processed treat products.

And smoking and alcohol are both pro-inflammatory so you should also bear that in mind.

## ANTI-INFLAMMATORY ESSENTIALS

There are a great many nutrients, from vitamins and minerals to herbs, that play a key role in helping to ease inflammation, and you may want to consider these in supplement form. Many will have other uses for general good health so are a worthwhile addition.

- **OMEGA 3 ESSENTIAL FATTY ACIDS** – one of the best for easing inflammation, omega 3 is also great for supporting the immune system, the joints, and our cognitive function, among much more.
- **CURCUMIN** – a wonderfully supportive herb that is especially good for easing inflammation is turmeric, and specifically the compound within it, called curcumin. Ginger is another spice that can also be really effective at reducing inflammation in the body.
- **BROMELAIN** – this comes from pineapple and is well-known for its ability to ease inflammation. If you are a hay fever sufferer, it has the added benefit of helping to reduce symptoms thanks to its anti-histamine properties.
- **VITAMIN D** – the all-round vitamin, vitamin D has been shown to reduce inflammatory markers. It is also critical for immune health and for mood.
- **SERRAPEPTASE** – this is known as an enzyme and is well-regarded by experts for its anti-inflammatory effects.
- **HOMEOPATHY** – there are many remedies that can help with inflammation, including Aconite 30c for the first stages of inflammatory illnesses which come on suddenly, Hepar sulph 30c for pain and inflammation from infected wounds, and Hypericum 30c for inflammation from puncture wounds or injuries to nerve rich areas such as fingertips and spinal nerve injuries. Speak to your health food store about the remedy that is right for you.

## FOR THE SKIN

As well as changes to your diet and adding in certain supplements, there are some excellent products you can apply topically to the skin to help ease aches and pains and reduce inflammation.

One of the best is arnica, a popular herb, which is excellent at both easing bruises and alleviating general aches and pains. Arnica is especially useful for those who take part in intense sport, such as distance running.

Magnesium is also great for easing tired and aching joints and can be taken as a supplement or applied to the skin.

And try to remember some lifestyle shifts too; stay active to keep inflammation in check, and try to manage your stress levels too, as this can promote an inflammatory state. Sleep is also important to let the body repair so try to get into a healthy night time wind-down routine and avoid caffeine in the evening.

## TRY THIS

Helios Injury

Terranova Fermented  
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INGREDIENTS WITH  
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### NUTRA JOINT

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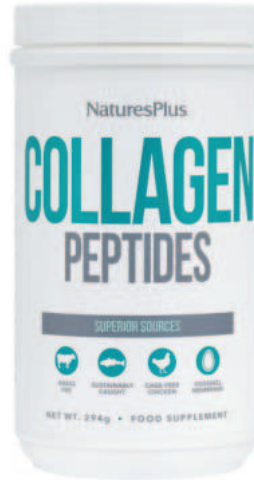
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# Natural Lifestyle Top Picks



## Boost Your Everything with NaturesPlus Collagen Peptides



Good collagen density leads to increased firmness, elasticity, and hydration for more youthful skin. It is also responsible for the health and vitality of hair, tendons, cartilage, bones, and joints. Unlike other collagen brands, NaturesPlus contains 6 types (type I, II, III, IV, V, X), derived from clean and sustainable sources, for complete body support. 29.95 GBP for a month supply.

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

## Relax with Passiflora

Passiflora Complex Spray from A.Vogel contains extracts of fresh passiflora herb, fresh lemon balm and zinc. Passiflora supports relaxation, which makes this product an ideal Go-To during exam periods, intense work commitments or even just for hectic day-to-day life. Suitable for veggies and vegans, this product has natural vanilla and star anise flavouring which appeals to many. Available from health stores nationwide. RRP £12.99.

Website: [www.avogel.co.uk](http://www.avogel.co.uk)

Email: [enquiries@avogel.co.uk](mailto:enquiries@avogel.co.uk)



## Vollagen®

Vollagen® is a complex of amino acids providing precisely the same proportion as those found within human collagen, with key advantages over typical collagen supplementation: Produced using fermentation and microencapsulation process, resulting in the creation of an amino acid blend rather than simply a combination of individual amino acids. 100% suitable for vegans, ethically and sustainably sourced,



from non-GM corn. Free from common allergens and contamination with heavy metals and other toxic elements that may occur in animal-derived collagen. The amino acids in Vollagen® are already isolated and are therefore readily absorbed into the body. Independent consumer testing has shown incredible results within 60 days of use.

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

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

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## For stronger joints and better mobility

Nowhere is the impact of collagen more apparent than in providing solutions for joint and mobility problems. And no collagen product can rival award-winning 'Collagen Plus', from UK collagen specialists ArthroVite ([www.arthrovite.com](http://www.arthrovite.com)). This unique 3-in-1 collagen supplement offers an unrivalled level of collagen, glucosamine and chondroitin; key



ingredients which combine to keep connective tissue flexible and enable bones and cartilage to bear weight. From the age of 25, collagen levels reduce around 1.5% every year. Joints stiffen and, by 45, collagen can reduce by 30%. It is vital to restore that lost collagen. Adding collagen to a daily regime can also help retain a youthful appearance through glowing skin, shimmering hair and strong nails. Studies show that taking collagen on a regular basis can slow down the ageing process.

To speak with a collagen specialist call 0800 0181 282 or visit [www.arthrovite.com](http://www.arthrovite.com)



# CONNECTING

with

# COLLAGEN

**Collagen is found in so many parts of the body, making it essential for our health and wellness. But how can you ensure you're getting enough?**

**W**hen you consider that collagen is known to be the most abundant protein in the body, found in everything from our bones and muscles to our skin and tendons, it's clear to see why it's so important we get enough. Indeed, low levels of collagen can show in dry and wrinkled skin, brittle hair and nails, joint pain, and in some people, can even cause digestive issues, as well as increased risk of osteoporosis.

This makes it really important you understand the wide role of collagen in your body, and how you can ensure you have enough.

### TRY THIS

Terranova Vollagen & Hyaluronic Acid Complex

NaturesPlus Collagen Peptides

SKINGLO Collagen Drink For Men

Collagen Plus Joint Formula

Good Health Naturally Joint & Skin Matrix

## The science

If we start with what the name 'collagen' actually means, the Greek word 'kolla' means glue, and 'gen', which denotes producing. Experts often describe collagen as the scaffold that provides strength and structure in the body, forming a key part of connective tissue.

It is considered to be the most abundant protein in the body, made up of different amino acids, and as well as providing structure, it assists with wound healing, joint health, flexibility, tissue regeneration, as well as having a heart protective role. In addition, it also helps to keep our skin supple and hydrated, with low levels as we get older linked to sagging and wrinkles.

Our body makes collagen from the likes of amino acids, vitamins and minerals but levels can decline naturally as we get older. We should also bear in mind some lifestyle factors can deplete our natural collagen levels, including hormonal changes, such as pregnancy and the menopause, smoking, and too much sun exposure. This is why we may need to consider upping our intake of certain food sources and adding in a supplement.

## TYPE TALK

There is a lot to understand when it comes to collagen supplementation and one of the most important considerations is around the type you need.

Different types are known by number, with type I and III being among the most common in the body. When choosing a supplement, you want to make sure you have a mix of types as they have different functions in the body, for example, the skin and the joints.

We would also suggest adding in a vitamin C supplement as this nutrient can help with collagen production.

And when it comes to naturally upping your collagen, be sure you eat a balanced diet with plenty of fruit and vegetables, especially antioxidant-rich ones.

## PLANT-BASED OPTIONS

Collagen most commonly comes from bovine or marine sources, which can be problematic for vegans. The good news is there are many vegan sources available now.

As an obvious starting point, make sure any collagen you buy has vegan certification so you can be sure it is free of any animal ingredients. Check the ingredient labels too so you are familiar with what it is made from; often, vegan collagens are made from ingredients such as yeasts and bacteria.

And remember that you can also up your intake of certain nutrients that can help with your body's own collagen production, including vitamin C, silica and amino acids.



# EASE THE POLLEN EFFECTS

**Spring has sprung but with that comes the arrival of the dreaded pollen season. Here's how you can prep your health and holistically manage hay fever symptoms.**

**E**ach year, there are obvious signs that hay fever season has arrived. Tell tale symptoms such as a runny nose, sneezing, sore, itchy eyes, nose and throat, and fatigue all signal that pollen is upon us. In fact, it seems increasing numbers of people are feeling the effects of hay fever compared to even a decade ago.

Alison Cullen, Education Manager at A.Vogel, explained: "The hay fever season is normally between late February and November each year but, as we experience milder, wetter winters, we can expect prolonged flowering seasons from our native plants, which will lengthen the season. In fact, the average length of any given flowering or spore season has increased significantly by half a week per year for the last two decades, having a greater impact on hay fever sufferers."

Nicola Adams, Senior Brand Manager at Lamberts Healthcare, added: "Hay fever is caused when our bodies produce allergic antibodies to the proteins in tree and grass pollens. We don't know why some people produce antibodies against pollen and others don't, but it is now more common for people to suffer from hay fever. The increase in the number of people suffering is being attributed to climate change. Led by William Anderegg of the University of Utah School of Biological Sciences, the researchers found that climate change has played a significant role in pollen season lengthening and a partial role in pollen amount increasing."

The Covid-19 pandemic is thought to have had an impact on hay fever too.

Alice Bradshaw, Head of Nutrition Education and Information at Terranova, explained: "Some experts in the medical field have suggested the time spent in lockdown during the recent pandemic may be a contributory factor in the increasing rates of hay fever. It is proposed that spending an extended amount of time indoors may have caused our immune systems to over-react once re-exposed to the outside environment."

Lindsay Powers, Nutritionist at Good Health Naturally, added: "Spending time indoors may have reduced exposure to environmental allergens like pollen. Additionally, increased use of face masks and other protective equipment may have helped reduce the severity of hay fever symptoms in some people, as they breathe in less pollen. It is also possible that the stress and anxiety associated with the pandemic may have exacerbated hay fever symptoms in some people. Stress affects the immune system and increases inflammation, making us more susceptible to worsening hay fever symptoms."



*Try this*

- ★ AllicinMax
- ★ A.Vogel Pollinosan Hayfever Tablets
- ★ Helios Hay Fever
- ★ HayMax Organic Allergen Barrier Balm
- ★ Nature's Answer Mullein

## REDUCE YOUR RISK

Hay fever can have a huge effect on a person's quality of life, with Nicola highlighting: "Hay fever, especially to non-sufferers, can sound like a trivial disease. However, on top of the familiar symptoms of itching, sneezing and running nose and sore eyes, it is the fifth most common cause of lack of sleep in the pollen months. There is now evidence to suggest it can also be the cause of examination under-performance by afflicted individuals at school."

The question is why do some people suffer with hay fever and others don't? And are there risk factors within our control that we can do something about?

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

Corin Sadler, Nutrition Advisor at Viridian Nutrition, added: "The amount of pollen naturally varies from year to year depending on weather conditions so sufferers will see changes in severity of their symptoms in response to this. Pollution levels are also strongly linked to hay fever severity so someone living in a city may find symptoms worse, despite the relative lack of pollen."

Alison went on: "Menopausal women may find their symptoms are worse, or that they develop symptoms for the first time, as hormonal fluctuations can reduce our ability to control histamine production. Immune function disorders are very problematic for a balanced production of histamine, so anything that undermines immune function, such as stress, medication, poor diet or inadequate sleep is likely to drive an increase in symptom severity. Those with sensitive eyes already, due to screen work, screen addiction, lack of sleep, long drives, or environmental irritant exposure, is more likely to react to pollen in the atmosphere, as their eyes are already inflamed and reactive."





## NUTRIENT POWER

The nutrition world holds much potential in supporting a person through pollen season and reducing the amount of times they need to reach for medication. So, what supplements could help you?

"Nutrients which bring down histamine levels are key," Corin explained. "Supplementing quercetin is often the first choice for those with hay fever, inhibiting production and release of histamine. Apple polyphenols can be good to take too as they help to inhibit the release of histamine, which causes the familiar hay fever symptoms of sneezing and runny nose. Grapeseed extract is rich in polyphenols and help mediate inflammation present in allergy. It has also been shown to favourably modulate the gut microbiome."

"Another helpful nutrient is black seed oil. Derived from *Nigella sativa* seed, it has been shown to reduce symptoms of hay fever, including runny nose, congestion and nasal itching. If leaky gut is a factor, then the amino acid, L-glutamine, might be useful as the cells of the gut lining use it for repair and fuel."

Lindsay added: "Omega 3 fatty acids, like those found in krill oil or fish oil, help reduce inflammation and may improve unpleasant allergy symptoms, such as blocked sinuses. Probiotic supplements can strengthen the immune system and help fight hay fever symptoms."

Alice suggested: "Supporting liver health and detoxification pathways prior to hay fever season may be a useful strategy. Increasing cruciferous vegetables in the diet and adding liver supportive botanicals such as milk thistle and dandelion is a relatively easy addition for people to make. Low vitamin D has been associated with an increase in allergic reaction due to the role on the immune system, therefore it may be prudent to ensure a sufferer has adequate levels and supplements where appropriate."

And Nicola recommended: "One surprising nutrient that can aid with symptoms is garlic. Whilst many of us know garlic has a lot of health benefits, helping to alleviate hay fever symptoms is a lesser known one. Not only will increasing your daily intake help boost your immune system, it also acts as a decongestant and could relieve symptoms like sore throats and headaches, due to its quercetin content."

## SHIFT YOUR ROUTINE

We may not think much about how our lifestyle can contribute to symptoms, but there is actually much you can do with some simple changes to ease the pollen effects.

"Using an air purifier with a HEPA filter helps remove allergens from the air inside your home. Also, avoid opening windows during peak pollen season and use cooling fans instead," Lindsay advised. "Wear sunglasses when outside, as this can help protect your eyes from pollen and other allergens. When you come back indoors, shower and change your clothes to remove any pollen or allergens picked up outside. Use a salt pipe to help flush out any irritants and allergens from your nasal passages."

Alison added: "Stress causes nerve cells to produce CRH, a stress-mediating neurohormone released by nerve cells into the bloodstream, which exacerbates mast cell-dependent inflammation, and can worsen nasal allergy. Keep up to date with the latest pollen forecast, to avoid pollen storms locally."

## A NATURAL SOLUTION

Homeopathic remedies can act as a great holistic support to tackle hay fever.

Roz Crompton, Trade and Operations Director at Helios Homeopathy, advised: "Allium cepa, Euphrasia and Sabadilla 30c is a combination remedy traditionally used for typical symptoms such as sore, irritated and streaming eyes and nose, sneezing, wheezing and an irritated throat, with or without a tickly cough. Mixed Pollens and Grasses 30c is made using pollens from plants, trees, shrubs and grasses and can be given weekly four to six weeks before symptoms appear and then daily during the season if a person is experiencing symptoms."

"Nux vomica 30c, with the main theme running through this remedy being irritability. The person is impatient, acutely sensitive to pollen with a stuffed-up nose, alternating sides, intense itching of the ears, nose and eyes and an unsatisfied urge to sneeze. Mag phos, Nat mur and Silica can ease symptoms and should be taken three to four times a day for a long period of time if required."

## HEALTH PREP

It's a good idea to keep your health in check with a balanced diet and positive lifestyle, and a focus on this ahead of hay fever season can pay dividends in reducing your suffering.

Lindsay advised: "A great way to prepare your body for hay fever season is to start taking quercetin, a hay fever-fighting compound found in fruits and vegetables such as apples and onions. Other natural hay fever-reducing compounds include essential oils like peppermint or eucalyptus. It is thought that local honey can help build immunity to hay fever symptoms."

Corin went on: "It's always a great idea to start to prepare for the hay fever season a month or two before the time your symptoms would start. A healthy gut microbiome is one way to prevent overgrowth of bad bacteria, which are implicated in the development of allergic diseases including hay fever. Add live yoghurts and kefir to the diet and consider supplementing with a symbiotic, which combines live bacteria and the prebiotics they need to thrive."

You can also benefit from some simple changes to your diet.

Alice suggested: "Suggestions may include limiting foods and beverages that contain high levels of histamine. These include wine, chocolate, cheese, tomatoes, spinach and aged meat. Tea and coffee can be replaced with herbal teas and ginger and nettle teas may be helpful as they have been used to manage inflammation and reduce histamine. Other helpful foods include onions, garlic, pomegranate and chamomile."

Alison went on: "If you are histamine sensitive, reduce high-histamine foods such as alcoholic drinks, sauerkraut, vinegar, soy sauce, kefir, kombucha, yoghurt, olives, cured meats, sour cream, buttermilk, aged cheeses, dried fruit, citrus fruit, avocados, walnuts, cashews, peanuts, aubergine, spinach, tomato, tuna, anchovies and sardines. Bananas, pineapple, papaya and strawberries may also trigger histamine release."

"Keep intake of vitamin C high, as this is another natural antihistamine. Opt for lots of fruit and veg, which are high in immune-boosting vitamin C, such as citrus fruits, strawberries, tomatoes, kiwi, bell peppers and dark leafy greens, including spinach. Or take a low dose vitamin C supplement several times a day if you feel your diet is deficient. Avoid alcohol, as it has an inflammatory effect. Up your intake of green tea, which is an excellent antioxidant. If you stream with mucus at the slightest encouragement, now is a good time to cut back on dairy, which can be mucus-promoting in some people."

Lindsay also suggested: "Consuming anti-inflammatory foods, such as fatty fish, nuts, seeds, and leafy greens, can help reduce inflammation and ease symptoms. Some foods can trigger inflammation and worsen allergy symptoms. These foods include processed foods, sugary foods, fried foods, and foods high in saturated fat, so ensure these are cleared from the diet."

Nicola added: "The flavonoid, quercetin, acts as an antihistamine and we use it for anything allergic – hay fever, asthma and eczema. Quercetin can be found in apples, onions, sage and parsley, but isn't found in many foods in high quantities, so supplementation could be advised. Supplements made with Sophora japonica plant extract are more easily absorbed than other quercetin supplements."



# Natural Lifestyle Top Picks



## Hay Fever? Dust or Pet Allergy?



HayMax is the organic drug-free allergen barrier balm, proven in independent university studies to trap over 1/3 of pollen grains

before they enter the body. It's 100% cruelty free and has never been tested on animals. It carries the Vegetarian Society Approved vegetarian trademark and is certified organic by the Soil Association. HayMax has the Allergy UK Allergy Friendly Product award (non-fragranced versions). HayMax has now switched to using sugar cane to make their pots, using up CO2 instead of producing it. As it is drug-free HayMax is suitable for children as well as pregnant and breast-feeding women. Visit [www.haymax.biz](http://www.haymax.biz).

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## Time to sleep

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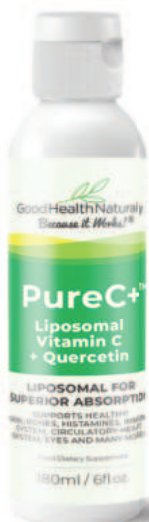


## Nature's Answer for Seasonal Allergies

Nature's Answer Mullein is a concentrated (600mg dried extract per 2ml serving) alcohol-free liquid herbal extract, which is created using carefully controlled extraction techniques to capture the Holistic Balance®. This retains mullein's natural active components, and avoids commonly used extraction techniques such as harsh solvents or heat. Mullein has been used by cultures across the world for centuries as a respiratory remedy and works by helping protect mucous membranes to prevent allergic reactions during hayfever and allergy season. The leaves of the mullein plant are naturally rich in an abundance of plant compounds including flavonoids, saponins, tannins, mucilage,

coumarins and glycosides, plus ascorbic acid (vitamin C), and several essential minerals.

**Available from all good natural health stores and independent pharmacies nationwide and [www.kijaniliving.com](http://www.kijaniliving.com)**



## PureC+™ - Liposomal Vitamin C with Quercetin

PureC+™ - Liposomal Vitamin C with Quercetin is the perfect solution for seasonal allergies. This high-potency product combines vitamin C (1000mg) and C Support (citrus bioflavonoids, quercetin) 175mg per serving and supports relief from sneezing, runny nose, itchy eyes, sore throat and more. Thanks to its advanced liposomal technology, PureC+ is easily absorbed and travels quickly throughout the body for maximum results. It is a must-have supplement for immune health and anyone who suffers during the allergy season. Pleasant tasting off the spoon or mixed into liquids for convenience and flexible dosing. Vegan. 180ml (approx 30 servings).

**Goodhealthnaturally.com**

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# Natural Lifestyle

## Retailer of the Year 2023



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YOUR HEALTH

STORE HEROES

**We are delighted to launch our annual search for the UK's best health stores with the *Natural Lifestyle* Retailer of the Year Award, in association with Terranova.**

**H**ealth stores are so much more than just shops to buy your goods in. They – and the people working in them – offer a warm and supportive environment, in which knowledge can be gained freely and expert advice offered. They are also the place you can source some of the best natural health products to support your health and wellbeing.

In fact, here at *Natural Lifestyle*, we feel so strongly about how special health food stores are that we believe they deserve recognition, which is why once a year, we run our search for the best with our Retailer of the Year Award.

Held in partnership with our friends at Terranova, we are delighted to announce that the 2023 is now underway

– but we need you, our readers, to get involved and nominate the store you think is deserving of the prestigious accolade.

Your reasons can be varied, but we want to hear from you – all you need to do is head to [www.mynaturallifestyle.co.uk](http://www.mynaturallifestyle.co.uk) and complete the form, explaining why you think the store is deserving.

Nominations are open now and close on August 31, when the entries will be whittled down to a shortlist and then judged by a panel, which includes *Natural Lifestyle* Editor, Rachel Symonds, and other industry experts.

Rachel commented: "We are delighted to be bringing these awards back for another year, and thank Terranova for their ongoing partnership, as two brands committed to independent health food stores. We know just how far retailers go to support their local community to better health and we are delighted to recognise that – we look forward to reading through your nominations."





# Ask the experts

## PLAN YOUR HOLIDAY HEALTH...

by Keri Briggs

**What are the most common health issues we can succumb to on holiday, and how can we prepare our health ahead of going away?**

Unsurprisingly, sunburn is one of the top holiday complaints, whether travelling in the UK or abroad; 46 per cent of those travelling outside the UK get sunburnt, according to a survey conducted by the British Association of Dermatologists. But even in the UK, over 30 per cent of people were reported to be sunburnt, and we are less likely to use any kind of SPF when holidaying in the UK.

Incorrect use of sun cream is a huge factor – applying less than is recommended and less frequently or using expired products often means that we are poorly protected from this painful condition. More worryingly, getting sunburnt once every two years is enough to increase the risk of melanoma, according to research by Cancer UK. Checking for expired sunscreen, familiarising yourself with the correct application and taking advice on when to avoid the sun can all help to avoid this condition.

Another common issue when traveling is stomach or digestive upsets, often called travellers' diarrhoea by healthcare professionals. It is estimated that between 30-70 per cent of those travelling abroad will experience this issue, and whilst the symptoms are normally mild, they can be disruptive for several days. As it is often caused by variations in food hygiene and water supply, using bottled water and avoiding ice and washing raw foods with bottled water is sensible.

**What advice should people follow when keeping their health in check when they are away?**

Drinking plenty of non-alcoholic fluids and eating enough fruit and vegetables can be useful for providing some protection from harmful UV rays and also the after effects if you do have too much sun. Studies have shown that nutrients such as lutein and zeaxanthin, found in dark green, yellow and orange vegetables, can protect the body and skin from UV damage.

Eating pro and prebiotic foods such as onions, chicory, garlic and yogurts may be useful for encouraging good bacteria. Having 30 different plant-based foods a week can also help to create a diverse gut microbiome, which may reduce the risk of any pathogenic bacteria colonising the gut.

**And what are your holiday health essentials and why?**

Supplements containing anthocyanins from grapeseed and bilberry, as well as lutein and green tea, offer some background sun protection, in addition to plenty of high SPF sunscreen.

I also make sure that my gut microbiome is topped up by using a four-strain probiotic. A meta-analysis of 11 studies showed that a variety of probiotics, including *Lactobacillus acidophilus*, *Lactobacillus rhamnosus* and *Saccharomyces boulardii* can reduce the incidence of travellers' diarrhoea.

**Q** Is there anything natural I can do to help me sleep better?

**Alison Cullen suggested:** The causes of sleep problems are varied but range through stress, anxiety, menopausal night sweats, having to get up to wee, a poor sleep environment (hot, noisy, full of electronics or pets), to not getting enough daylight, eating too late at night, and not having a regular bed and wake time.

Ideally, the sleeping environment should be cool (around 18°C), totally dark, and without any blinking or beeping electronics. If you use your phone as an alarm, swap it for an old-fashioned alarm clock and leave your phone in another room. Pets are best kept out of the bedroom too, to avoid night-time disturbances.

Implement a regular routine for going to bed and waking up, including daylight exposure in the morning and an hour for winding down before bed. It's good for adults as well as toddlers! Plan your latest meal for at least three hours before bed.

If you are waking due to night sweats, try an extract of sage, which helps with temperature regulation. Loo visits due to BPH can be tackled with saw palmetto berry extract. For anxiety, check your intake of B vitamins and magnesium, and employ herbal sedatives, such as valerian and hops.

## About the experts



**ALICE BRADSHAW** is a qualified Nutritional Therapist with a passion for health writing. She has worked in the natural health industry for 25 years and is Head of Nutrition Education and Information at Terranova Nutrition.



**KERI BRIGGS** is Senior Nutrition and Technical Advice Specialist at Lamberts Healthcare. Keri graduated in 1999 with a BSc in Human Nutrition and has worked for Lamberts Healthcare since 2000, firstly as a Technical Advisor and now as the Senior Nutrition and Technical Advice Specialist.



**ALISON CULLEN** is an experienced nutritional practitioner with a clinic in Ayrshire, Scotland. She currently combines running her clinic with the role of Education Manager for A Vogel. Alison lectures, trains and writes extensively on health issues, which she finds endlessly fascinating.



**ROZ CROMPTON** has worked for Helios Homeopathy for 27 years. She is a qualified Homeopath and its Trade and Operations Director.



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# Ask the experts

## GO GREEN...

by Alice Bradshaw

### What are the health benefits of green foods?

Green foods are always associated with health and vitality – and not without good reason. Green vegetables and fruits are an abundant source of many nutrients that support the optimal function of numerous body systems. Plants contain many colourful and health-giving pigments, including chlorophyll, which gives them their green colour. Plants use chlorophyll along with sunlight to get their nutrients and this pigment is thought to be one of the key reasons for the health benefits of green foods. It is thought that chlorophyll may support skin health, protect the ageing process and act as an internal cleanser.

Green foods are also an abundant source of many vital nutrients, including vitamin K, carotenoids, fibre, essential fatty acids, enzymes, and numerous phytonutrients. These are required to support general wellbeing and may play specific roles in supporting heart, gut, hormonal health and much more.

### What are the best ways to incorporate them into our daily routine?

Regularly consuming vegetables (especially leafy greens) and green fruits, such as kiwi and avocados, are a great way to benefit

from the abundant health properties found in green foods. For those who struggle to consume enough of these foods with their meals, green food powdered supplements are an easy way to boost their intake. These supplements typically contain ingredients such as nutritious green algae, cruciferous vegetables including broccoli and watercress, herbs such as dandelion, parsley and coriander and other vegetables, such as kale and spinach. These can easily be added to smoothies, drinks or any other foods.

### What key features should you look for in a green food supplement?

When choosing powdered superfoods or encapsulated supplements, it's imperative to preserve their vitality, nutrient profile and potency and to retain the enzymatic activity of the plant. For this reason, fresh freeze dried is the preferred method of choice. Fresh freeze drying produces a food supplement that closely resembles the profile of the original fresh plant, but substantially more concentrated due to the removal of the plant's moisture. Additionally, freeze dried plants are more soluble and have superior shelf stability. It's also best to choose organic sources in order to avoid pesticides.

## Q How can tissue salts support my health and are they suitable for everyone?

**Roz Crompton advised:** Tissue salts, sometimes known as biochemic or mineral cell salts, are the result of the outstanding scientific research and work of 19th century doctor and physicist, Dr Wilhelm Schuessler.

There are 12 naturally occurring minerals in the human body and Dr Schuessler's work focussed on the principle that if the balance and harmony of these minerals is disturbed or depleted, then physical symptoms can appear. Each mineral is responsible for the maintenance

of different parts of the body. For example, the mineral, calcium phosphate, is utilised for the development of bones and teeth, and if the body becomes deficient in this mineral, there may be symptoms associated with weakened bones or tooth and teething problems.

The 12 individual tissue salts are prepared in low potency homeopathic form, traditionally in an easily absorbed, quick dissolving tablet. The aim of the tissue salts is to stimulate the body's own healing response and maintain normal cell function and good health.

Tissue salts are suitable for all ages, including babies and young children and they can be used on their own or combined together. They are

suitable for animals too. Some common complaints that can be helped are as follows with the recommend tissue salt(s):

- Coughs, colds, catarrh and chestiness – Ferr phos, Kali mur, Nat mur.
- Cramp/period pains/colic – Mag phos.
- Indigestion/acid reflux – Nat phos.
- Hay fever – Mag phos, Nat mur, Silica.
- Tooth decay/brittle enamel – Calc phos, Calc Flour.
- General debility, nervous disorders and during convalescence – Kali Phos, Ferr phos.
- Skin ailments/acne – Calc sulph, Kali mur, Silica.
- Stomach upsets/biliousness/sick headache – Kali mur, Nat phos, Nat sulph.



# “I fixed my fatigue and published a book to help others”

College of Naturopathic Medicine graduate, Karina Antram, shares how studying nutrition gave her the knowledge to regain her energy naturally enabling her to become a mother, clinician and author.



Karina Antram

**B**efore studying at the College of Naturopathic Medicine (CNM), I was a senior HR business partner for a private equity consulting firm, working long hours in a stressful environment. I felt stuck and unfulfilled, and I didn't know what to do. My health was suffering too. I was constantly fatigued and anxious.

I first heard about CNM through a friend, who spoke very highly of the college and told me how much she enjoyed studying there. This piqued my interest to find out more and I later enrolled on the nutrition course. I completed it over a four-year period whilst working and pregnant. Being in the student clinic observing others and taking cases was fantastic. You are given robust feedback from mentors and supervisors that helps build your confidence and expand your learning.

Since graduating, I've launched my nutrition clinic, NOCO Health, written a book and had a baby – major milestones in my life that I couldn't have achieved without regaining my energy and health.

My book – *Fix your Fatigue* – has already reached Amazon's bestseller chart after launching a few weeks ago. After researching the book market, I discovered a niche as there were no other books quite like mine. I wrote a solid book proposal and pitched it to Penguin, a major publishing house, without a literary agent or large social media following. I was amazed when they liked my book idea and decided to publish it! I got a literary agent off the back of my book deal.

The whole experience taught me that you really have to go for things

and make them happen. Believe and trust you have all the knowledge you need to succeed. The only way you can become an expert is by taking a chance.

If you are thinking of writing a book, I suggest that you adopt Tim Ferris' principle of writing one line a day. Soon, all those lines will turn into chapters that form your book. Write without judgement and let the words flow. Everyone has a USP, a unique story to share with the world.

In clinic, I love helping clients who are struggling to turn their lives around – there is no better feeling and it's hugely rewarding. I'm excited to see what the future holds – I'd love to turn my book into a Netflix documentary, write more books and work with brands in the nutrition space. My belief is that anything is possible when you put your mind to it.

To find out more about Karin and CNM's prestigious Alumni, visit [naturopathy-uk.com](http://naturopathy-uk.com)



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# Putting menopause to the test

**With the menopause such a common issue for many of our readers, *Natural Lifestyle* has teamed up with the experts at BioCare to launch an exciting new reader trial – and we need you to get involved.**

**T**he menopause has never been such a discussed topic as it has been in recent times, with far greater awareness around the often debilitating symptoms women can experience as part of the process.

And while we know that a healthy lifestyle and a balanced diet can help symptom management, we also know there are certain nutrients that can play a big part in relieving some of the effects of the menopause. And so, *Natural Lifestyle* has joined forces with our friends at BioCare – a company that boasts a range of advanced nutritional supplements based on latest research and clinical practice – to put its Menopause Multinutrient and Female Balance supplements to the test

But we need you, our readers, to get involved by signing up to take part in our three-month trial, providing an honest account of the products' effectiveness at helping to relieve your menopause symptoms.



## What's involved?

All those who are confirmed for being involved in the trial will receive a three-month supply of Menopause Multinutrient and Female Balance, both of which are suitable for vegetarians and vegans.

Menopause Multinutrient is an advanced multivitamin for women's health during and after menopause, containing vitamin B6 to support female hormones, with magnesium, zinc, green tea, and lycopene. The combination of nutrients are designed to support female hormone balance, energy, mental health and wellbeing, skin, hair, nail, bone and, heart health. Green tea protects cells from oxidative stress, supports fat metabolism, heart function, and energy, whilst lycopene has potent antioxidant properties.

Optimally absorbed, Menopause Multinutrient includes high potency nutrients using the best and easiest nutrient forms for the body to absorb and use, such as methylfolate and methyl B12.

Female Balance is an advanced botanical complex with red clover, sage, broccoli and green tea for female hormone balance.

Red clover and sage are natural sources of isoflavones and polyphenols and promote female hormone balance, contributing to a reduction of menopausal symptoms. Red clover, specifically, helps with symptoms associated with menopause such as hot flushes, sweating, restlessness and irritability, while sage promotes hormonal balance in women, contributing to comfort during the menopause.

So, if you are peri-menopausal or menopausal and struggling with symptoms, sign up today and help your body adapt and blossom again.



## Signing up

If you would like to apply to take part in the trial, all you need to do is visit [www.mynaturallifestyle.co.uk/menopausetrial](http://www.mynaturallifestyle.co.uk/menopausetrial), where you will be required to complete a pre-trial questionnaire. Please note that women on hormonal contraceptives or HRT would not be suitable to take part in the trial.

The trial will begin on July 1, and you will be sent a pack of both supplements to take for three months.

Once the three month trial is complete, testers will be sent a questionnaire by *Natural Lifestyle* to complete in terms of the results they have seen in relation to their symptoms, which will then be published in the magazine. Full terms and conditions can be found on the website.



# Are you struggling with menopause symptoms?

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# COGNITIVE HEALTH CHECK

**How often do you consider if you are fuelling your brain with the right nutrition and lifestyle choices? Our holistic health experts are here to help keep your cognition in check.**

**F**ood is fuel for our bodies, in so many ways. The right food gives us energy, helps us to concentrate, makes us perform better, and keeps our joints flexible, among much more. The wrong food as fuel can lead to fatigue, lowered immune function, poor skin, hair and nails, and low mood. In short, we really are what we eat.

This is especially the case with the brain; putting the wrong food in that lacks key nutrients can affect your cognition in the short-term, but also raise your risk of issues later in life.

Catherine Gorman, Nutritionist at Good Health Naturally, explained: "Cognitive function tends to peak in our 20s and a rapid decline often takes place in our 60s. Many people notice a natural deterioration in memory and thinking as they age. Symptoms of mild cognitive impairment are believed to affect between 10-20 per cent of people aged over 65. These difficulties tend not to get in the way of day-to-day life but can be noticed by family and friends. But for some people, the symptoms may get worse and develop into dementia.

"All kinds of things can contribute to cognitive decline including depression, poor eyesight, failing hearing, infections, nutrient deficiencies, type 2 diabetes and thyroid problems. Once these root causes are identified, and appropriate diet and lifestyle changes are made, many people experience an improvement in memory and brain function."

Dr John Briffa, Co-founder of the Synaptaid supplement, added: "It's estimated that about one in seven of us will end up with dementia in later life, and dementia is now the leading cause of death in England and Wales. The fact that we have an ageing population is a factor, though rises in incidence may also be driven by other factors, including increasing prevalence of type 2 diabetes."

Alice Bradshaw, Head of Nutrition Education and Information at Terranova, added: "Cognitive decline has numerous contributory elements. Ageing is the most well-recognised cause, but other factors such as education, race, physical health, exercise, stress and habits such as recreational drug use and alcohol intake also affect brain health and function. Diet, lifestyle, stress management and gut health are the foundation to supporting brain function and there are lots of simple strategies that can be adopted, regardless of age or health status."

*Try this*

- ★ Synaptaid
- ★ Natures Aid Mini Drops DHA
- ★ BioCare Neuro Complex
- ★ Udo's Choice Ultimate Oil Blend
- ★ Pure Encapsulations Cogni Active

## CONDITION SPECIFIC

While many of us experience short-term and mild cognitive issues, such as brain fog and memory loss, there are common brain conditions to be aware of.

Dr Briffa explained: "There are principally three forms of cognitive decline: subjective cognitive impairment, mild cognitive impairment, and dementia. Subjective cognitive impairment is where someone is aware of cognitive impairment like memory lapses, though standard cognitive testing reveals no deficits in function. In mild cognitive impairment, there are proven deficits in cognitive function, but someone can still look after themselves. Dementia is a diagnosis usually made where cognitive impairment is at a level where someone requires support and care to live safely."

Keri Briggs, Senior Nutrition and Technical Advice Specialist at Lamberts Healthcare, went on: "A certain amount of decline in memory and thinking is expected with age, but if this is progressing more quickly than expected, a diagnosis of mild cognitive impairment (MCI) may be given. This is often seen as an intermediate state between normal decline and the development of dementia, and although symptoms can be noticeable to those close to the individual affected, it generally has little impact on daily life. However, it can be very concerning to the sufferer.

"According to the Mayo Clinic, symptoms of cognitive decline range from

difficulties in following a book, film or conversation and forgetting minor things such as appointments, your train of thought and names, through to more concerning issues, such as having problems making decisions and completing tasks and displaying poor judgement. These symptoms may also be accompanied by depression, anxiety an avoidance or lack of interest in tasks and frustration and anger."

Some people can be more at risk of suffering with cognitive issues.

Keri explained: "Both type 1 and type 2 diabetics and those with metabolic syndrome appear to be more susceptible to the development of cognitive decline and for this to progress to dementia. This is thought to be due to hyperglycaemia and poor glycaemic control, which leads to brain atrophy, and a reduction in the hippocampal volume.

"And 44-62 per cent of perimenopausal women mention brain fog or cognitive issues as a major symptom. Several markers of cognitive ability decline in this period and appear to be linked to changes in follicle stimulating and lutenising hormones and oestrogen. Those with cardiovascular disease have a 45 per cent higher risk of developing cognitive impairments, probably due to the fact many risk factors for development of CVD are also linked to cognitive decline, including diabetes and smoking."



## FUEL FOR THE BRAIN

There are some wonderful foods that can keep your brain healthy and functioning well.

"A correlation has been found between diets high in refined, processed carbohydrates and worsening symptoms of cognitive decline," Catherine explained. "This type of food is generally lacking in nutrients and often referred to as white carbs and bad fats. Eating large amounts of processed foods can impair the body's ability to regulate insulin, which is important for cognitive function and memory. White carbs and bad fats promote inflammation and oxidative stress in the brain, two factors that can significantly contribute to cognitive decline.

"Studies suggest the Japanese, Mediterranean and DASH diets, which are protective against chronic illnesses such as heart disease and blood pressure, are associated with a lower risk of cognitive decline. The emphasis is on natural plant-based foods, with limited animal and high saturated fat. It specifies the consumption of whole grains, nuts, berries, and vegetables, especially leafy greens and fish."

Alice went on: "Researchers have studied the effects of diet on cognitive decline and one diet recognised as being protective to cognitive function and to encourage the slowing of

deterioration is the MIND diet. The MIND diet emphasises the consumption of berries, green leafy vegetables, nuts, olive oil, fish, beans, poultry and whole grains. One glass of wine daily is also suggested, preferably red, to benefit from the resveratrol that it contains."

Dr Briffa continued: "Blood sugar and insulin dysregulation appears to be an important and common factor in dementia (including Alzheimer's). For this reason, I tend to advise a diet relatively low in carbohydrate, and some intermittent fasting (such as time-restricted eating) for those who can manage."

Keri added: "Polyphenols, found in most plants, have been shown to reduce oxidative stress, to have protective effects on the neurons of the brain and may improve neuroplasticity. Specific polyphenols such as those in cocoa, red wine, green tea and citrus fruits have been shown to improve cognitive function in the elderly. Nutrients such as curcumin, in turmeric, and catechins in green tea, along with omega 3 fatty acids, appear to have multiple roles in brain health and cognitive function."

She also highlighted the importance of fats. "The brain is around 60 per cent by weight and poor levels of the right fats have been linked

to cognitive issues and decline. One of the most important nutrients is the omega 3 fatty acid, docosahexaenoic acid (DHA), found in algae and oily fish. This fatty acid is almost impossible to make from dietary intakes of alpha linolenic acid, the parent compound of the omega 3 group. Studies suggest to obtain the 250mg of DHA required per day for normal brain function, you would need to consume 12.5-50g (12,500-50,000mg) of flax seed oil. DHA is the main fat found in brain tissue and has many different roles to play in improving brain function and cognition."

You also need to be aware of the foods that are less than desirable for a healthy brain.

Alice advised: "A diet low in sugar, processed foods and other pro-inflammatory foods may protect against cognitive decline. Sugar and refined carbohydrates appear to be particularly detrimental to cognitive health. Excess sugar forms harmful compounds in the body called Advanced Glycation End products (or AGEs), as well as increasing insulin beyond a safe level (resulting in inflammation and other detrimental outcomes). AGEs lead to arterial damage and are thought to be directly correlated to the development of Alzheimer's disease."

## KEEP THE BRAIN ACTIVE

When we talk about being active, we mean this both physically and mentally, as both can support the long-term health of the brain.

Alice explained: "Regular exercise regulates mood and increases brain-derived neurotrophic factor (BDNF), a molecule that enables the brain to process new information and enhance learning and memory. Exercise can help to regulate inflammation and improve sleep (which is also vital for stress management and good cognitive function)."

Catherine added: "It is crucial to keep the brain active, it is a case of use it or lose it. Stimulate it with activities such as reading, crosswords, sudoku, learn an instrument or another language. Ensure there is plenty of social interaction with friends, groups and societies. Frequent engagement with other people helps slow down cognitive decline."

Dr Briffa added: "Sleep is another critical factor, as during sleep, the brain clears proteins that can 'gum up' the brain."

## BRAIN POWER

Ensuring daily nutrient needs are met is not only important for general health, but specifically the brain. But what do you need?

Dr Briffa recommended: "I'm a big fan of lion's mane mushroom for supporting cognitive function. I also favour cinnamon; it is well known to help normalise blood sugar and insulin. This is relevant bearing in mind the link between blood sugar and insulin dysregulation and dementia. Cinnamon has antioxidant properties and has been shown in animals to reduce build-up of neurodegenerative proteins. Other animal studies show cinnamon stimulates neuroplasticity and improves learning.

"For a long time, I have been a fan of vitamin D for the brain. It tends to improve mood, but studies in animals show it can retard or even reverse cognitive issues. In humans, low vitamin D is associated with increased risk of cognitive issues and dementia."

Catherine went on: "To function optimally, the brain needs protein, good-quality fats, antioxidants, vitamins, polyphenols, and essential fatty acids. A diet deficient in these can lead to cognitive deficits, such as memory loss, poor concentration, and decreased focus. Studies show omega 3s are important for the development of neurons and may help protect against certain degenerative diseases, such as Alzheimer's. They can help reduce inflammation in the brain, associated with improved cognitive performance and mental health."

Alice continued: "Research has focused on vitamin C, vitamin E and beta-carotene, although nature provides a vast array of antioxidant compounds including flavonoids, phenols, polyphenols and other carotenoids.

"B vitamins are vital for protection of cognitive function. In particular, B12, B6 and folic acid are required in adequate amounts to prevent the devastating consequences of excess homocysteine, an amino acid produced when proteins are broken down. B vitamins are instrumental in reducing serum homocysteine to safe levels (high levels are associated with poor cardiovascular health and cognitive decline).

"Resveratrol, found in grapes, red wine and many other plant foods, has been extensively researched for its role in modulating the ageing process, including cognitive protection. It is thought this antioxidant may modulate the inflammatory response within the brain and protect the integrity of the blood brain barrier."

Meanwhile, Keri suggested: "Coenzyme Q10 (CoQ10) supports production of energy and decreases as we age. CoQ10 appears to reduce inflammation and act as an antioxidant, as well as having effects on the dilation of the blood vessels, via the production of nitric oxide. Decreases in CoQ10 and the resulting increase in oxidative stress causes declines in attention and executive function (which defines the ability to plan, focus attention, remember instructions, and juggle multiple tasks successfully) and depleted CoQ10 is associated with cognitive impairment.

"Tryptophan is required for the production of serotonin, melatonin and acetylcholine. Depletion of melatonin is associated with cognitive decline. Tyrosine is involved in production of the neurotransmitter, dopamine, closely associated with learning. Tyrosine seems to be particularly useful for cognitive function during periods of stress. L-carnitine is useful for the function of the mitochondria. It is involved in the transport of fatty acids across the mitochondrial membrane and transports toxins out of the mitochondria, enhancing mitochondrial function and reducing dysfunction."

She went on: "One of the main herbal products studied for cognitive function is ginkgo biloba. As a plant material, it has antioxidant properties which may help to protect the brain and neurons, but it also appears to improve flow of blood, and therefore other nutrients and oxygen to the brain. Rosemary is traditionally used for remembrance.

"Ashwagandha has antioxidant, anti-inflammatory and neuroprotective effects, as well as decreasing the breakdown of acetylcholine. The withanolides in this herb have been shown to improve memory, executive function and information processing speed. Sage is considered to have significant effects on brain health and cognitive function. It is a combination of all of the polyphenols which appear to give sage a wide range of benefits for brain health, including the reduction of inflammation, depression and anxiety."

Alice turned the focus on the link between the gut and brain. "A healthy gut is vital for cognitive function and imbalances in the gut microbiome can produce inflammation which alters brain function," she explained.

Catherine added: "To support the microbiome, include plenty of fermented foods, fibre, and prebiotic vegetables such as artichoke, leek, apple, garlic, and onion."



# Natural Lifestyle Top Picks



## CalmBiotix

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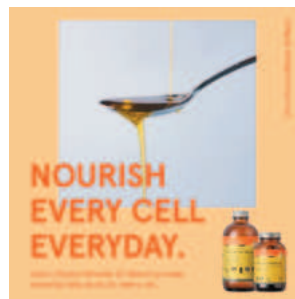
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# Sensational

## SILICON



**Silicon has a range of health and beauty benefits, but choosing the right kind of supplement is important, as *Natural Lifestyle* explains.**

**S**ilicon is the second most common element on earth after oxygen, responsible for cell structure and cell growth, while providing strength and elasticity at the same time. In addition, silicon can bind 300 times its weight in water. What is interesting is that silicon is found everywhere in the body – even in every cell – although it cannot form it itself. It is therefore dependent on the trace element being added from the outside so that it can work from the inside. Once in the body, it is responsible for transporting nutrients to the cells.

**THE COLLAGEN CONNECTION**  
Collagen has become one of the most popular supplements, especially for anti-ageing, but silica is essential for building and utilising collagen, helping glue it together and maintain its flexibility so taken together, they are a perfect combination.

### How it works

Silicon improves cell metabolism and thus also ensures that harmful substances are removed. In addition, it ensures optimal moisture balance. In the body, silicon is the building material for the connective tissue, which, in turn, is needed for firm skin, strong hair and healthy fingernails.

- If your body lacks silicon, typical deficiency symptoms can include:
- Weakened, slack connective tissue.
  - Sallow, pale or itchy and impure skin.
  - Dull, frizzy hair.
  - Soft, brittle nails and nail ridging.

Silicon has many other uses when produced in different molecular sizes. Supplements made with silicon are combined with water and oxygen to create silicon dioxide; although this sounds like a nasty chemical, it's very natural and creates a highly absorbable colloidal silica, which is able to pass through the digestive system and be taken up by the body. It can then be used by all the cells, which rely on it to maintain strength and flexibility.

Silica is also used in a larger molecular size in popular gastrointestinal products. This larger molecule cannot be absorbed by the body, instead it binds to toxins and gases and simply passes them through the body.

Typically, it is used as an effective treatment for cold sores as it quickly binds with the viruses secretions, preventing spreading, thus drying out the sore quickly.

### Silicon sources

We generally know where rich sources of other common minerals, such as iron and calcium, can be found, but what about silicon-rich foods?

Good sources of silicon are potatoes, millet, wheat or corn, but also strawberries, green beans, lentils, grapes and pears.

One of nature's richest sources of silica is bamboo – it's this which gives the plant its incredible strength and fuels its rapid growth.

### Reader offer

*Natural Lifestyle* is offering readers the chance of winning one of three two-month supplies of Silicea hair, skin and nails capsules. Produced in Germany for more than 75 years, the unique manufacturing process ensures the purest silica in its colloidal form to maximise absorption. Clinical studies confirm its dramatic effect on hair quality, skin elasticity and nail growth. Silica is found in nature providing plants with strength and flexibility so is also beneficial for connective tissue and joints. The one a day capsules are convenient and simple to add to your nutritional regime. Turn to 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.**



## UDO'S CHOICE

Natural Lifestyle has teamed up with Udo's Choice to offer readers the chance of winning one 12-month supply. The winner can choose from either Udo's Choice Ultimate Oil plant-based omega 3, 6 and 9, Beyond Greens, a vitalising blend of certified organic and vegan fermented greens, Udo's Choice Digestive Enzyme Blend, a blend of plant-based enzymes to aid healthy digestion and nutrient absorption, or Udo's Choice Microbiotics, which uses the most researched age-appropriate strength and strains of bacteria.

## NATURESPUS COLLAGEN PEPTIDES

Good collagen density leads to increased firmness, elasticity, and hydration for more youthful skin. It is also responsible for the health and vitality of hair, tendons, cartilage, bones, and joints. Unlike other collagen brands that only use I, II, or III types of collagen, NaturesPlus collagen contains six types, derived from clean sustainable sources, for complete body support. Natural Lifestyle is offering readers the chance of winning one of six.



## NATURE'S ANSWER MULLEIN LEAF LIQUID HERBAL EXTRACT

Nature's Answer Mullein is a concentrated (600mg dried extract per 2ml serving) alcohol-free liquid herbal extract, which is created using carefully controlled extraction techniques to capture the holistic balance. This retains mullein's natural active components and avoids commonly used extraction techniques, such as harsh solvents or heat. Mullein has been used by cultures across the world for centuries as a respiratory remedy and works by helping protect mucous membranes to prevent allergic reactions during hay fever and allergy season. The leaves of the mullein plant are naturally rich in an abundance of plant compounds, including flavonoids, saponins, tannins, mucilage, coumarins and glycosides, plus ascorbic acid (vitamin C), and several essential minerals. Natural Lifestyle is offering readers the chance of winning one of five.



## NUTRATEA BUNDLE

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

**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: July 1, 2023. Or you can enter online - visit [www.mynaturallifestyle.com](http://www.mynaturallifestyle.com)

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# Baking better

Rebecca Bishop inspires us with a selection of mouth-watering recipes from her new book, *Two Magpies Bakery*.



## Oat and honey soda bread Loaf weight: 900g

Quick and easy to make, soda bread can be on the table within an hour. To leaven this bread, we use bicarbonate of soda rather than yeast, which gives a distinctive taste and texture and makes it the perfect introduction to the pleasures of real bread. If you're struggling to find buttermilk, add a tablespoon of lemon juice to full-fat milk.

Stir and allow to curdle slightly for 30 minutes. Delicious with salty butter and a bowl of home-made soup or with scrambled eggs and smoked salmon, this loaf will stale quickly, so enjoy it fresh on the day it's made or toast the next day. We get our buttermilk from our local raw milk supplier, Fen Farm Dairy, a by-product of their delicious Baron Bigod brie.

### Ingredients:

- 200g self-raising flour
- 120g wholemeal flour
- 150g jumbo oats
- 1tbsp bicarbonate of soda, sieved
- 1½ tsp fine sea salt
- 1tbsp honey
- 1tbsp treacle
- 350g buttermilk

### Method:

- Preheat the oven to 210°C/190°C fan/gas 6-7 and grease your tin thoroughly.
- Weigh the two flours, 120g of the oats, the bicarbonate of soda and salt into a large bowl and whisk to combine.
- In a jug, measure your honey, treacle and buttermilk and stir to combine. Add the liquid to the flour mix and, using a scraper or a

- wooden spoon, stir briefly to combine until no dry matter remains. This is more like mixing a cake batter than bread – don't overmix the dough.
- Pour the wet mix into the prepared tin and smooth the top with a wet finger. Sprinkle the remaining 30g of oats onto the wet surface. Bake for 35-40 minutes until golden brown and the core temperature is 97°C.



# Cardamom knots Makes 12

Try and source black cardamom seeds for this, grinding them fresh for every bake. The intense, astringent taste is utterly unique. Once tasted it will live in your memory and keep you returning, again and again.

## Ingredients:

### Cardamom dough:

- 450g strong white bread flour
- 80g icing sugar
- 12g ground cardamom
- 8g fine sea salt
- 75g cold unsalted butter, cubed
- 260g full-fat milk
- 7g active dried yeast

### Cardamom butter:

- 100g soft unsalted butter
- 80g caster sugar
- 10g ground cardamom
- 10g lemon juice
- ½ tsp fine sea salt

### Method:

• Weigh the flour, icing sugar, cardamom and salt into a large bowl and mix to combine. Rub the cubed butter into the flour mix until it resembles fine breadcrumbs. Warm the milk, add the yeast and stir to dissolve. Add this liquid to the dry mix and bring the dough together using

your scraper until all the dry matter is incorporated.

• Allow the dough to rest in the bowl, covered, for 20 minutes, then turn out onto the counter and knead for five minutes until you have a smooth, elastic dough. Place the dough back in the bowl, cover and prove for one hour with stretch and folds after 20 and 40 minutes. Maintain the dough temperature at 26°C.

• While your dough is proving, make the cardamom butter by gently combining all the ingredients in a bowl.

• Roll the dough into a rectangle 60cm x 24cm, with the narrowest side next to your body. Spread with the cardamom butter and fold the bottom edge halfway to the centre of the dough, then fold the top edge of the dough to fully cover the first half of the dough (a single/letter fold). The dough will now measure 20cm x 24cm.

• Wrap the dough in cling film or

baking parchment and chill in the freezer for 20 minutes. Remove and place the longest side of the dough parallel to your body. Gently roll the chilled dough to 30cm high, then trim the sides. Cut 12 x 2cm wide strips of dough. Cut each strip into three sections from the bottom edge, leaving the top edge still attached so that each strip has three sections. Prepare your tin by greasing it well or lining with cases.

• Plait the sections and roll each plaited strip so that the ends are tucked underneath when placed into the muffin tin. Prove for one to two hours until puffy and increased in size.

• Preheat the oven to 200°C/180°C fan/gas 6. Brush the buns with egg wash and sprinkle with nibbed sugar, then bake for 12-15 minutes. Brush liberally with syrup as soon as they are out of the oven, then turn out of the tin after 10 minutes to prevent the buns sticking.





## Mushrooms and Binham Blue tartine Serves 2

We love a tartine – it's essentially stuff on toast and makes the perfect showcase for our bread and an opportunity to let simple seasonal ingredients speak for themselves. Mrs Temple's Binham Blue is a creamy Norfolk cow's milk cheese that crumbles softly. If you can't find it, then Cambazola or Dolcelatte would be great substitutes. Thanks to Ali, our Southwold chef, for this recipe – our customers love you for it!

**Ingredients:**

- 1tbsp olive oil
- 100g chestnut mushrooms, cut into 1cm slices
- 1 large banana shallot, finely sliced
- 1 garlic clove, finely sliced
- 1tsp fresh thyme, stalks removed
- 100ml double cream
- 100g Binham Blue cheese, crumbled
- 2 thick slices of sourdough
- 100g watercress
- 5-6 pickled silverskin onions per person

**Method:**

- Heat the oil in a heavy-based pan, then add the sliced mushrooms, shallot, garlic, thyme and a generous grind of flaky sea salt and black pepper. Cook gently for five minutes until the shallot has softened. Add the cream and crumbled cheese and continue to cook gently for another five minutes.
- Toast the sourdough bread and lay each slice on a warmed plate. Top with the cooked mushroom mix. Season generously with salt and pepper.
- Garnish with a handful of watercress alongside and the pickled onions.



*Two Magpies Bakery* by Rebecca Bishop is out now in hardback, £26.00 (Headline Home).







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