

# Natural Lifestyle

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Summer 2024



## The holistic man

Nutrition and lifestyle guide for the modern man

## BRAIN POWER

Expert advice to support cognitive function

# Have a healthy holiday

Natural health essentials for your summer holiday

## Plus

- ◆ NATURAL LIFESTYLE RETAILER OF THE YEAR – NOMINATE YOUR STORE
- ◆ FERTILITY-FRIENDLY NUTRITION ◆ NATURAL LIFESTYLE GIVEAWAYS
- ◆ SLEEP SUPPORT WITH NATURAL LIFESTYLE TRIAL



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LOVE LIFE,  
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# Summer 2024 Welcome



If you are reading this magazine, it's highly likely you are a health store shopper, given this is where *Natural Lifestyle* is distributed. And that's because we are passionate about these shops, not just for the service and advice the staff in them offer, but for the difference they make to our collective health. Where else can you get great advice from people who genuinely care about making a difference, and who stock products that can truly benefit your health.

Health food stores are a crucial part of our high street, and we want to celebrate that, which is why each year, we run the *Natural Lifestyle* Retailer of the Year Award, sponsored by our good friends at Terranova.

Designed to shine a light on health stores across the UK, we are passionate about these accolades because we believe such stores are worthy of recognition. And the time is now for you – our dedicated readers – to get involved. We want to hear from the people who shop in these stores about why you believe a specific store should win. It could be your received excellent advice and service, perhaps your local shop gets involved in the community, or it maybe a product recommended to you made a big difference to your health and wellbeing.

Whatever your reasons for nominating a store, we want to hear from you. All you need to do is visit [www.mynaturallifestyle.co.uk/awards](http://www.mynaturallifestyle.co.uk/awards), where you can cast your vote. Nominations are open now and close on August 16. You can find out more on page 16.

Elsewhere in this issue, we have all the advice and tips you need for a healthy summer with our guide to holiday health on page 18, helping you ensure you pack all the holistic holiday essentials, and we also have key advice from natural health experts about the steps men should take to protect their wellbeing – you can read what they have to say on page 26.

Rachel Symonds,  
 Editor

**The best bits**

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

It's been an active time for Sales Executive, James, who cycled an impressive 250 miles on the Wolf Way.



Editor Rachel was honoured to be named the Health Food Manufacturers' Association's Journalist of the Year for 2024.



It was to the stage for Sales Director, Ruth, who had a family day out to see *Wicked* on London's West End.

# Summer 2024 Contents

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



# 6.



  
**Men's**  
HEALTH ADVICE

# 26.

## REGULARS

### 6. INSIDE HEALTH

### 8. INSIDE BEAUTY

### 10. EXPLORE IN STORE

Brain nutrients

### 13. EXPLORE IN STORE

Support your fertility

### 14. SLEEP TRIAL

Natural Lifestyle readers sought for our latest trial, in partnership with BioCare

### 16. NATURAL LIFESTYLE RETAILER OF THE YEAR AWARD

Now is the time to nominate your top store

### 22. ASK THE EXPERTS

Your questions answered

### 30. THE LOWDOWN

How castor oil can support your health and wellbeing

### 32. NATURAL LIFESTYLE GIVEAWAYS

### 34. REVIEW

We journey to OCEANO in Tenerife for holistic wellness

### 36. RECIPES

Classic dishes with Indian inspired flavours

## FEATURES

### 18. HEALTHY HOLIDAYS

Be sure you pack all the holistic health essentials

### 26. MEN'S HEALTH

Healthy rules for the modern man



# 8.



# 18.

# Add Life to your life



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- ▶ Omega 3,6,9 oil blend 2:1:1 ratio (vegetarian)
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## Research reveals workplaces need to improve period provision

Periods are still seen as a problem in workplaces, according to new research.

Researchers at Heriot-Watt University in Edinburgh say that women, trans and non-binary people managing periods at work are still being stigmatised, silenced and ignored. Challenges include inaccessible washroom facilities, poorly informed managers and continued shame, particularly around menstrual bleeding.

Recommendations for improvement include menstrual health education for organisations and managers, a review of uniforms and personal protective equipment worn in workplaces, and better toilet provision and shower facilities in all work environments.

The report specifically focuses on women working as researchers, but has implications for all genders, workplaces and career stages, the researchers say.

Kate Sang, a Professor of Gender and Employment Studies at Heriot-Watt

University's Edinburgh Business School led the research. She commented: "Research and workplace policies on menstrual health, including periods, menopause and perimenopause, has been growing in recent years. But it is still an under-researched area, and the topic is still poorly understood in the context of the workplace. Workers in remote and non-office locations are particularly likely to face challenges managing their symptoms because of poor facilities and understanding."

Other findings show that menstrual stigma, especially around signs of blood, remains a powerful force in working women's lives. For those in laboratories, personal protective equipment is often designed for men with sizes and fabrics unsuitable for those managing menstruation. The researchers also note that menstruation can be particularly challenging for neurodivergent, trans, racially minoritised and disabled researchers.

## MORE THAN HALF MENOPAUSAL WOMEN FACE DISCRIMINATION AT WORK

Concerning research has revealed more than three in five menopausal women face discrimination in the workplace.

The recent survey found over two-thirds (69 per cent) of Brits believe women face discrimination at work when going through menopause. Symptoms can affect women physically and mentally, which can make everyday tasks harder and, according to the Faculty of Occupational Medicine, almost eight out of 10 menopausal people are in work.

In light of increasing awareness, Forth, which provides hormone tests for women, surveyed more than 2,000 people and found that just 13.8 per cent believe women never face discrimination in the workplace due to menopause compared with 69 per cent believing they are subject to discrimination. Breaking this down by gender, 74 per cent of women and 64 per cent of men said 'yes'. However, almost one in five men (17.7 per cent) believe women never experience it.

When it comes to what kind of discrimination menopausal women



face, one of the main topics was being passed up for promotions. Another was the symptoms women experience needing to be taken more seriously by line managers and colleagues.

Dr Beverley Taylor, Forth's Menopause Expert, commented: "Sadly, this is fairly typical of where we are with menopause in the workplace. We have seen some positive steps to reduce bias from organisations who offer menopause awareness training and/or specific menopause support. Yet, there is much work to be done to increase overall awareness and reduce the impact of menopause symptoms at work."

## Managing midlife anxiety

With anxiety in midlife a real thing, according to new data, a leading charity is working to help support sufferers.

A study from the Office for National Statistics found adults aged 45-59 are least happy and report the highest levels of anxiety.

Anxiety UK's Director of Communications and External Affairs, Dave Smithson, advised: "While anxiety can manifest at any age, midlife is often a time for reflection with conflicting priorities and hormonal transitions sometimes leading to exacerbated feelings of worry and unease. Health concerns become more prominent as individuals become aware of their ageing bodies and potential health risks."

So, what should you do?

- **ACCEPT CHANGE:** As you age, change becomes unavoidable, and embracing it is crucial for finding contentment.
- **TRY SOMETHING NEW:** Trying new hobbies or rediscovering old ones can bring excitement and fulfilment. Doing so will help keep your brain sharp, expand your social circle, and give life a purpose.
- **CHANGE YOUR THINKING:** Instead of dwelling on past regrets or fearing the future, shift your view of getting older with a positive outlook that acknowledges new opportunities, such as more time to spend on doing things you love.
- **SEEK SUPPORT:** If midlife anxiety is impacting your daily life, seek support from a therapist, counsellor or healthcare professional. You may also benefit from a traditional herbal remedy such as Kalms Lavender.



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### ALLIDERM GEL

Soothe your skin with moisturising Alliderm Gel, which gives the benefits of alicin from garlic in an aloe vera base. Easy to use, non-greasy and perfect for those moments when your skin needs attention, especially during the summer months.

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## Natural festival essentials

The summer festival season is upon us and if you need help to stay fresh, Green People has just the thing.

To ensure you're festival ready, Green People's Zero-Waste Shampoo Bars will keep you fresh, and are available in Scent Free, Citrus & Ginger, and Eucalyptus & Mint.

These bars are convenient for travel and environmentally conscious, formulated with natural ingredients to cleanse and nourish your locks.

Presented in plastic-free packaging that can be reused to store the bar in between washes, they are rich in key actives and nourishing plant oils to keep hair and scalp healthy and balanced, without the need for conditioner.



## YOUR SUMMER LOOK

Lavera has developed a new range of natural and organic make-up to add a summer glow.

Among the launches from the natural and organic beauty brand, we love Vitamin Skin Tint, which combines skin care with a lightly tinted moisturiser that gently evens out skin imperfections. It has a silky texture, spreads evenly across the skin and leaves a natural, nude effect. It provides a weightless feel on the skin with an even finish and comes in three shades. You can then add Multi Balm, a multi-purpose stick that provides natural colour around the eyes, lips and cheeks.

Keep make-up in place during the warmer weather with Set & Glow Setting Spray, a quick drying spray that sets make-up and leaves a natural dewy finish.



## Freshen up

Keep armpits smelling fresh without the use of aluminum with Tisserand's Aromatherapy's collection of natural roll-on deodorants.

Google trends report a 150 per cent increase in searches for 'deodorant without aluminium', reflecting a shift in preferences towards natural and safer personal care products.

Tisserand Aromatherapy's collection of aluminium-free deodorants come in four natural scents, each with ultra-fresh essential oils. Reducing impact on the planet, each deodorant also comes packaged in a recyclable bottle.

Using a natural active ingredient to provide a long-lasting deodorising effect, the roll-ons have been dermatologically tested to be kind to even the most sensitive skin, all within an aluminium and alcohol-free formula. For added comfort, aloe vera extract has been thoughtfully added into each scent to keep underarms soothed and calm.



## SUN DEFENCE

We must consider our sun protection regime in the summer and we love this natural option from Alteya.

Alteya Organics Sheer Rose Tint Face Age Defense Sunscreen SPF30 is a 100 per cent natural and organic cream that provides reliable and high sheer tint UVA/UVB protection from sun damage. This is a broad spectrum SPF30 formula made with natural and certified organic ingredients and offers both a sunscreen with a sheer tint. It is free from harmful and artificial ingredients.





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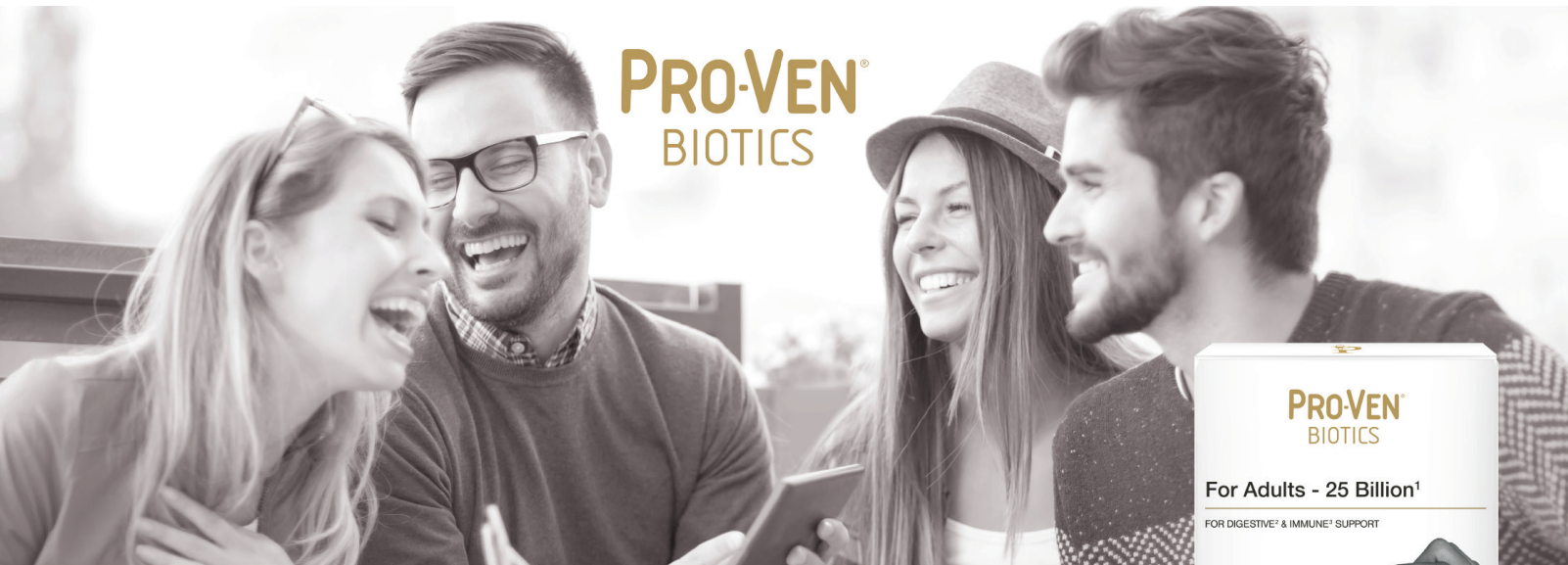


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# BRAIN *matters*

Protect your brain with a healthy diet and lifestyle to support good cognitive function for years to come.

It can be easy to forget about our brain health until we start noticing it isn't functioning so well; perhaps you find you can't concentrate as well, or maybe you are forgetting things you never used to.

All of these and more are common signs your cognitive health isn't as good as it once was, and this is normal in the sense that as we age, our brain health declines. But it needn't be a sharp decline, and it certainly shouldn't occur prematurely. The important point is there is a huge amount we can do to protect our brains, and this starts with our nutritional and lifestyle choices.

## SPOTTING COGNITIVE DECLINE

We all at some stage – especially as we get older – may notice our brains aren't functioning as well, and this is often referred to as mild cognitive impairment (MCI).

One of the obvious signs is a deterioration in memory, finding that you forget things more often, as well as in thinking; you may lose your train of thought, you might struggle to concentrate on things you have always been able to, such as reading a book or following a film, and this can then lead to frustration. You may have problems with decision making and finding the right words.

If you are concerned your brain health needs

support, and especially if you have worries around dementia, we would recommend you seek the advice of your GP in the first instance. But it is also important to pinpoint any elements in your lifestyle that may be affecting your brain function. Ageing is one of the most common factors, but there is much more to it; the likes of a poor diet, excess alcohol intake, smoking, high blood pressure, stress, poor quality sleep, hormone deficiencies, diabetes and excess inflammation are among the contributory elements to cognitive decline. We should also mention that genetics can play a part.

## COGNITIVE SUPPORT

Certain nutrients are essential for brain function and could be taken as a supplement – ask your health store for advice on the right ones for you.

• **Multivitamin** – this can be useful to close any

nutrition gaps and act as a safeguard. Try to ensure it contains vitamin D, which is crucial for the brain.

• **Essential fats** – the brain needs good fats right from birth, especially the omega 3 fat, DHA, which has a protective effect.

• **B vitamins** – crucial for reducing homocysteine, which is known to have an adverse effect on the brain.

• **Brahmi** – this herb plays a role in maintaining brain health.

• **Ginkgo biloba** – another herb, this is an antioxidant that can have a protective effect on the brain.

• **Magnesium** – this mineral can help with relaxation, aiding stress reduction and supporting sleep, both critical for brain health.

• **Probiotics** – there is a growing body of evidence confirming the link between the gut and the brain. Therefore, a probiotic supplement is important to keep the gut microbiome healthy.

## Brain fuel

The brain depends on nutrition and the right intake of key nutrients to function.

Ultra-processed foods and excess sugar negatively impact the brain and are pretty devoid of any nutrition. Instead, try a Mediterranean style diet, rich in quality proteins, complex carbs, colourful fruit and veg and plenty of fats from fish, olive oil, avocado, nuts and seeds. And cook from scratch, using fresh ingredients.

You also need plenty of antioxidants to counter damaging free radicals so top up with berries, peppers, tomatoes, green tea and green, leafy veg, which will give you a broad range of vitamins, including B, C and K. Resveratrol is crucial for the brain and can be found in dark chocolate, red wine (within reasonable limits), grapes and blueberries. Other important antioxidants includes zinc and coenzyme Q10.

Away from nutrition, you want to try and keep the brain active, so ensure exercise is part of your usual routine, which can support the brain, manage stress and help with sleep. Try to keep reading, do puzzles, or learn something new – anything that stimulates the brain.



# Natural Lifestyle Top Picks



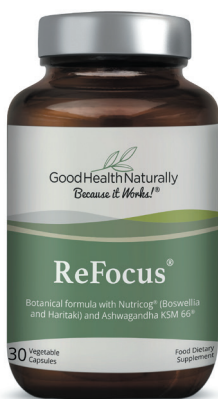
## Nourish Your Mind

Brain Support Multi is a specific multivitamin and mineral formulation featuring a blend of 22 nutrients including supportive vitamins to promote brain health and function, together with bioavailable minerals and selected phytonutrients. Featuring natural brahmi extract at a therapeutic level and a high dose of choline. Brain Support Multi contains iodine, iron and zinc which all contribute to normal cognitive function. Formulated by Viridian's nutrition experts to provide the nutritional building blocks for normal brain activity. 100% active ingredients with no fillers, binders or nasties. Vegan, never GMO, palm oil free, against animal testing, ethically made. [www.viridian-nutrition.com](http://www.viridian-nutrition.com)



## NEW PRODUCT - ReFocus® from Good Health Naturally

Introducing ReFocus®, the cutting-edge cognitive support supplement for peak brain performance. Featuring the advanced Nutricog® botanical formula and Ashwagandha KSM-66®, ReFocus® boosts mental clarity and focus like never before. Nutricog® blends Haritaki and Boswellia, clinically proven to enhance memory, learning, focus, and decision-making. Nutricog® also helps maintain cognitive agility as we age by improving memory and learning capabilities. Plus, it is ideal for E-sports enthusiasts and multitaskers to enhance focus, attention, and mental speed. Ashwagandha's adaptogenic properties reduce stress and promote mental well-being even during challenges. With ReFocus®, you can elevate your cognitive abilities and effectively manage stress responses. [www.goodhealthnaturally.com](http://www.goodhealthnaturally.com)



## Rapid Relief for Aching Muscles & Joints

Nuasan Active CBD Muscle Gel offers warming, targeted relief for aching muscles & joints. Containing a high concentration of CBD (500mg) and chili extract (to give instant warming relief), it also contains a unique blend of plant extracts to support recovery: Amyris, Eucalyptus, Peppermint, Cassia & Cinnamon. This rapidly-absorbed gel smells great and contains 0% THC. It is travel-friendly in an easy-to-carry tube format. Perfect for athletes and active people, those suffering from joint pain and arthritis, those with menopausal symptoms or trouble sleeping. [www.nuasan.com](http://www.nuasan.com)



## Cogni Active - Award Winning Cognitive Support by Pure Encapsulations

- Featuring clinically researched Cognizin® citicoline
  - Zinc contributes to normal cognitive function
  - Vitamin B6 contributes to normal psychological function
  - Folate, vitamin B6 and B12 contribute to the reduction of tiredness and fatigue
  - With phytonutrients lutein and zeaxanthin"
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# Natural Lifestyle Top Picks



## Create a Sustainable Washing-Up Routine



It's time to swap your nylon sponge scourer and plastic bottle of washing-up liquid for a soft, flexible loofah pad and solid washing-up soap bar from LoofCo. These traditional proven cleaning methods are the inspiration behind the LoofCo range of plastic-free pads, brushes, cloths & soaps for washing-up, household cleaning, garden & body.

LoofCo products help reduce

household plastic use & waste including the microplastic particles released by nylon washing-up & cleaning scourers, sponges & exfoliators. Made from loofah, coconut & cotton plant fibres which are sustainable, biodegradable & vegan, LoofCo offers easy affordable switches to create a greener lifestyle.

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

## Lamberts Colladeen Derma Plus

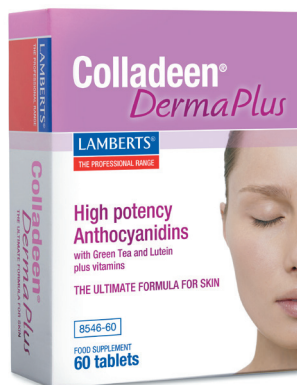
Lamberts Colladeen Derma Plus is a unique formulation, based on grapeseed and bilberry extracts, which provide one of the highest levels of anthocyanidins in the UK. These phytonutrients are known to inhibit the action of the compounds involved in collagen breakdown as well as being some of the most potent antioxidants in nature.

### Colladeen Derma Plus:

- Provides an SPF of 10 after 12 weeks.
- Protects collagen.
- Is suitable for vegetarians and vegans.

This product also provides green tea and lutein along with vitamin C for normal collagen production and niacin and biotin which contribute to the maintenance of normal skin.

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



## Terranova's Advanced Beauty Complex

Introducing Terranova's Advanced Beauty Complex is a unique and innovative formulation designed to support collagen production and maintenance, skin integrity, ageing and much more. Featuring Vollagen® a complex of Amino Acids in the same proportion as those found within collagen. This formulation comprehensively and broadly supports skin, hair and nail health. It not only provides the building nutrients for collagen production (such as vit C) and skin health (such as vit A as retinyl palmitate), but also features botanicals

that contain specific beauty supportive compounds along with their naturally occurring, synergistic composites to enhance absorption and bioavailability.

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

## Natural Nordic Energy\*

The only supplement formulated with delicious Nordic blueberries, Blueiron is highly bioavailable and fast acting. Its patented micro-encapsulated iron means it's easily absorbed and gentle on the stomach, setting a new standard for efficacy and convenience, even through pregnancy and breastfeeding. Blueiron provides the full recommended intake of iron for reduced tiredness and fatigue, whilst supporting the normal function of the immune system. It is the only iron supplement made with vitamins and Nordic blueberry juice to offer a pleasant flavour, while reducing the unwelcome side-effects commonly associated with other iron supplements. It is also suitable for vegetarians, vegans and includes no artificial colours. Blueiron is a great option for consumers looking to increase their daily iron intake or to support through certain life stages.

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



\*Blueiron contains naturally-sourced Nordic blueberries for flavour plus Iron which contributes to the reduction of tiredness and fatigue. Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

## Real Fruit Gummies for Kids

Introducing Frank fruities a great tasting food supplement your kids will want to take. Kids multi is a real fruit juice gummy, fortified with vitamins and minerals. Taking supplements for children can be a real chore and yuck moment but with this gummy we change that to yummy. Our fruit gummies are made from fruit juice concentrates, fruit purees together with pectin and fortified with vitamins & minerals. A careful concentration process brings the characteristic fruity taste and the soft bite. The product is suitable for Vegans has no added sugar and contains no artificial colours, preservatives or genetically modified ingredients. Distributed in the UK by Bio-nature Ltd

[www.bionature.uk.com](http://www.bionature.uk.com)





# Holistic FERTILITY PLAN

Nutrition should be a key consideration when it comes to trying for a baby, as *Natural Lifestyle* explains.

**Y**ou may never consider your fertility until you decide to start trying for a baby, but when you think that in any given month, there is around a 20 per cent chance of becoming pregnant, it makes sense to get your health in check first.

And there is a huge amount to consider, not just in food and lifestyle choices, but also to ensure you get plenty of critical fertility nutrients. It's important to note that changes are important for both man and woman; according to data, one in six couples have trouble conceiving, and within that, 30 per cent are due to the woman, 30 per cent the man, and 30 to 40 per cent to both or unknown causes.

The general recommendation is to seek advice from your GP if you have been trying for over a year with no success, or six months if you are over the age of 35.

## BASIC CONCEPTION STEPS

Fertility experts will generally recommend a minimum of three months' health prep and there is good reason for this; it takes three months for fresh sperm to be produced and matured, while in the woman, it takes the same amount of time for the egg to mature.

When it comes to diet, a typical western diet, which can be low in fruit and veg and high in refined and processed foods, as well as bad fats, can be detrimental to overall health but specifically

when it comes to hormone health, and the health of both the egg and the sperm. The often-recommended fertility-friendly diet would be a Mediterranean-style plan, rich in a wide variety of fruit and veg, quality protein in the form of lean meat and fish, packed full of important healthy fats, plenty of nuts and seeds, and healthy carbs in the form of legumes and wholegrains.

Other lifestyle choices that need to be considered include cutting back on caffeine and alcohol, which both affect fertility, stopping smoking, and maintaining a healthy weight; a BMI of 30 and over has been shown to negatively impact conception.

## UP THE ANTIOXIDANTS

Antioxidants help to counter free radicals, which can be linked with all kinds of health issues, including fertility problems.

B vitamins are considered antioxidants and can be obtained through diet but also a supplement. B vitamins are important at reducing oxidative stress in the body, which can affect fertility in the man and woman.

Zinc is also an important antioxidant and is particularly critical for men; this mineral plays a crucial role in sperm health, not to mention in supporting normal ovulation. Selenium is also necessary for healthy sperm production, as well as motility.

Coenzyme Q10 is another key antioxidant and is linked to poorer egg quality the older a woman gets. A supplement is thought to be beneficial to support ovarian reserve. It is also necessary for healthy sperm. L-carnitine is another one for men as it can help with sperm production.

## Key nutrients

**Other key nutrients to obtain from diet or supplementation:**

- **Essential fats** – key for man and woman for hormone balance, it also plays a role in sperm health.
- **Folate** – this B vitamin, better known as folic acid, which is the synthetic form of folate, is critical when trying for a baby and during the first 12 weeks of pregnancy. Not only can it support female fertility, it is also important for reducing the risk of neural tube defects in the baby.
- **Myo-inositol** – this is important for women with PCOS in supporting a more regular menstrual cycle, something that is affected when woman have this condition.
- **Vitamin D** – the sunshine vitamin plays a key role in hormone balance.



# Supporting BETTER SLEEP

Sleep can be a problem for so many of us and so, in a new reader trial, *Natural Lifestyle* has joined forces with BioCare to put its Sleep NutriPowder to the test – but we need you.

**M**odern living has a lot to answer for in terms of our sleep habits. Whether it's struggling to switch off so you can get to sleep, or waking through the night, poor quality sleep is a common issue in society today, often exacerbated by our constant use of digital technology.

And lack of sleep has a big impact on our health and wellbeing; not only will you feel fatigued, it has a knock-on effect to our immune health, our cognitive function, not to mention our waistline as we can often reach for sugar-rich foods and caffeine to prop us up after a bad night's sleep.

Seeking more natural solutions is the best approach, and here to help is BioCare with its Sleep NutriPowder. This supplement is a synergistic blend of nutrients and botanicals including magnesium glycinate, lemon balm, L-theanine, L-tyrosine, Montmorency cherry and hops to aid healthy and restful sleep.

And we would like to put Sleep NutriPowder to the test, which is why we are asking you, our readers, to sign up to take part in our eight-week trial. We ask you to take the product for eight weeks, and then provide us with a true account of its effectiveness and what impact it had on your life.

## SLEEP SUPPORT

Sleep NutriPowder contains key botanicals, including lemon balm, theanine and hops to reduce stress, support relaxation and mental and physical wellbeing, and help to maintain healthy sleep.

It also boasts added Montmorency and Acerola cherries, which are rich sources of antioxidants, including vitamin C, carotenoids, flavonoids and anthocyanins, which contribute to normal cognitive function and have been traditionally used to aid sleep.

It also provides magnesium

glycinate, which is one of the most effective and easiest forms of magnesium for the body to absorb and use. Magnesium supports our nervous system and promotes mental health and wellbeing.

It is easily mixed into liquids and offers an alternative to tablets or capsules or for those with digestive and absorption difficulties. The supplement is also free from flavourings and sweeteners, comes in recyclable packaging and is suitable for vegetarians and vegans.



## DO YOU WANT TO TAKE PART?

If you would like to apply to take part in the trial, all you need to do is visit [www.mynaturallifestyle.co.uk/sleeptrial/](http://www.mynaturallifestyle.co.uk/sleeptrial/) and complete the form by July 11 and we will confirm if you are eligible to take part by July 19. All those selected to take part will be sent an eight-week supply of Sleep NutriPowder.

Once the eight week trial period is complete, testers will be sent a questionnaire by *Natural Lifestyle* to complete about the results they have seen, which will then be published in the magazine. Full terms and conditions can be found on the website.

# Enjoy your best night's sleep

**Sleep NutriPowder®**  
Designed to aid restful and healthy sleep.



BioCare Limited  
Manufactured in the UK

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

# Natural Lifestyle

## Retailer of the Year 2024

Proudly sponsored by



TERRANOVA  
SYNERGISTIC NUTRITION

# CELEBRATING THE UK'S HEALTH STORE HERITAGE

Our annual awards are back for 2024 – so, what health store gets your vote in the *Natural Lifestyle* Retailer of the Year Award?

After receiving so many nominations last year for health stores across the country, we are delighted to be launching our 2024 search for the *Natural Lifestyle* Retailer of the Year.

These annual accolades are special because they are designed to heap praise and recognition on those health stores in the UK that are making a big difference to the lives of their customers.

Sponsored once again by our good friends at supplement brand, Terranova, we are delighted to be running our awards once again, but we need you. We are asking readers, who are the people shopping in health stores, to nominate their favourite shop, letting us know why you think this retailer is deserving of this accolade, and how the store and the staff in it help support your health and wellbeing.

Entries for the 2024 awards are now open – all you need to do is head to [www.mynaturallifestyle.com](http://www.mynaturallifestyle.com) and complete the form, explaining why you think the store is deserving. Nominations close on August 16, 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 hear from our readers all the time about how much of a difference their local health store has made to their health, which makes our Retailer of the Year Award so special in allowing us to offer recognition to these excellent stores. We are passionate about the UK's health stores and we are delighted, in partnership with our sponsor, Terranova, to be able to give them the praise and recognition they so richly deserve."

Liz Smith, Director at our sponsor, Bio-Nature, which distributes the Terranova brand in the UK, added: "We are always honoured to be asked to sponsor the Retailer of the Year Award. As a brand, our main aim is to always support independent health food stores and we cannot think of a better way to do this than to highlight the great work stores do through the recognition of their loyal customers. It is a truly rewarding experience to read through the feedback we receive."

HEAD TO [WWW.MYNATURALLIFESTYLE.COM/AWARDS](http://WWW.MYNATURALLIFESTYLE.COM/AWARDS) TO CAST YOUR VOTE



# NaturalLifestyle

Retailer of the Year 2024



**CHAMPIONING INDEPENDENT HEALTH STORES**

# HAS THIS STORE GONE THE EXTRA MILE FOR YOU?

They may have given you some invaluable health advice, have gone above and beyond for their community or maybe they just design a beautiful window display - whatever the reason, we want you to nominate them and give them the recognition they deserve.

**NOMINATE AT:  
[MYNATURALLIFESTYLE.CO.UK/AWARDS](https://mynaturallifestyle.co.uk/awards)**

Deadline for entries: Friday 16 August 2024

**NOMINATIONS  
NOW OPEN**

Championing independent health stores.  
[mynaturallifestyle.co.uk/awards](https://mynaturallifestyle.co.uk/awards)



Proudly sponsored by



**TERRANOVA**  
SYNERGISTIC NUTRITION

# THE HEALTHY SUM

Swimwear? Check. Sun cream? Check. But what about your natural health essentials? Here's our guide to staying healthy on holiday.

**H**olidays are a great time to relax, reset and take time out from everyday life. But this can also lead to more indulgence than usual, not to mention exposing our body to elements it is not used to, whether that's a hot climate or certain foods.

While holidays are a time to relax our usual routines, it's also worth sticking to some health basics to ensure you stay well during your getaway.

Marc Flanagan, Product Trainer at Solaray, advised: "When people go on holiday, they are exposed to different kinds of foods, hotter weather, travel and differing levels of water safety, depending on the country, so there are plenty of factors that can cause illness."

James Pugh, Nutrition Advisor at Viridian, added: "Falling ill on holiday is common, particularly in hot climates, high altitudes, and different cultural foods. Many of us can be unprepared when travelling abroad as we underestimate the impact of different environments on our health. Due to hotter temperatures and changes in altitude, issues like heat stroke, sun burn, and dehydration can be a common occurrence. The flight and hotel often have air conditioning, which can dry out mucous membranes lining your nasal passages, making you more susceptible to a common cold or infection."

Adrienne Benjamin, Nutritionist at Pro-Ven Biotics, also pointed out: "Known as 'leisure sickness', it is common for people to get ill whilst on holiday. One study found that three per cent of people are likely to feel sicker at weekends and on holiday, although there is no clear explanation for why this happens. Another study put the figures much higher however, reporting travellers' diarrhoea in

25.7 per cent of travellers, sunburn in 24.4 per cent and respiratory infection in 7.6 per cent.

"The likelihood is the figure is somewhere between these two figures and is potentially a result of change of scenario, allowing travellers to relax, giving their body a chance to 'heal' and express symptoms, such as headaches, fatigue, nausea and respiratory issues."

## HEALTH PREP

So, what can you do before jetting off to get yourself into the best of health?

Adrienne suggested: "It can be useful to 'prepare' for a holiday in a number of ways, spending more time outside, exposing skin to the sun, getting adequate rest and sleep if you are travelling to a different time zone and introducing practices to support digestion and ensure regular bowel movements. These include light exercise, eating regularly, drinking lots of water and introducing gut-supporting supplements, particularly daily probiotics at least a week before travel!"

And what general steps can you take when you are on holiday?

"Don't stray too far from your usual diet – we all like to try different foods and drinks whilst on holiday and trying one new food a day and avoiding any you know trigger a reaction, such as gluten, dairy or sugar, can ensure we remain healthy," Adrienne recommended. "Eat lots of fibre to help keep your bowels moving. Include vegetables, fruits, nuts, seeds, beans and healthy fats and protein. And don't over-eat."

"And be careful of salads washed in local water (especially lettuce) – cooked vegetables are a safer option. Drink only bottled or boiled water and be

## 🍴 Watch what you eat 🍴

Different countries and climates can play havoc with your digestive system.

Keri Briggs, Senior Brand Specialist at Lamberts explained: "One of the common issues when traveling is stomach or digestive upsets, which is often called travellers' diarrhoea. It is estimated that between 30-70 per cent of those travelling abroad experience this, and it affects 12 million people per year."

"This condition is normally caused by bacteria such as *E.*

*coli*, *camphylobacter* or *salmonella*, viruses such as rotavirus or parasites. The main symptom is diarrhoea, with stomach cramping and nausea. As it is often caused by variations in food hygiene, high risk foods such as meats, seafood and dairy products and water supply, using bottled water, avoiding ice and washing raw foods with bottled water, is sensible."

James added: "Increasing live bacteria-rich food will benefit your gut with foods

such as live yoghurt. Avoid the temptation to eat more processed, salty, and sugary foods. These can lead to indigestion and bloating, so increasing wholefood and fruit and veg intake will benefit our gut health.

"It is also important to maintain fruit and vegetable intake to keep a nutrient dense diet and provide fibre and antioxidants. Along with foods rich in beta glucans, vitamin C and zinc as these all support the immune system."



## TRY THIS



♦ PRO-VEN BIOTICS FOR TRAVEL ♦ HELIOS TRAVEL KITS ♦ BLADAPURE ♦ ALLIDERM GEL ♦ VIRIDIAN L-THEANINE & LEMON BALM

aware of ice in drinks. Local water can include bacteria that our body is not used to and can lead to digestive issues. It is easy to become dehydrated whilst travelling and underestimate the amount we need to drink to remain hydrated in warmer climates. Bring your own bottle and keep refilling it with bottled or boiled water, both during transit and throughout your holiday. Limit alcohol and caffeine – this can help avoid dehydration and constipation. Caffeine and alcohol can also speed up digestion and lead to diarrhoea.”

## GUT HEALTH HEROES

With digestive upset so common on holiday, pack products to keep the gut in check.

Adrienne advised: “Taking live bacteria (probiotic) supplements helps to maintain healthy bacterial balance and they have been shown to offer a safe and effective way of helping prevent traveller’s diarrhoea. They help reduce the ability of toxins to attach to the gut wall, support immunity through supporting microbiome balance and help maintain a balanced microbiome. We recommend a probiotic supplement for a minimum of a week before you travel and for one to two weeks after you return home to provide maximum benefit. Magnesium helps to calm the nervous system and is a muscle relaxant so can help with constipation. Prebiotics help feed the beneficial bacteria in our guts to support digestion and digestive enzymes help break down the food.”

Keri added: “A meta-analysis of 12 studies showed a variety of probiotics, including *Lactobacillus acidophilus*, *Lactobacillus rhamnosus* and *Saccharomyces boulardii* prevented 85 per cent of cases of traveller’s diarrhoea. *Saccharomyces boulardii* is particularly useful as it is often room temperature stable, making it ideal for travelling as it does not require refrigeration. It has also been shown to reduce the incidence of traveller’s diarrhoea by over 20 per cent if used just prior to, and during travel.”

## HOLIDAY HEALTH CHECKLIST

Away from gut health, what other health products should you take away with you?

- **Immune support:** Marc suggested: “I recommend a good multivitamin to cover all bases and ensure your body gets the nutrients it needs and liposomal vitamin C, which is absorbed far better into the body, to boost your immune system, which can take a hit from the stress of long flights and travel.” Keri added: “Low vitamin D is associated with increased rate of infection. A study in 2010 showed that supplementation reduced the incidence of flu by 42 per cent.”
- **Tummy care:** James advised: “For those susceptible to bloating and digestive problems, bitters such as gentian naturally stimulates the digestive system to prepare it for food. When taken with peppermint, this can help to add a softening effect on the stomach.”
- **Heat advice:** “The warmer temperatures will



## Be aware of the rays

Although sunshine is great to top up vitamin D, if you are in a hot climate, it’s important to take safety precautions.

Keri advised: “Forty six per cent of those travelling outside the UK get sunburnt, according to a survey by the British Association of Dermatologists. But even in the UK, over 30 per cent got sunburnt, and we are less likely to use sunscreen when holidaying in the UK. Incorrect use of sun cream is a huge factor – applying less than recommended and less frequently, using expired products or the incorrect sun protection factor (SPF) often means we are poorly protected from this painful condition.

“SPF indicates how well a sunscreen will protect you: for example, if you normally burn in two minutes unprotected, SPF 30 will increase this to 60 minutes and SPF 50 to 100 minutes. However, this only works if the cream is applied in sufficient amounts. The current recommendation from the FDA in the US and COLIPA (The European Cosmetic and Perfumery Association) is a thickness 2mg/cm<sup>2</sup> or two tablespoons for the whole body and face.”

James added: “Astaxanthin is known to protect skin against sun damage and help retain moisture so consuming foods rich in this nutrient, such as salmon and prawns, will help protect from sun-induced skin damage.”

cause us to sweat more, causing loss of salts. It may be a good idea to take an electrolyte supplement, as well as drinking plenty of fluid, to replenish salts we lose from sweating and prevent bad dehydration side effects,” James suggested.

- **Look after your liver:** James added: “Many people when on holiday increase their alcohol intake, therefore, some additional liver support can be beneficial. A popular supplement for this is milk thistle, which is often used for liver detoxification.”
- **Easing anxiety:** James went on: “Some of us can be nervous flyers or anxious when in different environments and cultures. L-theanine and lemon balm is a popular combination used for anxiety and feelings of stress.”
- **Other essentials:** Adrienne suggested: “Herbal teabags can be useful for ailments, including peppermint and ginger to support gut health, elderberry and echinacea for immunity and camomile or lemon balm to support sleep. Arnica cream is useful for bumps, tea tree for cuts and grazes, aloe vera gel for sunburn and rashes, and citronella essential oil to keep the mosquitos away.”

# Natural Lifestyle Top Picks



## Alliderm® Gel from the Garlic Experts

Soothing, moisturising, Alliderm® Gel gives you the benefits of alliin from garlic in an aloe vera base. Easy to use, non-greasy and perfect for those moments when your skin needs attention. From a day in the garden to a day out, pack Alliderm® Gel with your essentials.



Alliderm Gel is suitable for all skin types and is ideal for using on your hands and other areas. The gel is readily absorbed and leaves the skin moisturised. The perfect companion for AllicinMax™ capsules. Available from your local health food shop or call our helpline for your local stockist 0345 241 0505

## Finalist at awards

Salt of the Earth's latest launch – the Clary Sage and Mint deodorant range – was a finalist at this year's Organic and Natural Innovation Awards. With its beautiful fragrance and its carefully selected ingredients, this deodorant doesn't only smell great, but it has specifically been created to help with the effects of menopausal sweating. Clary sage is known for its calming effect on body and mind, whilst mint brings a cooling and refreshing touch. [www.saltoftheearthnatural.com](http://www.saltoftheearthnatural.com)



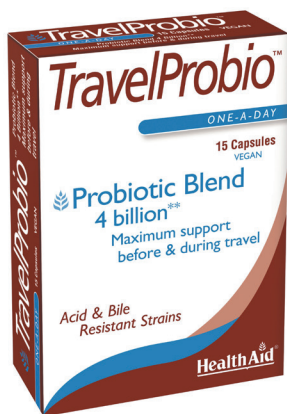
## Hay Fever? Dust or Pet Allergy?

July is peak grass pollen season, with weed pollen peaking in July and August. HayMax is the original organic, drug-free, 100% natural prevention for hay fever sufferers, now in its 20th year. HayMax is a simple idea, easy to use and many people find it works and love it. That's the magic of HayMax. Independent university studies show that HayMax traps over 1/3 of pollen before it enters the body, plus dust and pet allergens. 80% said 'HayMax works'. Ingredients chosen to be suitable for children, pregnant and breastfeeding women, drivers and machine operators. Used successfully by Olympic athletes during their careers. [www.haymax.biz](http://www.haymax.biz)



## TravelProbio Before, During and After Travel

Tummy upsets on holiday are usually caused by unfriendly types of intestinal bacteria (bugs) getting into your system through contaminated water or food. TravelProbio™ contains a probiotic blend of Lactobacillus, acidophilus, Bifidobacterium lactis, Lactobacillus bulgaricus; fortified with a prebiotic (FOS). It is designed to help build the body's resistance before and during travel by maintaining the balance of a healthy intestinal flora. HealthAid uses



special acid & bile resistant strains, which prevent the stomach juices destroying the ingredients before they reach the intestines, ensuring their purity and potency. TravelProbio retails at £8.49 for 15 capsules. Contact HealthAid Ltd on 020 8426 3400 for purchase. [www.healthaid.co.uk](http://www.healthaid.co.uk)





# HERITAGE EST. STORE 1969

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## SUMMER VIBES



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# Ask the experts



## Steps to better sleep...

by Alison Cullen

### Aside from feeling tired, what impact does lack of or poor-quality sleep have on our health, both physical and mental?

Where to start? There's almost no area of health that isn't adversely affected by poor sleep. To take some prime examples:

- **Fatigue:** Sometimes it's as simple as not getting enough sleep!
- **Pain and inflammation:** Pain wakes people up, and lack of sleep increases pain sensitivity.
- **Poor blood sugar control or sugary cravings:** Lack of sleep drives diabetic processes.
- **Poor willpower:** Eating healthily, exercising or quitting smoking are more challenging without sufficient sleep.
- **Horrible PMS/menopausal moods:** Poor sleep drives stress, anxiety and low mood.
- **Anxiety and low mood:** The world is a better place with good sleep.
- **Frequent infections:** Reduced sleep hampers immune response.
- **Poor memory:** Chronic sleep issues are associated with dementia states in later life.
- **Difficulty concentrating:** Brain fog is a common experience with poor sleep.

### What are the most common factors that can affect our sleep, and how much of a role does diet and lifestyle play?

Disordered schedules upset circadian rhythm, which is massively disruptive for sleep.

Eating late at night or eating a heavy evening meal means that metabolic processes will affect temperature and cause digestive disturbances that

interrupt sleep, and using screens right up until bedtime, and/or having electronic gadgetry in the bedroom (mobile phone as an alarm clock is a common one), is a great way to mess with sleep latency, quality and duration.

Alcohol consumption is commonly seen as a sleep promoter, but actually wires the brain for interrupted sleep. And ongoing stress (including caffeine and refined sugar consumption) during the day will make it harder to switch off at night, however tired you are.

### Can you recommend a healthy sleep plan and if any supplements can be supportive?

Go to bed and wake up at more or less the same time each day, even at weekends. Having too little sleep during the week and expecting to make up for this with a big lie-in at the weekend is a disastrous plan and doesn't work. Sleep debt can only be 'paid back' gradually, so it's best to stay in credit most days/nights. Keeping to a regular schedule allows your circadian rhythm to work for you.

Eat early and light in the evening if possible. Avoid alcohol and caffeine in the evening and minimise sugary foods at night.

Come off all screens an hour before bed. Plan a wind-down routine, as you would for a child, so that your body knows it's heading for bed.

Use herbal teas to soothe the nervous system in the evening, and consider using a herbal sleep aid which contains extracts of lactuca and lemon balm, alongside L-tryptophan, all useful for promoting better sleep.

### Q How can we look after our bones and what nutrients do you consider critical for bone health?

**Alice Bradshaw explained:** Taking care of our bones is crucial for maintaining overall health and mobility throughout life as they serve as the framework for the body, providing support, protection, and strength. While ageing and genetics are key factors, nutrition and lifestyle choices significantly impact bone health.

Calcium is the mineral that most people associate with bone health, but this is just one of many vital nutrients needed. Rich sources include leafy greens, fortified foods, dairy products, and nuts. Vitamin D3, essential for calcium absorption, is manufactured in the skin via sunlight and found in foods such as oily fish, egg yolks, and fortified foods. Vitamin K2 directs calcium to bones and teeth, preventing harmful deposits in arteries. It's found in fermented foods, animal products, and dairy from grass-fed cows. Magnesium aids in vitamin D activation and bone formation, found in nuts, seeds, whole grains, legumes, and leafy greens. For those with bone-related health concerns, these nutrients are often taken in supplemental form.

Regular exercise is also important, with weight-bearing activities like strength training, running, and dancing promoting bone density. Flexibility and balance exercises such as yoga and Pilates can help prevent falls and it's best to avoid habits that harm bones, like excessive alcohol intake, smoking, high sodium foods, and excessive caffeine intake.



ALISON CULLEN

is an experienced Nutritional Therapist 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.



JUSTYNA PŁOSZKA

is a Nutritionist and Junior Product Manager at Osavi. She has a degree in Nutrition, Exercise & Health and an MSc in Dietetics. She has a profound interest in the influence of the gut microbiome on human health.



ALICE BRADSHAW

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



KERI BRIGGS

is Senior Nutrition and Technical Advice Specialist at Lamberts Healthcare. She has a BSc in Human Nutrition and has worked for Lamberts since 2000, where she is involved in training, clinical trials and advising trade customers and consumers.

## ABOUT THE EXPERTS

# Summer SOLUTIONS

Keep your health and wellbeing in check this summer with these holistic seasonal essentials.

## Sustainable sips

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

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



## Hello hydration

As the weather gets warmer, it's even more important to stay hydrated as you're much more likely to suffer with a UTI if you're not drinking enough.

Bladapure is a 100 per cent natural supplement to keep you free of UTIs, especially if you suffer with recurring infections.



## Healthy skin from within

Now summer's finally here, it's time to protect your skin from within.

Kollagen Plus is the only supplement packed with collagen, silica and hyaluronic acid to keep your skin drenched with moisture and to keep the wrinkles at bay. Better still, there's no nasties such as preservatives, artificial sweeteners or colours.



## Breathe again

Whether it's a summer cold, hay fever or blocked sinuses, there's simply nothing like the feeling of relief that comes from the Otosan nasal wash system.

Unlike traditional nasal washes, Otosan contains hyaluronic acid, which

brings moisture to the area and helps support the delicate nasal passages and increases healing. Scan the QR code to watch a video on how it works.



If you are interested in finding out more, contact [info@loveyourliver.com](mailto:info@loveyourliver.com)

# Ask the experts



## Q How can I survive hay fever season without having to take antihistamines throughout the summer?

**Keri Briggs recommended:** Hay fever occurs seasonally, triggered by pollen. Symptoms are a runny nose, sneezing, itching and congestion, watery, dry, or itchy eyes, coughing and disturbed sleep. The cause is an allergy or inappropriate immune response, and symptoms can occur at different times of year, depending on type of pollen.

Some people find that foods high in histamine can make an existing bout of hay fever worse and avoiding these foods may be useful. High histamine foods include shellfish, processed meats, aged cheese, and alcohol. Vitamin C-rich foods such as citrus fruits and tomatoes can be useful for reducing symptoms. Onions, apples, and capers contain a flavonoid called quercetin, which reduces the release of histamine. Including spices such as turmeric and ginger can also help to reduce the irritation associated with hay fever.

Nutrients which support normal immune function, including vitamins C and D, iron, selenium, and zinc, can be helpful. Omega 3 fats, such as those found in some fish and fish and algal oils, can encourage the production of compounds which reduce inflammation.

Using a probiotic is advisable to maintain a diverse microbiome, as any disruption can make immune cells overreactive and reduce excretion of allergens increasing hay fever symptoms. Studies have shown several strains of probiotic bacteria can be useful for reducing symptoms and medication use medication.

Quercetin is a plant compound which has been studied widely for its effects on inflammation and allergy. Studies using a level of 500mg, have shown positive results on symptoms such as itching, sneezing and sleep, as well as improvements in quality-of-life scores.

## Nourishing skin from within...

by Justyna Ploszka

### How important is our nutritional health for our hair, skin and nails?

Nutrient status plays a significant role in the health of our hair, skin, and nails. These tissues require a range of vitamins, minerals, and other nutrients to maintain their strength, elasticity, and overall appearance.

The condition of our hair, skin, and nails is influenced by various nutrients. For example, biotin, which is one of the B vitamins, contributes to the maintenance of normal skin and hair. Vitamin A, niacin and riboflavin contribute to the maintenance of normal skin, vitamin C to normal collagen formation for the normal function of skin, while vitamin E is a powerful antioxidant that contributes to the protection of cells from oxidative stress. Not only are vitamins important for our hair, skin, and nail condition but also minerals such as iodine, selenium, iron and zinc, with zinc being especially important as it contributes to the maintenance of normal hair, skin and nails.

Moreover, providing an adequate amount of healthy, unsaturated fats is also very important, as they help improve the appearance of our skin, its hydration, density, and elasticity. Additionally, hair and nails are primarily composed of keratin, which is a protein. Therefore, adequate protein is crucial for maintaining healthy hair and nails growth.

### What signs might we have if we are lacking such nutrients?

Deficiencies in these nutrients can lead to hair thinning, brittleness, and slow growth or even hair loss. Our nails may become weak, brittle, ridged or discoloured. In terms of our skin, the deficiencies in certain nutrients may result in its dryness, dullness, premature ageing, and skin disorders such as acne or eczema.

Collagen production diminishes with age,

resulting in reduced skin elasticity and firmness. Additionally, ageing can lead to decreased skin hydration, thus, staying well-hydrated by drinking adequate amounts of fluids can support skin hydration.

### What health routine should people follow for healthy skin?

First of all, I would not consider a healthy diet in terms of individual nutrients. It is worth looking at nutrition holistically. To maintain our hair, skin and nail health, our diet should be diverse and balanced, rich in complete lean protein, healthy, unsaturated fats, wholegrains, vitamins, minerals, and fibre.

The anti-inflammatory potential of our diet, high antioxidant content, adequate energy intake and proper hydration are also important. Secondly, while some nutrients benefit the health of our skin, hair and nails, there are also products that can have negative effects on them. Therefore, I would recommend avoiding or cutting down highly processed products, rich in saturated and trans fats, high in sodium and added sugars.

Thirdly, it is worth noting that the quality of our diet plays a crucial role in various bodily functions, including hormonal balance, normal glucose and insulin

Consuming adequate protein and vitamin C is essential for collagen synthesis. Moreover, due to oxidative stress, which can accelerate skin ageing, it would be beneficial to increase consumption of foods rich in antioxidants, such as vitamins A, C, and E, along with selenium and zinc, help counteract oxidative damage and promote skin health. There are also nutrients, such as vitamin D, for example, where the risk of deficiency increases with age, and they are essential for the proper functioning of the body.



## PROMOTIONAL FEATURE



# Natural chefs revolutionising the food-as-medicine movement

Discover the work of natural chefs, and how you can train through the College of Naturopathic Medicine (CNM).

Chronic diseases are skyrocketing, and the cure isn't in a pill packet – the real solution lies on your plate. The age-old concept of 'food as medicine' is making a powerful comeback, now backed by modern science. What we eat profoundly impacts our health, with the potential to prevent, manage, and even reverse diseases.

Nutrient-dense foods, brimming with vitamins, minerals and antioxidants, are our best defence. Leafy greens, rich in folate and magnesium, boost brain health and mood regulation. Berries, loaded with antioxidants, protect against cellular damage and lower the risk of chronic illnesses.

But it's not just what you eat – it's where food comes from. Produce grown in rich, organic soils boasts higher nutrient levels and fewer contaminants compared to those from depleted soils or heavy pesticide use. Choosing locally sourced, seasonal produce ensures you get the freshest, nutrient-rich foods, essential for optimal health.

A naturopathic diet, centred on whole, unprocessed foods like fruits, vegetables, whole grains, nuts, seeds and lean proteins, supports natural healing processes. This approach helps maintain a healthy weight, supports digestive health and reduces risk of conditions such as diabetes, heart disease and cancer.

Natural chefs are key in the food-as-medicine movement. These culinary professionals are masters in the kitchen and experts in food therapeutics. They create meals that are health-promoting, making it easier to stick to a naturopathic diet. By designing menus with nutrient-dense, locally sourced ingredients, natural chefs bridge the gap between health and cuisine.

Becoming a natural chef offers a unique and rewarding path. The College of Naturopathic Medicine (CNM) offers Natural Chef and Vegan Natural courses that delve into food therapeutics. This is invaluable to harness the power of food as medicine and make a meaningful impact on the health of others.

Find out more at [www.naturopathy-uk.com](http://www.naturopathy-uk.com)

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# The HOLISTIC MAN

Despite improvements in men's health, there are still gaps between male and female wellbeing. Here's what the experts advise when it comes to the health of the modern man.

Men are certainly becoming more aware of their own health, and key issues are also talked about more. But there still exists a gap between male and female health when it comes to rates of certain conditions.

Therefore, a focus on the basics when it comes to men's health is important, addressing risk reduction measures, nutrition, and key supplements.

Alice Bradshaw, Head of Nutrition Education and Information at Terranova, advised: "In recent times, men's health outcomes and life expectancy have shown signs of improvement, although disparities still exist. Historically, men have had poorer health outcomes compared to women due to a variety of factors, including higher rates of risky behaviours, reluctance to seek medical help, and greater occupational hazards. Additionally, traditional gender roles have often discouraged men from expressing health concerns or engaging in regular health check-ups. However, with ongoing public health initiatives and changing perceptions about masculinity and health, men are increasingly prioritising their wellbeing, leading to gradual improvements in overall health status."

Will Jordan, Nutrition Advisor, at Viridian Nutrition, added: "In the UK, it is more likely that a man will be overweight or obese than not as 70 per cent of male adults fall into this category, compared to 59 per cent of adult women. This has led to a drastic increase in metabolic disease, such as type 2 diabetes, heart disease, and high blood pressure. "Generally, men are less likely to seek medical advice than women and men tend to only seek medical advice when the disease has progressed as health falls much lower down on the priority list. Women are also more likely to reach their five-a-day of fruit and vegetables compared to men. Despite all of this, life expectancy has been on a



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consistent rise, from 74 in 1994, to 78 in 2024, likely due to advances in modern medicine and accessibility to it, at least in the UK."

Keri Briggs, Senior Brand Specialist at Lamberts, added: "Figures from a working group which includes The Men's Health forum and the Mankind Initiative show one in five men die before the age of 65. The causes are often preventable or treatable and include cancer, heart disease, diabetes and alcohol related issues. Men are also 32 per cent less likely to seek help from their GP and access services which can identify early signs of heart disease and diabetes less often than women. Data also suggests that men tend to have much less healthy lifestyles than their female counterparts, with women on average living for five years longer than men."

### MODERN HEALTH CONCERNS

In our modern way of living, there has been a shift in health issues affecting men.

Will explained: "Cardiovascular disease, diabetes, prostate health, and even mental health are strongly linked with weight, with a reduction in weight showing a significantly reduced risk. Mental health is one of the bigger, previously unspoken about, health issues in men, as depression rates have dramatically increased in both younger and older males. Mental health is linked to physical health, and both are commonly a reflection of each other."

Keri continued: "Men's mental health is a significant concern in the UK: statistics show three quarters of suicides are male, and men are three times more likely to become dependent on alcohol than women, according to Public Health England. These issues can also be causative for other conditions; depression, anxiety and stress can lead to physiological changes, such as increases in blood pressure and cortisol and a decrease in blood flow. These make the development of heart and metabolic diseases more likely."

### A BALANCED APPROACH

The advice is similar for men and woman, no matter the age, but there are some key points for men to bear in mind when it comes to diet and lifestyle.

Alice recommended: "To reduce risk of illness, men should adopt a healthier lifestyle by incorporating a balanced diet rich in fruits, vegetables, lean proteins, pulses and whole grains (if tolerated), while limiting processed foods and sugars. Regular physical exercise, such as aerobic activities

## Male health toolkit

It's important to have the right balance of nutrients, and supplements can be useful, along with a focus on diet.

Alice recommended: "Vitamin D is often deficient, particularly in regions with limited sunlight exposure, so a supplement may be beneficial for maintaining bone health and supporting immune function. A high-quality multivitamin can fill gaps in the diet and provide essential vitamins and minerals that may be lacking. However, remember that supplements should complement, not replace, a healthy diet, so paying attention to food quality is always the priority."

Keri added: "A multivitamin and mineral should be the

first option. This should include B vitamins as adequate B vitamins, especially B6, B12 and folic acid, will be useful for supporting normal homocysteine, an excess of which is associated with heart disease, cognitive impairment, and depression. Omega 3, especially EPA and DHA found in oily fish, supports heart health."

Will went on: "Low magnesium is linked with increased risk of type 2 diabetes, heart disease, high blood pressure and other metabolic diseases. Magnesium plays an important role in general health as it is utilised in over 300 metabolic processes in the body, including muscle

function, energy production and sleep. Zinc provides many benefits, including immunity, sexual health, mental health, and wound healing. Zinc plays a very important role in male fertility as it has been shown to improve sperm health and increase testosterone levels. There is evidence to suggest that vitamin C can help support sperm health as it's a powerful antioxidant. The minimum recommended amount is 10mg to avoid deficiency. Selenium, a trace mineral that functions as an antioxidant, helps increase sperm motility. When paired with vitamin E, this can decrease damage from free radicals and improve overall sperm health."

and strength training, is essential for maintaining a healthy weight, skeletal muscle and improving cardiovascular health. Quitting smoking and moderating alcohol are crucial steps in reducing the risk of numerous diseases.

"Managing stress through mindfulness, adequate sleep, and seeking support for mental health issues can significantly improve wellbeing. Regular health check-ups and screenings for conditions such as hypertension and diabetes can also aid in early detection and prevention of severe health problems."

Will added: "Arguably, the most important change to lifestyle should be increasing movement and activity levels. With sedentary lifestyles becoming more common, from sitting in school to sitting in an office, increasing movement, or even using sit/stand desks can improve health when used regularly.

"Small, meaningful, and consistent changes to diet can also help reduce risk of metabolic disease. Increasing fruit and vegetables, reducing processed foods, and choosing wholemeal over white grains

can all support weight management, blood glucose management, and provide adequate amounts of nutrients to support all aspects of health."

If we look at dietary specifics, Alice suggested: "Men have unique needs that prioritise certain nutrients for optimal health. Adequate protein intake is essential for muscle maintenance and growth, supporting an active lifestyle and overall strength. Men often require higher amounts of certain vitamins and minerals, such as vitamin D3 and magnesium, which play crucial roles in testosterone production, bone health, and energy metabolism.

"Omega 3 fatty acids are vital for heart health and cognitive function, supporting cardiovascular health and brain performance. Fibre is another key nutrient, promoting digestive health, regularity, and reducing the risk of chronic diseases like heart disease and diabetes. A well-rounded diet for men should emphasise whole, nutrient-dense foods. This includes plenty of fruits and vegetables, which provide essential vitamins, minerals, and antioxidants. Lean protein sources such as poultry, fish, eggs, and legumes should be incorporated to support muscle maintenance and growth. Healthy fats from sources like nuts, seeds, avocados, fish and olive oil are important for heart health and hormone regulation. Whole grains like brown rice and quinoa provide fibre, vitamins, and minerals while promoting sustained energy levels."

And Keri advised: "A Mediterranean style diet is one of the most relevant one for men. This diet focuses on polyphenol, potassium and magnesium-rich fruits and vegetables, foods such as nuts and seeds, which contain omega 3 and 6 fatty acids, olive oil and lean meats and oily fish, such as herring, mackerel, salmon and sardines, which are also rich in omega 3 fats. They recommend processed foods are avoided, and the emphasis is on consumption of fresh, unprocessed or minimally processed foods, which are naturally much lower in sugar, salt and trans and hydrogenated fats."

## Prostate check

Looking in detail at prostate health, there is plenty a man can do to keep this in check.

Will explained: "As men age, the risk for prostate problems become more common, and regular check-ups are strongly considered to avoid health complications. It is estimated that one in every eight men will be diagnosed with some form of prostate health issue

by the time they are 60."

Keri went on: "Benign prostatic hyperplasia (BPH) affects 50 per cent of men aged 50-60, increasing to 90 per cent aged 80+, according to the Urology Foundation. Saw palmetto is commonly recommended for BPH or prostate enlargement. This plant provides compounds known as beta sitosterol, which have been shown to

reduce the conversion of testosterone to an androgen, dihydrotestosterone (DHT). As high DHT in adulthood is associated with enlargement of the prostate, saw palmetto and beta sitosterols have been widely researched to relieve symptoms of BPH, including urinary urgency, difficulty in urination, dribbling and slow urination and nocturia."

# Natural Lifestyle Top Picks



Green tea contains plant compounds that are associated with supporting health, reducing stress and increasing alertness.

L-theanine is an amino acid found almost exclusively in the tea plant and closely resembles some neurotransmitters found in the brain. It has been shown to lower the cortisol response from stress and help us feel relaxed.

EGCG is another plant compound which helps to wake you up, get the brain working faster and stay focused.

Flavonoids are the pigments responsible for the diverse colours in fruits, vegetables and other plants including green tea, which have been shown to benefit brain and heart health.

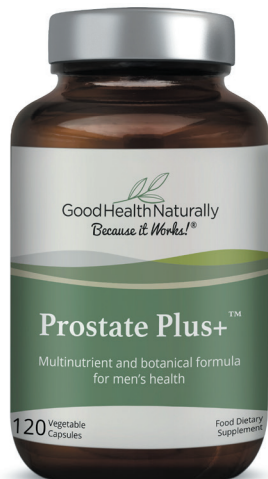
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# Mushroom Extract



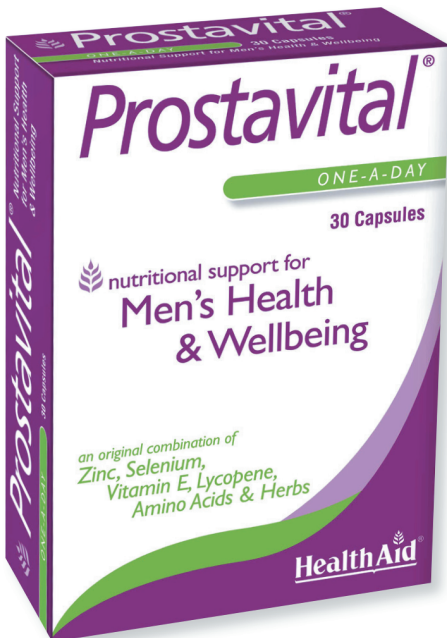
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## THE MUSHROOM GLYCERITES THE CONCEPT:

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

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# Care with CASTOR OIL

Castor oil has been making headlines recently for its powerful health benefits, but how does it work? We bring you all the advice about using this wonder oil.

**C**astor oil is made by cold pressing the seeds of the *Ricinus communis* plant and then applying heat. It has been used for thousands of years in Ayurvedic medicine to remove lumps, bumps and growths such as warts, cysts, and verrucas, as a potent laxative and even to induce labour. Today, it is recognised as a popular natural health and beauty product.

## NUTRIENT-RICH

Castor oil is rich in vitamin E and contains essential unsaturated fatty acids like omega 6, which are essential for supporting good skin health. It is a nourishing and hydrating treatment, especially for dry skin and lips, but it can cause allergic reactions in some individuals, so it is important to do a skin patch test before using.

Castor oil is also often used on the hair and scalp to promote hair growth and shiny, healthy hair and brows and lashes – you can use a cleaned mascara brush to apply accurately to these

areas. It can also be an indulgent oil for body massage, particularly when combined with other essential oils, such as relaxing lavender.

## ANTHINFLAMMATORY POWER

Castor oil is anti-inflammatory. Research in animals shows that ricinoleic acid, which is present in castor oil, may help fight swelling and pain caused by inflammation when applied to your skin, and some people use it to rub into tired muscles and sore joints. However, more research is needed into this potential benefit.

Going on holiday somewhere hot? Due to being anti-inflammatory, castor oil may ease pain associated with sunburn and reduce peeling,

owing to its moisturising properties. It also has germicidal, disinfectant, and antibacterial properties, which may protect wounds and burns from infection.

Castor oil packs are used to relieve abdominal

pain from premenstrual syndrome, digestive issues and joint pain. To create a castor oil pack, soak a piece of cloth in very warm castor oil and then put it on the affected area with a hot water bottle over the top for 20-30 minutes, once or twice a day.

## STAY SAFE

A recent Tik Tok trend saw influencers dangerously suggest that castor oil could be dropped into eyes to treat dryness, floaters, cataracts, poor vision and even glaucoma. While some eye drops do contain a very small amount of the oil, there is no medical evidence to support the claim. People with such complaints and conditions should visit their optician, as left untreated, they could cause permanent damage.

When choosing a castor oil, pay careful attention to the label. Some castor oils are extracted using a chemical solvent called hexane, which can leave traces in the final product. Hexane can pass through the skin from beauty products and prolonged or repeated exposure may cause dermatitis, eye and skin irritation if there is direct contact and other health risks, so pick castor oils that are labelled as hexane-free.



## READER GIVEAWAY

Cult US beauty brand, Heritage Store's Castor Oil, nourishes skin and hair and provides long-lasting moisture, helping you radiate soul-to-skin beauty. Single ingredient but multipurpose, this clean, vegan beauty staple will bring your boldest brows and lashes, shiniest hair and can even be used as a massage oil. *Natural Lifestyle* is offering readers the chance of winning one of 10. See page 32 to enter.



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NATURAL LIFESTYLE

# Giveaways

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



**Alteya Organics Sheer Rose Tint Face Age Defense Sunscreen SPF30**

This Sheer Rose Tint Face Age Defense Sunscreen SPF30 from Alteya Organics is a 100 per cent natural and certified organic cream that provides reliable and high sheer tint UVA/UVB protection from sun damage – one of the main causes of premature skin ageing. It is a broad spectrum SPF30 formula, which offers safe and effective daily protection from the sun and is free from harmful and artificial ingredients. *Natural Lifestyle* has 20 to give away.



**FRANK FRUITIES KIDS MULTI**

Introducing Frank fruities, a great tasting food supplement your kids will want to take. Kids Multi is a real fruit juice gummy, fortified with vitamins and minerals. These gummies are made from fruit juice concentrates and fruit purees, together with pectin and a careful concentration process brings the characteristic fruity taste and soft bite. The product is suitable for vegans, has no added sugar and contains no artificial colours, preservatives or genetically modified ingredients. *Natural Lifestyle* has 20 to give away.


**Terranova Advanced Beauty Complex**

*Natural Lifestyle* has teamed up with Terranova to offer 15 Advanced Beauty Complex, a unique formulation to support collagen production and maintenance, skin integrity, ageing and more. Featuring VollaGen, a complex of amino acids in the same proportion as those in collagen, it supports skin, hair and nail health. It provides the building nutrients for collagen production (such as vitamin C) and skin health (vitamin A as retinyl palmitate), and features botanicals that contain beauty supportive compounds.



**Pro-Ven Biotics For Adults – 25 Billion to give away**

*Natural Lifestyle* has teamed up with Pro-Ven Biotics to offer 10 packs of For Adults – 25 Billion, with the extensively researched Lab4 group of bacteria with vitamins C and D, zinc, selenium and calcium for immune and digestive support. Supported by more than 15 clinical trials showing benefits for digestion, immunity, athletic performance and mood.




**LAMBERTS QUERCETIN**

Lamberts Quercetin provides 500mg of this useful plant compound. Naturally found in small amounts in onions, apples and capers, quercetin is often recommended for allergies, especially hay fever as it appears to reduce the production of compounds, such as histamine, which cause the symptoms. This one a day product contains a level of quercetin often used in studies, which have also shown some benefits for the health of the joints and the prostate – and *Natural Lifestyle* is offering readers the chance of winning one of 10.



**Otosan Nasal Wash**

Whether it's a summer cold, hay fever or blocked sinuses, there's nothing like the feeling of relief which comes with the Otosan Nasal Wash system. Unlike traditional nasal washes, Otosan contains hyaluronic acid, which brings moisture to the area and helps support the delicate nasal passages and increases healing. *Natural Lifestyle* is offering readers the chance of winning one of three.

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

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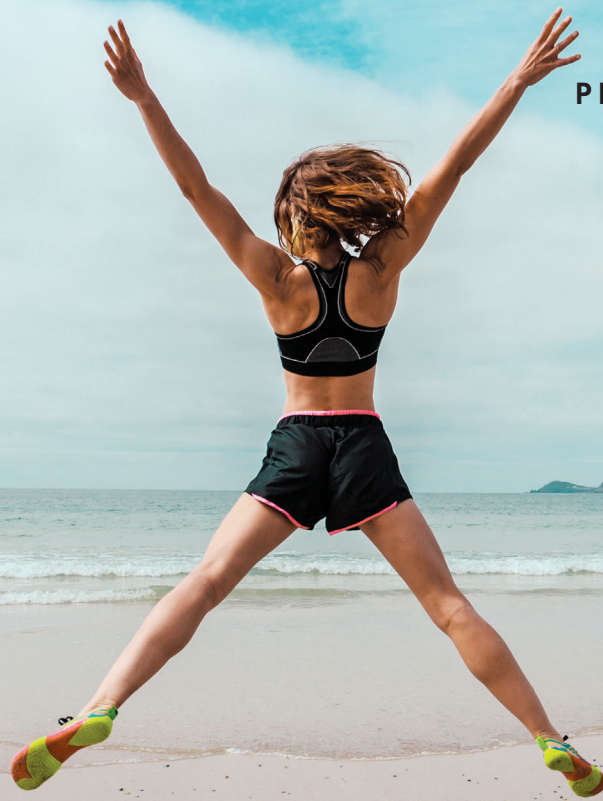
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# The power of the liver on YOUR HORMONES

**Siggi Clavien, founder of Equilibrium Labs, the Liver Clinic and the de-liver-ance supplement, explains the crucial role the liver plays in our hormone health.**

**O**ur why at Equilibrium Labs is to advance the future of liver health, reduce liver disease, prevent liver disease and make the liver healthier.

In Chinese Medicine, they call the liver the 'general of the body'. It is a master organ that controls so many other organs; the liver has thousands of functions, 500 of which are vital and some of those affect your health every day; your weight, your immune system, your skin, vitamins, proteins, processing red blood cells – all of these things are done by your liver. And if you care about your gut health, that's also your liver – the liver and the gut are completely intertwined.

The liver is so complex, it is the largest internal organ in the body and the only organ in the human body that fully regenerates – think of the liver as this powerhouse that is affecting all the organs, blood flow, oxygen in the blood, everything ties in together.

## Your hormone health explored

Another reason your liver is so important is for sexual health, especially regarding testosterone, which is controlled and synthesised by the liver.

Not only is the liver an organ, it is also a gland and as a gland, it's responsible for things like hormones. Testosterone is a hormone that is very important to



men's health. As men get older, that decreases. So, the liver's responsibility, besides synthesization of it, is trying to balance testosterone, as well as oestrogen and progesterone. Your liver health is directly connected to your hormones.

Liver health has a direct correlation not only on testosterone levels, but we also know that erectile dysfunction is tied to fatty liver.

To be cognisant of your liver health, have it tested, and that can be done through blood tests or now with the technology of FibroScan, a non-invasive

device that accurately measures your liver fat and your liver stiffness. Then you know where you are at and then you can take steps to nurture the liver and heal, otherwise, you are driving around blind. And that's health in general. The future of medicine is preventive medicine, preventive medicine starts with knowledge and knowledge starts with diagnostics.

## Liver support

To support your liver health, Equilibrium Labs developed de-liver-ance, which is the result of 20 years of research and developed through a combination of three of the great modalities of the earth, traditional Eastern medicine, Ayurvedic medicine, and Western medical technology. My solution wasn't just to educate and diagnose, it was to effect change and to have an impact on people's health. To do that, I worked with doctors, and scientists from all over the world.

Rizasalutem, the tried and tested formula in de-liver-ance, is formulated from natural herbs, roots and extracts that have been used in traditional herbal medicine for over 5,000 years. Being delivered as a liquid, as opposed to a powder or a tablet, gives the product optimum bioavailability and the 17 all-natural ingredients help support the elimination of harmful toxins from the body.

**If you are interested in finding out more, contact [info@loveyourliver.com](mailto:info@loveyourliver.com)**

# A HOLISTIC SUMMER *hideaway*

**Natural Lifestyle** journeyed to the holistic spa hotel, OCEÁNO in Tenerife, for a summer retreat to focus on mind and body health.

**L**ife is busy in our modern world. Demanding jobs, juggling family and social life, and very often not nourishing our body in the right way, can leave our mind and body depleted and in need of restoration.

If this sounds like you, then OCEÁNO Health Spa Hotel could be just the thing. This hideaway can be found in Tenerife, directly located on the Atlantic Ocean, and the whole focus of the spa hotel is on your health, allowing guests to nurture their wellbeing and discover their own rhythm again.

OCEÁNO's approach is always holistic and this allows guests to learn the building blocks for lasting regeneration and new life energy.

This was the goal of *Natural Lifestyle's* recent trip to OCEÁNO Tenerife, with a focus on improving health and wellbeing through the Mayr therapy program.

## LOOKING AFTER YOUR HEALTH

The team at OCEÁNO are dedicated to creating a programme that suits you and your health and wellbeing needs with the Health Spa programme, and during our trip, we were enrolled in the Men's Active Health plan. Other programmes include Weight Control and Relax.

On arrival, we were warmly welcomed by the reception staff and taken for a medical examination with a doctor, who asked in-depth questions about health and goals, which included weight loss, reducing or eliminating blood pressure medication, reversing acid reflux, and alleviating stomach pain.

The assessment was in-depth, with measurements of chest, neck, waist, and rib cage angle taken during the medical examination, with plans for a follow-up measurement before departure. We also discussed previous experiences with fasting and ongoing issues with diverticula disease and stomach problems.

As part of the schedule during the day, there were five personal training sessions over seven days, and there were daily yoga classes, with sessions suitable for all abilities; I was a novice and thoroughly enjoyed it. Guests also have access

to a well-equipped gym and tennis court.

Relaxation is also an important part of the programme, with regular massages depending on your needs, and includes a range of Ayurvedic treatments. The range of facilities on offer also meant there was something to suit everyone, and I particularly enjoyed the stunning seawater pool, the sauna and cold water plunge pool, which all supported my detoxification goals.

After a week, the results of my trip were in and they were impressive; not only had I lost 4kg, but I also felt healthier generally, with far more energy, feeling refreshed in both my mind and body.

I journeyed as a solo traveller and found it was easy to meet like-minded people once I was there as many are there for the same goal – to create a healthy lifestyle.

## GET INTO NATURE

Located on the northeast coast of Tenerife, the hotel is situated in a mountainous area with beautiful sea views and snow-capped Mount Teide in the distance. During our stay, we enjoyed lovely walks along the coast and observed various types of birds. Whales and dolphins have also been spotted at the right time of year.

Nature is a key component of the health programme at OCEÁNO. All rooms overlook the sea and Mount Teide and also offer breathtaking views of the sea and bay of Punta del Hidalgo.

## FUELLING YOUR WELLBEING

Healthy eating is a key part of the health programme at OCEÁNO, but this doesn't mean you feel you are going without – far from it, in fact.

Each meal choice is healthy, but tasty with different food requirements catered for. Breakfast is a healthy buffet, and at lunchtime, I chose nutritious meals that consisted of protein and low carbohydrate, which was chosen in the morning after breakfast. The evening meal consisted of soup so that the digestive system was allowed to rest overnight. Herbal teas are available throughout the day as part of your overall cost.





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# Everyday classics

*with a twist*

Take inspiration from *MasterChef* champion, Eddie Scott, with these classic dishes reimagined with the flavours of India.



## Chole masala with cavolo nero and crispy egg

Serves 4

### INGREDIENTS:

- 3tbsp vegetable oil, plus 1tbsp for the eggs
- 2cm (¾ in) cinnamon stick
- 1tsp cumin seeds
- 4 cloves
- 2 black cardamom pods, crushed
- 1 large onion, finely diced
- 2cm (¾ in) piece of ginger, finely grated
- 3 garlic cloves, finely grated
- 2 fresh plum tomatoes, grated
- 1 green finger chilli, roughly chopped
- ½ tsp ground cumin
- ½ tsp ground coriander
- ¼ tsp ground turmeric
- 1tsp garam masala
- ½ tsp amchoor powder (dried mango)
- 1tsp salt
- 1 x 400g (14oz) tin good-quality chickpeas
- 1 tea bag
- 1tbsp pomegranate molasses
- 8 stalks cavolo nero, woody stalks removed and leaves roughly chopped
- 4 medium eggs
- 4 pinches of chilli flakes
- Salt and pepper

### TO SERVE:

- 4 slices thick crusty bread
- Butter, for spreading

### METHOD:

- Warm the oil in a large deep sauté pan with a lid over a medium heat. When hot, add the whole spices. Allow to sizzle for one minute, then add the onion and fry until deep golden brown – at least 10-15 minutes. Add the ginger and garlic and stir for a further two minutes.
- Add the tomatoes and green chilli and cook for a further minute, before adding the ground spices and salt. Stir to coat everything in the wonderful spices, then add 100ml (3½ fl oz/scant ½ cup) of water. Simmer for 10 minutes with the lid on, stirring from time to time. The result should be a beautifully dark and rich masala sauce. Add a splash more water if it becomes too dry.
- Add the chickpeas, tea bag and pomegranate molasses, along with 200ml (7fl oz/generous ¾ cup) water and bring to a simmer. Once simmering, reduce the heat and cook uncovered for 10 minutes.
- Add the cavolo nero to the pan for the last five minutes. By this time, the curry will be beautifully thick and the chickpeas tender. If it is too liquid, then turn up the heat and allow to reduce further until thickened. Remove the tea bag and, with the back of a spoon, gently crush some of the chickpeas. Keep warm whilst you fry the eggs.
- Heat a large frying pan which can hold four eggs comfortably over the highest heat, until the pan is smoking hot. Or use a smaller pan and fry the eggs two at a time. Add 1tbsp of oil and immediately crack the eggs into the pan. Sprinkle each egg with a pinch of salt, pepper and chilli flakes and cook until the eggs are cooked on top and crispy underneath. This should take around two minutes over a high heat.
- To serve, toast the bread. Butter each slice generously and top with a nice amount of chickpea curry and a crispy fried egg.



## Saag goats' cheese tart

Serves 4

### INGREDIENTS:

- 50g (1¾ oz/3½ tbsp) butter, plus extra for greasing
- 2tsp cumin seeds
- 1 large onion, thinly sliced
- 2cm (¾ in) piece of ginger, finely grated
- 3 garlic cloves, finely grated
- 3 green finger chillies, chopped
- 750g (1lb 10oz) spinach leaves, washed
- 1tsp ground cumin
- 2tbsp dried fenugreek leaves (kasoori methi)
- 1tsp garam masala
- 1 x 150g (5½ oz) goats' cheese log
- 3 medium eggs
- 200ml (7oz/generous ¾ cup) double (heavy) cream

### PAstry:

- 200g (7oz/1½ cups) plain (all-purpose) flour
- 80g (2¾ oz/⅓ cup) unsalted butter, cold
- A generous pinch of salt

### OR:

- 1 x 500g (1lb 2oz) block of ready-made shortcrust pastry

### METHOD:

- Start by making the pastry. Blitz the flour, butter and salt in a food processor, until it resembles fine breadcrumbs. Add two tablespoons of water and pulse until the dough forms a ball. Wrap in cling film and

flatten to a thickness of 2cm (¾ in). Chill for 30 minutes.

- Warm a large, deep pot with a lid over a medium heat. When hot, add the butter and the cumin seeds. Allow the cumin to sizzle for 30 seconds, to release their aroma. Add the onion and cook for 10 minutes, until lightly golden. Add the ginger, garlic and green chillies and cook for a further three minutes. Add the spinach to the pot and cover with a lid. Leave to wilt over a medium heat for five minutes. Add the ground cumin and fenugreek and continue to cook for a further 25 minutes, with the lid off, stirring from time to time. You should be left with a relatively dry spinach paste. Sprinkle with garam masala and plenty of salt; set aside to cool.

- Preheat your oven to 180°C fan/400°F/Gas 6, and place a heavy baking sheet inside to heat up. Lightly grease a 23cm (9in) loose-based tart tin with a little butter. Roll the pastry out to a thickness of 3mm, large enough to line the tart tin. Place the pastry inside the tart tin, pushing it into the sides, then trim the excess pastry around the edge of the tin.

- Spread the spinach filling into the tart case. Cut the goats' cheese into rounds and arrange on top. Whisk together the eggs and cream and pour this into the tart tin. Place the tart on the preheated baking sheet and bake for one hour, until golden. ➤

## RECIPES



### Spiced chai chocolate mousse with poached prunes

Serves 4

#### INGREDIENTS:

- 2cm (¾ in) cinnamon stick
- 3 cloves
- ½ nutmeg
- Seeds from 4 green cardamom pods
- ½ tsp black peppercorns
- 1 black teabag (Assam or English Breakfast)
- 10g piece of ginger, crushed
- 225ml (8fl oz/scant 1 cup) whole milk
- 4 egg yolks
- ½ tsp cornflour (cornstarch)
- 50g (1¾ oz/¼ cup) caster (superfine) sugar
- 175g (6oz) dark chocolate (70% cocoa solids), chopped
- ½ tsp salt
- 200ml (7fl oz/generous ¾ cup) whipping cream

#### POACHED PRUNES:

- 16 pitted prunes (Agen are best)
- 2cm (¾ in) cinnamon stick
- 3 cloves
- 1 star anise
- 2 lemon slices
- 1 teabag (Assam or English Breakfast)
- Peel of ½ orange, (pared with a peeler)
- 75g (2½ oz/6tbsp) sugar
- 75ml (2½ fl oz/5tbsp) brandy or Armagnac

#### TO SERVE (ALL OPTIONAL):

- Gold leaf to garnish
- Clotted cream
- Cardamom biscuits

#### METHOD:

- For the prunes, put all of the ingredients except the brandy in a small saucepan. Cover with water and bring to the boil, then turn the heat down and simmer gently for 20 minutes. Transfer the prunes to a jar along with 100ml (3½ fl oz/scant ½ cup) of the poaching syrup and the brandy or Armagnac. This will keep in the fridge for up to two weeks.
- Grind the whole spices for the mousse to a fine powder in a spice grinder, or pestle and mortar. Add the spices, teabag and ginger to the milk and warm gently. Once simmering, remove from the heat and leave to infuse for 20 minutes.
- Whisk together the egg yolks, cornflour and sugar until pale and fluffy. Return the milk to the boil and strain it through a fine sieve into the egg-yolk mixture. Whisk together, before returning the mixture to the pan and cooking for two to three minutes over a medium heat, stirring well until slightly thickened.

- Put the chopped chocolate in a heatproof bowl and pour the hot liquid over it. Stir until the chocolate has melted. Add the salt and set aside.
- Whip the cream to soft peaks and fold into the chocolate mixture. Divide the mousse between four pudding glasses or ramekins and place in the fridge for three hours to set.
- To serve, add two prunes to each serving and garnish with some gold leaf for a royal finish, if you wish. Serve with clotted cream and cardamom biscuits.

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