

FREE  
MAGAZINE

# Naturally good health

LOCAL NEWS | PRODUCTS | EXPERT ADVICE

SUPPORTING NATURAL HEALTH IN IRELAND

SUMMER 2022



## THE POSITIVE APPROACH

Trisha Lewis opens up about her motivation for leading a healthier lifestyle, physically and mentally

### HEART STRONG

The health and lifestyle plan for a healthy heart

### Plus:

- \* HOLISTIC HOLIDAY ADVICE
- \* GLUTEN-FREE COOKING WITH EASE
- \* CUT BACK ON PLASTIC USE
- \* THE SEARCH FOR IRELAND'S TOP HEALTH STORE



# MAG365

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\* DiNicolantonio, J. (2018). Magnesium for the prevention and treatment of cardiovascular disease, Open Heart Journal, Volume 5, Issue 2

# Welcome

SUMMER 2022



**T**here is so much information we are bombarded with these days in terms of how to stay healthy, it can become quite overwhelming to know what you should prioritise; should you go low carb? Is vegan better? Are you getting enough protein? And how important is exercise? These are all common questions that we consider when looking to shape up our health and to lose weight.

The truth is, for overall good health and a healthy waistline, it takes a varied approach but the most important one is balance – balance in what you are eating, allowing yourself certain indulgence to keep you motivated, and balance in your physical activity so you actually enjoy it. Too strict a regime, and too limiting to fit in with your life, and it's likely any health goals you set will fall by the wayside.

This is the message from our cover star this issue – the refreshing Trisha Lewis. Trisha has become hugely well-known across Ireland for her Trisha's Transformation story. Having reached a peak of 27 stone, hugely affecting her physical and mental health, Trisha decided enough was enough. Today, she is eight stone lighter and with a wonderful and, more importantly, sustainable approach to health. She says it's a slower process in getting off the weight, but what she has done is changed her approach, built a plan into her life so she still gains enjoyment from food, and instead of it feeling like a chore, she now loves to live a healthier way of life. You can read about what Trisha has to say on page 20.

And finally, we are so excited to be able to announce the launch of the *Naturally Good Health* Retailer of the Year Awards, sponsored by Terranova Nutrition. We

all love health stores for the wonderful support and service they provide, and we want to recognise that with these awards – but we need our readers to nominate their favourite store, to tell us why your local store is so special – by the people who visit them regularly. You can find out all the details on page 18.



## Rachel

RACHEL SYMONDS, EDITOR



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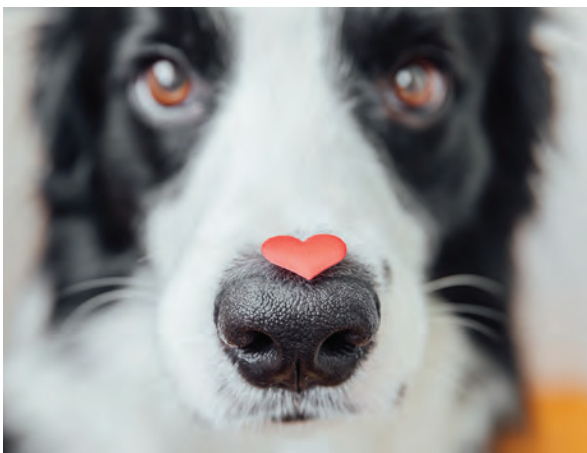


Distributed and sponsored by Wholefoods Wholesale Ltd on behalf of Irish health stores



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# Tired

of being

# Tired?

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# FIVE DECADES OF HEALTH

**Gabrielle McAuley reports from Dublin's Down to Earth, which has been serving health-conscious customers for 50 years.**



**D**own to Earth on George's Street, in Dublin, is an iconic health food store. Opened by Jack Irwin, in Malahide, on Good Friday 1972, the store moved to Fleet Street in Dublin city centre in 1978 and has been on South Great George's Street since 1985.

Jack and his daughter, Jane, have met the needs of many who are interested in maintaining and improving their health over the last 50 years.

In those early days, the health food staples included brown rice, carrageen moss, wheatgerm, bran, shoyu sauce, yeast tablets and garlic pearls. Over the years, the well-informed health store customers have responded to many of the new products which have become available and have themselves requested new products as they have read and researched on how to maintain and improve their own health. The store now stocks a huge variety of over 20,000 products and the variety of natural health remedies and health foods is a joy to behold.

From the 1970s, through the '80s and onwards, the team here have seen a hugely interested customer base expand their knowledge and become more aware of eating more healthily. They have witnessed the move away from animal to more plant-based foods, have noticed the increasing awareness of the need to eat and drink more healthily and have seen the interest in supporting health through the use of vitamin and mineral supplements grow year on year and have been privy to the growth in awareness of the need to support and maintain good health in mind and body.

The homeopathic dispensary at Down to Earth opened in 2011, again to meet customer demand, and there are always homeopathic practitioners on hand when needed.

The best-selling foods include all varieties of flour, a wide range of pulses, many varieties of honey and several kinds of long and short grain rice. The store carries many dried herbs as well as herbal tinctures including the ever-popular dandelion, and mullein, homeopathic

arnica is as popular as ever, and fish oils, immune strengtheners, collagen and liposomal vitamins are also in big demand.

As with most other business, this health store suffered a loss of its footfall of 80 per cent during the restrictions of the last couple of years – though many of its customers did make the move to shop online. Down to Earth did a click and collect, a home delivery service to customers in the Dublin area and had Fastway deliver to areas outside the capitol. Online trade has maintained itself even as life and city streets return to normal. As each week goes by post-pandemic, the team here are delighted to welcome back long-standing customers who are very happy to be out and about and seeing their old friends in this city store again.

Regulars and newbie customers are always welcome and Jane, Jack and the team here are happy to answer any questions and are more than happy to help you find your sought for vitamin, herb or bodycare product.

Over the 50 years since the store first opened its doors, there's been a huge increase in environmental awareness as more people each day wake up to the fact that our planet is on a tipping point now. Suppliers to Down to Earth are also more aware and are using more recyclable materials – for example, changing from plastic to glass, or plastic to cardboard. Within the store, they recycle the boxes which orders are delivered in by reusing them to fulfil their online orders and the packaging used is also eco-friendly and dissolves in water. Many shoppers also now bring their own shopping bags; they are also looking to buy larger sizes in items to cut down on waste and packaging and the store itself uses only paper and cloth, not plastic, bags.

In Dublin city centre, on the tourist and shopping trail, this wonderful and long-standing store is an essential visit for a vast range of healthy, sustainable, and homeopathic products and Jack, Jane and their team of friendly, well-trained staff will do all they can to help you find what you need. NGH



# Walking the walk

Walking along the high street of any town in Ireland, you are likely to see a health food store. You may never think about the difference in the ethos in health food stores and other stores, and in the products found in them, and so in this feature, we hear from those in the health food trade about their philosophy and personal ethic. This issue is the turn of Olive Curran, who has literally grown up in the industry with the family business, PPC.



Olive Curran

From an early age, my heart had always been drawn to the health food industry. At the age of 12 years, I recall the joy I felt while serving our first PPC practitioner at home while my parents were out, nearly 30 years ago. Ahead of the curve, my entrepreneurial parents set up PPC, an acronym for Pat and Phil Curran, a company which serves the needs of complementary practitioners in Ireland.

In college, I studied Business Information Systems, which gave me the knowledge and tools to establish a role in our family business. However, after attending a multitude of nutritional seminars, I knew I wanted to study Nutritional Therapy. At 25, with a child in tow, I went back and completed a diploma in Nutritional Therapy, further enhancing my role in PPC.

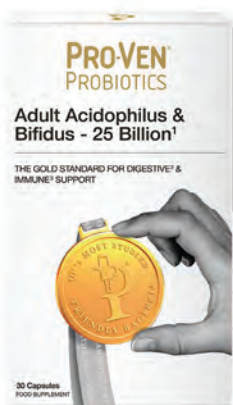
After a decade in business, PPC entered the retail market with the now renowned Eskimo-3.

One of the first omega 3 brands on the Irish market, Eskimo-3 has gone from strength to strength over the last 20 years and we're proud to say it is a brand loved and trusted by consumers all over the country. Today, the Eskimo-3 brand continues to grow and this month we announced the newest addition to the Eskimo family, Eskimo-3 Vegan!

Over the last 20 years, so much has changed within the industry. When I was pregnant with my youngest daughter, Lucy, I developed a severe food intolerance to gluten. At the time, the foods available were tasteless and few. Today, you can wander around any health food store, and choose from hundreds of gluten-free options – making life in the free from world much more palatable. My daily regime includes Eskimo-3, Terranova B-Complex, Mag365 and when the stress gets a bit much, I reach for Macanta L-Theanine and L-Ornithine, which helps keep me calm but focused.

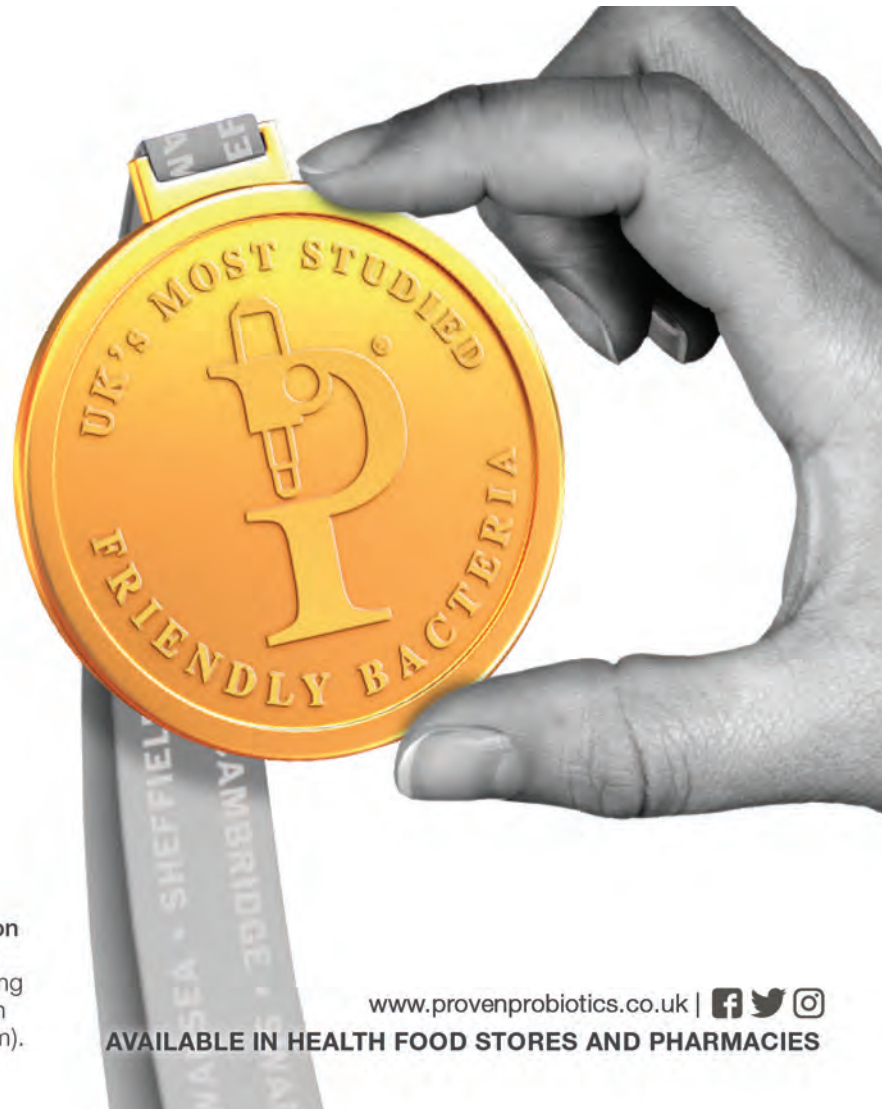
While I don't currently practice in nutritional therapy, my job as Director of PPC and Chairperson of the Irish Health Trade Association allows me to keep up to date in current research, offer practitioner advice, assist in new product development and provide content to magazines regularly. PPC is now a second generation business with myself and my husband and business partner, Michael Donnellan, at the helm. With just over 10 years working together, and with the help of a pandemic, we have managed to create a lovely work/life balance, which benefits ourselves and our teenage children. We look forward to a bright future and many more projects as time goes on. I am fortunate to be able to apply both my love of technology with my passion for nutrition – as they say, if you love what you do, you'll never work a day in your life.

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## Discover Ireland's health stores

An innovative new map is helping people discover the country's wonderful health stores.

Shoppers like to visit local health stores when visiting or holidaying in a different location. Aware of this, Health Stores Ireland has launched a map of all the stores in Ireland, more than 200, which operate in almost every town centre and shopping mall across the country.

Each store owner has made a recommendation of something alternative to see and do within their own location and the map highlights a wide range of places of interest, some well-known attractions, and some hidden gems. The touristy map also includes the eircode, thus making the store easy to find.

Health Stores Ireland has teamed up with The Factory, near Birr, and in a lovely touch, modelled the map on traditional touring maps from the past. The map is free to all customers.

Mary Wedel, from An Tobarín, Bandon, explained: "We get great joy in recommending one of our fellow independent retailers to our staycationing customers and we look forward to their feedback when they return, often with well wishes from our friends on another part of the island. Acknowledging the changing trends in holiday habits and channelling this into a useful document was our challenge."

## TWO THIRDS OF IRISH PEOPLE OVER 50 HAVE HIGH BLOOD PRESSURE

The scale of the problem with high blood pressure has been revealed with new research revealing two thirds of those aged over 50 have it, yet almost half are unaware of it.

The Irish Heart Foundation says this information gap can cause preventable heart events and strokes and is calling for a five-year drive to tackle it. The charity insists there is an urgent need to reverse the prevalence of the condition – also called hypertension – and a key risk factor in stroke, the third highest cause of death in Ireland.

A review of the 2016 Irish Longitudinal Study on Ageing (TILDA), published in the *Journal of Public Health*, has revealed that 64 per cent of over-50s have high blood pressure – but 45 per cent are unaware of it. A total of 59 per cent of those who know they have the condition are taking medication to reduce it, but almost half do not actually have it under control.

The foundation's call on the State to launch a Hypertension Awareness and Behaviour Change Campaign coincides with the recent European Stroke Awareness Day. The Irish Heart Foundation is also calling on the public to be more aware of their blood pressure status and to get it checked regularly.

"Many strokes are preventable and the principal risk factors – including high blood pressure – are increasing in prevalence," explained Kathryn Reilly, Policy Manager with the Irish Heart Foundation. "Hypertension often goes unnoticed, but it is among the leading modifiable risk factors for cardiovascular disease and premature death worldwide. Despite being the leading modifiable risk factor for cardiovascular disease and premature death, research has shown that Ireland has one of the lowest rates of awareness, treatment and control of hypertension among 12 high-income countries.

"Currently in Ireland, only patients holding a medical or a GP visit card can receive check-ups for hypertension without charges and there are no plans at present to introduce free check-ups for hypertension to the general population. As the threat from Covid-19 recedes, a hypertension campaign would be very timely to refocus on chronic disease risk factor identification, treatment and control."

## Focus on



# HEALTH

### NUTRATEA NUTRA GLYCEMIA

Help to support healthy blood glucose levels with this herbal tea, a balanced blend of bitter melon, cinnamon, black tea, fenugreek, jambolan and banaba leaf. It also has the added benefit of coming in biodegradable packaging.

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## WARNING OVER COELIAC DIAGNOSIS

An Irish charity is warning those who may have coeliac disease to be aware of food intolerance tests.

The Coeliac Society of Ireland has issued a warning over the use of tests marketed as diagnosing food intolerance after it emerged that an increasing number of people are using them to try and find out whether they have coeliac disease.

Speaking at the launch of Coeliac Awareness Week 2022, Dietitian and Nutritionist, Sarah Keogh, said that food intolerance tests are known to be unreliable because they are not able to determine whether or not someone is coeliac or even intolerant to gluten. The Coeliac Society believes thousands of people who are using tests marketed as food intolerance tests – either at home or in medical clinics – in an attempt to diagnose gastrointestinal issues could be doing themselves more harm than good because of misleading and

inaccurate marketing that surrounds this multi-million industry.

Sarah explained: "One of these tests which is particularly problematic is a blood test called an IgG – or immunoglobulin G – test. This is where a person has a blood sample taken, either at a clinic or with a kit they use at home. This sample is then sent to a laboratory where the sample is tested for IgG levels to a range of foods.

"IgG is an immune protein in the body and according to the companies selling these tests, if you have a high IgG reaction for a food, it can mean that you are intolerant to that food. However, there is no scientific evidence that IgG test results reflect any actual food intolerances or sensitivity, and they certainly don't tell you if you are coeliac. In fact, the current science shows that these tests probably only tell a person what they have eaten recently."

Coeliac Society of Ireland advises that the only reliable way to determine if you have coeliac disease is to get a blood test done with your GP. For these tests to be accurate, you must be eating gluten for at least six weeks up to the time of the test.

Consultant paediatrician, Alfonso Rodriguez Herrera, MD, PhD, who is Assistant Clinical Professor of Medicine at UCD, added: "Delayed or misdiagnosis is the biggest issue with coeliac disease. When someone continues undiagnosed, then they are at greater risk of developing other health conditions, such as osteoporosis, fertility issues, liver abnormalities, and even some forms of cancer. We've seen recently how damaging misinformation can be when it comes to diet and health implications. The public needs to be aware that tests currently sold as food intolerance tests are not reliable."



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# BEGINNERS GUIDE TO HIKING

The summer is the perfect time to get outside and explore your local surroundings, and what better way than with a hike?

The wonderful thing about the great outdoors is that it's there waiting for you at any time of year, and there's nothing that can stand in the way of you enjoying it – as long as you are properly equipped and prepared. And so, the people at Compeed are here to remind you of a few things to consider as you delve deeper into the world of hiking – not only to ensure your comfort, but also your safety.

• **The right equipment** – although one of the appealing aspects of hiking is that the activity itself costs nothing – natural landscapes are freely accessible to all – there are some items in which it may be wise to invest. The first and most obvious is, of course, footwear. Given the amount of walking you will be doing, it's very important that you wear shoes that are not only comfortable but also appropriate to any terrain that you will be tackling. Forget aesthetics; what you're looking for here is a strong, protective toecap, a rugged grip on the sole to prevent slippage, and good ankle support and heel moulding. And you'll want to ensure they're made from a waterproof, breathable material.

• **Plan your hike** – there are many options for where you can go hiking, but it can be hard to know where to start – and difficult to know whether a particular trail is appropriate for your skill level. Fortunately, there are a wealth of resources available that will help you choose hikes based on your location, the distance you'd like to walk, and their difficulty level.

• **Pack your bag** – it's always a good idea to use a checklist, so here is a list of the bare essentials that are a good idea to bring on any day hike: map and compass, first aid kit, paracetamol, blister plasters, foil blanket, mobile phone, bottled water, small, high-energy snacks, whistle, and sun cream. This should fit into a small (ideally waterproof) 25-30 litre backpack. And remember, you don't want to overpack either – anything extra will just be weighing you down!

• **Hiking safely** – if you're just starting out with hiking, it's wise to go along with a friend, ideally one who is more experienced than you if possible. It may be tempting to set off on your own and revel in the solitude of your natural surroundings, but it's best to hold off on this until you have built your confidence as a hiker. Make sure you check the weather before you head out – not just to see what kind of clothes you might need to pack, but also to make sure you're not heading out into any extreme conditions that may compromise your enjoyment or safety on the hike. And always leave details of where you are headed and when you expect to be back with a friend or family member. This way, they'll be able to take the appropriate steps should something go awry, and you do not return home as planned.

*Focus on*

# FITNESS

## *Sustainable hydration*

It's easy to grab some water on the go in a plastic bottle while exercising, but have you thought about the impact this could be having on the environment?

Here to help is Water in a Box, a new sustainable, 100 per cent British water brand made from recycled cardboard, certified by the Forest Stewardship Council.

Cardboard cartons have the lowest carbon footprint of all packaging materials and are more sustainable across the whole of their life cycle when compared to aluminium cans, PET and rPET (recycled) bottles and glass.

Water in a Box was founded to provide a better, more climate friendly option when drinking water on the go. It acknowledges that it's not perfect; in an ideal world, we all have a reusable bottle, an ecoffee cup and a tote bag for when we go shopping. But life is busy and at times, we simply just forget.

Managing Director, David Grannell, explained: "We long for the day when PET plastic bottles won't exist anymore but unfortunately, we still have a long way to go. The tide is starting to turn and we're proud that Water in a Box is part of this revolution and challenging people to think differently about the carbon footprint of their drinks.

"We hope Water in a Box can be something you can reach for and not feel guilty about whilst you are on the go. Our cartons are made from 70-90 per cent plant-based materials and they are 100 per cent recyclable. We are committed to improving our sustainability credentials all the time."



## *Discovering Ireland's top running tracks*

If running is your thing, then a new study could help you decide new routes to try.

A recent study by Physosupplies Ireland has revealed the top five most popular running routes in Ireland. Using the Strava Segment Search, it searched for running segments for each of the 26 counties situated within Ireland. From this, the study has identified five of the most popular running routes located in Ireland, with Carrick Aces Track placing first and Lap of Arklow placing fifth. Also on the list was Westside Track in Galway, Ballina Track, in Mayo, and Maguires Field, in Limerick.

Those who created the study have expressed their advice regarding the benefits of running, and how people can be better motivated to get started.

"While Covid-19 cases are slowly dwindling down in Ireland, global news such as the recent, ongoing war in Ukraine and coverage on the rising energy prices are producing significant levels of stress across the globe. This year is especially different as with the rising figures of people acquiring the Coronavirus vaccine, Covid-19 cases are on the decline within Ireland and therefore, more people are regularly exercising, as well as starting their own exercise routine," they said.

"Because more people are trying to exercise in the new year, we strongly advise gearing up correctly when running outdoors. While these routes are popular in terms of attempts, the risk of injury is never zero when running outdoors due to inconsistent roads and pavements. Proper running shoes, socks, and attire that lets you adapt to weather conditions are all recommended when running outside!"

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# ECO CONSCIOUS BODY CARE

In a further step to help us cut our individual carbon footprint, the people at Ben & Anna bring us a brand new concept in the form of cloud soap and shower flakes.

The 100 per cent vegan, cruelty-free and COSMOS certified range comes in dry form, so that water can be added into the special dispenser pumps at home (sold separately), helping to reduce the carbon footprint of transport, as well as reducing plastic waste in the bathroom.

The new shower gel flakes are available in four fragrances and come in recyclable cardboard packaging. Simply purchase the refillable shower gel dispenser with your first order and then you are ready to make your own sustainable shower foam, pack after pack – reducing excessive transport costs from bulky water filled, over packaged products! Simply dissolve a pack of the certified natural and vegan shower gel flakes in 200ml of hot water in the refillable shower gel dispenser, shake, pump and shower! The varieties include Blue Basil, with cooling eucalyptus, and Sweet Floral, with gentle floral scents and tropical fruits.

Then there is Hand Cloud Soap tablets and matching dispenser; simply choose which fragrance you would like, from lemony Sunrise or fruity Purple Sky and dissolve a soap tablet in 100ml of water in the refillable brown glass dispenser. The special pump mechanism on

the dispenser creates an incomparably fine-pored soap foam that is soft and as fine as a cloud on the hand.



## FAMILY SUN SAFETY

Keep you and your family's skin safe from the sun's rays with the help of Green People.

The organic brand's Family Sun Starter Pack offers a natural, reef-safe sun cream trio pack with products for all the family, made up of Scent Free Sun Cream SPF30 (30ml), Sun Lotion SPF15 with Tan Accelerator (30ml), and Organic Children's Scent Free Sun Cream SPF30 (50ml).

Key ingredients include organic aloe vera, edelweiss, green tea and avocado, and in plant-based packaging.

## Focus on

# BEAUTY

## Get set for relaxation

Scentered is helping us to relax and reset with these two new sets.

The aromatherapy lifestyle brand is known for its 100 per cent natural and sustainable products, and explains that many people in today's world find it difficult to switch off and clear their head. It's an issue for so many of us, particularly when our days are so busy and demands on us are constant.

And so Scentered has devised luxurious sets that will help you make that transition, instantly changing your mood using the carefully blended essential oils.

DE-STRESS Relaxation Set features a full-size DE-STRESS Aromatherapy Balm, a travel-size SLEEP Aromatherapy Balm and a Microwaveable Lavender Wheat Bag. Meanwhile, the LOVE Relaxation Set is made up of a full-size LOVE Aromatherapy Balm, a travel-size ESCAPE Aromatherapy Balm, along with a Microwaveable Lavender Wheat Bag.

Scentered's products are cruelty-free, in eco-friendly packaging, 100 per cent natural and use premium grade essential oils, grown by reputable farmers.



## Soothe sensitive skin

Rosacea can be a disruptive skin condition, but there are many natural solutions to help.

And so the experts at Pai Skincare explain what the condition is, and how you can soothe the condition naturally.

Rosacea is a chronic condition that causes blood vessels to enlarge, giving a flushed appearance to the upper cheeks and nose. Symptoms include redness, inflammation, dilated capillaries and, in some cases, small hard spots and pustules. The skin will also feel hot or warm, and as it's inflamed it could feel tight and sting when using products.

Seven skincare ingredients to avoid for rosacea-prone skin include alcohol, witch hazel, fragrance scented ingredients, menthol, peppermint, eucalyptus and benzoyl peroxide.

When opting for natural options, Sarah Brown, founder of Pai Skincare, suggested: "As a general rule, we suggest using products which are specifically formulated for sensitive or rosacea-prone skin. Opt for natural and organic ingredients, as these are far less likely to cause irritation. Stick to soothing and strengthening actives like chamomile and rosehip. Rosehip is a fantastic skin healer and strengthener. Chamomile contains azulene, a natural anti-inflammatory, which will cool and calm any flushing during a flare-up."

She added: "We advise testing products on a small patch of skin before using them all over your face. Check whether a brand offers sample or travel-sized versions of their products. This means you don't have to invest a fortune in trialling products which may not be suitable for your skin."



# Summer Favourites

Summer is hot, do something cool, say hello to organic and all things natural.



*Ben & Anna Mint Deodorant*  
[www.organico.ie](http://www.organico.ie)

Ben & Anna's natural Deodorant in Mint brings a pleasantly cool breeze to your skin to combat the summer heat. The fine, tart aroma of fresh mint, with its slight spiciness and at the same time mild elegance, is the perfect everyday deodorant you need in your life! Natural soda has a deodorising effect while the addition of shea butter leaves your skin feeling soft. Made with only certified natural ingredients, vegan, eco-friendly and 100% effective. Available from health stores and online.

*benecos Compact Powder*  
[www.benecos.ie](http://www.benecos.ie)

Say goodbye to oily skin and hello to a naturally matte finish with the benecos Natural Compact Powder! This lightweight powder is the perfect addition to your Summer bag, for quick touch ups when you're out and about enjoying the sunshine. Prolong your make up and protect our planet with the certified natural and PETA approved formula! Available from health stores and online.



*Organyc Period Pads*  
[www.organyc.ie](http://www.organyc.ie)

No need to worry about sweating in your intimate area this summer! Organyc's award-winning Period Pads Folded Moderate Flow are made with a 100% certified organic cotton inside and out. This makes them naturally breathable, absorbent and kind-to-skin. Packaged folded and individually wrapped in mater-bi, biodegradable pouch, handy for putting in your bag on the go! Certified organic by ICEA. Available from health stores and online.



*Ayluna Honey Blonde Hair Colour*

Just like these summer days, your hair just got brighter! Try Ayluna's plant-based hair dye in Honey Blonde to achieve gorgeously golden locks without using harmful chemicals. The certified organic formula gently colours your hair and adds a healthy shine that's great for you and kind to the environment, too! Available from health stores and online.



*lavera Volume and Strength Shampoo*  
[www.lavera.ie](http://www.lavera.ie)

Are you looking for fantastic shine, strong hair, or amazing volume? No problem! The lavera Volume and Strength Shampoo with a protein-rich plant based complex is here to help! Formulated with organic bamboo and quinoa, it will strengthen and nourish your hair from root to tip, leaving it silky, shiny, and easy to comb without weighing it down. For extra nourishment use alongside the Volume and Strength Conditioner. Certified organic by ECOCERT COSMOS organic and registered vegan by the Vegan Society. Available from health stores and online.

*benecos Hot Summer Nail Polish*  
[www.benecos.ie](http://www.benecos.ie)

benecos' vegan Happy Nails Nail Polish in Hot Summer is a bright, colourful and fun shade to spice up your nails this Summer! Nourish your nails with a polish that lets them breathe, not to mention, this quick drying formula is perfect for those days where you don't want to faff about, for a salon finish in minutes! Available from health stores and online.



# Reduce and reuse

As we become ever more cautious of our environmental impact, what simple steps can you take to cut your plastic use? *Naturally Good Health* offers some ideas.

**W**e live in a time of the highest consumption of plastic use, most concerning, with single use plastic, which then swiftly gets thrown away. In fact, according to The Global List, an average person living in North America or Western Europe consumes 100kg of plastic each year, mostly in the form of packaging.

And while the tide is certainly turning in terms of both our individual awareness and also in brands switching their packaging, the sheer amount being consumed on a daily basis is having a huge impact on our planet.

The good news is that simple, yet consistent changes add up to a huge amount if we all consciously made them.

## The effect of plastic

The use of plastic really came to prominence in the 1940s, and since then, our use has continued to rise. And plastic in itself isn't the problem; quite the opposite – it is a durable and strong product and when used properly, it helps to cut waste by allowing us to store food.

The issue has come with our tendency to only use plastic once and throw it away, whether it's a disposable coffee cup and lid, a bottle of water, packaging of our toiletries, and until recently, plastic straws, stirrers and cutlery, among others.

And this is all having a huge effect on the level of plastic pollution we face, ending up in landfill, polluting our waters, harming wildlife and marine life, and much more.

## Cutting back

You can immediately start to cut your plastic waste with some of the simplest switches. These include:

- Invest in a good reusable hot drinks cup, and remember to take it with you so any takeaway drinks you buy, you don't need a throwaway cup. Some places will charge you less too. The same should be said of water; keep a refillable bottle with you.
- Ditch the wipes, whether that's make-up remover wipes, those for the floor or the bathroom; many are not biodegradable and contain undesirable ingredients. If you do buy them, be sure they do biodegrade and ask questions of how long it takes to biodegrade. Ideally though, you should try to opt for reusable pads for make-up removal that can be washed.
- Opt for refills, whether it's your washing detergent or shampoo. Either invest in your own reusable bottles or take back the bottles you bought the product in initially. The majority of health stores in Ireland will offer refills in a range of products, and these are expanding all the time.
- Go for loose products, such as nuts, seeds, grains and oats. Again, many health stores will allow you to fill up using your own packaging, saving additional plastic, and that way you can also buy what you need, therefore, avoiding food wastage.

It's also important to check what the packaging in products you buy is made from. First, check it is recyclable at the minimum, and ideally, look for those that can biodegrade. But they should also come from recycled material

And remember, brands need to know how you feel; if there's something you buy regularly that you feel is overly packaged and unnecessarily so, tell the brand that you want to see change. The more pressure is placed on them to make environmental choices, the more likely they are to do so.

# Recurrent Bladder Infections?



**Bladapure** is a unique food supplement which combines the effectiveness of D-Mannose with Organic prebiotic inulin, Organic cranberry and key nutrients to create an inhospitable environment for bacteria which can cause Cystitis and bladder discomfort.

Available in 100% active clean fill capsules or a delicious pure powder, Bladapure provides 100% active ingredients with no fillers, flavours, binding agents and includes organic ingredients where available to provide a pure and natural solution to help maintain a healthy urinary tract.

Available from all good health food stores

## Sleep Support *For A Good Night's Sleep*



**Sleep Support** contains carefully chosen herbs and nutrients to help improve sleep.

Valerian has been shown in clinical trials to reduce the amount of time it takes to fall asleep and to improve the quality of that sleep.

Magnesium is known as 'nature's tranquilliser' and helps to calm both mind and body. Hops have a natural sedative effect and a long history in helping to improve sleep. Research has shown that both valerian and hops can reduce restlessness and anxiety. L-theanine is important to help the brain 'switch off' when going to sleep.

- **Chamomile, passion flower and lemon balm** are known for their sleep inducing effects
- **Magnesium** in its most bio-available form as magnesium citrate to aid absorption
- **Valerian** which has been shown in clinical trials to reduce the amount of time it takes to fall asleep
- **Hops** have a natural sedative effect
- **L-theanine** to help your brain 'switch off'
- **Montmorency tart cherry** has been shown to increase sleep time in people with insomnia
- **Nutrients** in their most bio-available form to aid absorption
- **Hypoallergenic** - free from sugar, gluten, starch, wheat, yeast, soya and dairy
- Made without the use of artificial flavours, colours or preservatives



**Free From Everything  
Except The Good Stuff**



\* Excluding Omega 3 Support fish oil



Available through all good independent Health Stores and Lifestyle Pharmacies  
**For nearest stockist [www.naturalmedicine.ie](http://www.naturalmedicine.ie)**

# Naturally Good Health

## Product Showcases



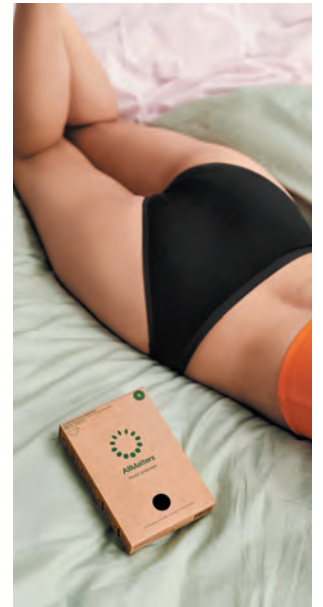
### Luscious Lime & Vegan

Luscious Lime is a vegan deostick from We Love the Planet. In this special vegan formula, the beeswax has been replaced by sunflower seed wax, resulting in a soft cream that is quickly absorbed into your skin and does not clog pores. Available in a wide-opening biodegradable and compostable cardboard tube (65g), also recyclable and zero plastic. 100% of the ingredients are from natural origin - certified by Natural Cosmetics Standard (NCS) and EcoControl. Available from health stores and pharmacies nationwide and [www.kijaniliving.com](http://www.kijaniliving.com)



### NEW: AllMatters Period Underwear

AllMatters has brought the award-winning, Danish menstrual cup, OrganiCup, to millions of women all over the world. Now we launch the AllMatters period underwear that is your reusable, comfortable, and leak-free period solution. It feels like regular underwear but has built-in layers that serve different purposes - from absorbing your flow to keeping you safe, dry and odour-free. Made from high-quality materials like TENCEL™ and VEOCEL™. Comes in 7 sizes in black bikini style. The little things you do daily can have a big impact on our planet - our products are made with that in mind. Because it AllMatters. [www.allmatters.com](http://www.allmatters.com)



### Terranova Resveratrol 150mg Complex

Terranova Resveratrol 150mg Complex features biologically active trans-resveratrol combined with the potent bioflavonoid quercetin and black pepper fruit extract (BioPerine®), which is shown to enhance resveratrol bioavailability. The formulation is also supported by a unique Magnifood Complex providing numerous sources of flavonoids and phytochemicals from Matcha green tea, blackberry and aronia berry which are known to be especially synergistic with resveratrol. 100% additive-free and vegan. Available in 50 and 100 capsules size. [www.terranovahealth.com](http://www.terranovahealth.com)



### Panda Liquorice

As it celebrates its fortieth year of being on sale in the UK, the much-loved Panda Liquorice brand has undergone a design overhaul with every one of the products sporting a fresh new eye-catching design. The brand itself has been producing the award-winning liquorice in Finland for 94 years. The all-natural Panda liquorice range is free from artificial colours and flavours and as well as being fat free it is also suitable for vegans and vegetarians. **You can find Panda Liquorice in all good health food stores.** [www.bravurafoods.com](http://www.bravurafoods.com)

# PET POWER

Your natural and organic guide to keeping your four-legged friend in the best of health.

**P**ets bring so much to our lives but much as we would consider our own health and wellbeing – including our nutrition – so too must we think about our pets. From maintaining a healthy weight to ensuring they are getting the right nutrients, in the right balance, there is much to consider.

So, where to start? And what are some of the key health and wellbeing issues to watch out for?

## NUTRIENT BOOST

You might also want to ensure they don't miss out on any key nutrients by adding in supplements, and here, we would advise you choose a dedicated pet supplement, as this will offer everything they need. There are a range of supplements available in your health food store, with certain reputable supplement brands now making animal specific supplements, with many focusing on joint health and digestion.

There may also be some homeopathic remedies you want to offer your pet in times of need, such as if they are anxious or have an upset stomach. But first and foremost, if you have any health concerns about your pet, you must seek the advice of your vet and check what they think is appropriate.

Speaking generally, in the case of diarrhoea, Mercor 30c is a good choice, while a combination of Cocculus/Petroleum/Tabacum 30c is an option if your animal suffers with travel sickness. Much like humans, both arnica and calendula are useful for any strains or sprains.

## FOCUS ON NUTRITION

Good nutrition is so important for overall health and wellbeing for animals, but specifically, for good digestion, a healthy coat, maintaining strong joints and bones, and for energy.

There are so many pet food brands out there now, all claiming to be the best, and there are also different ways to feed your animal, whether dried, a mix of wet and dry food, raw, or plant-based – but what is best for you?

It all depends very much on the animal and their needs, but in terms of choosing quality food, you want to seek those that don't contain lots of additives, synthetic preservatives, such as BHA and BHT, and colourings, in a similar way to what you would avoid in human food. As a starting point, choosing a certified organic pet food helps to ensure it is free of some certain chemical nasties, and has been made with quality ingredients, and without the use of, for example, GMO ingredients.

## NATURAL COATS

More of us than ever opt for natural and organic skin and bodycare products to try and minimise our chemical load and the same could be said for your pet; choosing those made with more plant ingredients and without chemical nasties will help to keep their coat in good health, especially if they have sensitive skin.

In terms of the chemicals you should avoid, go for products free from SLS, as this can cause skin irritation – it is simply added to shampoo, like it is in human products – to make it foam. Meanwhile, soap can strip dogs of their important oils, so instead, seek those products that are organic as they are likely to be free of such ingredients.

And make sure you are not overwashing, as this too can rid the skin and fur of its oils. Be sure they are getting a regular brushing a few times a week, sometimes more for longer-haired animals, and if your animal gets wet or muddy, just a rinse down is advised and a shampoo no more than once a month. Always use a shampoo specific to the animal and their coat.

# Naturally good health

Retailer of the Year 2022

Proudly sponsored by



TERRANOVA  
SYNERGISTIC NUTRITION

## Championing the nation's health stores

**We are delighted to be able to launch the *Naturally Good Health* Retailer of the Year Awards, proudly sponsored by Terranova Nutrition.**

Everything we do as a magazine is to champion natural health and wellbeing, and that's why we have such a passion for the nation's independent health food stores in their work helping us all to live a healthier life.

And after a hugely challenging time for Ireland's health stores, which played a key role in supporting our health and wellbeing, we are really excited to be giving back. And so, *Naturally Good Health* magazine has teamed up with Terranova Nutrition to launch the Retailer of the Year Awards, to help recognise the hard work of health food stores across the country.

But we need you, our readers and the people who shop in health stores and gain so much from them, to cast your votes. *Naturally Good Health* is now inviting readers to nominate their local health food

store – for whatever reason you think is relevant as we know that a successful retailer is not down to just one factor. From their customer service and product knowledge to their involvement with their local community and window

display, to how they supported you during the pandemic, we would love to hear your stories. Nominations are open now and will close and then be collated on July 22, 2022, and judged by *Naturally Good Health* magazine editor, Rachel Symonds, and our panel of

experts, with shortlisted stores visited by Rachel and the other judges in late July.

The winning store will receive the coveted Retailer of the Year 2022 title, as well as a range of other prizes to support their business, while one lucky reader who nominates a store will win a hamper of goodies from our sponsor, Terranova Nutrition, with the winner picked at random.

Ruth Gilmour, Sales Director at Target Publishing, publisher of *Naturally Good Health*, commented: "We have, and always will be, committed to independent health food stores. By launching these awards, we can recognise those health food stores who have gone above and beyond for their customers – our readers – during such a challenging time".

Stephen Terrass, CEO and Founder of Terranova Nutrition, added: "Over the past 32 years, I've had the great fortune of visiting and providing nutrition seminars for independent health food shops throughout Ireland. Based on my experience, I can honestly say that the owners and staff of these Irish shops are collectively among the most knowledgeable, passionate and deeply committed natural product retailers in the world. Never more than during the past two years have the Irish people sought to take charge of their own health and wellbeing, and it's such a blessing that the independent health shops have been there to provide knowledge, sound advice and safe and effective products. With this in mind, it is truly an honour for Terranova Nutrition to sponsor *Naturally Good Health* magazine's Retailer of the Year Awards 2022!"

Nominations can be made at  
[www.naturallygoodhealthmagazine.com/awards](http://www.naturallygoodhealthmagazine.com/awards)

Ireland's leading natural health magazine

# Naturally good health

*Retailer of the Year 2022*



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**CHAMPIONING INDEPENDENT HEALTH STORES**

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## **HAS THIS STORE GONE THE EXTRA MILE FOR YOU?**

The Naturally Good Health magazine Retailer of the Year Awards, sponsored by Terranova, are all about rewarding those health stores who have made a difference to you and your families' health.

They may have given you some invaluable health advice, have gone above and beyond for their community during the pandemic 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:  
NATURALLYGOODHEALTHMAGAZINE.COM/AWARDS  
OR COMPLETE FORM ON PAGE 39 & POST**

Deadline for entries: 22 July 2022

**NOMINATE  
THIS STORE  
TODAY**

Championing independent health stores.  
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# WELLNESS

## HER OWN WAY

**Trisha Lewis has been on quite the journey since her rock bottom moment. Here, the inspirational face of Trisha's Transformation opens up to *Naturally Good Health* about her catalyst for change, the importance of balance, and the sustainable approach that keeps her healthy living goals in place.**

**I**t was at more than 27 stone that Trisha Lewis reached the point of change. Not only was her physical health being hugely affected, but her mental health was, she admits, at an all-time low. But it's important to say this catalyst for change wasn't simply about aesthetics; this shift was about health, about allowing Trisha to live her life in a healthy, but sustainable way.

That journey became Trisha's Transformation, which she started simply as a way to stay accountable with her progress on Instagram. But her message clearly resonated with many, and today, she has amassed some 220,000 followers, published two successful books, is eight stone lighter, and living a much happier and healthier life. She is, to put it simply, on a mission to change her life while losing weight.

And with that, Trisha is so refreshing in her approach, something the social media world could do with a lot more of in our weight-focused society. During our chat, she exuded positivity and passion for being healthy, not to mention a great twist of humour, but with an important dose of reality in terms of making sure her approach is sustainable for her life.

The passionate chef started her journey simply by making small changes, moving more, in time, venturing into a gym, and changing her approach to food. And while she lost a lot of weight, Trisha emphasises this was never the sole aim, more, to make positive and lasting changes to her health, mentally and physically.

"I'm really grateful that I didn't just focus on weight loss, that it was about a healthy journey. It is so much more than weight loss. I wanted people to look at what I was doing and see balance, that I was living my life but also doing things to make me feel better, that make my mind stronger, that give me value and self-worth. I can

only say how I do it, and everyone is different, but if I can help just someone to try and get healthier, then happy days," she explained.

### *Reaching the bottom*

Trisha had known for a long time that she wanted to make change, and she had planned to have gastric bypass surgery in Belgium in a bid to help her lose weight.

"I was a professional chef working long hours, doing split shifts, smoking 30 a day for 15 years and I was incredibly overweight and uncomfortable. My mental health was very low, and I had no confidence in myself, and no self-belief I would ever change. It was very, very hard," she recalled.

"My job was good, I was very good at it, but

I felt like my weight was the first thing people would see. When you're a chef, you don't often finish until midnight, then you eat on the go and it's often not good food."

Her highest recorded weight was 27.5 stone, but it took a while from that weigh-in for Trisha to really make lasting change.

She added: "February 2018 was when it all started. I felt very unwell, my energy was zero, I was struggling to walk, and my mental health was bad. There had been several interventions from my family."

It was at this stage she had booked the surgery but ended up cancelling it, as, Trisha recalls, at that point she didn't even feel able to make the flight. However, she decided that to make change, she would make small changes that didn't place huge pressure on her.

"The attitude, which I still have now, was little and often and I started small. And I wasn't focused on anything else, just making sure I moved more, and that food was healthy and fresh," Trisha explained, adding that she then began sessions with a personal trainer.

She added: "I just said I can do what I can do and do it right, I just took it one day at a time, and that's what I do now – every day is a new day, a new challenge and each day is different, and you can't treat it the same. Some days are better than others. Some days I'm full of energy, some days I'm more tired. I think I'm listening to myself more now."

### *A sustainable approach*

What makes Trisha so refreshing is she is realistic about the fact we have to live life, but we also need to put effort into our health to get the rewards. It is, she explains, a lesson in balance.

"Losing weight and getting healthier was all I wanted, but it was so exhausting ►





► trying to make the change. January was the time everyone was going to the gym and I found that really overwhelming but by the time it was the February, and it wasn't so busy there, I was ready to go to the gym," Trisha recalled.

"It was really scary to start with because you're in an environment where not everyone looks like you. Thankfully, it has been proved quite often to me that it's the most wonderful place to go, and I feel so safe there, I feel part of a club I never thought I would be. The first few months were horrendous, I was sweating, my gym top was riding up, I was so large when I started, I wore a pair of black pyjamas for that first month. And I would train in a private room where there were no mirrors."

She went on: "But something came over me the first two weeks – maybe it was the security of the personal trainer and that I didn't care about the scales, I just wanted to feel happy again. It was not for aesthetics. It was that I didn't want to take my own life. I knew what the other option was. Things changed for me rapidly and it was a magical feeling. I don't go by the scales, I go by the feeling, how eating healthily and exercising makes me feel."

When it comes to her diet, Trisha added: "My approach was fresh, I said to myself if I eat bad, I feel bad. Fresh is best, it can be basic but if it's fresh, it's healthier. The most important thing was I didn't copy anyone's plan. I created a diet plan for myself as we're all individual. The more I moved, the better my mind, and the better I felt. We underestimate the power of eating well," she explained. "The best part is the journey, whether you get in the gym or you eat that roll on a Saturday night. You need to have a life. It's give and take in life and it is the process that is important – the power every day to wake up and feel better."

### Lasting change

There were goals at the beginning for Trisha, but this has evolved over time. Today, she says it's



***"I'm really grateful that I didn't just focus on weight loss, that it was about a healthy journey. It is so much more than weight loss. I wanted people to look at what I was doing and see balance, that I was living my life but also doing things to make me feel better, that make my mind stronger, that give me value and self-worth."***



about enjoying the process, and ensuring she is doing things that make her feel good.

"At the start, I knew I wanted 13 stone gone. I lost eight stone, and then the last two years happened, and I found it hard to work out at home, so that changed things. But I'm enjoying the process," she explained.

Social media has been a powerful tool for Trisha, really catapulting her into the spotlight.

"I set the social media up because I wanted to keep accountable to myself. I was not even Trisha Lewis on there, that's why it was Trisha's Transformation. I was so tired of Googling how to lose weight and so I wanted to try and help other people. I never set out thinking it would be my job and I was still working as a chef, managing a team of 20 people, and I loved my job," she explained.

"Then the pandemic happened and we closed the restaurant. At that point, I had time to think about what to do. The restaurant reopened and I decided I wasn't going to go back. I hadn't realised the reach of my account, and since then, I'm delighted to say I have written two best-selling books, I am an ambassador for Aldi, and I have started online cookery courses."

And while she says social media is hugely valuable in many ways, she does add caution.

"I think there is nothing wrong with consuming information about our health, but you have to take the bits that work for you and not get hung up on it. We hang out with people more on social media than real life and I think we do have to be careful with what we consume," she explained. "We forget we have the power to make our own choices with what we consume, and view people who are realistic."

For the future, Trisha is busy, perhaps a solid reflection of how much her message resonates with the public. Not only is her Instagram growing, she has launched her own set of knives, is popular as a speaker at events and also launched her own online cookery courses – in addition to the two best-selling books.

Trisha added: "I want to continue growing by business, but my approach is to be happy and content. I am continuing my journey, keep on going as I am, always remembering where I started and where I am now. Really, it's to continue working on myself. I did something for old Trisha and if I could give the old Trisha some advice, it would be, keep on going."

■ **Trisha's Transformation and Trisha's 21 Day Reset, published by Gill Books, are available now. Trisha's Instagram can be found @trishas.transformation. Images courtesy of Leo Byrne.**

Reviews 134 • Excellent



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# Holiday the healthy way

**Don't forget to prep your health ahead of your summer getaway, as well as packing the natural health essentials.**

**I**t's a time for getting away from it all, to relax, reset, and spend quality time with friends and family. But the annual summer holiday can also lead us to experience certain health woes that can put a real dampener on your break.

But it needn't be that way with a little planning in advance of jetting off so your health is in order, and in packing all the right holistic health products in the event of an issue while away. So, what do you need to know?

## WHAT TO WATCH

Holidays can cause common health issues, so being aware of how to reduce your risk is really important.

Adrienne Benjamin, Nutritionist at ProVen Probiotics, explained: "There are a number of ailments that are directly linked to holidays abroad, the main ones being:

- **Travellers' diarrhoea** (TD) is the most common holiday illness and primarily results from consumption of local water and foods, which expose us to new types of bacteria that our bodies are not accustomed to.
- **Prickly heat** (heat rash) happens when sweat is trapped under the skin and can come on suddenly in hot and humid climates. It is more common in children and can be very itchy and uncomfortable.
- **Sunburn and heatstroke** – we are rarely exposed to strong sunshine and may be tempted to spend hours outside in the heat when we arrive on holiday. This can result in sunburn and heatstroke and supporting our skin with antioxidants (vitamins C and E, zinc and selenium) can help to provide some protection.
- **Hay fever** is a reaction to pollen and can occur in warmer climates where there are more trees and blooming plants. It can be more noticeable on holiday as we spend more time outdoors.
- **Jet lag** – travelling between different time zones (particularly where there is a large time difference) can disrupt our natural circadian rhythm and can lead to jet lag, which affects sleep, energy and mood and can impact digestion and make us feel unwell."

Dr Marilyn Glenville PhD, a leading Nutritionist, added: "During the summer months, with warmer days comes more pollen and increased allergies like hay fever and heightened asthma symptoms. It is possible to minimise exposure to pollen; stay near the beach and away from grassy areas, keep windows closed to avoid pollen entering the house and try to stay inside until later in the day when pollen counts tend to be lower."

Catherine Gorman, Nutritional Therapist and Health Coach at Good Health Naturally, also pointed out: "Where there is heat, there can be rashes, often because of clogged up sweat ducts. Puffy feet and ankles is another common problem in warmer weather, as heat can trigger fluid retention, especially if people are dehydrated."

Roz Crompton, Trade and Operations Director at Helios Homeopathy, pointed to other less physical issues: "We receive many enquiries for help with remedies associated with fear and anxiety about flying, especially those who have not, due to Covid restrictions, been able to travel by air for the last two years."

## Boost your immunity

One of the best ways to avoid falling ill when on holiday is to make sure your immune system is strong before you go.

"It is absolutely vital people focus on ensuring they have robust immune health before departing on holiday, as it will give them a fighting chance of avoiding getting sick. No one wants to come down with a summer cold or upset tummy while on holiday. Strengthening immunity will also help protect against allergens like hay fever too," Catherine explained.

"Stress over an extended period of time can have a harmful impact on immunity, because the hormones involved in a stress response interfere with the function of immune cells, making people more vulnerable to illnesses.

"Don't forget, around 70 per cent of our immune system is located in the digestive tract. Research shows increasing the diversity of good bacteria is vital. A healthy gut microbiome plays an important role in regulating your immune system so that it can respond to infections and even allergens.

To support a healthy gut, make sure the diet includes plenty of fibre, and prebiotic foods such as artichokes."

## PACKING ESSENTIALS

There's much to remember in terms of health products when packing for a holiday.

Dr Glenville recommended: "A high strength multivitamin and mineral is a good starting point because it provides the key nutrients and works like an insurance policy because there will be days when your diet doesn't contain all the important vitamins and minerals. Depending on whether there are time zones and jet lag might be a problem, using extra support for the nervous system/sleep cycle can be useful. Combine magnesium and valerian root, lemon balm leaf and nutrients including L-theanine, maybe milk thistle to support healthy liver function to help cope with some of the holiday excesses!"

And Adrienne suggested: "Include peppermint and ginger to support gut health, elderberry and echinacea for immunity and camomile or lemon balm to support sleep. As well as probiotics, there are a number of other supplements that can support healthy bowel habits and overall health. Magnesium helps to calm the nervous system and is also a muscle relaxant so can help with constipation. Prebiotics help to feed the beneficial bacteria in our guts and digestive enzymes help to break down the food in our

digestive system.

"Don't forget probiotics – contact with unfamiliar bacteria, changes in time zones, different foods, air travel, dehydration and stress can all affect the healthy balance of our gut bacteria. Live bacteria supplements help maintain the ratio of good to bad bacteria and keep our digestive system in balance. Probiotic foods, such as yoghurt and kefir, can help and taking a daily high-strength live bacteria supplement before, during and after a trip is a reliable and safe way of supporting the gut."

To minimise the effects of hay fever, Dr Glenville suggested: "There are lots of natural antihistamines, including vitamin C and quercetin, that can be taken. Even cutting back on wheat and dairy (because of potential cross reaction with grass) can help. Eating foods high in omega 3s like oily fish, walnuts, flaxseed and chia is a great way to tackle the inflammatory symptoms of hay fever. Alcohol and too much sugar can aggravate symptoms."

And Catherine added: "There's nothing worse than coming down with an infection on holiday, so support the immune system with vitamin C, vitamin D, and beta glucans."



## Eating abroad

Changes in what you eat and drink can trigger digestive issues.

“Focus on a healthy diet – 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. Drink only bottled or boiled water and be aware of food washed in local water, such as salad and fruit, and ice in drinks. Local water can include bacteria and parasites that our body is not used to and ingesting them can lead to travellers’ diarrhoea and other digestive issues,” Adrienne advised.

“It is easy to become dehydrated whilst travelling and to 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, during transit and throughout your holiday. Limit alcohol and caffeine intake – this can help to avoid dehydration and constipation. Caffeine and alcohol can speed up digestion and lead to diarrhoea, which can be an issue when travelling.”

And Dr Glenville suggested: “Keeping to the principles of blood sugar levels balanced is important whilst on holiday because it will reduce over-eating/over-drinking that can happen when blood sugar levels drop too low. Being prepared with eating little and often – fruit with nuts and seeds, oatcakes with hummus, olives and nuts can be very helpful.

“Vitamin C, beta-carotene, omega 3 essential fats, beneficial bacteria (from yogurt, kefir, kombucha and other fermented foods) are important for a healthy immune system, which reduces our allergenic response. If travelling abroad where it will be hot, the best diet is full of fresh, seasonal foods with an abundance of colour. The brighter the colour of the salad leaves, peppers, tomatoes and wonderful fresh berries, the more immune supportive vitamin C, and beta carotene. It is important to support the liver to deal with the extra burden. Eat plenty of cruciferous vegetables such as cabbage, broccoli and kale, alliums (onions, garlic, leeks), vitamin C-rich food like oranges and red peppers, plus asparagus, avocado, nuts, especially walnuts, legumes and beans.

“If travelling to warmer climates, antioxidants such as vitamin C and E, and polyphenols may help protect skin from UV damage caused by sun exposure, and even assist healing the skin afterwards. Tomatoes and watermelon provide plenty of lycopene, which can mitigate the harmful effects of UV light. Red grapes contain resveratrol, a beneficial antioxidant polyphenol which protects the skin. Ellagic acid in raspberries, strawberries, cranberries, and pomegranates can help repair skin damage following sun exposure.”

## ADD IN HOMEOPATHY

There are some excellent homeopathic remedies available in your health food store that you can take on holiday.

Roz suggested: “The following remedies are recommended for travel:

- **Aconite 30c** – a great remedy for the first stage of inflammatory illness, such as colds, ‘flu and earache.
- **Aconite/Arg nit/Arsenicum 30c** – this combination has a long history of traditional use for fearfulness and anticipatory anxiety and is especially beneficial for fear of flying and fear of crowded spaces.
- **Arnica/Rhus tox/Ruta 30c** – this covers all injuries to soft tissue, bruises, sprains and strains. Also good for physical stiffness and jet lag.
- **Arsenicum album 30c** – the number one remedy for food poisoning or sickness and diarrhoea.
- **Cocculuc/Petroleum/Tabacum 30c** – for travel sickness.
- **Nux vomica 30c** – overindulgence of both food and alcohol and flight hangover caused by tiredness.
- **Apis 30c** – insect bites and stings causing swelling, redness, burning and stinging pain. Also jelly fish stings.
- **Belladonna 30c** – sunstroke with a bursting throbbing headache, also a remedy for sore throats and fevers associated with colds and ‘flu.
- **Urtica urens 30c** – prickly heat and mild sunburn, also good for itching insect bites and stings. Can also be combined with calendula and used as a topical cream for mild sunburn, prickly heat or insect bites.”

## HOLIDAY PREP

While many people will focus on a good skincare regime, get their hair done or prep their skin for the sun, there are other elements you should consider to prep before holiday.

Catherine suggested: “Eat plenty of immune boosting foods such as citrus fruits, red bell peppers, broccoli, spinach, nuts and seeds, add garlic and fresh ginger to your cooking. If you suffer from insect bites, consider supplementing with B1 thiamine, starting a few weeks before you travel. It is thought to be eliminated through the skin, with an odour not detectable to humans, but so disagreeable to insects it will keep them away.”

Adrienne added: “My top health recommendations for summer include:

- **Stay hydrated** and drink around three litres of water every day and more in high temperatures or if exercising.
- **Spend time uncovered in the sunshine** – be careful not to burn, but allow skin to change colour slowly as this indicates that it is producing vitamin D.
- **Take cold showers every morning** – these are easier to start in the warmer months and help to stimulate the vagus nerve and increase parasympathetic nervous system activity (known as the ‘rest and digest’ system).
- **Support digestion**, particularly if you are eating more salads and raw vegetables, which are more difficult to digest. Digestive enzymes, betaine HCL, prebiotics and probiotics can all help.”

Dr Glenville went on: “If you suffer with allergies and prone to insect bites, start on a healthy eating regime and take some natural antihistamines for three months (because these take longer to kick in compared to allopathic remedies).”

## BE SUN SAVVY

It’s imperative you are protected in the sun, and that’s even the case if you stay in the UK.

Ingrid Jamieson, from Pravera, which has brands including lavera and ORGANii, advised: “Always use a sun protection lotion or cream with SPF 20 or above. Even on cloudy days, the rays can penetrate the skin and cause damage. Choosing a mineral-based natural and organic sun lotion is ideal as the product sits on the skin and reflects the sun rays, rather than a conventional, chemical laden lotion, which will penetrate into the skin. Sun exposure will gradually thin skin around the eyes and lip area and cause wrinkles. It is advisable to invest in a good natural and organic eye cream and lip balm to protect these delicate areas on the face. Staying out the sun at peak hours will help minimise sun spots and exposure.”

And what if your skin is overexposed?

“To relieve sunburn, you can take frequent cool baths or showers to help relieve pain. Apply a soothing after sun lotion enriched with soothing plant-based ingredients such as aloe

vera will help to calm the affected area. Coconut oil can help to protect and soften sun burnt skin,” she advised.

And thinking about your summer skincare routine might also be worthwhile.

Ingrid suggested: “Cleanse the skin twice a day with a natural and organic cleansing milk or gel to remove daily impurities, dirt or make-up on the skin’s surface and refresh the skin for the day ahead. Exfoliating the skin once or twice a week helps to keep pores clear and improves texture. Natural and organic serums are great if skin is feeling a little tight and needs a hydration boost. Applying a small amount of serum to your entire face will help to hydrate and plump the skin. And moisturise – it is absolutely essential to provide skin with hydration so that it looks healthy. During the summer months, it is ideal to use a moisturiser with a natural and organic mineral-based SPF to protect against UV rays. Make sure to use natural mineral sun protection that contains titanium dioxide and zinc.”

### Why not try...

- ProVen Probiotics Acidophilus & Bifido For Travel
- JASON Family Sunscreen SPF45
- HayMax Pure Organic Pollen Barrier Balm
- Helios Stress Relief
- ORGANii After Sun Cream

# Naturally Good Health

## Product Showcases



### Clear Mineral Sunscreen with SPF45

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### Sunscreen for All the Family!

A non-greasy, tear-free, water-resistant formula provides the broad spectrum UVA/UVB protection necessary for the whole family. JASON Family Sunscreen SPF 45 helps protect skin from sun burn and reduces harmful free radical damage caused by the sun's ultra-violet rays. Enriched with vitamin E, shea butter and antioxidant green tea extract to nurture and moisturise the skin. Aloe Vera and gentle cucumber extract hydrates and replenish lost moisture. Hypoallergenic, suitable for most skin types including sensitive and for use from 6 months upwards. Water resistant up to 80 minutes. Vegan and cruelty free. Available from health stores and pharmacies nationwide and [www.jasonnaturalcare.co.uk](http://www.jasonnaturalcare.co.uk)



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### Astaxanthin with DHATM

Good Health Naturally's Astaxanthin with DHATM, contains AstaREAL® Astaxanthin—the most studied natural astaxanthin in the world, with a portfolio of over 50 clinical human studies. Astaxanthin is known to be one of the most powerful antioxidants found anywhere in nature, whilst also boasting potent anti-inflammatory properties. Combined with DHA from a pure plant source, the pair support brain, heart, eye, muscle and immune health, with specific benefits to skin health. Studies conclude that AstaREAL® Astaxanthin may fight skin deterioration caused by seasonal changes



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# Naturally Good Health

## Product Showcases



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In Health Stores & Pharmacies

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ApplePhenon is a potent source of polyphenols, rich in powerful OPCs (Oligomeric proanthocyanidins), which are easily absorbed and utilised by the human body. This natural polyphenol food supplement is extracted from native wild green apples using a gentle extraction process. Standardised to 70% of total polyphenols, ensuring a concentrated formulation. Harvested at just the right point for highest potency, the unripe apples in ApplePhenon contain at least 10 times as many polyphenols as ripe apples. Vegan. Contains 100% active ingredients and formulated by expert nutritionists with no artificial fillers and no nasties. Never GMO, against animal testing and ethically made.



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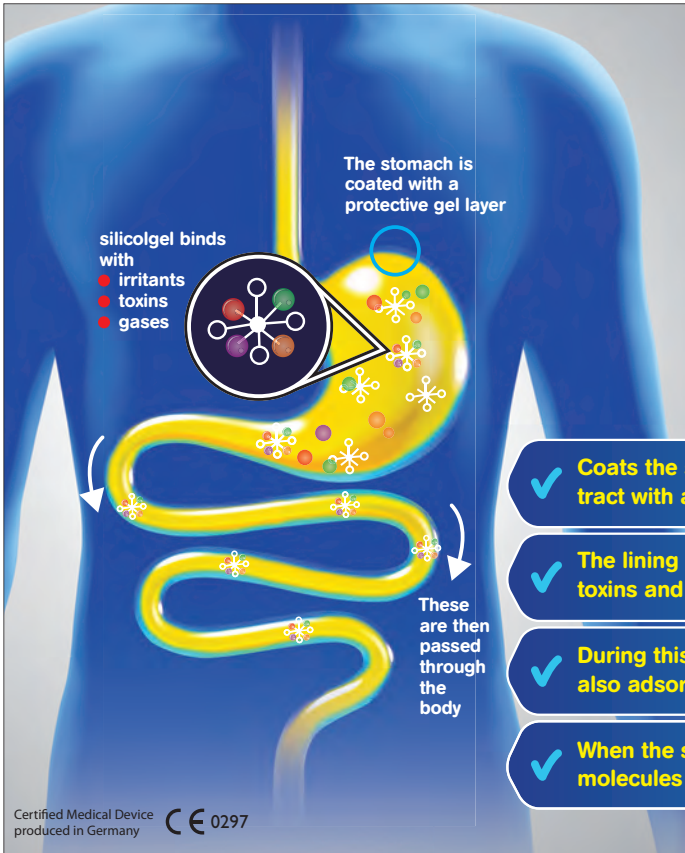
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# TO THE HEART

**With many cases of heart disease considered preventable, there's a huge amount you can do to take control of your heart health.**

**T**he statistics when it comes to heart issues in Ireland cannot be ignored, especially when you consider that so much can be done, from a healthy lifestyle and nutrition perspective, to reduce your risk of problems.

Nutritional Therapist, Olive Curran, Director at PPC, which has the Eskimo-3 and Zerochol brands, advised: "Approximately 10,000 people die in Ireland from cardiovascular disease each year, accounting for 36 per cent of deaths per annum. That's despite the fact that 80 per cent of all heart disease is deemed preventable through some lifestyle changes and modifying risk factors.

"Coronary heart disease is one of the leading causes of death in Ireland for both men and women. CVD includes all diseases of the heart and circulation but most commonly it refers to coronary heart disease (angina, heart attack), stroke, cardiac arrhythmias, heart valve disease and other blood vessel diseases."

Sinead Mitchell, Nutritional Therapist and Country Manager at Pharma Nord Ireland, went on: "Heart health is certainly a major cause for concern in Ireland and is the leading cause of death. Due to our sedentary lifestyles, a change in diet to one with more sugar, and less cooking from scratch (using lots of vegetables), we are seeing more cardiovascular health concerns. High blood pressure is common in most older people and statins are being widely prescribed for high cholesterol."

Fabrizio Marini, from Clinical Education at Pure Encapsulations, also advised: "In Ireland, approximately 10,000 people die from cardiovascular disease each year, accounting for 36 per cent of deaths per annum. According to WHO statistics, 32 per cent of people who die worldwide is from cardiovascular disease. The picture is grim, the statistics do not lie, and this problem is not going away."

## ADDRESS YOUR RISK

There are many factors that raise your risk of heart problems.

"There are a few major risk factors to consider, including high blood pressure, high cholesterol, diabetes, smoking and obesity. High cholesterol is one of the major risk factors associated with coronary heart disease," Olive advised. "Shockingly, four out of five people over 45 have high cholesterol, and two thirds of these are untreated. The Irish Heart Foundation recommends that healthy adults should have a total cholesterol level below 5mmol/L. A simple blood test will measure your blood cholesterol level."

Alice Bradshaw, Head of Nutrition Education and Information at Terranova Nutrition, went on: "Factors such as being diabetic, having high blood pressure or unhealthy ratios of cholesterol increase the chance of developing cardiovascular problems. As women go through hormonal changes associated with the menopause, risk of cardiovascular conditions increases. Addressing diet, exercise, stress, and sleep can contribute to reducing risk markers for poor heart health."

And Sinead added: "I think being overweight or obese is the main risk factor for developing heart related health concerns. Type 2 diabetes is also linked to high cholesterol and high triglycerides when getting your bloods checked. Type 2 diabetes is prevalent now due to our lifestyle and younger children are being diagnosed with it, which is worrying. Stress has a part to play also as a risk factor to heart attacks."

Meanwhile, Lindsay Powers, Nutritional Therapist and Health Coach at Good Health Naturally, advised: "There are some key measures that we can take to help support our long-term heart health. One of the most important is to stop smoking, which contributes to thousands of deaths each year from heart disease."

We also must keep in mind the effects of stress, as Jenny Carson, Senior Nutritionist at Viridian Nutrition, explained: "Short term stress can be beneficial, it can improve our performance in an exam, job interview or public speaking. However, long-term stress can be highly damaging. It can increase blood pressure, heart rate and muscle tension and these elements put the heart under pressure. Linked to blood pressure is the hardening of the arteries, also called atherosclerosis. This is when cholesterol and calcium deposits line the blood vessels, this promotes vessel rigidity and reduces the width of the blood vessel, which increases the pressure of the blood that passes through."

Why not try...

- Zerochol
- Pharma Nord BioActive Ubiquinol
- Terranova Nutrition CoQ10, Magnesium & Hawthorn Complex
- ITL Health MAG365 BF
- Eskimo-3 Vegan Omega 3 Plus

## Love your fats

Fat have been seen as something to avoid but the opposite is true, as long as they are the good fats.

“The total amount of fat you eat, whether high or low, isn’t really linked with disease. What really matters is the type of fat you eat. The ‘bad’ fats – saturated and trans fats – increase the risk for certain diseases. The ‘good’ fats – monounsaturated and polyunsaturated fats – lower disease risk,” Olive explained. “The key to a healthy diet is to include more good fats such as fatty fish, seeds such as flaxseed and seed oils, olive oil, and nuts, such as walnuts.”

In terms of what to consume, Olive suggested: “Omega 3 fats, EPA and DHA, from cold water fatty fish (sardines, anchovies, mackerel, salmon) have many benefits for heart health. They have been shown to lower triglycerides, balance cholesterol, regulate heart rate and make blood platelets less sticky, overall, improving heart health considerably.

“Omega 3 fats are found in high amounts in oily fish and to a lesser degree in nuts and seeds. Research shows omega 3 fatty acids reduce inflammation and may help lower risk of chronic diseases such as heart disease, diabetes, and arthritis.”

## CHOOSE COQ10

One of the most critical heart nutrients is coenzyme Q10 (CoQ10).

“CoQ10 is a vitamin like substance found mainly in the major organs of the body – the lungs, heart, kidneys, liver and the brain. Q10 is used in the mitochondria of every cell and is used in the formation of ATP. Major organs like the heart cannot perform without energy. This organ needs a lot of energy to pump blood around our bodies. There is research to show also that CoQ10 can help lower blood pressure by alleviating plaque build-up,” Sinead advised.

“Unfortunately, Q10 depletes as we get older, from your mid 20s! You can get Q10 from foods, but it is mainly from offal and red meat, which we are all trying to cut down on eating. Tiredness is one of the main signs (once iron levels have been checked) and muscle aches and pains. These symptoms are especially heightened when taking statins as less Q10 is produced when on statin medication.

“There is an excellent study called the Q Symbio, which was published in the *American Journal of Cardiology*, which shows excellent results for heart health and supplementation of Q10. As it is a fat soluble vitamin, it is best taken in an oil which should be in capsule format.”

## Nutrition and the heart

What you eat has a direct impact on your heart, and it’s never too late to make changes. First, we need to be aware of the effect of modern diets.

Fabrizio explained: “For many years, there has been a tendency in the West to rely on highly processed or packaged foods. The sad reality is that we have done more harm than good to our health as many of these foods are void of necessary nutrients. Healthy fats in the form of polyunsaturated (walnuts, flax seeds, oily fish high in omega 3) and monounsaturated (extra virgin olive oil, olives, pecans, pumpkin seeds, almonds). Fibre is also lacking in our diets. Both these nutrients can help reduce overall risk of CVD.”

In terms of what to eat, Olive suggested: “Eighty per cent of heart disease is preventable simply by making a few dietary and lifestyle changes. I recommend following the heart healthy Mediterranean diet. The people who follow a Mediterranean diet don’t think of their eating habits as a diet plan; it’s simply a way of life that can lead to long, healthy lives with less chance of chronic disease.

“The plan includes lots of fruits, vegetables, olives, olive oil, legumes and whole grains such as brown rice, quinoa, oats and wholegrain pasta. They enjoy moderate amounts of dairy (mostly as cheese, for example, ricotta and Greek yogurt), fish is eaten regularly, and there is low consumption of meat and meat products. A glass of red wine is often enjoyed with meals. The Mediterranean diet discourages consumption of saturated fats and hydrogenated oils (trans fats), both of which contribute to heart disease, while spices and olive oil turn simple dishes into culinary delights.”

Alice added: “Animal derived foods and saturated fats have acquired a reputation for being bad for cardiovascular health, but more accurately, processed meats and poor-quality oils (including refined vegetable oils) are more problematic as they are linked to inflammation and poor nutritional status. Similarly, excessive consumption of sugar (in foods and beverages), alcohol and refined grains are also associated with a higher likelihood of poor heart health.”

## Heart strong supplements

Some nutrients are critical for the heart, and the earlier you have adequate intake, the better.

Alice explained: “Vitamin D is known to regulate blood pressure by acting on smooth muscle and endothelial cells. Studies suggest that a deficiency is correlated with a higher incidence of cardiovascular disease. Magnesium contributes to normal muscle function neurotransmission and contraction, including heart muscle. It is thought that many people are deficient in this important mineral and supplements are often recommended. Numerous botanicals such as hawthorn, ginger, garlic and numerous phytochemicals have also demonstrated heart healthy benefits.”

Lindsay reiterated the need for magnesium: “Magnesium is a critical mineral that plays a role in preventing heart and circulatory disease, yet figures show that around 50 per cent of the Western population does not get enough. Magnesium also works closely with vitamins K2 and D3 to support proper calcium metabolism, and this is vital for heart health to prevent deposits of calcium in the blood vessels.

“Regarding K2, in particular, we see lots more research coming out concerning its role in cardiovascular health. For example, adequate K2 lowers the risk of blood vessel damage by activating MGP, which inhibits calcium from depositing on the vessel walls. Serrapeptase and nattokinase are enzymes beneficial for cardiovascular health. These help target inflammation and clean unwanted debris from the blood vessels, supporting better heart and circulatory health.”

For Olive, an omega 3 supplement is crucial: “Thousands of clinical studies have shown that increased intake of EPA and DHA enhance overall cardiovascular function. Omega 3s have been found to improve numerous heart disease risk factors. They help to reduce blood pressure, reduce triglycerides and improve blood circulation. Omega 3 has also been shown to increase HDL ‘good’ cholesterol, thereby helping to reduce cholesterol levels as HDL removes bad

cholesterol from the body.”

And she added: “If your cholesterol is high, taking plant sterols should be your first step in lowering LDL ‘bad’ cholesterol. Plant sterols are plant-based fats similar in structure to cholesterol. They work by blocking the absorption of cholesterol in the small intestine, which contributes to a significant decrease in the blood LDL ‘bad’ cholesterol. Plant sterols have been shown to reduce cholesterol by 15 per cent in three months.”

Other key vitamins include C and B complex.

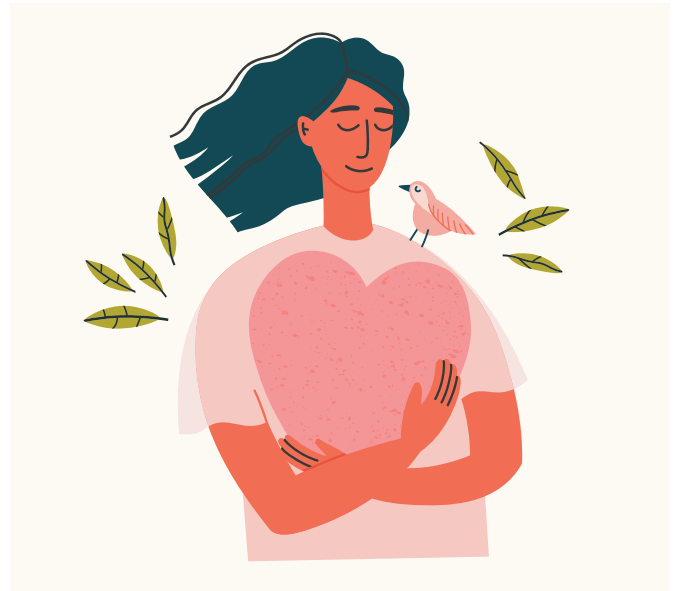
“Vitamin C strengthens artery walls, protects against plaque deposits, and increases availability of nitric oxide, which helps to dilate blood vessels and improve blood flow,” Olive advised. “Niacin B3 has been shown to increase HDL cholesterol, which helps reduce cholesterol and your risk of heart disease. High homocysteine levels are associated with increased risk of coronary heart disease and stroke. B vitamins folic acid, vitamin B6 and vitamin B12 have been shown to lower homocysteine levels.”

Jenny went on: “Zinc is an essential micronutrient with antioxidant properties. It is known to play a role in the structure of the heart organ and research shows that heart failure patients often had a zinc deficiency. Magnesium and potassium work in blood pressure regulation. Often elevated blood pressure can be normalised when the recommended amount of potassium is consumed daily.

“Research has shown garlic has several positive effects on heart health. Namely, cell protection, cholesterol regulation and improving blood pressure. Although odourless garlic is available, the compounds responsible for the odour are suggested to be those that benefit the heart. The heart can be at risk of inflammation and heavy metal damage from metals such as lead and cadmium. Research shows that turmeric can counter these effects and may offer a protective effect.”

# Naturally Good Health

## Product Showcases



### Lower your cholesterol, naturally!

Zerochol is a 100% natural food supplement containing plant sterols, proven to lower cholesterol. High cholesterol is a risk factor for coronary heart disease. In clinical trials, Zerochol has been shown to lower total cholesterol by 12% and LDL “bad” cholesterol by 17% in just 12 weeks. Improving your diet is an important way to keep your heart healthy, so Zerochol has developed a diet and lifestyle programme to follow alongside taking Zerochol tablets. Sign up today to receive daily diet and lifestyle tips, recipes and snack ideas.



[www.zerochol.ie](http://www.zerochol.ie)

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MAG365 BF is an award-winning, highly bioavailable magnesium-based supplement that contains ITL Health’s flagship ionic magnesium citrate powder plus additional health-boosting nutrients, including boron, zinc, potassium, and vitamins D3, K2, C & B6. These synergistic nutrients help to direct dietary calcium to where it is most needed in the body – the bones and teeth – and to help prevent it from collecting in dangerous places, such as the organs and arteries. MAG365 BF was formulated with bone and heart health in mind.



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

### OatWell™ Crispy Hearts

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### Wellbeing Support

Creating that work life balance can be difficult sometimes and taking care of our health and wellbeing certainly must take priority, especially when we feel run down. With that in mind, we have created this beautiful pack of 10ml essential oil blends, designed to naturally support and promote health and wellbeing. Containing three 10ml bottles of Absolute Aromas Breatheasy, Headaid and Prevention, the Wellbeing Essential Oil Blends can be used for steam inhalations, added to diffusers and oil burners, applied to a tissue, or inhaled directly from the bottle whenever you need a boost of wellbeing support.



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# ask the experts



What's the best way to deal with an upset stomach on holiday?

**Adrienne Benjamin suggested:**

Travelling abroad for a holiday can bring with it some undesirable consequences that potentially last long after we return home. Changes in our environment and routine can affect gut balance and lead to an upset tummy, known as traveller's diarrhoea (TD).

Stress, lack of sleep, dehydration, altitude changes and disrupted body rhythms can all have an effect and this is often exacerbated by eating local food, increased alcohol intake and exposure to local water and an unfamiliar range of local 'bugs'.

The best way to avoid TD is to avoid contaminated foods and liquids, drinking only bottled or boiled water and eating a healthy, balanced diet with lots of vegetables. It is also important to ensure we get enough rest and exercise to help keep our bowels moving. This is not always possible, however, and the medications suggested for TD can have unwanted side effects.

Friendly bacteria have been shown to offer a safe and effective method to prevent TD. They help to reduce the ability of toxins to attach to the gut wall, enhance the immune response and help to re-establish our normal gut bacteria balance. They are found in fermented foods such as live natural yoghurt, sauerkraut and kefir, and can be taken in supplement form for convenience whilst travelling.

To provide maximum benefit, it is useful to start taking a friendly bacteria supplement prior to and during a trip abroad and to continue taking them after returning home. Choose a high-quality supplement that is easy to pack and doesn't require refrigeration.

## Bringing blood sugar into balance...

by Alice Bradshaw

### **What is our blood sugar and what factors can affect it?**

Blood sugar levels (or blood glucose levels) is the term used to describe the level of glucose that is present in the blood. This is determined primarily by the food that is consumed, but factors such as exercise, sleep, stress and pancreatic health play a part too. Although consumption of all foods will have some influence, carbohydrates have the greatest influence on levels of glucose in the blood.

### **What happens when blood sugar falls out of balance and what effect can this have on our health?**

Blood glucose levels need to be kept within a specific range for general good health and a rise or fall outside of this range can result in health concerns over time.

If food intake is inadequate, a person may experience low blood sugar or hypoglycaemia. A healthy individual will experience hunger, a lack of concentration and a dip in energy levels. However, if this occurs in someone with impaired blood sugar management or diabetes, the effects are more serious and may result in weakness, palpitations, dizziness and may even result in a loss of consciousness.

High blood sugar or hyperglycaemia is more of a general concern these days, mainly due to the abundance and over consumption of highly refined, processed carbohydrates. Although the body has mechanisms for regulating high blood glucose levels, it is more of a concern for those with pre-diabetes or diabetes.

Causes of hyperglycaemia include frequent eating (snacking between meals), a high sugar (carbohydrate) diet, stress, a sedentary lifestyle and certain medications can trigger high blood glucose levels too.

In a healthy person, glucose levels in the blood are reduced by the hormone, insulin, which is released from the pancreas. If this mechanism fails or becomes less than efficient, the risk for serious complications increases. Uncontrolled diabetes (characterised by extended periods of high blood glucose levels) may result in permanent damage to nerves, eyes, kidneys and blood vessels.

### **How can we manage our blood sugar levels to keep them in balance?**

Anyone who has been diagnosed with pre-diabetes or diabetes should always work with a qualified health care provider.

For the general population, adopting healthy eating and lifestyle habits are key to balancing blood sugar levels. Eating regular meals, avoiding refined carbohydrates, sugar and processed foods are the first steps. Meals should contain proteins, fats and non-refined sources of carbohydrates (especially vegetables and fruit such as berries). Nuts, seeds, avocados and oily fish are the most nutrient-dense sources of essential fatty acids.

Keeping active, getting adequate sleep and managing stress will also support healthy blood sugar levels.

## about the experts



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



**MICHELLE KELLY** is Training Co-ordinator at Pharma Nord Ireland with a degree in Biological Sciences and MSc in Human Nutrition and Metabolism. She is a Nutritional Therapist and ran a clinic in Galway before working for Pharma Nord.



**PETER HARNEY**, Dip NT IHS, has been Brand Manager for the Natural Medicine Company for over 20 years, a company which has the Floradix range in its portfolio.



**ADRIENNE BENJAMIN** is Nutritionist at ProVen Probiotics and is committed to understanding (and sharing) the ways in which the gut and the microbiome support health.

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## Mineral must-haves...

by Michelle Kelly

### **Why are selenium and zinc so important for our health, and what signs might we experience if we don't have enough?**

Let's start with selenium as it is often less spoken about than zinc but a nutrient which is so vital for the immune system but much more – such as heart health, thyroid health and fertility. It contributes to the protection of cells against oxidative stress. An antioxidant like selenium protects the cell's DNA, protein and lipids from oxidative damage caused by free radicals. There are many enzymes that depend on selenium to do their job, one of these selenodependent enzymes would be glutathione peroxidase.

Selenium is also part of a selenodependent enzyme which promotes T3 formation. T3 is a hormone produced in the thyroid which helps regulate metabolism. Firstly, it is necessary for T4 to convert to T3 and selenium is vital in this process and needed for healthy thyroid function.

In relation to the immune system, zinc and selenium are both necessary for a strong immune response. Selenium stimulates the formation of activated T-cells, which are white blood cells found in the immune system. Zinc is crucial for the function of innate immune cells, neutrophils and NK cells. Phagocytosis, intracellular killing and cytokine production all are affected by zinc deficiency.

### **Can we be lacking in these key nutrients and if so, how can we top up?**

It is a much greater challenge to get sufficient amounts of selenium from your diet, which is because the farmland at our latitudes is low in selenium. Consequently, the crops that are cultivated in the soil contain less selenium than crops from other parts of the world.

Many people in Ireland are lacking in both nutrients. In fact a recent review of nutrients by the FSAI suggested that Irish people take a selenium supplement as we cannot guarantee its availability through soil like years ago. Brazil nuts are high in selenium but hard to measure levels and adequate intake. Zinc can be found in red meat, poultry, oysters, nuts and wholegrains. An organic selenium supplement like the patented selenium yeast, SelenoPrecise, has superior bioavailability and can document it.

## Q Why is iron so important during pregnancy?

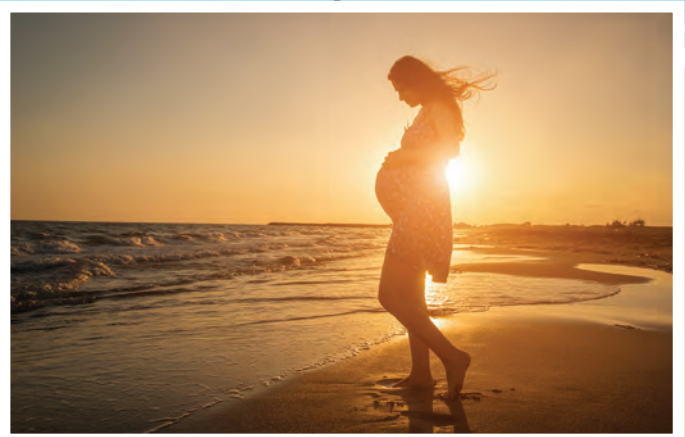
**Peter Harney explained:** Chapped lips, brittle hair, constant fatigue and palpitations are not on a prospective mum's wish list. They are, however, some of the tell-tale signs of iron deficiency, which is common amongst pregnant women.

Iron is needed to make haemoglobin, the chemical that transports oxygen in the blood. A range of stressful symptoms can indicate a deficiency, but severe cases can lead to anaemia, total exhaustion and a weakened immune system. Throughout pregnancy, eating for two also means that your body requires twice the amount of iron to stay healthy.

A healthy, balanced diet with iron-rich foods will provide most of the iron you need during pregnancy. This should include lean meats, pulses such as peas, beans and lentils, fruit such as prunes, apricots and raisins, and dark green leafy vegetables such as spinach.

However, it can be difficult to absorb enough iron from a balanced diet alone for you and your growing baby, particularly if you have a deficiency as you need to eat a lot of iron-rich foods to correct it. Choose a high quality liquid supplement that contains organic iron gluconate, and that is enhanced by vitamins C and B complex, herbal extracts and fruit juice concentrates. This means that it's easy to digest and the unpleasant side effects of many iron preparations, such as stomach cramps and constipation, are avoided.

Vitamin C, amino acids, fructose and glucose all help your body absorb more iron from foods and supplements. Other elements of our diet will decrease absorption, such as calcium, milk proteins, black tea, coffee, fibre, vitamin E and phosphates (found in soft drinks). So, to maximise the amount of iron you are getting, take an iron supplement before eating.



# My expedition to nutrition

**Rebecca Nelson explains the impact her Nutrition training at CNM had on her life.**



REBECCA NELSON

**L**eave your drugs in the chemist's pot if you can heal your patient with food' – Hippocrates.

The biggest step for me in choosing to study Nutrition at CNM was believing in the power of food enough so that I would consider making a U-turn on the path I'd convinced myself I needed to take. The plan – get a degree from a top 10 university then work up the ranks of a public health organisation I could bag an internship with (ideally the WHO, MSF or Public Health England), then maybe one day, 20 years later, make some small impact on public health and spend my life trying to fight the power of the corporate food lobby or cave in and find a comfortable job in an NGO.

The only problem was I wanted more. I knew that I'd improved the quality of my life through taking care of my physical and mental health via diet, exercise and ditching Netflix for books. This was my passion – could I make it my career? Is it really possible to have control over how I choose to spend my time and energy? Could I take ownership of my future? Be in a field of like-

minded professionals to help me learn and grow as a practitioner? Remain stimulated throughout my career by lifelong learning? All whilst helping myself and others in the process.

Let's just say I left my self-limiting beliefs in the melting pot, ditched my plans to study an MA and found CNM.

## **My experience so far and hopes for the future**

Studying Biomedicine in my first year has taught me that you have to understand the systems of the human body before you can really understand how to improve one's health. Everything builds on this basis.

But besides working my head around this sometimes-incomprehensible system, I have by no means felt short of inspiration. Already, I've learned so much about natural medicine from CNM's insightful lecturers and eager classmates. We will, undoubtedly, have different perspectives on some things but really, we're all seeking optimal health and vitality for ourselves and those we will go on to help.

I don't just want to devote my time to

my passion, I want to commit to lifelong learning. Ideally, I'd see myself specialising in optimising human health, longevity, energy and performance. I don't just see natural medicine as a means to heal but as a means to bring vitality and push the limits of what's thought possible for the human condition.

## **Take the leap or stay in the pond**

What would I say if you're thinking about studying natural disciplines?

I wouldn't, and couldn't, advise you what to do. But perhaps I'd suggest a question. How do you want to spend the rest of your working life? A big question for sure. Choose something that gives you energy and purpose, not something that takes it away, whatever that choice may be. It's never too late too – you may even be healthier for longer in the process.

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# If I knew then what I know now

Gabrielle McAuley offers simple ideas to bring joy into your daily life.

We're all familiar with George Bernard Shaw's 'Youth is wasted on the young', which is similar to the Irish saying 'Ni Feidir ceann crionna a chur ar cholainn og' or 'You can't put an old head on young shoulders.'

Both these sayings are true and we really do only learn life's lessons by experiencing them. When we're in our teens and 20s, we don't listen to the advice from the older, wiser members of

our family/community. And yet, there are things which would greatly enrich the quality of later life if we had taken them on board many or even a few years ago.

We don't know then that the habits – and our lives are a series of habits – we lay down then become our life stories. When we are newly grown up, we feel indestructible, that we can get away with anything, smoking, partying the night away, doing stuff at the last minute, etc. We feel young, powerful and that there'll be plenty of time later to do the boring stuff. We have an attitude of

'I've got loads of time to clean up my diet, stop smoking, exercise, take care of myself.' And to an extent, this laissez-faire attitude carries some truth in it.

And the level of good advice, new research and information overload can make us throw up our hands and not do any of it. So, if I am to reduce all of the advice noise down to a few simple golden rules which, carried out through all of life will contribute to health, wellbeing and peace of mind all the way through to and including grandparenthood, what would they be?

## GOLDEN NUGGETS

- Do unto others as you would others do to you. Practice the art of being kind simply because it's a good thing to do and not for any return or benefits to oneself.
- Get out in fresh air, in nature every day if at all possible.
- Eat whole, fresh, organic, mostly plant-based food and drink plenty of fresh water.
- Allow daydreaming time every day.
- Early to bed and early to rise – our bodies are part of the earth and getting up early, preferably before dawn, we are moving with the natural energy of our Mother Earth.
- Listen to our bodies and rest as much – or as little – as we need.
- Pop out of the head and into the body, into the

present moment, on a regular basis.

- Let go the burden of resentment, anger, and guilt, they do us no good. Deliberately, consciously letting go of these every day does us a power of good.
- Take care of the body, it is our home here on planet earth. Be kind to it, thank it for bringing us wherever we want to go. Dress it in natural materials, use non-toxic bodycare products, listen to its messages, to what it's telling us. If possible, have regular massages and take great care of the teeth as they have a big impact on our overall health and wellbeing.
- Enjoy every day, every moment, it will not come again. Listen to the birds in springtime, feel the warmth on the skin in the summer, connect with

the golden falling leaves in the autumn and enjoy the spectacular dusks in wintertime.

- Make a habit of 'stopping and staring' every day, letting the mind fall still and being fully relaxed and present in the moment.
  - Value, treasure and take care of family and friends. They are our fellow travellers on this journey called life; as the old saying goes, a sorrow shared is a sorrow halved, a joy shared is a joy doubled, especially with our nearest and dearest.
- Impregnating our lives with these simple loving habits may help lead us to the end of our days with peace and joy. How we live our days is how we live our lives. Becoming a haven of peace and joy in our own lives is the best thing we can do for our loved ones too.



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# OUR MAGNIFICENT BODIES

Dr Karen Ward takes us on a journey through her secrets to healthy ageing.

**T**his is an excerpt from my new book, *The Secrets of Ageless Ageing*, where I take you, the reader, by the hand on a voyage of self-discovery as middle age begins to turn and elderhood beckons. Rather than be daunted by this experience, I give you sound practical advice and a common sense approach to the inevitability that is growing older.

The chapters cover mid-life opportunity, physicality, choices, society's view of old age, relationships, mental adjustment, retirement, loss and bereavement from a holistic viewpoint. I am delighted that the content is humorous, with a profundity that touches at truths that lie deep within our souls. Enjoy this little snippet.

## A myth about abdominal size

I have an interesting theory. Do you ever see healthy older women with flat abdomens even if they have never had children? I have been fortunate to visit some indigenous people in far flung places and even there with their lifestyles of strong physical work and no processed food, sugar or hydrogenated fat, both men and women have a bit of a belly? Could it be that the modern human is eternally on a quest for something that is impossible biologically unless we are sick? If at midlife, we yearn for the body we had in our 20s, are we like a teenager wanting the body of a child?

I have been blessed with a typical 'mesomorph' body. In other words, an average body frame that if kept in regular, moderate exercise with a healthy diet would be a size 10 becoming a 12 at menopause. At certain key times in my life, I had to make major adjustments. I discovered in my late 20s that I am intolerant to wheat and dairy. The former bloats me and the latter gives me sinusitis within 20 minutes and when I gave them up, I lost weight.

The health of our body depends on how we feed and nourish ourselves on a daily basis. For example, reducing high caffeine levels will help enormously with our ability to maintain a calm and relaxed demeanour. Coffee and black tea

are morning drinks to perk us up for the day ahead. If we continue to imbibe these in the evening, our sleep will be affected. Three cups in the earlier part of the day is fine but any more and you are probably over stimulating your nervous system.

As humans, we are eating inordinate amounts of sugar in our food and any alcohol we drink. The amount of adult onset diabetes has rocketed in the western world due to this phenomenon. If we are mindful of the foods and drinks which contain higher levels and reduced those we consume, this will hugely ameliorate many physical symptoms of weight gain, agitation and exacerbating menopausal hot flushes.

As I approached midlife and became more aware of my energy levels through yoga, reiki and shamanic energy therapy, I found I couldn't tolerate much alcohol, including beer and wine. The hangovers were awful, and my blood sugars dipped, which caused mood swings. I'm now down to minimal alcohol (sipping a gin with sparkling water or a good whiskey with ice) and have had to cut out all processed sugars. It was difficult to change old habits and took time to phase in but the effect on both my weight and health was immediate and long lasting.

## Your body is your home

Just like a snail with its shell, your soul is housed in your physical body. You alone have the responsibility to look after it. Not even the richest person in the world can pay someone to eat, sleep or exercise for them. This is such an intriguing thought. No matter how loving our parents, partners, children, friends or pets are, they cannot do it for us – this choice is ours.

## TIP TO TRY

If you think you could be sensitive to any food type then I highly recommend a simple food intolerance test, which can range anywhere from €60 to €500, depending on which and how many foods and biomarkers are included. You can Google the many options available to find a test that best matches your symptoms.

The many local health food stores are a great source of knowledge and will either offer this service or can recommend a local clinic that does. They also stock alternatives to wheat (spelt, oat crackers, etc.), and dairy (oat, soya, rice and almond milks), which are the classic intolerance foods. Don't worry, you will definitely not starve. It does take a bit of getting used to but is well worth the effort.



Naturally Good Health has teamed up with Dr Karen Ward to offer readers the chance of winning one of three copies of her new book, *The Secrets of Ageless Ageing*. Dr Ward is a Holistic Therapist from RTE's *Health Squad* and BBC's *Last Resort* and is a Counselling Psychotherapist. Find out more at [www.drkarenwardtherapist.ie](http://www.drkarenwardtherapist.ie) and [www.moonmna.ie](http://www.moonmna.ie). To enter the giveaway, turn to page 44.

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# RECOMMENDED READING

Gabrielle McAuley rounds up  
the latest health reads.



Oh bliss, oh joy, the bookshops are all open and busy and full of wonderful new titles. The shelves are packed high across all genres with new and established authors, and those of us who love bookshops are once again pushing our budgets to their limits as we delight in finding new angles on our favourite topics. Herewith some recommendations for summer reading.



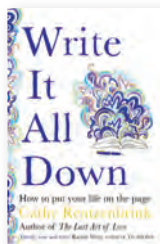
## *The Awakening – The Dragon Heart Legacy*

By Nora Roberts

I really like this story, which I am currently halfway through – it's a good story. I'd been a big fan of Nora

Roberts in times past and was surprised and delighted with the freshness of this story. It begins in Philadelphia but through an unusual series of events, the hero ends up in the west of Ireland, overnighting in Dromoland Castle and exploring the surrounding area. She then takes a trip to Connemara and her journey includes some quite interesting shifts in her reality too.

For those who have an inkling there may be other worlds close by, this might be the summer read for you. It's a page turner.



## *Write It All Down – how to put your life on the page*

By Cathy Rentzenbrink

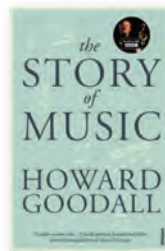
I love books about writing; from *The Artists Way* through Stephen King's *On Writing*, there's a whole

bookshelf set aside for these in my house, every one of which I've read, most more than once, so why buy another along the same lines?

Well, firstly because each new one (as this one does too) tops up my inspiration level and my commitment to sitting each day with the pen and paper, or sometimes at my trusty laptop. And this one defines how to put your own story

on paper. There's lots of helpful advice, some good exercises, help with overcoming blocks to the writing process, and even a section of top tips from published authors – the focus is on the benefits of the writing process, as well as on getting published.

Part three is on 'Crafting and Editing' and part four is called 'Getting Work Done'. So, if you fancy getting up a little earlier these light filled summer mornings and answering the call of the pen and paper, the call to get your story written down, this could be the encouragement you need.



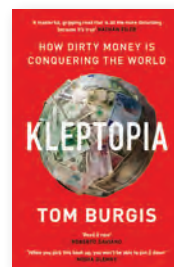
## *The Story of Music*

By Howard Goodall

Is your radio on right now? Do you have your earphones in listening to your favourite music?

Is there music on in the background? Music has a huge effect on our lives – weddings, funerals, that piece that just stops you in your tracks, music speaks to our emotions. Many of us just have our favourites but we don't often know how those pieces which make our hearts sing come about. When did humans first start to make music and how has it developed through the centuries?

These are all questions answered in this wonderful book. Reading this very well informed and well written history of music was nourishment for this soul. There is so much to know and learn about music and it's so interesting to know where and how the sound of The Beatles, or Mozart, or Stevie Wonder came about. We all know the music of the writer, Howard Goodall, as he's responsible for the unforgettable music of *The Vicar of Dibley*, *Black Adder* and many more of our favourite shows. Beginning with The Age of Discovery and with the last chapter, The Popular Age Two, 1945-2012, with an explanatory playlist for each age and with a list for further reading, treat yourself or the music lover in your life to this unputdownable story of music.



## *Kleptopia*

By Tom Burgis

Long before the recent past, many were asking questions about those in power. Some worrying stories about abuse of power regularly appear in the media.

Many are sensing that we're not being told the whole story and despite the huge efforts and money to control the leaking of this information, authors and investigative journalists are questioning what's really going on, and some have paid with their life in their search for truth.

If you are wondering and questioning, you could do a lot worse than read this book, which is subtitled, 'How dirty money is conquering the world'. While it's really important we stay centred, calm and keep our own vibration as high as we can, we also really need to be informed about those who are pulling the strings in our world.



## *Conscious Creativity – look, connect, create*

By Phillipa  
Stanton

Sometimes you just want a beautiful book for yourself or

a creative friend's birthday. A cross between mindfulness and creativity, this book is an absolute joy to pick up, read some and try one or the exercises. It is a beautiful book. The colours, the layout, and the design are all so pleasing and with a page on seasonal inspiration, a list of resource books and films.

My energy goes up just holding it and looking through it even without doing any of the exercises – just looking at the pictures or reading a few lines makes me happy. And I hear the author posts brilliantly on Instagram, and can be found at @5ftinf.






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# Giveaways

Each issue, *Naturally Good Health* offers readers the chance to win a selection of healthy giveaways.

## Bach RESCUE Balance & Positivity Capsules

Great days are helped by a positive mindset and keeping emotions on an even keel. New Bach RESCUE Balance & Positivity Capsules are designed as a unique way to support positivity and help you stay balanced through busy days. They are a unique fusion of mood balancing saffron, L-theanine, B vitamins, plus RESCUE flower essences, which helps maintain a positive outlook and contributes to normal healthy mood and helps calm and balance emotions through busy days. *Naturally Good Health* is offering readers the chance of winning one of five.



## Nutri Advanced Omega-3 Extra

*Naturally Good Health* has teamed up with Nutri Advanced to offer readers the chance of winning one of 25 60-capsule packs of Omega-3 Extra, worth €32 each. This high strength omega 3 fish oil capsule provides long-chain omega 3 fatty acids, eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), in a 3:2 ratio. This is the same ratio that is found naturally in fish. EPA and DHA are provided in triglyceride form, which is also the same form as found in fish and is therefore thought to make it easier for the body to utilise. EPA and DHA support a healthy heart, brain and vision.



## MAG365 BF

MAG365 BF is an award-winning, highly bioavailable magnesium-based supplement that contains ITL Health's flagship ionic magnesium citrate powder, plus additional health-boosting nutrients, including boron, zinc, potassium, and vitamins D3, K2, C and B6. These synergistic nutrients help to direct dietary calcium to where it is most needed in the body – the bones and teeth – and to help prevent it from collecting in dangerous places, such as the organs and arteries. MAG365 BF was formulated with bone and heart health in mind, and *Naturally Good Health* is offering readers the chance of winning one of five.



## Trilogy AHA Resurfacing Serum

Trilogy's AHA Resurfacing Serum is a combination of powerful plant derived AHAs, which effortlessly exfoliates away dulling dead skin cells to reveal a smoother, brighter and clearer complexion. The hero ingredient, lime pearl, a naturally derived AHA, is combined with prickly pear, rosehip oil, hyaluronic acid and sandalwood oil to nourish, hydrate and protect, while gently resurfacing the skin. It's gentle enough for those with sensitive skin types and can be used twice daily to keep lacklustre skin looking and feeling radiant. *Naturally Good Health* is offering readers the chance of winning one of three.



## Eskimo-3 Vegan DHA Plus

Eskimo-3 Vegan DHA Plus is a new plant-based omega 3 formula from Eskimo-3. It provides omega 3 EPA and DHA from marine algae to help support heart function, brain function, pregnancy, and vision. You need to get omega 3s from the foods you eat as our bodies cannot produce this important nutrient. Eskimo-3 Vegan DHA Plus also provides vegan vitamin D3 and vitamin B12, two vitamins often lacking in a vegan diet. *Naturally Good Health* is offering readers the chance of winning one of four two-month supplies, valued at €53.98 each.



**ENTER HERE...** Please indicate below which giveaway you are applying for, complete form and post back to us at 'Reader Offers', *Naturally Good Health*, Eire, Dept AA1571, PO BOX 4214, Dublin 2. Closing Date: September 1, 2022. Or you can enter online - visit [www.naturallygoodhealth.ie](http://www.naturallygoodhealth.ie)

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# Your food matters

Be inspired with this simple guide to gluten-free cooking to help transform your health.



## Marinated tempeh skewers with green apple slaw Serves 2

If you haven't tried tempeh before, this recipe will make you fall in love. Marinated in tamari, ginger and maple syrup, the Asian style skewers pack a flavour punch!

**Preparation time:** 15 minutes

**Cook time:** 15 minutes

**Equipment:** Bamboo skewers

### Ingredients:

#### Marinade:

- 2tbsp tamari
- 1in ginger, grated
- 1tbsp maple syrup
- 1 garlic clove, grated
- 1 x 10oz (300g) package tempeh, cubed
- Coconut oil, for cooking

#### Slaw:

- ¼ small head red cabbage, thinly sliced
- 1 green apple, thinly sliced

- ¼ bunch cilantro, destemmed, roughly chopped
- 1 scallion (spring onion), finely sliced
- 1tbsp raisins

#### Dressing:

- 1 lime, juiced
- 1tbsp hulled tahini
- 1tbsp water
- ½ tbsp apple cider vinegar
- Pinch of unrefined sea salt and pepper

#### Optional:

- 1tbsp activated walnuts, roughly chopped

### Method:

- In the sink, soak skewers in water while you prepare the tempeh and slaw. This step will prevent the skewers from burning during the cooking process.
- Prepare the marinade by whisking together the tamari, grated ginger, maple syrup, and grated garlic.
- Add the cubed tempeh to the marinade and stir to coat. Set aside to marinate while you prepare the slaw. We recommend marinating overnight, but if you're short on time, 10 minutes is fine.
- To prepare the slaw, slice the cabbage, apple, cilantro and scallion. Mix all slaw ingredients together in a large bowl, along with the raisins.
- Mix coleslaw dressing ingredients in a bowl until creamy. Add a little more water

to the dressing if the consistency is too thick. Season with sea salt and pepper. Add to slaw and mix through until evenly coated.

- Prepare your skewers by threading three to four cubes of the marinated tempeh onto them.
- Heat one teaspoon coconut oil in a frying pan over medium heat. After one minute, arrange the skewers in the frying pan and cook until brown on each side, about three to five minutes.
- Serve the skewers with the slaw and the optional chopped, activated walnuts.

**Tip:** For the tempeh to soak up extra flavour, prepare the marinade the night before and add the tempeh. Store in the fridge until you're ready to fry up the tempeh.



## Chocolate lovers smoothie bowl Serves 1

Chocolate lovers rejoice! This smoothie bowl is packed with goodness but will have you feeling like you are enjoying an indulgent treat.

**Preparation time:** 5 minutes

**Equipment:** Blender

### Ingredients:

#### Smoothie bowl:

- 1 medium banana, peeled, sliced, and frozen
- ¼ avocado
- 1tbsp unsweetened cocoa powder
- 1tbsp hemp seeds
- 1 cup unsweetened plant-based milk of choice (coconut, almond, oat)
- Pinch of unrefined sea salt
- 1tsp chia seeds

#### To serve:

- 2tbsp homemade granola
- 2tbsp coconut yogurt
- 1tbsp frozen mixed berries
- 1tbsp hemp seeds

#### Method:

- Add all ingredients into the blender and blend until smooth.
- If the smoothie is a little thick, add more plant-based milk to the blender to achieve your desired consistency.
- Pour into a bowl, top with homemade granola, a dollop of coconut yogurt, mixed berries, and a sprinkle of hemp seeds.

**Tip:** Raw cacao has powerful anti-inflammatory as it is rich in antioxidants and other vital compounds.





## Sweet potato brownie with choc-avo frosting

Serves 8-10 slices

If there's one thing we know how to do, it's hiding delicious fruits and vegetables in unassuming places. The sweet potatoes make up the deliciously gooey brownies, and the inclusion of avocado in the frosting adds an extra layer of creamy, chocolaty goodness to every bite.

**Preparation time: 15 minutes**

**Cooking time: 35 minutes**

### Ingredients:

- 1 medium sweet potato, peeled and cubed (1 cup sweet potato puree)
- ½ cup pure maple syrup
- ½ cup nut butter
- 1tsp vanilla extract
- 2tbsp coconut oil, melted
- ½ cup raw cacao powder
- ½ tsp unrefined sea salt
- 1tsp baking powder
- 1 cup oat flour

### Choc-avo frosting:

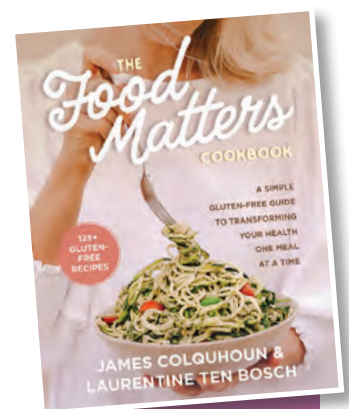
- 1 avocado, halved and deseeded
- ¼ cup raw cacao powder
- 3tbsp pure maple syrup

### Method:

- Preheat the oven to 355°F (180°C) and line a square baking pan with parchment paper.
- To make the sweet potato puree, bring a large pot of water to the boil, add the peeled sweet potato to the boiling water and cook until the sweet potato is cooked through and soft to poke with a fork. Remove from heat, drain, allow to cool, and mash/whisk until a smooth puree is formed. You could also add the cooked sweet potato to a food processor and process it until smooth.
- Transfer one cup of the sweet potato puree to a large mixing bowl, add maple syrup, nut butter, vanilla extract, and coconut oil. Mix to combine all wet ingredients.
- Add in the cacao powder, sea salt, baking powder, and oat flour to the wet ingredients and mix until everything is well combined.

- Pour sweet potato batter into the lined pan and spread evenly. Place in the oven to bake for 30-35 minutes or the brownie is firm to the touch or an inserted skewer comes out clean. Remove from the oven and allow to cool while you make the frosting.
- To make the choc-avo frosting, add the avocado, cacao powder, and maple syrup to a bowl and whisk until well combined and smooth. Adjust sweetness with a little more maple syrup if you prefer.
- Once the brownie is cooled, remove it from the pan and spread choc-avo frosting evenly over the brownie. Slice into squares to serve.

**Storage tip:** These brownies keep well in the freezer without the frosting. Just defrost as needed and top with some delicious choc-avo goodness.



**The Food Matters Cookbook: A Simple Gluten-Free Guide to Transforming Your Health One Meal at a Time** (£24.99, Hay House).



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# A TASTE OF SUMMER

Maggie Lynch, from the Irish Institute of Nutrition and Health, adds a seasonal twist to her cuisine.

## White-bean puree with roasted garlic and chervil

### Ingredients:

- 400g tin butterbeans or cannellini beans, drained and rinsed
- 1tbsp tahini
- 1 small head garlic, roasted (see Maggie's tip)
- 1tbsp lemon juice
- 1 rounded tsp cumin (preferably freshly ground)
- 25g chervil, finely chopped (leaves)
- 10g parsley, finely chopped (leaves)
- 120ml chilled water
- 2tbsp crème fraîche, for creamier consistency (optional)
- Seasoning

### Method:

- Drain beans and rinse. Place in blender along with tahini, roasted garlic, lemon juice, cumin, chervil and parsley. Pulse for a few seconds, add oil and blend to a smooth paste-like consistency.
- Add two thirds of water (and optional crème fraîche), gently pulse to smooth, thin consistency. Season to taste. Add more lemon juice, garlic or water if required.
- To serve, drizzle with olive oil. Garnish with any of chervil, chopped tomato, chopped olives, Zaatar or your favourite vegetables.

**Maggie's tip:** To roast garlic, preheat oven to 200°C. Cut the top off the garlic bulb, exposing the cloves. Place on a small square of parchment paper, rub with olive oil and season with salt and pepper. Wrap parchment around the bulb, then place on a piece of tinfoil. Scrunch up the foil to seal in the bulb. Place in hot oven for 30-40 minutes or until cloves have softened. Squeeze out the garlic purée from each clove and add to the hummus or spread onto warmed bread.



## Tomato, orzo and bocconcini salad

Serves 4-8

### Ingredients:

- 500g mixed heritage tomatoes, including vine cherry tomatoes
- 50g orzo pasta
- 250g bocconcini (baby mozzarella)
- 20g basil leaves

### Dressing:

- 100ml extra virgin olive oil
- ½ tsp garlic, finely grated (small clove)
- Himalayan salt and freshly ground black pepper to season

### Method:

- Cook orzo as per pack instructions. Rinse under cold tap, drizzle with a little oil to prevent it sticking.



- Add all dressing ingredients to a sealed jar, shake well.
- Slice tomatoes in various shapes, with smaller ones whole or halved. Season and set aside.
- Arrange tomatoes, orzo, bocconcini and basil leaves on a large salad platter. Drizzle dressing over the salad. Serve at once.

**Maggie's tip:** Can't source bocconcini? Use mozzarella or burrata instead. Any pasta works or omit completely.

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