

Health Triangle

86/December 2020
January 2021

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UK Health Radio



Health Focus
**NIGHT TERRORS &
NIGHTMARES**

Seek Up

The Yoga Inspiration Show
hosted by *Kino MacGregor*

What Are You
Worth To Your
Business ...

STRESS FREE
Christmas

by Shelley Chapman

Healing the
PROSTATE

Only ONE wish
for you for 2021

“Kindness is
like snow,
it beautifies
everything
it covers.”
- Unknown -



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Health
Triangle

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Editor's Note:

This Month ▲

REFLECTION. RENEWAL. RELAUNCH.

This is our last edition of **Health Triangle Magazine** for 2020. Not surprisingly almost all our contributors tend to be reflective on an extraordinary and challenging year. You will be reassured by the regular optimism of the evergreen features like 'Yes to Life' on cancer and the 'undefeated' approach to Diabetes, although he spells it 'undefeated' - as he is a Podiatrist who enjoys a pun! Corona virus has created unprecedented issues but the common or garden challenges remain in place, just aggravated! Adults experience nightmares, as do children as well as the mutually distressing trials of night terrors. **Danielle Sax** highlights the opportunity to free yourself to be yourself and **Janey Lee Grace** encourages you to pamper yourself as the reward you've earned throughout 2020. **Paul Rees** looks at Business Health, while others advise on dealing with Grief and revealing world changing new research on Diabetic Eye Disease. Diet and exercise remain cornerstones of good physical health, while cultivating an attitude of gratitude is central to maintaining good mental health. The holidays provide an opportunity to reflect, refresh, renew and relaunch in 2021. Meanwhile stay safe, stay well. And please remain vigilant.

Remember we are not out of the woods by a long way yet!

Reg Starkey
Editor



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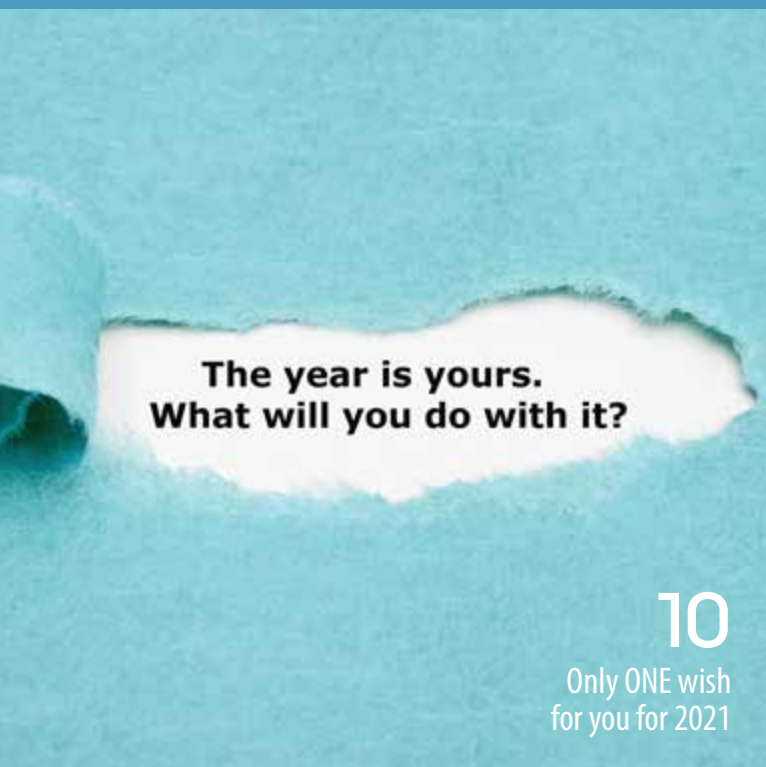
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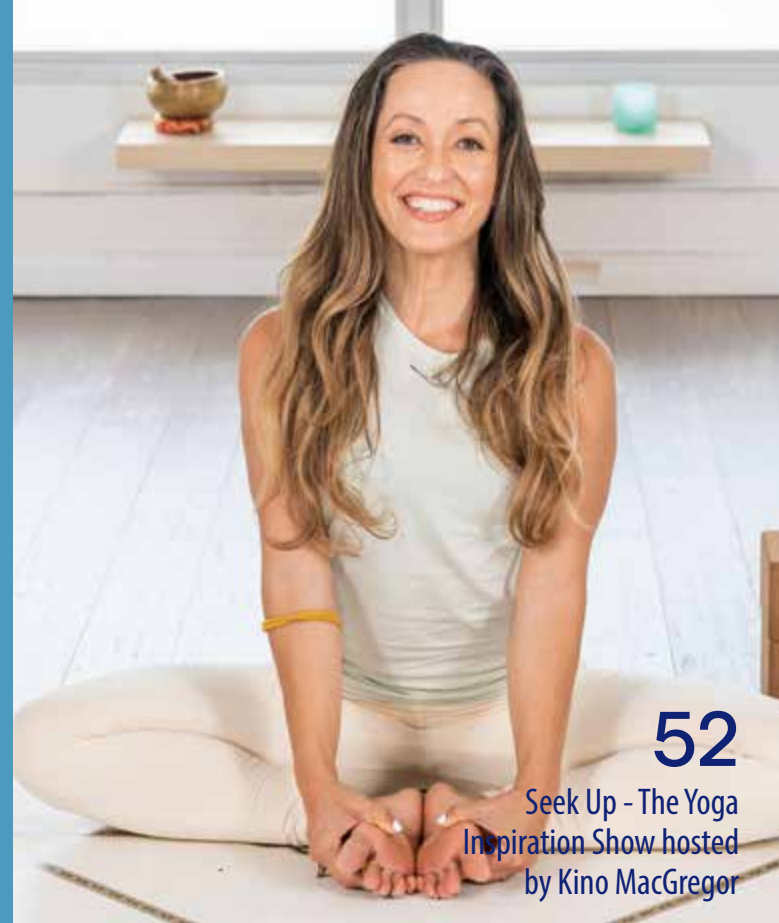
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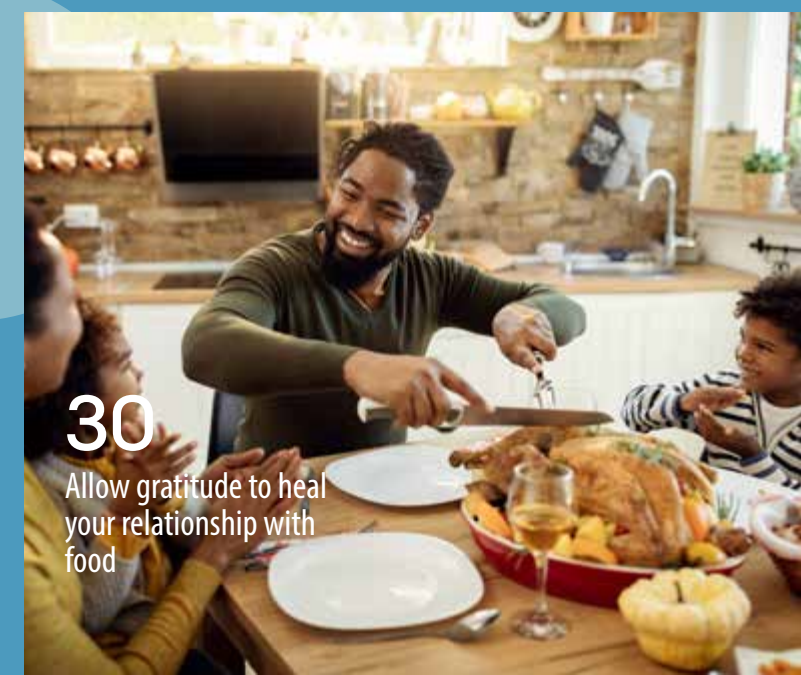
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Allow gratitude to heal
your relationship with
food



NIGHT TERRORS & Nightmares

Many children experience nightmares and night terrors, but most grow out of them. They don't cause any long-term psychological harm to your child.

Night terrors are very different from nightmares. A child having night terrors may scream and thrash around, and may not recognise you if you try to comfort them. This behaviour occurs on waking abruptly from deep, non-dream sleep. Your child won't be fully awake during these episodes and will have no memory of it the next morning. Nightmares occur from dream sleep (REM sleep). Your child may wake up from the nightmare and, depending on their age, may be able to remember and describe the bad dream to you. Both night terrors and nightmares in children are described in more detail below, along with advice about what you should do.

NIGHT TERRORS

Night terrors are common in children aged between 3 and 8 years old. A child who experiences night terrors may scream, shout and thrash around in extreme panic, and may even jump out of bed. Their eyes will be open, but they're not fully awake. The episodes usually occur in the early part of the night, continue for several minutes (up to 15 minutes), and sometimes occur more than once during the night.

Why they happen

Night terrors are more common in children with a family history of night terrors or sleepwalking behaviour.

A night terror attack may be triggered by anything that:

- increases how much deep sleep your child has, such as tiredness, fever or certain types of medication
- makes your child more likely to wake from deep sleep, such as excitement, anxiety, sudden noise or a full bladder

What you should do

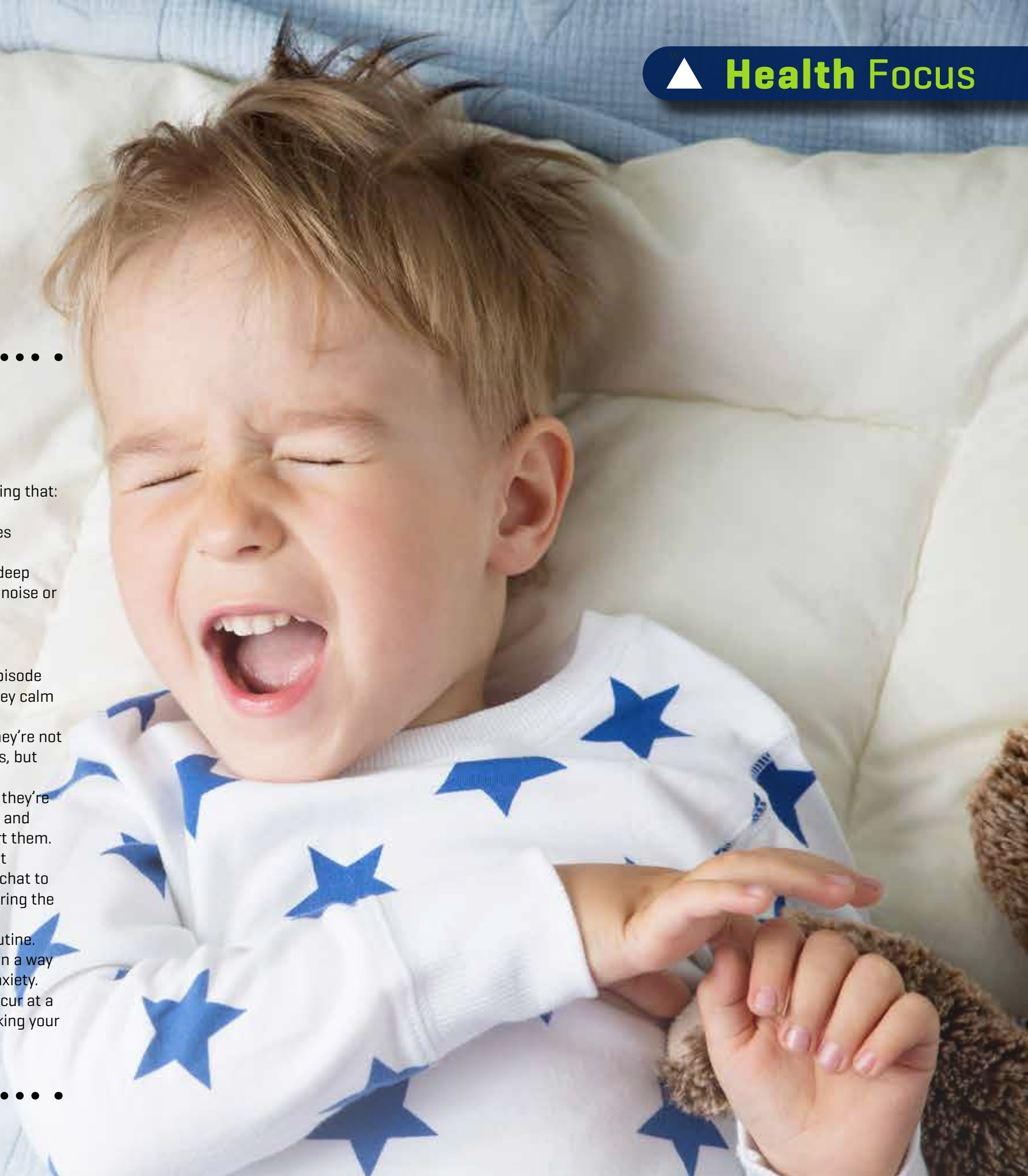
The best thing to do if your child is having an episode of night terrors is to stay calm and wait until they calm down.

Don't intervene or interact with them, unless they're not safe. Night terrors can be frightening to witness, but they don't harm your child.

You shouldn't attempt to wake your child when they're having an episode. They may not recognise you and may become more agitated if you try to comfort them. Your child won't remember the episode the next morning, but it may still help to have a general chat to find out if anything is worrying them and triggering the episodes.

It'll also help if they have a relaxing bedtime routine.

Try not to discuss the episodes with your child in a way that worries them as this may increase their anxiety. If the night terror episodes are frequent and occur at a specific time every night, you may find that waking your child breaks the cycle.



Wake your child 15 minutes before the anticipated time of the episode every night for 7 days. This can disrupt their sleep pattern enough to stop the episodes without affecting sleep quality.

When you should seek help

Most children eventually grow out of night terrors. But talk to your GP if they're occurring several times a night or most nights. Your GP will be able to check whether something that's easily treatable is causing the episodes. For example, large tonsils could be causing breathing problems at night and waking your child. In a small number of children who have frequent episodes of night terrors, referral to a specialist service may be needed.

NIGHTMARES

Nightmares are common in children aged 3 to 6 years old. Most children grow out of them. Nightmares usually occur later in the night and cause strong feelings of terror, fear, distress or anxiety. Your child may wake up and be able to remember and describe the dream to you. Nightmares in children can be caused by a frightening experience, such as watching a scary film, or by something that's worrying them.

What you should do

Talk to your child to find out whether anything is worrying them that could be triggering their nightmares.

As with night terrors, making sure your child has a relaxing bedtime routine will also help. Take your child to see your GP if they're having repeated nightmares (a series of nightmares with a recurring theme). If your child's nightmares are being caused by a stressful past experience, they may need counselling.

Nightmares in adults

Nightmares and night terrors are usually associated with children, but they can sometimes also affect adults. There are many possible causes of adult nightmares, but they're often linked to stress, trauma or an existing mental health condition. They can also occur after taking certain types of medication, such as antidepressants. Sometimes a condition that affects sleep can be a trigger for night terrors. For example:

- obstructive sleep apnoea
- restless legs syndrome
- migraines

Nightmares don't usually cause any physical harm, but they can be disturbing or upsetting. They may also prevent you getting a good night's sleep. See your GP if you're having regular nightmares that are affecting your sleep and day-to-day life. If your nightmares are caused by a particular traumatic event, your GP may recommend psychological treatment, such as counselling.





Do you suffer from Chronic pain?

A systematic literature review reported that Chronic pain affects 28 million adults in the UK



While the global pandemic rages around us and most of us spend many hours at home, the old, neglected pains are starting to reappear. Those very aches we promised ourselves we would take care of as soon as we had the time. But now that we have the time, leaving the house is not as safe as it used to be.

More and more people are searching for home care treatments and find the B-Cure Laser to be exactly what they were looking for.

A home care medical device called B-Cure Laser has already revolutionised the treatment of pain in over 20 countries and is now available in the UK.

From Severe Pain to Comfortable Life:

The B-Cure Laser is a CE approved HOME-USE MEDICAL DEVICE for the treatment of orthopaedic conditions, wound management and pain.

An EFFECTIVE SOLUTION, FOR THE WHOLE FAMILY!

Clinically Proven and Safe:

B-Cure Laser's efficacy and safety was proven in several double-blind studies, all of which confirmed its clinical value.


For example, the study conducted at Sapienza University in Rome, in which pain medication was compared with B-Cure Laser therapy for joint pain proved that using B-Cure Laser to relieve pain is as effective as medication only with no adverse effects.

- ✓ Knee Pain
- ✓ Back Pain
- ✓ Neck Pain
- ✓ Fibromyalgia
- ✓ Carpal Tunnel Syndrome
- ✓ TMJ
- ✓ Wounds

Recommended by leading doctors world wide


Prof. Reis, a senior orthopaedic surgeon, recommends the B-Cure Laser as an effective primary treatment at home for symptoms of pain and inflammation (such as back and knee pain) before and during administration of medication.

“In recent years, we are witnessing a great increase in awareness of this technology, and as evidence, American Medical Association recommends laser treatment and the use of clinics has increased steadily. Normal life can be restored.”



Many other doctors and therapists around the world join Professor Reis in his recommendation. For example, **Janine Sanders**, a physiotherapist and owner of a rehabilitation clinic in Canada says:

“My success treating my patients with B-Cure Laser is amazing! Over 80% of them experience significant reduction in chronic pain from which they suffered for a long time, and improved range of their movement.”



User Friendly: 6 Minutes Twice a Day

Over the years, many patients understood that they could stop suffering and take control of their pain, by using B-Cure Laser. The treatment with this device is gentle, non-invasive, and has no side effects. Another great benefit is that the method of treatment with B-Cure Laser is short, comfortable and takes only six minutes for each point of treatment, twice a day, on your sofa or in bed. In short, these devices are something you simply ought to have in your drawer for any possible eventuality.

“I have used this little device on my injury after surgery. After seven days, I was "hooked". I can feel my pain reducing every time I use the device, and it also helps reduce inflammation and accelerates recovery.”

Nekoda Davis
Double World Medalist
(2017, 2018)



It's time for you to take control of your pain! Try B-Cure Laser for 30 days*

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Ready to Pamper Yourself ?

by Janey Lee Grace

This Christmas and new year it feels like we need to treat ourselves and others, but without breaking the bank or leaving an even greater carbon footprint. Let's focus on the joys of simple natural products that hit the spot. Choose products that are sustainable and don't cost the earth. Let's focus on supporting small businesses who really need our support right now...



What Are You Worth To Your Business ... Your Seat Value?

by Paul Rees

Do you recognise the importance of your seat value in your business? This value is what you are salary worth in the physical and emotional space you take within your business working space to run, lead, and manage its growth. "Seat value" is a term used in the hospitality and pub industry for every seat available in the establishment or customer floor space it must turn over an expected revenue to justify its place in the business. You the business owner take the same seat space in your business...



Healing the **PROSTATE**

by Dr Mark Stengler



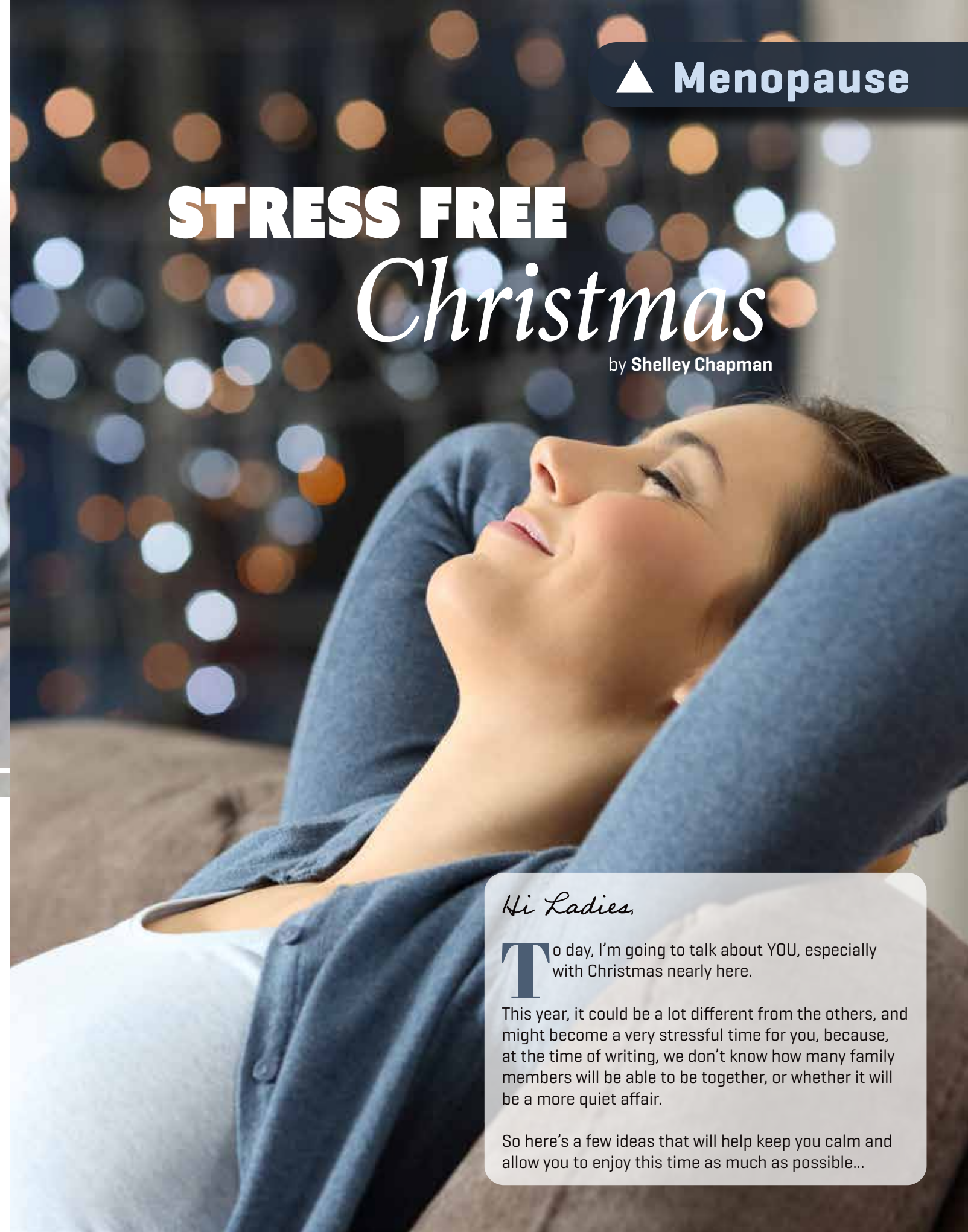
Dr Mark Stengler

Why do we need to concern ourselves with the prostate? Odds are good that you, or someone you love, will be dealing with a prostate-related condition sometime during your life. Consider the following facts:

- One-third of men older than 50 years, and up to 90 percent of men by the time they've reached the age of 85, are affected by benign prostatic hyperplasia (BPH).
- One in nine men will develop prostate cancer during his lifetime. Next to skin cancer, prostate cancer is the second most common cancer in American men.
- Prostatitis is the most common urinary tract problem for men under the age of 50, and the third most common for men older than 50. Chronic prostatitis affects up to 15 percent of the American male population...

STRESS FREE *Christmas*

by Shelley Chapman



Hi Ladies,

To day, I'm going to talk about YOU, especially with Christmas nearly here.

This year, it could be a lot different from the others, and might become a very stressful time for you, because, at the time of writing, we don't know how many family members will be able to be together, or whether it will be a more quiet affair.

So here's a few ideas that will help keep you calm and allow you to enjoy this time as much as possible...

▲ Meet the Team



Seek Up

The Yoga Inspiration Show

hosted by *Kino MacGregor*

Kino MacGregor is a Miami native who is happiest on the beach with a fresh coconut and a poet at heart who always stops to smell the flowers. She is the founder of **Omstars**—the world's first yoga TV network. With over 1 million followers on Instagram and close to 700,000 subscribers on YouTube and Facebook, Kino's message of spiritual strength reaches people all over the world. Sought after as an expert in yoga worldwide, is an international yoga teacher, inspirational speaker, author of four books, producer of six Ashtanga Yoga DVDs, writer, vlogger, world traveler, co-founder of Miami Life Center. Yoga for Kino is more than just a "workout"—it is a way of life founded on a firm commitment to the moral and ethical precepts of truth, non-violence and love. Being strong in yoga is just not about a powerful handstand or a deep back-

bend for Kino, nor is yoga a game of extreme ableism where yogis compete with one another. Instead, Kino sees yoga as a daily ritual where people tune deeply into their spiritual center and experience the peace of the Eternal Divine. Kino believes in making the tools of traditional yoga accessible for all different sizes, shapes, ethnicities and ages. Rather than it being an exclusive club for the privileged elite, yoga is for everyone and it is the international community of yogis who are responsible for the integrity of the sacred heart of yoga.

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