

Health Triangle

The official e-mag of
UK Health Radio



Health Focus:
Varicose Veins

Alcohol FREE
Superfood
Bevvy
Summer

by Janey Lee Grace

Yoga
with Kino

**12 Step
Recovery
Insights**

**HUGS NOT
DRUGS**

**DIABETES AND
GASTROPARESIS**

“Life is always better at the beach”

UK Health Radio's e-magazine
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Health
Triangle

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Editor's Note:

This Month▲

“DREAM DREAMS AND DO NOTHING?”

Long COVID is relatively rare, thank goodness. Long Lockdown lethargy is a more common condition by the sound of things. **Dr Mona Kular** takes an overview of human response to challenge and offers a practical strategy for Stress. Likewise Life Coach **Cindy Hurn** identifies the problem of inertia and recommends energetic action. “Energy begets energy” is a useful mantra. Get your feet on the beach and breathe some fresh sea air. Walk with your dog and think some great thoughts. Turn your best thoughts into positive action because “Faith without works is dead” may be a Gospel truth. “Actions speak louder than words” is certainly a truism to beat all truisms. In the last 18 months we have lived through an immediate existential threat. Lockdown has forced us to take stock of both our health and our values. There are still mountains to climb, literally and metaphorically. This century summers will become significantly hotter and winters will become significantly wetter, even if every country on earth somehow manages to meet its climate goals. Even if we manage to save our precious soil and our tenuous sanity! Read. Listen. Act in line with your values.

And as this edition's Poetry Corner surely suggests: “Dust if you must”!

Reg Starkey
Editor

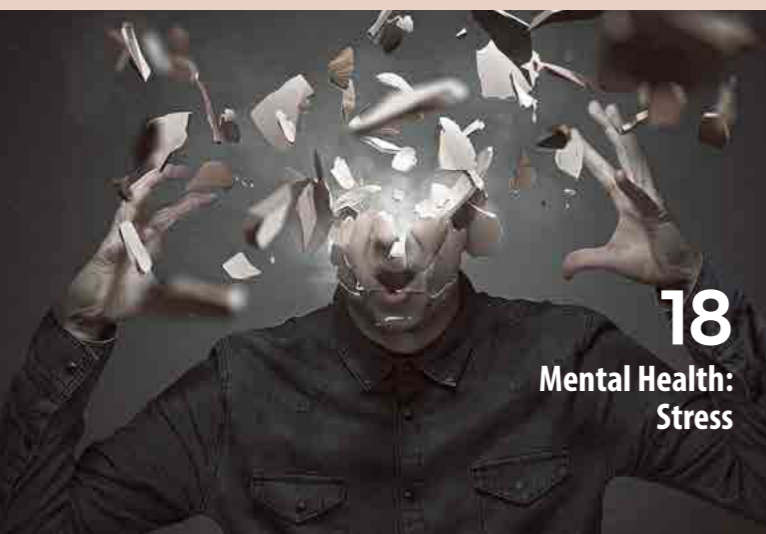




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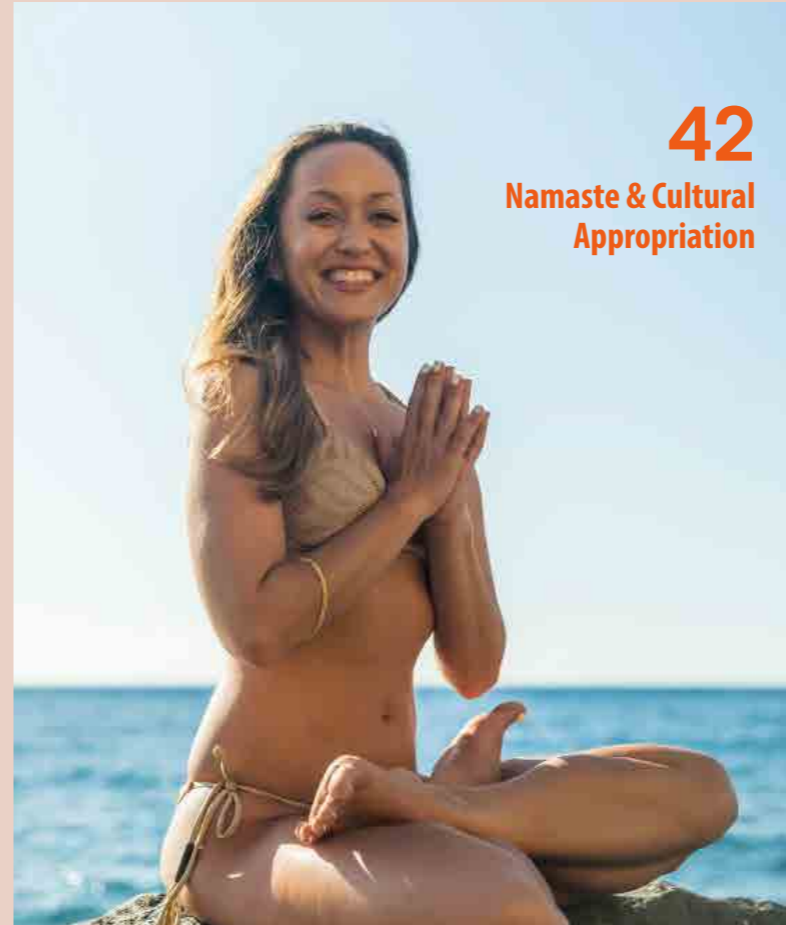
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Varicose veins

Varicose veins are swollen and enlarged veins that usually occur on the legs and feet. They may be blue or dark purple, and are often lumpy, bulging or twisted in appearance.

Other symptoms include:

- **aching, heavy and uncomfortable legs**
- **swollen feet and ankles**
- **burning or throbbing in your legs**
- **muscle cramp in your legs, particularly at night**
- **dry, itchy and thin skin over the affected vein**

The symptoms are usually worse during warm weather or if you've been standing up for long periods of time. They may improve when you walk around or if you rest and raise your legs.

WHEN TO SEE A GP

If you have varicose veins and they do not cause you any discomfort, you may not need to visit a GP.

Varicose veins are rarely a serious condition and do not usually require treatment.

But speak to a GP if:

- your varicose veins are causing you pain or discomfort
- the skin over your veins is sore and irritated
- the aching in your legs is causing irritation at night and disturbing your sleep

The GP can diagnose varicose veins based on these symptoms, although further tests may be carried out.

CAUSES OF VARICOSE VEINS

Varicose veins develop when the small valves inside the veins stop working properly.

In a healthy vein, blood flows smoothly to the heart. The blood is prevented from flowing backwards by a series of tiny valves that open and close to let blood through.

If the valves weaken or are damaged, the blood can flow backwards and collect in the vein, eventually causing it to be swollen and enlarged (varicose).

Certain things can increase your chances of developing varicose veins, such as:

- **being female**
- **having a close family member with varicose veins**
- **being older**
- **being overweight**
- **having a job that involves long periods of standing**
- **being pregnant**
- **other conditions**

TREATING VARICOSE VEINS

If treatment is necessary, your doctor may first recommend using compression stockings, taking regular exercise and elevating the affected area when resting.

If your varicose veins are still causing you pain or discomfort, or they cause complications, they can be treated in several ways.

The most common treatment options include:

- **endothermal ablation – where heat is used to seal affected veins**
- **sclerotherapy – this uses special foam to close the veins**
- **ligation and stripping – the affected veins are surgically removed**

It's unlikely you'll receive treatment on the NHS for cosmetic reasons – you'll have to pay for cosmetic treatment privately.

If you do feel you require treatment, it might help if you print out treatment options for varicose veins to discuss with the GP.

PREVENTING VARICOSE VEINS

There's little evidence to suggest you can stop varicose veins getting worse or completely stop new ones developing.

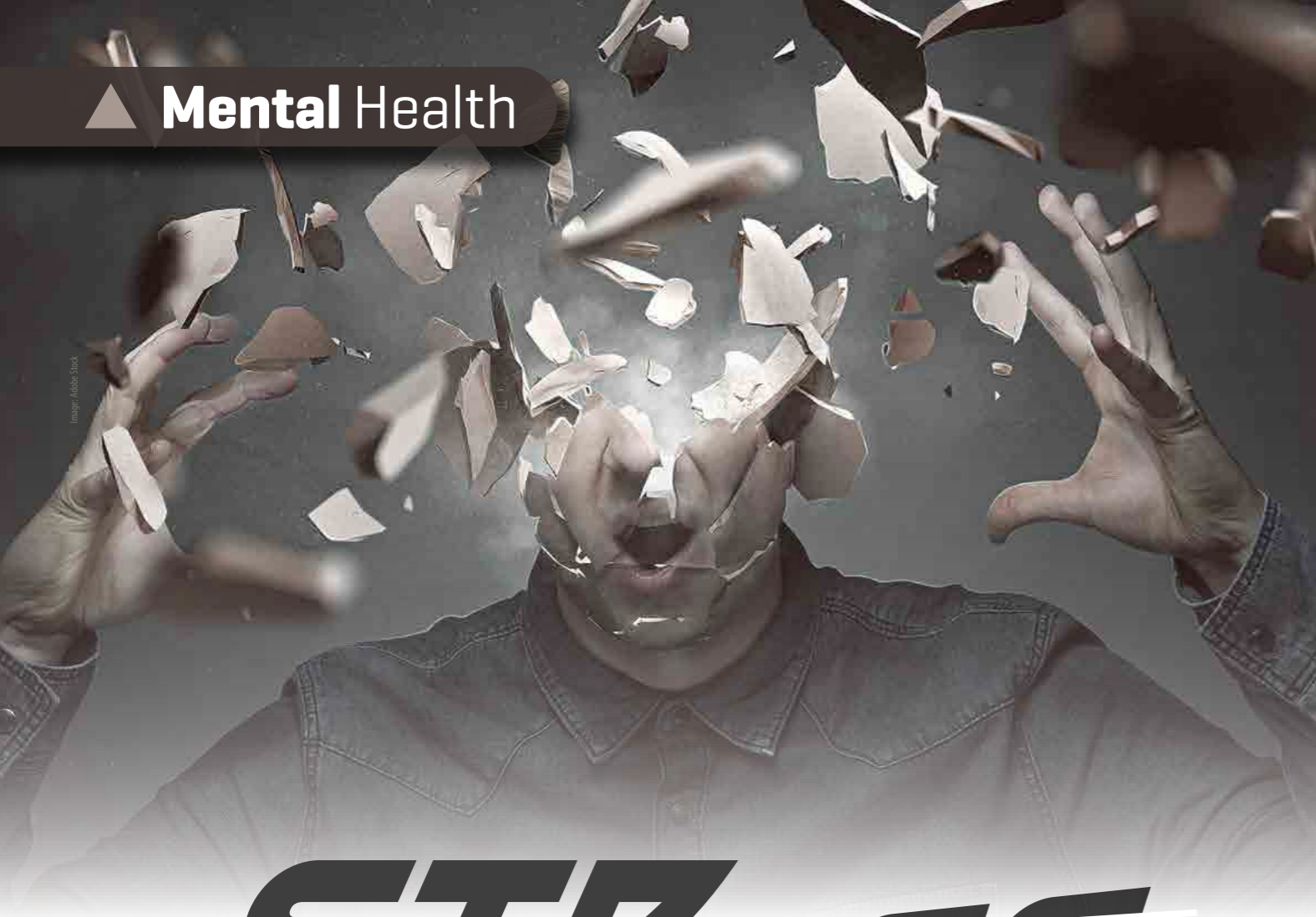
But there are ways to ease symptoms of existing varicose veins, such as:

- **avoiding standing or sitting still for long periods and trying to move around every 30 minutes**
- **taking regular breaks throughout the day, raising the legs on pillows while resting to ease discomfort**
- **exercising regularly – this can improve circulation and help maintain a healthy weight**

TYPES OF VARICOSE VEINS

There are several types of varicose veins, such as: trunk varicose veins – these are near to the surface of the skin and are thick and knobby; they're often long and can look unpleasant

- **reticular varicose veins** – these are red and sometimes grouped close together in a network
- **telangiectasia varicose veins** – also known as thread veins or spider veins, these are small clusters of blue or red veins that sometimes appear on your face or legs; they're harmless and, unlike trunk varicose veins, do not bulge underneath the surface of the skin.



STRESS

by **Dr. Mona Kular**

Stress is something that can be hard to get a handle on. It's difficult to see or measure, but we all know it's there.

Not only that, but stress has a whole range of effects not only our physical health, but our mental health, too.

WHAT IS STRESS?

Stress is basically our response to anything that needs immediate attention or action. It evolved as a protective mechanism for us, priming us to be able to fight danger or flee from it. This is where the term 'fight or flight' comes from.

In modern times, stress arises when we perceive demands or insults as being more than we are capable of dealing with. Stress also arises when we face uncertainty and unpredictability.

In small, short doses, stress is healthy and normal. If anything, stress improves our immediate ability to respond and perform, think clearly, be alert and responsive.

When short term stress spills over into long term stress, however, things change. This type of stress is called chronic stress and is a risk factor for 75-90% of disease processes, including cardiovascular...



Namaste & Cultural Appropriation

by **Kino MacGregor**

Yoga is an ancient practice, passed on from teacher to student over the millennia, and the tradition of yoga is kept alive by the students, people like you and me taking time to get on the mat and practice every day. The culture of yoga is essential to the student's journey, and everyone who practices yoga is in debt of sorts to the practice itself. We owe it to ourselves and the future generation of yogis...

Scalar Light Energy in The Universe

Scalar light is the strength and health of nature itself. The history of the study of scalar light theory began only about 150 years ago. Still, scalar light itself is actually a phenomenon of the scalar light energy in the universe, the energy of the cosmos, which has arisen on Earth since its inception as a planet in the solar system, i.e., since the beginning of time. Scalar light is stationary energy that surrounds us spatially. It is known to people in the same way as: "orgone", "prana", "qi, tsy [ki]", "huna", zero-point energy. They do not propagate along an axis or have a direction, unlike transverse electromagnetic waves, and travel alongside an axis in a known direction. Electromagnetic waves are "vector" waves whose power decreases with distance and if they pass through solid metallic objects.

HISTORY

The discovery of scalar light in Tesla's concept is attributed to James Clerk Maxwell [1831-1879], a Scottish physicist who also developed electromagnetic theory. He demonstrated that light is composed of waves of this type of energy. Maxwell's studies [5] were supported by many scientists after him, including Nikola Tesla, who, from the 19th century, spoke of the possibility of capturing it from anywhere on the planet and using it for the benefit of humanity, without the use of polluting fuels such as oil or coal. If it could be used, it would be economical and environmentally friendly. This was his obsession, but also that of other scientists, such as Albert Einstein [1879-1955], who developed, based on the studies of previous scientists, his theory of relativity [1905] and then of general relativity [1915], which at the time, and to this day, enjoys enormous acceptance in the scientific world, but, in the light of new findings or reflections, could be

questioned as part of a natural process of scientific progress, or different interpretations of his theories and concepts.

SCALAR LIGHT ENERGY IN THE UNIVERSE?

Scalar light is found throughout the universe, in the vast emptiness of the dark sky we see at night, in the empty spaces we have inside our bodies, and even in the empty space that exists in every atom that makes up matter. All atoms, including those that make up our cells, consist of a nucleus made up of protons and neutrons and smaller, continually moving particles called electrons. The latter is kept in orbit around the nucleus, so there is always an empty space between these particles, and this is where the scalar light is found.

A large amount of the scalar light that exists on the planet comes from the sun and other stars; these celestial bodies emit energy in various spectra, including scalar light, which has so many properties because it is able to transmit information that can then be encoded by a living thing or an object and do some work. In the case of living organisms that photosynthesize to produce their own food, such as plants, algae, and some very peculiar animals, they receive information from scalar light inside their cells, which carries the information to start the process of photosynthesis. This very important process in which plants and other organisms create their own food is itself the basis of life on Earth as we know it, as it is the basis of the food chain. Therefore, scalar light is involved in a fundamental process to the maintenance of life on this planet, and its results are expressed in each and every living thing. Just like the previous example, light is loaded with information also for organisms that use light to observe our environment. And it is in the same way that scalar light contains information to improve our health.

It has been proven that this enormous source of natural energy can be brought into our three-dimen-

sional world from its four-dimensional world and used to perform work, provide electricity, power transportation, and even cure many diseases. According to many scientific studies, scalar light benefits humans, animals, and plants. Here are some health benefits of scalar light:

- **Increases cellular energy.**
- **Increases energy levels.**
- **Opens the chakra.**
- **Delays aging.**
- **Improves circulation in the body.**
- **Relieves high blood pressure**
- **Activates blood cells**
- **Reduces pain and inflammation.**
- **Helps with arthritis and injuries.**
- **Accelerates the body's metabolism and weight control.**
- **Stimulates our natural immune function to kill viruses and bacteria.**
- **Accelerates natural healing.**
- **Improves cell wall permeability.**
- **Improves cellular nutrient absorption and waste detoxification.**
- **Normalises cancer cells.**
- **Protects our body from cancer.**
- **Manages stress.**
- **Improves sleep quality.**
- **Heals the nerves.**
- **Helps depression.**
- **Clears the mind.**
- **improves focus and concentration**
- **improves memory**
- **Relieves migraine headaches.**
- **Reduces the harmful effects of EMF (electromagnetic field) from mobile phones, computers, wifi, etc.**
- **Repairs DNA.**
- **Protects DNA from damage.**
- **Improves plant health and growth through photosynthesis.**

CONCLUSION

Scalar light is invisible to us, and it is still difficult to measure it and predict its source and direction. However, it is known to exist in every atom in the universe, stars emit large amounts of it, and it is beneficial to the health of living things. Its use in a branch of science is still developing, but today it is a great tool for restoring the body's energy balance, eradicating disease, and keeping the body healthy.

Scalar Light is not an alternative therapy, it can and should be used alongside any medication you are already receiving and it will work on enhancing the benefits you can reap. This does not mean you have to be on any medication to use scalar therapy. Applying for our FREE 15 day trials are as simple as the word itself, no credit or debit card details are required, no subscription and no obligation, so you do not have to worry about money coming out of your bank, as we won't have those details. However, if you do wish to carry on with scalar light sessions or a program subscription please get in touch with us through email or phone call and you will be assisted straight away. All details of how to get onto a free trial are supplied on our website and we also have stacks of articles and information on our programs to help you see what would be best for you.

www.scalarlight.com

▲ Alcohol Free

Superfood Bevvvy

Summer

by Janey Lee Grace



You know my passion for Alcohol Free Drinks, my mantra since ditching the booze over 3 years ago is 'Keep the Ritual, Change the Ingredients' and it's great when

the drinks are actually doing us good!

Of course I love recommending that we drink healthy juices and superfood smoothies but how about combining those with some kooky ingredients to create a fabulous summer beverage.

Dr Britt Cordi is the founder of **Britt's Superfoods**, she developed a highly specialised production method called the **PLANT OPTO process™**, which enabled her to lock in all of the essential nutrients and enzymes into the juice and freeze it, keeping it in perfect condition for up to 12 months.,,,

Mojito

GF Colada

▲ Recovery Road

My childhood friend from Viking, Alberta, **Greg Bird**, and I have been talking about taking a road trip for a while. The pandemic has made us long to step out of our homes and hit the road in our joined discovery of recovery and wellbeing! And wouldn't it be so fitting for the hosts of **UK Health Radio's** new show, **Recovery Road**, to be on the road as we host it?

Ah, to travel again. For now, I am enjoying a 'stay-cation' in my home country amidst the beauty that abounds here, camping, hiking and fishing in the mountains, lakes and the wilderness. If you live in the city, try to get out of it as much as possible! Reconnect with nature in whatever way you can - it is usually just a short drive away.--

Life is a Highway

by **Leaha Mattinson**

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