

your HEALTH NEWS

The latest stories, facts and stats on healthy living

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THE ONLY WAY IS UP

If you struggle to achieve the recommended 150 minutes of exercise per week, fear not. You can give your health a great boost simply by taking the stairs for a few minutes, several times each day. The findings, published in the journal *Applied Physiology, Nutrition and Metabolism*, found that even these short bursts of vigorous exercise help to improve heart health, and increase fitness and strength. So take the stairs at every opportunity - your heart will thank you!



Get more ZZZZs

If you want to improve your heart health, you would be wise to spend more time in bed. That's according to new research from the American College of Cardiology, which found that those who sleep for less than six hours a night are at greater risk of cardiovascular disease than those who sleep for between seven and eight hours. It's thought this is because poor sleep quality increases the build-up of plaque in arteries throughout the body (atherosclerosis). However, it's not all bad news: 'Shorter sleep duration of good quality can overcome the detrimental effects of the shorter length,' says Valentin Fuster, MD, PhD, who led the study.



31 THE PERCENTAGE of people who feel social media is harmful when encouraging people to get fit*

THE PERCENTAGE of people who feel too self-conscious to join a gym* **33**

74 THE PERCENTAGE of Brits who sleep less than seven hours per night**

*Nuffield Health survey; **The Sleep Council's Great British Bedtime Report 2017

BE MORE MINDFUL

Mindfulness could be an easy and accessible way to alleviate symptoms of the menopause, says research conducted at the Mayo Clinic, USA. 'We found that midlife women with higher mindfulness scores experienced fewer menopausal symptoms,' says women's health specialist Richa Sood, MD, the study's lead author. 'These findings suggest that mindfulness may be a promising tool to help women reduce menopausal symptoms and overall stress.'

TIME FOR A NEW CAREER?

Mum and daughter Amanda and Emily Thompson's health problems led them to retrain in Nutritional Therapy, studying with CNM (College of Naturopathic Medicine)



Amanda (right) and Emily are both delighted to feel healthier and have new careers

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Amanda:

'After years of suffering from joint swelling and immobility, I was diagnosed by a rheumatologist as having rheumatoid arthritis in 2013. He prescribed extremely powerful drugs that could have serious side effects.'

'After eight weeks I decided that the drugs weren't for me. My GP confirmed that it would be OK just to stop the drugs from a safety point of view, but said it was a stupid thing to do in terms of helping my condition.'

'I read a book about the impact of nutrition, and decided to see a nutritional therapist. She gave me a diet plan, working to heal my gut and reduce inflammation in my body.'

'Within six months I felt "normal" again and was able to do everyday tasks without pain.'

'What I learnt later, when I decided to retrain for a career in nutrition, was eye-opening and helped my understanding much further. I live an outdoor life with lots of hiking

PROMOTION

and live a drug-free existence. Two years after my original diagnosis and much hard work, my blood tests came back as normal.'

Emily:

'After being inspired by my mum's journey back to health, I saw the same nutritional therapist for fatigue and digestive issues. Within a short period of time I felt completely different; more energised and happier within myself. Combined with the dramatic change in mum's health, we were both captivated by the power of nutrition. I knew then that it was what I wanted to study and do for a living.'

'I knew that the naturopathic approach to health was the right choice for me, so I enrolled at CNM, the College of Naturopathic Medicine. Within a week, mum and I had decided to do the course together. Now we've qualified we've set up a joint holistic practice.'

'Gaining the knowledge, confidence and ability from CNM to help people change their lives has been a tremendous privilege. We feel so lucky being able to make new careers doing what we love.'



CNM's Diploma in Naturopathic Nutritional Therapy is now available in class and online
www.naturopathy-uk.com
01342 410 505.

CNM (College of Naturopathic Medicine) is the UK's leading training provider in a range of natural therapies, including Diploma Courses in Naturopathic Nutrition, Herbal Medicine, Acupuncture, Homeopathy, Naturopathy, Natural Chef and Vegan Natural Chef, all based on the naturopathic approach to health. Colleges across the UK and Ireland.