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Summer staycation

Create an at-home wellness retreat

Natural tips for joint health

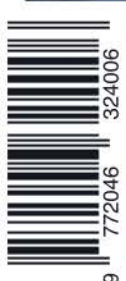
Healthy baked treats to make at home

Ready for your close-up? Look your best on your webcam calls

Beat lockdown lethargy and improve your mindset

Dr Michael Mosley

Tips to support your health and tackle stress



Tips for exercising at home, alcohol-free drinks recipes, supplements and remedies for men's health, top giveaway prizes, plus all the latest natural health news and research

New Covid-19 study aims to identify most at-risk patients

A new study by researchers at the University of Bristol will link hospital and GP practice data to identify patients who are most at risk of harm from coronavirus.

The study will link routine health data recorded in GP surgeries to the records of the most severely ill patients admitted to hospital intensive care units. The linked data will then be analysed to find out which existing health problems, drug treatments, or other factors, such as smoking or pregnancy, are most strongly associated with people being admitted to intensive care or dying due to the virus. Knowing more about who is most at risk of harm will enable health care professionals to advise patients on how to minimise their exposure to the virus, make decisions about when to treat people – earlier for those most at risk – and prioritise treatments for those who are most likely to benefit.

Dr Rupert Payne, Consultant Senior Lecturer in Primary Care at the Centre for Academic Primary Care and lead researcher on the project, said: “We hope our research will inform the ongoing response to Covid-19, as well as serving as an invaluable resource for future research looking at the wider impact of the pandemic on primary care health services.”



DID YOU KNOW?

Worry and anxiety have been rife as a result of the Covid-19 pandemic, meaning that many of us have been struggling to sleep. But did you know that keeping a potted aloe vera plant beside your bed could help to improve your sleep patterns? According to online florist Serenata Flowers, (www.serenataflowers.com), aloe vera produces oxygen at night which could help to combat insomnia and may improve overall sleep quality.

“My health journey has taken me from crutches to running a triathlon. Studying at CNM helped me do it”



By Angela MacRitchie, CNM
Graduate in Naturopathic Nutrition,
Herbal Medicine and Naturopathy



“I was a county gymnast at 19 when my knee swelled up and I could only walk with crutches. Over the next 20 years I had six operations, took heavy painkillers and was often bed-ridden with pain. After the sixth operation my consultant said: “No more operations. I’m referring you to the Rheumatology clinic”.

I was prescribed powerful anti-inflammatories, which, despite making me feel very unwell, brought down the swelling but, although I could dispense with crutches I was still in pain. Told I’d be taking anti-inflammatory drugs for life, I began to investigate natural alternatives.

When I told my rheumatologist I had challenged myself to do a triathlon in two years’ time, because I was making natural changes which were working, he replied, “No chance.”

Two years later, at the age of 46, I successfully completed my first triathlon.

I’m now 50. It’s been six years since I’ve taken any medication. My knee is fine, I’m pain-free and enjoy more mobility than when I was a teenager. The only reason I haven’t done more triathlons is because I’ve studied for three Diplomas at CNM: Nutrition, Naturopathy and Herbal Medicine.

What I learnt at CNM really helped my health. It turned out my blood had no Rheumatoid factor markers, so Rheumatoid Arthritis was never the problem. It was tough studying for three Diplomas and working full-time, but everyone at CNM helped me. I now have three clinics offering my clients complete wellbeing packages. As a Naturopath I know the importance of giving the body what it needs for healing and balance, and inspiring people to make positive change in their lives.

I don’t have the words to express how much studying at CNM has changed my life.”

CNM has a superb 22-year track record training successful natural therapy professionals, online and in class. Over 80 per cent of graduates are practising. Colleges across the UK and Ireland. **For more information visit:** naturopathy-uk.com or call 01342 410 505.