

Healthy Minds, Healthy Bods

Inspiring; Encouraging; Motivating



HMHB's Monthly Health Pack:

Number 08

Focus on:

Mind-set, Nutrition, Exercise, Health

The Unique and Original, and still The Best



Prepared by: Lazza and the HMHB team:

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www.hmhb2016.org.uk



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Our monthly health packs contain a massive 36 pages. To help you get through it, here is a list of contents for you. Something for everyone.

We want to encourage you, inspire you, and motivate you. :-)



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“Stay away from those people who try to disparage your ambitions. Small minds will always do that, but great minds will give you a feeling that you can become great too.” — Mark Twain

Welcome to Issue 8 of Healthy Minds, Healthy Bods' Revamped Monthly Health Packs.

From April 2020 to March 2021, through the Pandemic, HMHB was providing weekly health packs, all 50 of which can be found in PDF form on our website, with content details: www.hmhb2016.org.uk.

We then went monthly.

This is our new venture for 2022.

A revamped Monthly Health Pack for everyone.

HMHB is a mental health project that is looking to shake up intervention through our own pioneering, unique, fresh approach.

Mentor led by people who have experienced some very tough times, come through recovery, and now want to help others who may themselves be struggling, HMHB looks to prevent people from experiencing depression, stress, and anxiety, and show that a healthy lifestyle is the way forward, as well as guide people who may be currently having a tough time.

For these packs to happen, there are so many people to thank. That includes Islington Council who printed copies to post to those who have no internet, as well as our local councillors, Caroline Russell, Benali Hamdache, and Ernestas Jegorovas Armstrong, as well as Sue Lukes and Osh Gantly who have been HMHB supporters since inception.

We also like to thank Islington Giving, the Cripplegate Foundation, and the National Lottery, all of whom have funded our health packs in the past, and continue to do so.

Lastly, we thank you, our readers, who have given us such incredible feedback. Yay!!!



Some photos above from our first ever House Party, which we held in September 2022.

More on that on our HMHB News Page.

HMHB do a lot of activities. If you know a company that would like to sponsor one or two that would be amazing. Our contact details are on the last page.

HEALTH NEWS AND RESEARCH PAGE

Tiny swimming robots treat deadly pneumonia in mice

Nanoengineers at the University of California San Diego have developed microscopic robots, called microrobots, that can swim around in the lungs, deliver medication, and be used to clear up life-threatening cases of bacterial pneumonia. In mice, the microrobots safely eliminated pneumonia-causing bacteria in the lungs and resulted in 100% survival. By contrast, untreated mice all died within three days after infection. The results were published in the September 2022 edition of "Nature Materials".

The microrobots are made of algae cells whose surfaces are speckled with antibiotic-filled nanoparticles. The algae provide movement, which allows the microrobots to swim around and deliver antibiotics directly to more bacteria in the lungs. The nanoparticles containing the antibiotics are made of tiny biodegradable polymer spheres that are coated with the cell membranes of neutrophils, which are a type of white blood cell. What's special about these cell membranes is that they absorb and neutralize inflammatory molecules produced by bacteria and the body's immune system. This gives the microrobots the ability to reduce harmful inflammation, which in turn makes them more effective at fighting lung infection.

The work is a joint effort between the labs of nanoengineering professors Joseph Wang and Liangfang Zhang, both at the UC San Diego Jacobs School of Engineering. Wang is a world leader in the field of micro- and nanorobotics research, while Zhang is a world leader in developing cell-mimicking nanoparticles for treating infections and diseases. Together, they have pioneered the development of tiny drug-delivering robots that can be safely used in live animals to treat bacterial infections in the stomach and blood. Treating bacterial lung infections is the latest in their line of work.

"Our goal is to do targeted drug delivery into more challenging parts of the body, like the lungs. And we want to do it in a way that is safe, easy, biocompatible and long lasting," said Zhang. "That is what we've demonstrated in this work".

The researchers administered the microrobots to the lungs of the mice through a tube inserted in the windpipe. The infections fully cleared up after one week. All mice treated with the microrobots survived past 30 days, while untreated mice died within three days. Treatment with the microrobots was also more effective than an IV injection of antibiotics into the bloodstream. The latter required a dose of antibiotics that was 3000 times higher than that used in the microrobots to achieve the same effect. For comparison, a dose of microrobots provided 500 nanograms of antibiotics per mouse, while an IV injection provided 1.644 milligrams of antibiotics per mouse. The team's approach is so effective because it puts the medication right where it needs to go rather than diffusing it through the rest of the body.

If the thought of putting algae cells in your lungs makes you squeamish, the researchers say that this approach is safe. After treatment, the body's immune cells efficiently digest the algae, along with any remaining nanoparticles. "Nothing toxic is left behind," said Wang. The work is still at the proof-of-concept stage. The team plans to do more basic research to understand exactly how the microrobots interact with the immune system. Next steps also include studies to validate the microrobot treatment and scaling it up before testing it in larger animals and eventually, in humans. "We're pushing the boundary further in the field of targeted drug delivery," said Zhang.

WOW!!!

HEALTH NEWS AND RESEARCH PAGE:

Should we be checking Blood Pressure at home?

Only 48% of people age 50 to 80 who take blood pressure medications, or have a health condition that's affected by hypertension, regularly check their blood pressure at home or other places, a new study finds.

A somewhat higher number -- but still only 62% -- say a health care provider encouraged them to perform such checks. Poll respondents whose providers had recommended they check their blood pressure at home were three and a half times more likely to do so than those who didn't recall getting such a recommendation.



The findings underscore the importance of exploring the reasons why at-risk patients aren't checking their blood pressure, and why providers aren't recommending they check -- as well as finding ways to prompt more people with these health conditions to check their blood pressure regularly. This could play an important role in helping patients live longer and maintain heart and brain health, the study's authors say.

Past research has shown that regular home monitoring can help with blood pressure control, and that better control can mean reduced risk of death; of cardiovascular events including strokes and heart attacks; and of cognitive impairment and dementia.

The findings are published in “JAMA Network Open” by a team from Michigan Medicine, the University of Michigan's academic medical centre. The data come from the National Poll on Healthy Aging and build on a report issued last year.

The poll, based at the U-M Institute for Healthcare Policy and Innovation and supported by Michigan Medicine and AARP, asked adults aged 50 to 80 about their chronic health conditions, blood pressure monitoring outside of clinic settings, and interactions with health providers about blood pressure. Study authors Melanie V. Springer, M.D., M.S., of the Michigan Medicine Department of Neurology, and Deborah Levine, M.D., M.P.H., of the Department of Internal Medicine, worked with the NPHA team to develop the poll questions and analyse the findings.

The data in the new paper come from the 1,247 respondents who said they were either taking a medication to control their blood pressure or had a chronic health condition that requires blood pressure control -- specifically, a history of stroke, coronary heart disease, congestive heart failure, diabetes, chronic kidney disease or hypertension.

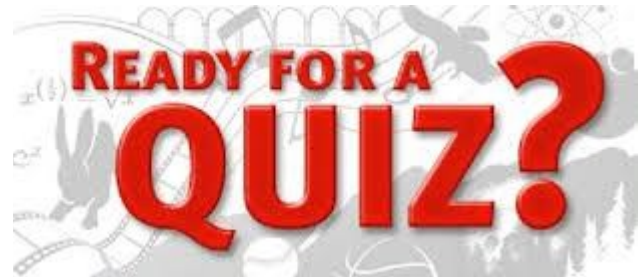
Of them, 55% said they own a blood pressure monitor, though some said they don't ever use it. Among those who do use it, there was wide variation in how often they checked their pressure -- and only about half said they share their readings with a health provider. But those who own a monitor were more than 10 times more likely to check their blood pressure outside of health care settings than those who don't own one.

The authors note that blood pressure monitoring is associated with lower blood pressure and is cost-effective. They say that the results suggest that protocols should be developed to educate patients about the importance of self blood pressure monitoring and sharing readings with clinicians.

Lazza's Fiendishly Hard Quiz Spectacular!!!
It's meant to take some time, and make you think.
Answers are on page 35 this week (no peeking)

Europe

Can you name the 15 largest cities/towns in Wales by population?
 After the first obvious ones this should get you thinking!!!! *(it's meant to be tough)*



Literature: Who created these fictional sleuths, and year of their first book?

1. Auguste Dupin
2. Sherlock Holmes
3. Hercules Poirot
4. The Hardy Boys
5. Brother Cadfael
6. Miss Marple
7. Alex Cross
8. Adam Dalgleish
9. Lord Peter Wimsey
10. Father Brown
11. Jules Maigret
12. Jack Frost
13. The Famous Five

Films: In which Musical do these songs appear, and in what year the musical was first performed?

1. The Movie In My Mind / Now That I've Seen Her
2. I Can Hear The Bells / You Can't Stop The Beat
3. Some Enchanted Evening / Happy Talk
4. With A Little Bit Of Luck / Wouldn't It Be Lovely
5. Come What May / Your Song
6. Who Will Buy? / Food Glorious Food
7. Damn It, Janet / Sweet Transvestite
8. I Dreamed A Dream / Master Of The House
9. America / Maria
10. Angel Of Music / All I Ask Of You
11. Old Deuteronomy / Memory
12. Turn It Off / Tomorrow Is A Latter Day
13. Be Prepared / I Just Cant Wait To Be King
14. Climb Every Mountain / My Favourite Things
15. Hushabye Mountain / Truly Scrumptious
16. A Spoonful Of Sugar / Chim Chim Cheree
17. For The First Time In Forever / Let It Go

Pop Music: Who sang these songs with places in the title? Plus original year released?

1. Streets Of Philadelphia
2. Walking In Memphis
3. Rio
4. Belfast Child
5. Rivers of Babylon
6. Barcelona
7. I Left My Heart In San Francisco
8. Africa
9. London Calling
10. Last Train To Clarksville
11. Vienna
12. Waterloo
13. Englishman In New York
14. (Is This The Way To) Amarillo



Travel:

What were the top 16 countries visited by UK residents in 2021 travelling from the UK, according to Statista.Com.

This should make you think.

Try and answer all before you look at the answers. Test yourself. Take your time.

HMHB Activity: News



What a fabulous afternoon we had in September at the home of Dor and Ted, two of our wonderful group, as we held our first ever house party for all HMHB friends.

This photo was taken half way through, and missed some who came earlier or later. Lots of smiling faces, as we nibbled and drank and chatted and laughed for ages. It's at times like these I am so proud of what we have achieved with HMHB.

Not technically HMHB, but just to show that not all outings have to be official, and friends can meet up and have a good time too.

All three pics were taken at the Globe Theatre on the South Bank - for *Much Ado About Nothing*, *Julius Caesar*, and *Henry VIII*.

Standing tickets are just £5 from the Globe site, although be prepared to stand for quite a while. Lazza pictured with Jazz and Georg. We thoroughly enjoyed our Shakespearean experiences.



I posted this photo on page three of last pack, but this was on September 1st on our Thursday walk. Excitedly, we were joined by a couple of members of Islington Core Team with the NHS.

We are busy promoting the walk, now with some posters and flyers we are distributing.

We are also being promoted by the new Get Active Specialists being piloted in Islington. We get referrals from Help On Your Doorstep, Job Centres, Mental Health projects and others.

HMHB have been lucky to be used by other organisations and here is Lazza running a "fun circuit training" session with North London Cares, this one at the Goodinge Community Centre in North Road.

The emphasis is more on having fun while exercising and working the whole body. Lazza was very impressed with the efforts of everyone, and it was agreed it was a fabulous session. A great mix of young and old. You are only competing against yourself, but are more likely to work harder when you are in a group.



MIND-SET: Grab the opportunities when they come.

Healthy Minds, Healthy Bods (HMHB), promotes a Growth Mind-set mentality. It means you see things as a challenge, don't allow issues and situations to overwhelm, and are proactive in finding solutions to life problems. It something we can all do, but it is hard, and takes effort.

HMHB is a mentor led organisation. We are not trained or qualified psychiatrists, psychologists, or health workers. However, we have experienced tough times, overcome depression or addiction, and just want to help people deal with whatever life throws at us. If you feel you need any help with your physical or mental health, please speak to your local medical practice professionals.

Many of us have times in our lives when we want things to change, when we want things to happen, when we want things to improve. That is natural. But opportunities for them to happen can be rare. So how can we try and make sure we grab them when they come. There are things you can do to prepare, although it should be noted that it can still be down to basic luck.

Firstly, you have to be courageous.

Taking steps to live courageously and get out of your comfort zone is the quickest path to reaching your full potential. The problem is, many of us let our fears get in the way. We don't go for a job because we're afraid we're not qualified enough. Or we don't make a positive change in our life because we're afraid of the unknown, or that we just won't be able to do it.

Sound familiar? That's because we all experience fear. It's a natural human emotion. But always living in fear of the "what-if" can hold us back in our professional and personal lives.



Fear can manifest itself as anxiety. Anxiety is a consistent response you have to things that may not pose an actual threat to you. And they're not even immediate threats, but things you anticipate that may not happen. Some examples of this could be:

- Worrying about being negatively judged and ridiculed by others in social settings
- Not trying something new because you fear failure and rejection
- Fearing change and uncertainty
- Not going after what you want because you fear you're inadequate

This kind of fear keeps you stuck in your comfort zone and robs you of opportunities and experiences that can enhance your life. Overcoming these common fears doesn't happen overnight, but it's certainly achievable. One of the problems is that we convince ourselves we are unworthy.

Bravery comes with a lack of fear. In contrast, being courageous doesn't mean you're not afraid. It means doing something even though it scares you.

In Nelson Mandela's own words: "Courage is not the absence of fear, but the triumph over it."

Learning how to be courageous in the face of fear takes practice and persistence. Think of it as learning a new skill. Once you've mastered it, it can be extremely liberating. Similarly, being brave when the situation calls for it can also be cultivated.

MIND-SET:
Take the Opportunities when they arrive.

Understand what it is you want.

This might sound obvious but do you really know what you want to achieve. Do you know what your outcomes need to be, and therefore what it is you need to get there? For example, HMHB does apply for various funding, but not every bit, as some of it is aimed at outcomes we are not looking to achieve.

It is very easy to get bogged down in lots of unnecessary paperwork or faffy details. If you are at school or college and want to get grades for a certain course or career, you won't want to be spending a lot of time on subjects that have no relevance.

Of course the best way of working out what you want to achieve is to write it down, do some research about how to reach that goal, and then get a list prepared of things to do and opportunities you need to find.

Are you actively looking around?

It is very rare for opportunity to just drop into your lap. I'm not saying it does not happen. An actor, for example, may be approached by a director who thinks he would fit in well for a part in his film. But most actors need to be put forward by agents, take a number of auditions, and then keep their fingers crossed.

My example here is to be that person going for the auditions. Actively be looking for luck to happen. Good fortune comes to those who are proactive. As they say, to win the lottery you need to actually buy a ticket. That is the same in life.

Maybe you need to be looking online, visiting a library, even sending out messages online on various forums or social media. I am not saying it will guarantee success, but nothing will happen unless you try.

I think of myself as an entrepreneur. I set out to create HMHB and have been working with people for over five and a half years, hoping to achieve salary funding next year. But it has been a long road, and I have learned that opportunity can be quite rare, but I need to be ready for it.

The biggest mistake most aspiring Entrepreneurs or Intrapreneurs make is that they only talk about their dreams without doing anything to achieve them. It's indeed easy to dream of building a business empire that makes thousands, millions, or even billions of dollars but dreaming and wishing without doing the needful will only get you jailed in the world of fantasy. There's only one way to avoid being imprisoned and detained in the world of fantasy and dreams and that is getting to action and making the necessary efforts to make your dreams come true.

The simple truth is, if you want to be a writer, start a blog or start writing your book. If you want to be a founder and CEO, get your start-up up and running. And if you want to work in any industry or sector, don't miss out on important conferences, and workshops. You should be courageous enough to go after your heart desires and dreams because you'll be able to get what you're courageous enough to chase. And that works the same in life as it does in your career. You know what you want. Take the risk. Go for it!!!



NUTRITION: Lazza's Kitchen Adventure

Chicken Chasseur (Hunter's Chicken)

A Brand NEW Recipe from Lazza's Kitchen.
Lazza made his ever version of Chicken Chasseur from scratch

The name is derived from the French word for "hunter" alluding to the traditional pairings with venison, rabbit, and wild fowl, and other game meats.

Traditionally, while returning from the hunt, the hunters would pick the mushrooms that they would subsequently use for their preparation

Chasseur is thought to have been invented by Philippe de Mornay.

Ingredients

- 1 tsp olive oil: 25g butter
- 3 Chicken Breasts (or more chicken legs)
- 1 onion, chopped: 2 garlic cloves, crushed
- 200g pack small button mushrooms
- 225ml red wine
- 2 tbsp tomato purée; Plus some garlic puree
- Parsley: Sage
- 500ml chicken stock

Heat the oil and butter in the pan, and cook the diced chicken till slightly browning.

Remove the chicken and add the onion to cook for around 5 mins (add more butter if needed).

Add two crushed garlic cloves, cook for couple of minutes.

Add the mushrooms (diced if you want) cook for two mins.

Now add the red wine. Great aroma!!!!

Add the tomato puree and garlic puree, let the liquid bubble for around 5 mins.

Put in the parsley and sage, and then pour in the chicken stock.

Add meat back into the dish.

Simmer for around an hour so the meat can become nice and tender.

Now boil again to reduce the sauce and thicken.

I didn't add any salt as I think it would have overpowered.

I also used breast of chicken even though most recipes suggested leg (purely because I prefer breast meat).

I also used parsley and sage, not thyme, for same reason.

Serve as you want.



During the pandemic and lockdowns, Lazza decided to try a new hobby - cooking.
Why not try out some new recipes and foods yourself?
More on HMHB recipe pages: www.hmhb2016.org.uk
This was a great, and very tasty, meal to prepare.

EXERCISE/FITNESS: STRETCHING

Stretches to help with Digestion

In simple terms, “stretching” is when we deliberately flex or stretch a specific muscle in order to improve the muscle’s elasticity. The result is a feeling of increased muscle control, flexibility, and range of motion.

It is also used to improve function in daily activities by increasing range of motion.

When we stretch it helps work out any stiffness or tightness in our muscles and joints caused by spending an extended amount of time in a single position. In the long term, this helps maintain a wide range of mobility and flexibility. Stretching keeps the muscles flexible, strong, and healthy, and we need that flexibility to maintain a range of motion in the joints. Without it, the muscles shorten and become tight.

Then, when you call on the muscles for activity, they are weak and unable to extend all the way.

That puts you at risk of joint pain, strains, and muscle damage.

Let’s just do a few stretches to warm yourself up. Daily stretching is really good for you, as detailed above.

It is not just about warming up before an exercise session, or warming down after completing one.

Stretches are something we all need to do every day to stay supple, flexible, and healthy.

Check out our other monthly packs for other stretches. Some stretches we show are repeats. But that’s cool.

Legs Up The Wall

Start by sitting on the floor with one hip against the wall or close to it (although you do not have to be next to a wall). Swing your legs up the wall, as you simultaneously lay back on the floor. Hang out for two to four minutes while focusing on taking deep belly breaths.

It gently stretches your hamstrings, glutes, spine, and hips while taking pressure off of your lower back. The angle of the body in this posture reduces the curve of the lumbar spine, which will elongate and stretch the back muscle



When you stretch or move frequently throughout the day, you decrease strain on your muscles and skeletal system. In the long run, that can decrease the likelihood you'll develop chronic low back and shoulder pain, knee discomfort, headaches, and more.

Seated Twist

Come to a cross-legged seated position sitting tall and elongating the spine.

Gently twist to one side, bringing one hand behind you and the other to rest on your knee.

Breathe into the twisted position.

Stay in position for a few seconds, breathing deeply.

Stretches the neck, chest, shoulders, upper and lower back.

Opens up the hips. Improves posture.

Can help to alleviate neck and upper back pain.

Obviously switch sides back and forth.



If you have any personal health concerns re stretching, always check with a medical professional before starting.

EXERCISE/FITNESS:

More Stretches to help with Digestion

Happy Baby

Lay on your back and draw your knees into your chest. If you can, reach up and grab the outside edge of your feet and continue to draw the knees down alongside your body. If that feels accessible, start to open your knees by lifting your heels towards the ceiling. Breathe and stay for eight breaths. Maybe even rock side to side to massage the back. It opens the inner thighs, hips, and groin, reduces lower back pain and realigns and stretches the spine. It also eases stress and anxiety.



Cobbler Pose

Start sitting down as upright as possible. Draw your feet up towards your body, bringing your feet in to face each other. Hold feet if you can and push the knees down towards the ground and hold. It stretches the groin, adductors (inner thighs), and knees and strengthens the pelvic floor and psoas muscles as well as hip flexors. As the hip flexor muscles loosen up, one is able to lengthen and decompress the spine as well. Called this as cobblers in India traditionally sit in this position on the floor while they work.



Spinal Twist

Lay flat on your back and bring both knees to your chest while untucking your tailbone. Bring your arms to form a "T" and slowly let both of your legs fall to the right. Gaze over your left shoulder. Repeat on the opposite side; hold for eight breaths. This stretch stimulates digestion, creates balance and also opens and relaxes the chest, shoulders and upper back muscles. Twisting the spine while lying down with the support of the floor allows us to slowly relax and settle into a deep and nourishing spine rotation.



When you eat, your body automatically engages a complex series of muscle contractions to move food through the digestive system in a process called peristalsis.

Stretches that encourage those muscle movements are thought to help the process run smoothly.

If you are engaging through that system it's going to work better for you. Think fewer tummy aches, bloating and gas.

MIND-SET:

You can improve your Social Skills

**Some people seem to have a natural affinity to socialising.
Others, and that includes most of us, can find it intimidating and awkward.
You can improve though, and that will naturally lift your mental health.**

This will come as a surprise to some people who know me now but I was once incredibly shy. At school I was a blusher - and we are talking deep red!!! Not good when the headmaster is talking in assembly about some damage done in the school and is looking for the culprit. I picture him now looking down at us all and nodding his head as my redness shines out brightly, although completely innocent.

I would go into rooms wondering what I would talk about, if I could ever be interesting (some would say that still happens!!!), and hoping that nobody would come near me.

That is why we created HMHB to be so welcoming to anyone. We love new people coming to our walks and exercise sessions, and go out of our way to make sure they feel included and part of the group straight away. It's bad enough if you are feeling a bit down, but even more so if you then have to join in a session with people you do not know.



Social skills are “the verbal and nonverbal communication skills required to foster connections and appropriately navigate social settings.” These things don’t always come naturally. Individuals with “social anxiety” for example, might have trouble connecting with others. Introverts or shy people, who like to keep to themselves, may actively avoid social interactions, and can appear rude as a result. Or, sometimes, we get uncomfortable around people we don’t know and lose some of our social confidence.

In terms of mental health, people with strong social ties have lower rates of anxiety and depression. They also have higher self-esteem, greater empathy, and are more cooperative. For your physical health, researchers know that lack of social connection is more harmful than obesity, smoking, and high blood pressure. And, more recently, they learned that isolation is associated with a 50% increased risk of dementia as you age.

Put down the phone

I know that many of us use our phones a lot during the day. It feels weird to think I grew up at a time with no mobiles. Many of the youth of today would be a bit lost, me thinks. I was at the cinema recently (“See How They Run” - enjoyed it very much) and in my row were three girls, one of which was on her phone scrolling through Facebook and Instagram for around half the film!!! What?????

I know that sounds amazing but how many times do we meet up with our friends and then sit looking at things on our phones? We all do it.

Smartphones are great at keeping us connected, but often to the detriment of those right in front of us. It puts a physical barrier between you and the other person at best. This communicates non-receptiveness to their words, and at worst, you seem bored, uninterested, and rude.



MIND-SET:

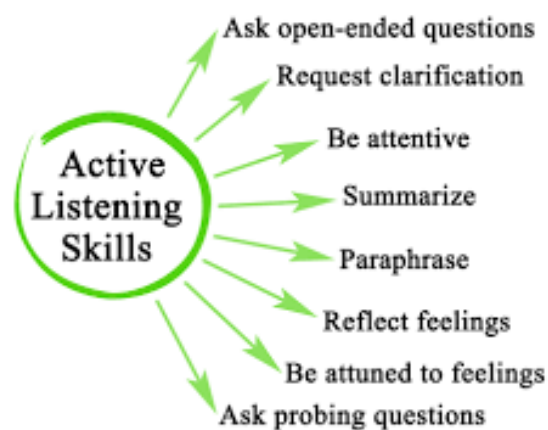
Improve your Social Skills

Active Listening

Active listening' means, as its name suggests, actively listening. That is fully concentrating on what is being said rather than just passively 'hearing' the message of the speaker.

Active listening involves listening with all senses. As well as giving full attention to the speaker, it is important that the 'active listener' is also 'seen' to be listening - otherwise the speaker may conclude that what they are talking about is uninteresting to the listener.

Interest can be conveyed to the speaker by using both verbal and non-verbal messages such as maintaining eye contact, nodding your head and smiling, agreeing by saying 'Yes' or simply 'Mmm hmm' to encourage them to continue. By providing this 'feedback' the person speaking will usually feel more at ease and therefore communicate more easily, openly and honestly.



Find Mutual Ground

On our Thursday walks we try and talk about what is going on in the world (although we stay away from politics, and being judgemental). Maybe mention something you saw on television the night before, or a film you saw recently. That can lead you to favourite shows and films, favourite actors, different genres. There is bound to be something you can chat about, and that gets you started. So it can help to keep up with local news or world news.

Start small, and bring a friend

If you are a bit worried about getting out, meet up with a friend first. Or, if you are going to join in with a recognised group activity, try and contact the person running it first to let them know you are coming and are a bit nervous - and they will be used to that and can help you settle.

We have new people come to our exercise sessions, and many are referred from around the borough. Usually I will call them up first and make them feel comfortable and chat to them when they first arrive. It is funny just how quickly people realise that their initial worries just disappear. I also find a small trick is imagining the person I am chatting with is someone I have known a while. It helps me relax and be more natural. Also, give compliments. A simple "that's a nice shirt" can bring a smile, a response, and also make the other person feel at home.

Finally, it is up to you to push yourself out of your house/flat and meet up with people. It can be hard. Pop down to the library and see what groups meet in your area.

Find something on a topic you like. Maybe join a walking group - like ours. That's a terrific way to work on physical, mental, and social health all at the same time.

Remember, we all have that inner voice looking for acceptance and friends.



HMHB's funny quiz page: It's mostly guessing, but play with friends.

Since summer 2021, HMHB has been hosting an online quiz on Thursday evenings.
We started it as a way of bringing people together, having a laugh, and not taking things seriously.
It is important that anyone can win, so we make it funny, but no knowledge is required.

All Answers are at the base of Page 31 - don't look till you have done the whole page!!

ROUND ONE: Odd Two Out

Only two of the choices are correct: which two are they?

- | | | |
|---------------------------|------------------------------|-------------------------------|
| 1 Groups of Animals | 2 Genuine Genes in your body | 3 Genuine Armadillos |
| A Gang Of Buffalo | Dracula Gene | Screaming Hairy Armadillo |
| A Cavalry of Frogs | Casanova Gene | Satanic Leaf-Tailed Armadillo |
| A Coalition of Cheetahs | Teddy Bear Gene | Blue-Footed Armadillo |
| A Consortium of Jellyfish | Scarecrow Gene | Pink Fairy Armadillo |

ROUND TWO: Give Me a Number

Every answer to the question is a number. Can you get close?

1. How many moons does Neptune have (as at 27/9/22).
2. The number of cars in the Indy 500 race in the US.
3. How long, in KM, is the Great Wall Of China:
4. How tall, in inches, was Robert Wadlow, the tallest man ever.
5. World record for eating live cockroaches in one minute (Why????).

ROUND THREE: When Did That Happen

You have to guess the year all the events below occurred:

- The first postage stamp was introduced.
- The first digital watch was sold.
- New Horizons took the first close-up photos of Pluto.
- Harry Potter and the Philosopher's Stone is published.
- When was Agatha Christie born?



ROUND FOUR: What links these five things below? Make something up and see if right. For this game, it is more fun to come up with absurd silly answers that are funny.

Cannon, Dog, Cat, Wheelbarrow, Penguin

ROUND FIVE: True or False. Can you decide correctly on these statements about Celebrities?

1. Madonna's real name is Madonna.
2. Tom Cruise was offered the role of Iron Man before Robert Downey Jnr, but turned it down.
3. The Sex Pistols once did an entire show dressed in nothing but their socks.
4. Eminem once kicked a fan in the stomach when he tried to steal his sunglasses.
5. Alice Cooper would walk around the stage with a live Boa Constrictor around his shoulders.

We hope you played with friends, and enjoyed guessing. This is just a taster of our quiz. We have other rounds too. We give the answer and three statements, and they have to guess which is correct. We have a question with four answers and they have to put them in order. It is a fun, interactive, and fun quiz. We love it.

NUTRITION:

Are some fruits better than others for us?

There is a difference between our “diets” and our “nutrition”. Our diet is what we consume on a daily basis (solids and liquids). Our nutrition is the nutrient content that is essential to keeping our bodies healthy, and us alive.

HMHB are not qualified nutritionists or dieticians. We just pass on information for a healthy lifestyle. If you have any concerns around your diet, do speak to a recognised medical professional who will be delighted to assist.

Just like other foods, different fruits have different nutrient values. Generally, whole fruits are good sources of fibre while fruit juices are not. And one cup of fruit juice, even 100% fruit juice, has a lot more sugar than one piece or one serving of whole fruit. In addition, whole fruits are more satiating than juices. When meeting the recommended fruit and vegetable intake, it is better to eat them (whole) than drink them (juice). However, one should not completely avoid drinking juice, if it is 100% juice, but you should limit consumption.

The freezer section of the supermarkets is often stocked with quite a variety of frozen fruits. These are often peeled and cut already (like mango, red berries, and mixed selections), which is convenient and often less expensive than fresh fruits. Frozen fruits are usually picked and quick-frozen near the point of harvest, therefore the nutrients are well preserved. Moreover, some seasonal fruits such as blueberries are readily available in frozen form. The key to selection is to choose plain frozen fruits without added sugar.



There are a number of fruits that are available in dried form, such as raisins, apricots, and pineapple, just to name a few. They also have good nutrient values, keep for a long time, are convenient to carry around, and are high in calories, making them a favourite for hikers and campers. However, some often have sugar added in the drying process, particularly mango and pineapple. Dried cranberries almost always have sugar added, as they are naturally very tart.

Certain fruits are also high in flavonoids. This is a diverse group of compounds, some of which are potent antioxidants that protect against oxidative damage, and may reduce the risk of certain diseases such as cardiovascular disease and diabetes. In particular, citrus fruits are high in the flavanones class of flavonoids, and blackberries, blueberries, cranberries, and cherries are high in the anthocyanidins class of flavonoids.

A lot of research suggests that excessive intake of added sugar is harmful. This includes table sugar (sucrose) and high fructose corn syrup, both of which are about half glucose and half fructose. Fructose in particular, can have negative effects on your metabolic health when consumed in large amounts.

Many people now believe that because added sugars can potentially have negative effects, the same must apply to fruits, which also contain fructose.

However, this is a misconception. Fructose is harmful only in large amounts, and it's difficult to get excessive amounts of fructose from fruit. For most people, the amount of sugar in fruit is perfectly safe to eat.

NUTRITION: Super Fruits

Of course, fruits contain much more than just fibre and fructose. They also have lots of nutrients that are important for health, including vitamins, minerals, and a plethora of antioxidants and other plant compounds.

What's more, fruits tend to be high in several vitamins and minerals that many people don't get enough of, including vitamin C, potassium, and folate.

Of course, fruit is an entire food group. There are thousands of different edible fruits found in nature, and their nutrient composition can vary greatly. In the West, we only consume a fraction of the fruits found in nature.

So, if you want to maximize the health effects of fruit, focus on "super-fruits" that are rich in nutrients. There are healthy fruits to suit all tastes, from apples and strawberries to plums and papayas.

"Super fruits" are fruits that are packed with antioxidants, fibre, vitamins and minerals, and other nutrients that are "super" for your health, and they've even been shown to prevent certain types of diseases.



Strawberries, blueberries, blackberries, peaches and melons are five such super fruits (why not do some research yourself), and they're all powerful with their combination of phytonutrients and antioxidants. Phytonutrients are substances found only in certain plants. These chemicals have been linked to better health and prevention of specific diseases.

Similarly, antioxidants work to keep you healthy by preventing or slowing damage to cells in your body. Consuming foods rich in antioxidants has led to improved heart health and a lowered risk of infections and some cancers. While our bodies naturally produce antioxidants, eating super fruits, especially blueberries, is a great way to support optimal antioxidant levels.

When discussing antioxidants or phytonutrients, it's important to remember that super fruits don't all have the same health benefits. They're all unique and they all work differently in the body, so another reason it's important to have a variety of fruits in your diet.

The skin of fruits is usually rich in antioxidants and fibre. Berries, which have more skin, gram for gram, than other fruits, are often considered part of a healthy diet. Research has shown, in addition to all of this, further benefits of superfruits include: managing weight loss, fighting life threatening diseases such as cancer and heart disease, lowering bad cholesterol and helping to slow Alzheimer's.

In Summary: Fruits are an excellent source of essential vitamins and minerals, and they are high in fibre.

Fruits provide a wide range of health-boosting antioxidants, including flavonoids.

Eating a diet high in fruits and vegetables can reduce a person's risk of developing heart disease, cancer, inflammation, and diabetes.

NUTRITION:

Berries are definitely a Super Fruit

Berries contain antioxidants, which help keep free radicals under control. Free radicals are unstable molecules that are beneficial in small amounts but can damage your cells when their numbers get too high, causing oxidative stress.

Berries are a great source of antioxidants, such as anthocyanins, ellagic acid, and resveratrol. In addition to protecting your cells, these plant compounds may reduce disease risk.

One study showed that blueberries, blackberries, and raspberries have the highest antioxidant activity of commonly consumed fruits, next to pomegranates. In fact, several studies have confirmed that the antioxidants in berries may help reduce oxidative stress. One study in healthy men found that consuming a single, 300-gram portion of blueberries helped protect their DNA against free radical damage.



Berries may improve your blood sugar and insulin levels. Test-tube and human studies suggest that they may protect your cells from high blood sugar levels, help increase insulin sensitivity, and reduce blood sugar and insulin response to high-carb meals.

Importantly, these effects appear to occur in both healthy people and those with insulin resistance. In a six-week study, obese people with insulin resistance who drank a blueberry smoothie twice per day experienced greater improvements in insulin sensitivity than those who consumed berry-free smoothies.

Berries have strong anti-inflammatory properties. Inflammation is your body's defence against infection or injury.

However, modern lifestyles often lead to excessive, long-term inflammation due to increased stress, inadequate physical activity, and unhealthy food choices. This type of chronic inflammation is believed to contribute to conditions like diabetes, heart disease, and obesity.

Studies suggest that the antioxidants in berries may help lower inflammatory markers. In one study in overweight people, those drinking a strawberry beverage with a high-carb, high-fat meal noticed a more significant decrease in certain inflammatory markers than the control group.

Berries are a heart-healthy food. Black raspberries and strawberries have been shown to help lower cholesterol in people who are obese or have metabolic syndrome.

In an 8-week study, adults with metabolic syndrome who consumed a beverage made from freeze-dried strawberries daily experienced an 11% drop in LDL (bad) cholesterol. What's more, berries may help prevent LDL cholesterol from becoming oxidized or damaged, which is believed to be a major risk factor for heart disease.

In a controlled study in obese people, those eating 1.5 ounces (50 grams) of freeze-dried blueberries for 8 weeks noticed a 28% reduction in their oxidized LDL levels.

Nutrition: HMHB looks at Vitamins

Today: Vitamin B2

**On this page, we will take a brief look at Vitamins.
Why we use them, what they do for us, etc.**

“A vitamin is an organic molecule that is an essential micronutrient which a human needs in small quantities for the proper functioning of our metabolism. Essential nutrients cannot be synthesised in human beings, either at all or not in sufficient quantities, and therefore must be obtained through the diet.”

Vitamin B2 is a water-soluble vitamin. Water-soluble vitamins are those that are dissolved in water and readily absorbed into tissues for immediate use. Because they are not stored in the body, they need to be replenished regularly in the diet. Any excess of water-soluble vitamins is quickly excreted in urine and will rarely accumulate to toxic levels.

Also known as “Riboflavin”, Vitamin B2 is widely found in both plant-based and animal-based foods, including milk, meat, eggs, nuts, enriched flour, and green vegetables.

Riboflavin is involved in many body processes. It's required for the proper development of the skin, lining of the digestive tract, blood cells, and brain function.



People most commonly use riboflavin to prevent riboflavin deficiency, for migraine, and for high levels of homocysteine in the blood. Homocysteine is a type of amino acid, a chemical your body uses to make protein.

Riboflavin is also used for acne, muscle cramps, and many other conditions, but there is no good scientific evidence to support these other uses.

Food sources include: Dairy milk, Yoghurt, Cheese, Eggs, Lean beef and pork, Organ meats (beef liver), Chicken breast, Salmon, Fortified cereal and bread, Almonds, and Spinach.

Fun Fact: Ever wonder why you don't usually see milk stored in glass bottles anymore? The reason is due to riboflavin. If the vitamin is exposed to too much light, it can be deactivated from its usable form. Therefore milk is now typically sold in cartons or opaque plastic containers to block light.

Most healthy people who eat a well-balanced diet get enough riboflavin. However, elderly people and alcoholics may be at risk for riboflavin deficiency because of poor diet. Symptoms of riboflavin deficiency include: Fatigue, Slowed growth, Digestive problems, Cracks and sores around the corners of the mouth, Swollen magenta-coloured tongue, Eye fatigue Swelling and soreness of the throat, Sensitivity to light.

**Like all Vitamins, this micronutrient is “essential for life”.
Your body cannot create it so you have to get it through your diet.
Why not research this Vitamin this month, and what foods you need to consume?
It's your body, and your choice.**



HMHB's Name Game Page: a little easier this month

Here are Fifteen Irish Actors (could be N Ireland or Eire)

All I want you to do is name the actor.

Answers at bottom of quiz page answers (page 35)



1



2



3



4



5



6



7



8



9



10



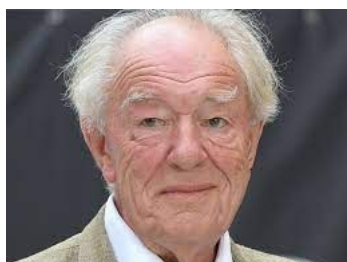
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14



15

NUTRITION: Lazza's Kitchen Adventure

Lemon Mousse

**A Brand NEW Recipe from Lazza's Kitchen.
Lazza made his first ever Lemon Mousse from scratch**

Various desserts consisting of whipped cream in pyramidal shapes with coffee, liqueurs, chocolate, fruits, and so on either in the mixture or poured on top were called *crème en mousse* 'cream in a foam', *crème moussieuse* 'foamy cream', *mousse* 'foam', and so on, as early as 1768. Mousses are typically chilled before being served, which gives them a denser texture.

Mine could have set better!! But tasted great.

Ingredients

3 extra large whole eggs
3 extra large whole eggs separated
250g Caster Sugar / Salt
Zest of four/five lemons
125ml freshly squeezed Lemon juice
250ml Double Cream
125ml Lemon Curd
250ml Cold Double Cream
1 tbsp Caster Sugar / Vanilla Essence

Whisk together the 3 whole eggs, 3 egg yolks, 250g sugar, lemon zest, lemon juice and a pinch of salt in a large heat-proof bowl. Place the bowl over a pan of simmering water and cook, stirring constantly with a wooden spoon, for about 10 to 12 minutes until the mixture is thick. When mixture thickens, stir with a whisk if desired.

Take off the heat and set aside for 15 minutes. Cover with cling film directly on the surface to stop it forming skin. Refrigerate for 1 to 2 hours, until completely chilled. Place half the egg whites and a pinch of salt in the bowl of an electric mixer fitted with the whisk attachment. Beat on high speed. Add 2 tbsp of granulated sugar and continue to beat until the whites are stiff and shiny.

Carefully fold the beaten whites into the cold lemon mixture with a rubber spatula.

Place the 250ml double cream in the same bowl of the electric mixer fitted with the whisk attachment (no need to clean the bowl) and beat on high speed until the cream forms stiff peaks. Carefully fold into the lemon mixture. Fold in the lemon curd, and pour into a 20cm-diameter, 7.5cm-deep souffle dish. Cool till chilled. For the cream (to decorate), place the 250ml cream, sugar and vanilla in the bowl of an electric mixer fitted with the whisk attachment. Whip on medium and then high speed until the cream just forms still peaks.



**During the pandemic and lockdowns, Lazza decided to try a new hobby - cooking.
Why not try out some new recipes and foods yourself?
More on HMHB recipe pages: www.hmhb2016.org.uk
This was a great and very tasty dessert to prepare.**

EXERCISE/FITNESS

Myths Around Exercise

Healthy Minds, Healthy Bods was conceived to actively support and encourage an active lifestyle, with exercise. It is vitally important, at this time of sedentary lifestyles, that people practice movement and flexibility exercises, where they push themselves outside their comfort zone. It can significantly improve your health; both short-term and long-term.

Healthy Minds, Healthy Bods run health walks in Islington, and have been since November 2016 in partnership with Highbury Grange Medical Practice, and we were also running three FREE fitness sessions in partnership with Better Gyms in Islington and Camden prior to the 2020 lockdown.

We now have our regular Highbury Gym sessions with Dean on Tuesdays, thanks to the team at Better, We organise a fantastic outdoor Zumba session on Sundays with our fabulous Karina.

We are outdoors Fridays with Healthy Generations Sarah, and Saturdays with Lazza.

However, we guide our users to do some of their own sessions, either on their own or in a group.

Be active, be safe, and go for it.

A Myth is an idea or story that is widely thought to be true but is actually false. In our previous pack we looked at some myths around nutrition, and here we tackle the subject of exercise.

Exercise is hard enough for most of us without us having to try and work out what we should be doing whilst being confused by misinformation. Let's take a look at a few myths surrounding exercise and see if we can come up with the right answers.

You need to work up a sweat.

I have to admit to enjoying a sweaty workout as it proves to me I must have worked hard. But do I really need to sweat for that to happen? Of course not.

You sweat to regulate body temperature. When you get too hot, your glands release a water-and-electrolyte solution across your skin's surface. The result is that your skin cools, causing a chain reaction of temperature reduction that ultimately reduces your core temperature.

You have two kinds of sweat glands: "eccrine" and "apocrine".

Apocrine glands are located in all the nooks and crannies like your armpits and groin. Better known as "flop sweat," this kind of perspiration is emotionally activated, such as when you're nervous, stressed, or turned on. In addition to water and minerals, the apocrine glands secrete a cocktail of proteins, fats, and steroids that is broken down by bacteria, creating an offensive smell.

Eccrine glands are located all over your body and they're the ones that do all the work when you exercise. You have between two and four million of them. The reason workout sweat smells so much better than first date sweat is that eccrine glands don't secrete the bacteria-feeding cocktail, just water and minerals, primarily sodium with a little potassium, calcium, and magnesium (all electrolytes) with a tiny bit of trace minerals.



**"When it comes to health and well-being,
regular exercise is about as close to a magic potion as you can get."**

EXERCISE/FITNESS:

More Exercise Myths

Exercise turns fat into muscle.

Well, this is clearly untrue. They are two different things. One type of cell cannot turn into another. But exercise, particularly strength training, helps to build muscle. This in turn helps you burn more calories and lose fat.

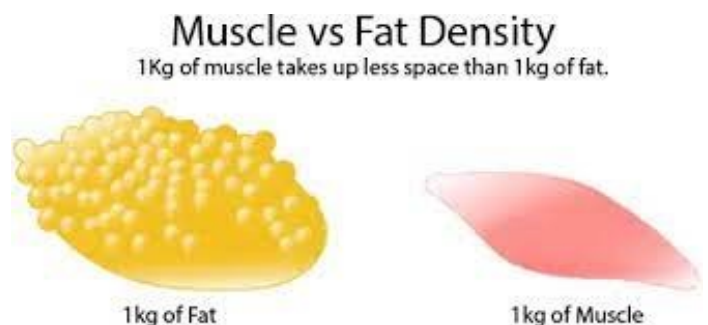
If you're trying to build muscle and lose fat at the same time, it's important to engage in strength training. Strength training combined with a high protein diet helps build new muscle cells through a process known as muscle protein synthesis.

Most experts recommend at least 2–3 strength training sessions per week that target multiple muscle groups, along with adequate rest days to allow for muscle rebuilding. We do this kind of training in HMHB sessions.

Muscle is built from a diet high in dietary nitrogen, mostly found in protein-rich foods. Protein from food is broken down and converted into amino acids to support muscle building. To maintain muscle during weight loss, be sure to eat enough protein and avoid a large calorie deficit.

Muscle is heavier than fat

Nope. If you have a pound of fat and a pound of muscle, they both weigh a pound. The headline is misleading because it is all about “density”. An easy way is to think this. A pound of feathers is going to take up a lot more space than a pound of steel. The same is true with fat and muscle. A pound of fat is bulky, fluffy, and about the size of a small grapefruit. A pound of muscle is hard, dense, and about the size of a tangerine.



Two different people who weigh the same amount can look very different when one has a high percentage of fat and the other has a high percentage of muscle. An extra 20 pounds of fat may give you a softer, less toned appearance. But an extra 20 pounds of muscle will look firm and sculpted.

Muscle also serves a different function than fat. Fat helps insulate the body and trap in body heat. Muscle boosts your metabolism. This means the more muscle you have, the more calories you burn when you're at rest.

Certain exercises target belly fat

No. You can't control which part of your body will lose fat when you are physically active. Genetics plays a part in controlling body composition and shape.

People believe that crunches and sit ups will target that blob of fat around the belly, but crunches will simply strengthen your abdominal muscles, which are underneath the layer of belly fat. However, if you balance the calories you eat with exercise to reach a desirable body weight, hopefully you will lose fat from various parts of your body, including your belly.



Excess belly fat can be dangerous because it surrounds internal organs and puts you at greater risk for developing several kinds of health problems, including heart disease, diabetes, and liver problems

EXERCISE/FITNESS:

Three Whole Body Exercises

HOLLOW BODY HOLD



Hollow Body Hold

Lie on your back with your legs straight and your arms extended over your head. Lift your legs, arms, head, and shoulders off the ground by pressing your lower back into the ground and tightening your core. Keep looking up, not at your feet. Hold the pose for the allotted time, keeping your core engaged and your neck neutral.

Hollow-body holds are primarily a core exercise, but much like the plank (see below), you'll notice quickly that you have to tighten almost every muscle in your body to hold the pose

Plank

Covered these many times over the history of our health packs, but they are worth repeating. Start in a push-up position. Your arms should be locked out and your body a straight line from head to toe. Lean forward slightly, moving your shoulders just in front of your hands. Hold this position for the allotted time, keeping your back straight and your core tight. Planks are one of the simplest full-body exercises, but simple does not mean easy. In a plank, you will engage almost every muscle in your body to stabilise and hold the pose. For a tougher challenge, lower yourself onto your elbows and forearms.



**The Plank world record is now
9 hours, 30 minutes, and 1 second**

Bear Crawl

Start the bear crawl in a press up position. Hands are beneath the shoulders, the back is strong, and your core is engaged. The feet should be hip-distance apart with heels off the floor. Move forward by simultaneously moving the right hand and the left leg in a crawling motion. Your knees never touch the ground. Switch sides immediately after placing weight on the right hand and left leg, moving the left hand and right leg forward. Continue in a crawling motion, moving forward for your desired number of steps or distance



Your body will thank you for working it hard.

EXERCISE/FITNESS:

Three More Whole Body Exercises

Renegade Row

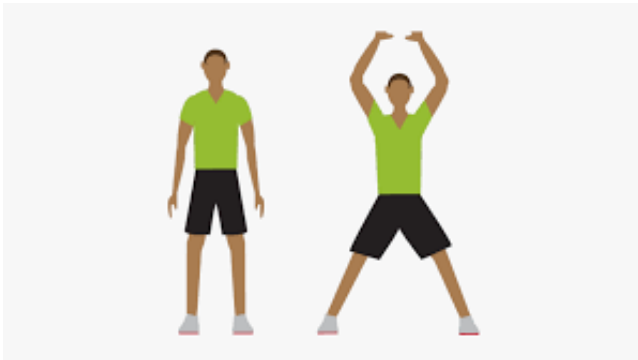
Grab a pair of light dumbbells (you can do without) err on the side of caution with the weight the first time you try the renegade row. You may need weights with a flat side to rest on – round dumbbells may roll under the inexperienced. Get into a press-up position with a dumbbell in each hand. Brace your body, then raise one of the dumbbells, supporting yourself on the other arm. Row the weight upward until your upper arm is slightly higher than your torso, then slowly lower it back down to the ground. Aim for three sets of eight to 10 reps on each arm, you can either do one side all at once, or alternate. Once you can complete 10 on each side comfortably, increase either the reps or the weight



Jumping Jacks

Start standing up with your legs together, a slight bend in your knees, and hands resting on your thighs. Keeping the knees bent, open the arms and legs out to the sides. Arms come above the head and legs wider than the shoulders. Close your arms and legs back to your sides, returning to your start.

Jumping jacks work all the major muscles in the lower body, strengthening your glutes, hamstrings, quads, hips, calves, and shins. The higher and faster you jump, the more power and strength you'll develop.



Dips

If using a chair, ensure it cannot move by putting it against a wall.

As you can see, with straight legs place your hands on the surface you are dipping on - that could also be a bottom stair maybe.

Lower yourself down and then push back into the starting position. It is tough. Maybe build up reps.

In addition to gaining muscle mass and strength in the upper body, dips are an excellent exercise to increase your flexibility, especially in the shoulders and wrists.



It's your workout. Your time. Your body. Own it!!

Lazza's Page of Fascinating Facts

Some knowledge to amaze your friends.

As part of our Thursday quiz, I try to find some fascinating facts that people can say "oh, I did not know that" - and maybe even take away to share with others.

Here are some fascinating facts for you to share.

Incredible Bombing in WW2

In World War II, two bombing squadrons were sent by the Americans to the same location to bomb it, except one of them accidentally showed up thousands of feet lower down than the other one. Neither of them saw each other until they had already started bombing. Miraculously, none of the lower planes were hit by the higher planes, and the Germans all thought they had come up with an ingenious bombing strategy to bomb an area twice as much. It scared the Germans that the Allies had this level of skill.



Caligula was one of the strangest Roman Emperors

Caligula (Roman Emperor 37-41 AD) once held a large meeting solely for the purpose to tell the attendants that if he wanted he could have them all killed. Then dismissed the meeting.

He also waged war against Poseidon. He led 10,000 soldiers to the sea and ordered them to stab it with spears.

He once marched his entire army towards the English Channel in an effort to invade Britain. Upon arrival to the channel, he decided that he no longer wished to invade Britain so he ordered his men to collect sea shells before heading home.



Origins of the National Anthem.

It is debated that the origin of the English national anthem "God Save the King" is not English. According to Musician Percy Scholes' analysis of a doubtful claim, it was composed by the French Duchess of Brinon (Grand Dieu sauve le Roi) to celebrate France's King Louis XIV's healing from "anal fistula". At that time the operation consisted of opening the infected area (his royal bum) and giving it a good cleaning. All this with no anaesthesia. It is said George Frederic Handel, a British composer, plagiarized the song's tune having heard it in France with no idea as to why it was written in the first place.



Finally, variously described as moles or field mice, or perhaps both, in 1519 the Alpine community of Stelvio,

Italy, suffered such severe agricultural damage from these creatures that they took the matter to court. Hans Grinebner was appointed to defend the crop-killing animals, the judge allowing for all legal arguments to be presented so that the diminutive defendants would have "nothing to complain of". The prosecutor naturally spoke of the great harm that had been done to the livelihoods of the farmers, while Grinebner suggested to the court that his clients' "stirrings in the fields were good for the soil and disruptive to destructive insects".

The rodents' brief managed to sway the judge in the end, who let them off with banishment and the promise of 'safe conduct' against local cats and dogs on their way out

HEALTH / ROUTINE

Why can our hair be different colours?

Hair colour contributes significantly to our overall visual appearance and our personalities. Thus, hair colour products offer us the option of having the hair colour of our choice today. As I keep telling people, I am a “natural blond” because that’s what it says on the packet.

However, naturally, we are born with a certain hair colour, which might be different from our friends, cousins, or even our family members. The fundamental factor in our body to determine our hair colour is determined by the amount of a pigment called melanin in the hair.

The science of our colour can be explained by a little bit of physics and a lot of biology and chemistry. While the absorption and reflection of light also determine the hair colour, the primary factor to determine our basic hair colour is by our Genes.

The type and amount of melanin pigments in our hair gives a colour. The total amount of melanin and the ratio between “Eumelanin” and “Pheomelanin” is unique to us and entirely determined by our genes. It is what gives you your natural hair colour. However, it is not just a single or a couple of them, interestingly, several genes are involved in melanin production, and that can, therefore, affect our hair colour. These genes switch on and off at different points in our lives. Hence the reason our hair changes colour as we get older.



MC1R is the best-studied hair colour gene in humans.

Melanins are pigments derived from an amino acid called tyrosine. The colour of the hair depends on the amount and type of melanin produced by melanocytes. Melanocortin 1 Receptor (MC1R) is the gene responsible for hair colour determination. They are found on the surface of melanocytes and also in other cells and play a role in the immune function in humans.

There are three types of natural melanin.

Eumelanin

When MC1R is in the active condition, it produces eumelanin, which causes dark hair. It is also responsible for the protection of skin from damage by ultraviolet radiation.

Pheomelanin

When MC1R is in an inactive condition, the melanocytes will produce pheomelanin, which causes light or red hair. This pigment lacks the feature of protecting the skin from sunlight. Why light hair people burn in the sun.

Neuromelanin

Since it is found in dopamine neurons, it colours some areas of the brain, which has no direct relation with hair colour. Mutation of neuromelanin may result in a neurodegenerative disorder, which has an indirect relation with hair colour.

Predominantly, human hair can be of five different colours: black, brown, blond, white/grey, and rarely red/ginger. Among these major colours, different shades also exist.

HEALTH / ROUTINE

What does a “Pulled Muscle” actually mean?

We have seen it on television many times before. An athlete or footballer suddenly pulling up with a limp, holding their hamstring, and the commentator saying that they have a pulled muscle. Or maybe you have been doing some work in the garden, or just bending over to pick something up and a sharp pain goes through your lower back. It happens.

A muscle strain, or pulled muscle, occurs when your muscle is overstretched or torn. This usually occurs as a result of fatigue, overuse, or improper use of a muscle. Strains can happen in any muscle, but they’re most common in your lower back, neck, shoulder, and hamstring, which is the muscle behind your thigh.

These strains can cause pain and may limit movement within the affected muscle group. Mild to moderate strains can be successfully treated at home with ice, heat, and anti-inflammatory medications. Severe strains or tears may require medical treatment.

You’ll usually feel a muscle strain as it occurs. Symptoms include:

- Sudden onset of pain
- Soreness
- Limited range of movement
- Bruising or discoloration
- Swelling
- a “knotted-up” feeling
- Muscle spasms
- Stiffness
- Weakness



In a mild strain, a torn muscle may feel slightly stiff, but still flexible enough for use. A severe muscle strain is when the muscle is severely torn. This results in pain and very limited movement

You can decrease your chances of straining a muscle if you take some basic precautions:

- **Try not to sit in one position for too long:** Take frequent breaks to move and change position. Use a chair that provides good support for your lower back, or use a pillow for support. Try to keep your knees level with your hips.
- **Maintain good posture when standing and sitting.** If you spend a long time in one position, try to alternate putting one foot and then the other on a low footstool. This can help decrease stress on your back muscles.
- **Lift objects carefully:** Keep your back straight, bend at the knees, and always lift with your legs. Hold the weight close to your body. Don’t lift and twist at the same time.
- **Take precautions to prevent falls:** such as holding handrails on stairways, avoiding slippery surfaces, and keeping your floors uncluttered.
- **Lose weight:** If you’re overweight.

**Best idea is to rest. Avoid activities that cause pain, swelling or discomfort.
But don't avoid all physical activity. If you can, put some ice on the area affected.
Experts also suggest you elevate the injured area above the level of your heart,
especially at night, which allows gravity to help reduce swelling.**

HEALTH / ROUTINE

How does a “Cold” work?

A cold is an infection of the upper respiratory system. This means it can affect the nose, throat, and sinuses. A cold virus gets inside your body and makes you sick. It's a very common infection and is normally nothing to worry about. Your immune system will deal with it.

Most colds are caused by viruses (called “**Rhinoviruses**”) that are in invisible droplets in the air you breathe or on things you touch. Think about all the ways you could catch Covid and these are the same. If one of these viruses gets through the protective lining of the nose and throat, it triggers an immune system reaction. This can cause a sore throat and headache, and make it hard to breathe. This is your body trying to get rid of the virus.



No one knows exactly why people become infected with colds at certain times. But no matter what you hear, sitting or sleeping in a draft, not dressing warmly when it's chilly, or going outside with wet hair will not cause someone to catch a cold. However, none of these situations, especially going outside in the cold, is recommended.

Dry air, indoors or outside, can lower resistance to infection by viruses. So can allergies, lack of sleep, stress, not eating properly, or being around someone who smokes. And smokers are more likely to catch colds than people who don't smoke. Their symptoms will probably be worse, last longer, and be more likely to lead to bronchitis or even pneumonia. All of the above are yet another reason we need to look at a healthier lifestyle!!!

The first symptoms of a cold are often a tickle in the throat, a runny or stuffy nose, and sneezing. You also might feel very tired and have a sore throat, cough, headache, mild fever, muscle aches, and loss of appetite. Mucus from your nose may become thick yellow or green.

Colds are contagious. Rhinoviruses can stay alive as droplets in the air, or on surfaces for as long as 3 hours or even more. So if you touch your mouth or nose after touching someone or something that's been contaminated by one of these viruses, you'll probably catch a cold (unless you're already immune to the particular virus from having been exposed to it before).

If you already have a cold, you're more likely to spread it to others if you don't wash your hands after you cough or sneeze (sounds familiar). Going to work, college, or school or doing normal activities probably won't make you feel any worse. But it will make it more likely that your cold will spread to colleagues or classmates or friends.

Cold symptoms usually start 2 or 3 days after a person has been exposed to the virus. People with colds are most contagious for the first 3 or 4 days after the symptoms begin and can be contagious for up to 3 weeks. Although some colds can linger for as long as 2 weeks, most clear up within a week.

A cold isn't serious, but it can develop into other things, so if symptoms persist, or you have trouble breathing, always seek medical advice. It's much better to be safer than sorry.

HEALTH / ROUTINE

What is “food poisoning”?

Foodborne illness, more commonly referred to as food poisoning, is the result of eating contaminated, spoiled, or toxic food. The most common symptoms of food poisoning include nausea, vomiting, and diarrhoea.

Most food poisoning can be traced to one of three major causes: bacteria, parasites, or viruses. These pathogens can be found on almost all of the food humans eat. However, heat from cooking usually kills pathogens on food before it reaches our plate. Foods eaten raw are common sources of food poisoning because they don't go through the cooking process.

Occasionally, food will come in contact with the organisms in faecal matter or vomit. This is most likely to occur when an ill person prepares food and doesn't wash their hands before cooking. Meat, eggs, and dairy products are frequently contaminated. Water may also be contaminated with organisms that cause illness.



Anyone can come down with food poisoning. Statistically speaking, nearly everyone will come down with food poisoning at least once in their lives.

There are some populations that are more at risk than others. These include:

- **Immunocompromised people.** Anyone with a suppressed immune system or an autoimmune disease may have a greater risk of infection and complications resulting from food poisoning.
- **Pregnant people.** Pregnant people are more at risk because their bodies are coping with changes to their metabolism and circulatory system during pregnancy.
- **Older adults.** Adults who are 65 years or older also face a greater risk of contracting food poisoning. This is because their immune systems may not respond quickly to infectious organisms.
- **Young children.** Children under 5 years old are also considered an at-risk population because their immune systems aren't as developed as those of adults. Young children are more easily affected by dehydration from vomiting and diarrhoea.

To try to avoid food poisoning, take these steps:

- Always wash your hands before cooking or eating food.
- Make sure your food is properly sealed and stored.
- Thoroughly cook meat and eggs.
- Sanitise anything that comes in contact with raw products before using it to prepare other foods.
- Make sure to always wash fruits and vegetables before serving them.

Most cases of food poisoning are not serious and will resolve on their own over the course of a few days. If you notice that you have some of the symptoms and suspect you have food poisoning, try to rest and stay hydrated. Seeking help from a pharmacist may also be helpful, as they can suggest medication to help ease your symptoms. However, some types of food poisoning can be serious. If you are concerned, you should get checked by a doctor.

LET'S PLAY A GAME

Plus quiz answers from Page 15

In our early weekly health packs we introduced this word game, designed to keep you busy and great to play with friends.

We want you to name 10 of all the following. Use a separate bit of paper.

All your answers have to start with the letter: R

*(please note, there may not be 10. Don't use the internet to come up with answers.
Come back to this all week; it should keep you occupied for a while - no looking things up!!!)*

Name 10:

Countries	Cities
Animals	Birds
Insects	Sports
Actors (surnames)	
Actress (surnames)	
Singers (surnames)	
Authors (surnames)	
Jobs	
Hobbies	
Film Titles	Book Titles
Song Titles	Vegetables
Flowers	Fruits
Trees	
Things you find in the Kitchen	
Things you find in the Bathroom	
Things you find in the Bedroom	
Things you find in the Garden	
Items of Clothing	
Means of Transport	
Television Shows	

“Solving a problem for which you know there’s an answer is like climbing a mountain with a guide, along a trail someone else has laid.

In mathematics, the truth is somewhere out there in a place no one knows, beyond all the beaten paths. And it’s not always at the top of the mountain. It might be in a crack on the smoothest cliff or somewhere deep in the valley.”

“Fun from games arises out of mastery.

It arises out of comprehension.

It is the act of solving puzzles that makes games fun.

In other words, with games, learning is the drug.”

HOW'D WE DO?

Answers to Fun Quiz from Page 15 - don't look till you have done all the quiz

Round One:	1 Buffalo, Cheetahs: 2 Dracula, Casanova: 3 Screaming Hairy, Pink Fairy
Round Two:	1, 14: 2, 33: 3, 21,196: 4, 107: 5, 36.
Round Three:	1, 1840: 2, 1972: 3, 2015: 4, 1997: 5, 1890.
Round Four:	Link: They have all been Monopoly pieces since it was first produced.
Round Five:	1 True: 2 True: 3 False: 4 False: 5 True:

NUTRITION: Lazza's Kitchen Adventure

Peanut Butter Cookies

A Brand NEW Recipe from Lazza's Kitchen.
Lazza made his first ever Peanut Butter Cookies from scratch

George Washington Carver (1864-1943), an American agricultural extension educator, from Alabama's Tuskegee Institute, was the most well known promoter of the Peanut.

In his 1925 research bulletin called *How to Grow the Peanut and 105 Ways of Preparing it for Human Consumption*, he included three recipes for peanut cookies calling for crushed or chopped peanuts.

Ingredients

- 250g Crunchy Peanut Butter
- 175 Golden Brown Sugar
- 2 Eggs
- ¼ teasp Salt (optional)
- Walnut Pieces
- Desiccated Coconut (up to you)

You can add a spice or two if you wish.

Another one of the simpler recipes here. But quality is just as important.

The great thing with cookies is you can play with different flavours. I was going to do just a basic peanut butter cookie, but decided to add coconut and walnuts too. (If I had found hazelnuts they would have gone in too).

Heat oven to 180C/160C fan/gas 4 and line 2 large baking trays with baking parchment.

Measure the peanut butter and sugar into a bowl. Add ¼ tsp fine table salt and mix well with a wooden spoon. Add the eggs and mix again (adding the extra walnuts and coconut) until the mixture forms a dough.

Break off cherry tomato sized chunks of dough and place, well spaced apart, on the trays. Press the cookies down with the back of a fork to squash them a little. (If you want, the cookie dough can now be frozen for 2 months, cook from frozen adding an extra min or 2 to the cooking time).

Bake for 12/15 mins, until golden around the edges and paler in the centre. Cool on the trays for 10 mins, then transfer to a wire rack and cool completely. Store in a cookie jar for up to 3 days, or hand them out to friends like I did. They are soft and chewy in the middle. :-)



During the pandemic and lockdowns, Lazza decided to try a new hobby - cooking.
Why not try out some new recipes and foods yourself?
More on HMHB recipe pages: www.hmhb2016.org.uk
This was a great and very tasty bake to prepare.

Why not try an exercise class!!!

Here is an amazing opportunity to join in a great Zumba class, or two, with a qualified teacher.

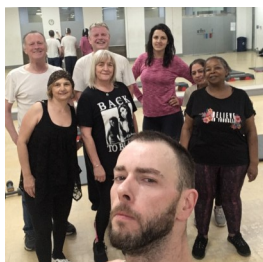
HMHB is doing outdoor Zumba on Highbury Fields on Sundays at 12pm followed by a picnic. (do note, Karina is currently injured, so just picnic in September)

Please contact her.

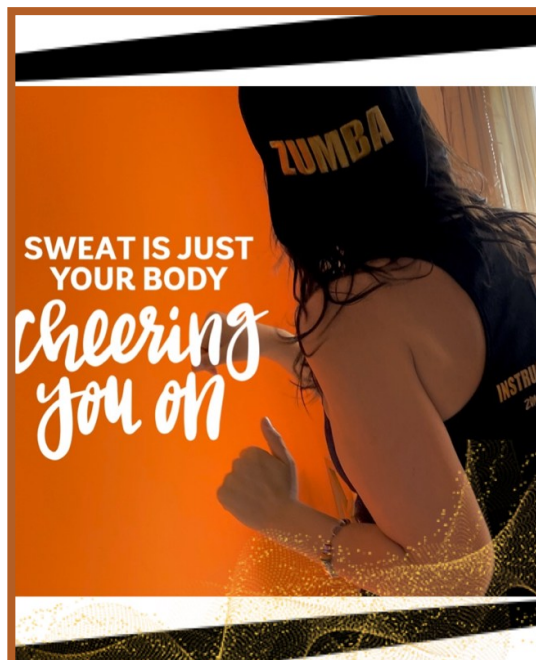
They are fun, but also great for your overall health. Treat yourself!!

yummymummyzumba@gmail.com

yummymummyzumba@gmail.com



ZUMBA



ACTIVE WITHIN

If anyone would like to join in their free classes (see timetable), you will need to register on their website and then get in touch with them via phone, email or through social media channels. They will then send you the class links.

They are fabulous. Please have a go!!

They are doing outdoors now.

www.activewithin.com

TIME TABLE	
MON/18.30/YOGA	
TUES/11.00/YOGA	
TUES/18.30/BOOTCAMP	
WEDS/18.30/YOGA	
SAT/10.00/YOGA	
SUN/10.00/ABT	

HMHB Izzwalkz is part of the "Walk With A Doc" network.

Walk with a Doc was started in 2005 by Dr. David Sabgir, a cardiologist in Columbus, Ohio. Frustrated with his inability to affect behaviour change in the clinical setting, Dr. Sabgir invited his patients to go for a walk with him. They now have walks all over the USA, as well as all over the world - and our Izzwalkz is one of them.

Check out their website for more information.

"With an aim to make hope and health accessible to all, our doctor-led walking groups are a safe, fun, and FREE place to get some steps, learn about health, and meet new friends"

HMHB are proud to be part of their network.
Let's walk!!!!

www.walkwithadoc.org



HEALTHY GENERATIONS PILATES

The amazing Emma Ahlstrom is providing some terrific online Pilates classes.

Monday 10-11am:
Intermediate Pilates

Tuesday 10-11am:
Intermediate Pilates

Tuesday 2-3pm:
Beginners Pilates

Thursday 10-11am:
Gentle Pilates

Saturday 9.30-10.30am:
Beginners Pilates

hello@emmaahlstrom.com
www.emmaahlstrom.com

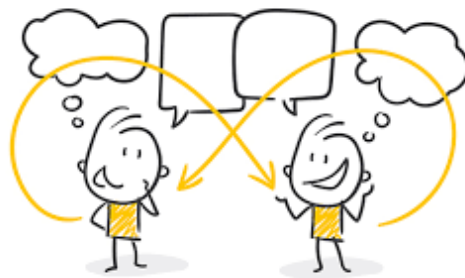
Review of Challenges and Targets

Mind-set:

Meeting new people, giving a talk in front of people, just joining a new group, all of these can be daunting. For many of us we all hope to be able to fit in, make friends, and not make a fool of ourselves.

This is where our social skills come in, and we can all learn to be more confident and mix well. Very often it is finding common ground, but just talk to people like you do your friends and families.

The odds are the person opposite you is going through the same problem. Try and practice, but get out and experience life with others.



Nutrition.

Fruits are full of fantastic nutrients that help our bodies function better and keep us healthy.

But are some better than others? Well, all are great, and the best bet is to mix up some fruits to get the whole range.

There are “super fruits” that are jam packed full of goodness, and the most prominent are probably berries.

Full of antioxidants, fibre, vitamins, minerals, and other terrific nutrients, they should be a go to for us all. It's your body!!



Exercise.



This month we looked at a few myths - and we might come back to this subject as there are a lot around. Do your own research as, like most things in life, there are inaccurate facts out there.

We also demonstrated a few whole body exercises.

You generate a lot of power from your legs and core in addition to your arms, shoulders, and chest. You also need strong, fit legs for good movement and stamina when working out. The same goes for general life though. A full body workout can help with your overall energy level.

Health.

I haven't been lazy by using the same graphic for this entry as I did last month, as it just fits well.

We looked at four different subjects this week, and we could have done a multitude of entries. We have been doing health packs for a long time now - starting with 50 weekly ones. And we are still finding new subjects to cover, which demonstrates just how complex our health can be.

Overall, it comes down to you. That's the basics. You cannot control some disease or viruses, but you can control how you treat your body, which can have huge repercussions on your health down the line.

**I ACCEPT
COMPLETE
RESPONSIBILITY
FOR MY
HEALTH.**

**Start thinking about setting weekly goals yourself on these topics.
A small difference every week will grow into significant change over time.**

Quiz Answers from Page 6 + Flags from Page 20

See if you can beat your family and friends

Literature: Author of those fictional sleuths, and the year they first appeared.

1. 1841: Edgar Allan Poe
2. 1887: Sir Arthur Conan Doyle
3. 1920: Agatha Christie
4. 1927: Franklyn W Dixon
5. 1977: Ellis Peters
6. 1930: Agatha Christie (first book)
7. 1993: James Patterson
8. 1962: P D James
9. 1923: Dorothy L Sayers
10. 1910: G K Chesterton
11. 1950: Georges Simenon
12. 1986: R D Wingfield
13. 1942: Enid Blyton

Pop Music: The songs with places in the title. Plus original year released.

1. 1993: Bruce Springsteen
2. 1991: Marc Cohn
3. 1982: Duran Duran
4. 1989: Simple Minds
5. 1978: Boney M
6. 1988: F Mercury, M Caballé
7. 1962: Tony Bennett
8. 1982: Toto
9. 1979: The Clash
10. 1966: The Monkees
11. 1980: Ultravox
12. 1974: ABBA
13. 1987: Sting
14. 1972: Tony Christie (*original year*)

Theatre: The Musical in which these songs appear, and the year the musical was first performed?

1. 1989: Miss Saigon
2. 2002: Hairspray
3. 1949: South Pacific
4. 1956: My Fair Lady
5. 2018: Moulin Rouge
6. 1960: Oliver!
7. 1973: The Rocky Horror Picture Show
8. 1985: Les Misérables
9. 1957: West Side Story
10. 1986: The Phantom Of The Opera
11. 1981: Cats
12. 2011: The Book Of Mormon
13. 1997: The Lion King
14. 1959: The Sound Of Music
15. 2002: Chitty Chitty Bang Bang
16. 2004: Mary Poppins
17. 2017: Frozen

Remember, this is the musical theatre, not the film of the same name.

Europe

The 15 largest cities/towns in Wales are:
Cardiff, Newport, Swansea, Wrexham
Buckley, Tonypandy, Bridgend, Barry
Llanelli, Cwmbran, Rhyl/Prestatyn, Merthyr Tydfil
Caerphilly, Colwyn Bay, Ebbw Vale

QUIZ ANSWERS

Irish Actors - from Page 20

(slightly easier this week? - how well did you do?)

- | | |
|--------------------|-------------------------|
| 1 Domnhall Gleeson | 2 Cillian Murphy |
| 3 Colin Farrell | 4 Sam Neill |
| 5 Kenneth Branagh | 6 Liam Neeson |
| 7 Aidan Turner | 8 James Nesbitt |
| 9 Jamie Dornan | 10 Jonathan Rhys Meyers |
| 11 Andrew Scott | 12 Richard Harris |
| 13 Ciaran Hinds | 14 Michael Gambon |
| 15 Gabriel Byrne | |

Travel:

The top 16 countries visited by UK residents in 2021 are:

Spain, France, Italy
USA, Republic of Ireland,
Netherlands, Greece
Germany, Portugal, Poland
Turkey, Belgium, India
Switzerland, Romania
Cyprus

THE LAST PAGE

We hope you have enjoyed this pack. HMHB is trying to keep people active, motivated and guiding people to a healthier regime.

We would love to incorporate some items from you in next week's pack. That could be a recipe, or letting us know what you are doing. Maybe even a word or two you would like us to pass on to everyone so we know you are safe and well.

You can contact HMHB:

HMHB would prefer you email us: hmhb2016@outlook.com

Please follow and like us on Facebook if you are on it:

www.facebook.co.uk/healthymindshealthybods

Check out our GoFundMe: www.gofundme/hmhb2016

Please follow us on Twitter if you use it: [@hmhb2016](https://twitter.com/hmhb2016)

Please follow PT Dean on Twitter if you use it: [@zombie_pt](https://twitter.com/zombie_pt)

Please follow us on Instagram: [healthymindshealthybods2016](https://www.instagram.com/healthymindshealthybods2016)

Please follow and like our blogs:

www.hmhb2016.blogspot.com ; this about HMHB as a whole

www.healthymindshealthybods.blogspot.com our health blog

Our website is: www.hmhb2016.org.uk you can contact us through the site

We are updating it with new pages at the moment, and plenty of pictures on our gallery page

All copies of our Mental Health Packs can be downloaded from our website.

We thank the wonderful Cripplegate & Islington Council Islington Giving Covid 19 Fund who helped sponsor early packs, and recently helped fund these monthly ones.

We also thank the National Lottery Communities Fund for extra funding, that enables us to continue with this wonderful intervention.



ISLINGTON

Cripplegate Foundation Helping since 1500

Be Safe, Be Active, Be Well