

# Healthy Minds, Healthy Bods

Inspiring; Encouraging; Motivating



## HMHB's Monthly Health Pack:

Number 01

Focus on:

**Mind-set, Nutrition, Exercise, Health**

*The Unique and Original, and still The Best*



*Prepared by: Lazza and the HMHB team:*

*Tuesday 1st February 2022*



[www.hmhb2016.org.uk](http://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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**“I am thankful for all those who told me NO.  
Because of them, I did it myself.”  
Albert Einstein.**

***Welcome to Issue 1 of Healthy Minds, Healthy Bods’ Revamped Monthly Health Packs.***

From April 2020 to March 2021, 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](http://www.hmhb2016.org.uk).

We then went monthly, providing seven issues. 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 print copies that we can post to those who have no internet, as well as our amazing local councillors, Osh Gantly, Sue Lukes, and Caroline Russell, 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 we hope will continue to do so.

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



Some photos: 6 December 2021.

Outside and Inside London Coliseum.

Watching H.M.S. Pinafore

A fabulous evening for eighteen of us.



## NEWS PAGE

### Obesity and Cancer (cancer research UK)

**Overweight and obesity is the second biggest cause of cancer in the UK:  
More than 1 in 20 cancer cases are caused by excess weight.  
The risk is higher the more weight you gain and the longer you are overweight.  
Keeping a healthy weight reduces the risk of 13 different types of cancer.**

Being overweight doesn't necessarily mean that you'll definitely develop cancer. But if you are overweight you are more likely to get cancer than if you are a healthy weight. Your exact risk will depend on lots of factors, including things you can't change such as your age and genetics. Losing weight or avoiding putting on more weight can help reduce the risk of cancer.

People keeping a healthy weight could prevent around 22,800 cases of cancer every year in the UK. There are lots of other benefits to keeping a healthy weight including having increased energy and reducing the risk of conditions such as heart disease, stroke and osteoarthritis.

Extra fat in the body doesn't just sit there, it's active, sending out signals to the rest of your body. These signals can tell cells in our body to divide more often, which can lead to cancer.



The signals released by fat cells can affect:

- **Growth hormones**- too much body fat can cause levels of growth hormones to rise, which tells cells to divide more often. This raises the chance that cancer cells will develop.
- **Inflammation**- when there are more fat cells in the body, immune cells go to the area, possibly to remove dead fat cells. This can lead to inflammation, which causes cells to divide more quickly. Over time, this can increase the risk of cancer.
- **Sex hormones**- after the menopause, fat cells produce the hormone oestrogen. This can make cells in the breast and womb divide more often which increases the risk of cancer developing.

These are the main ways scientists have identified so far, but research continues to find out more about the ways extra body fat can cause cancer.

Being overweight and suffering from obesity causes 13 different types of cancer.

This includes:

Breast and bowel (two of the most common cancer types)

Pancreatic, oesophageal and gallbladder (three of the hardest to treat cancers)

Womb and ovarian

Kidney, liver, and upper stomach

Myeloma (a type of blood cancer)

Meningioma (a type of brain tumour)

Thyroid



# NEWS PAGE: Why is cancer more likely if overweight?

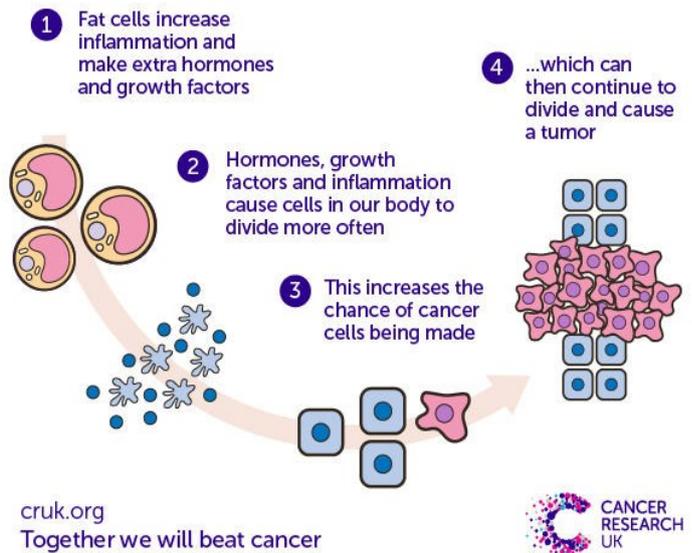
There is no link between obesity and cancer in children. Excess weight only causes cancer in adults. But a healthy body weight is important for children too.

Children who are obese are around 5 times more likely to be obese as adults.

It's important to help children be a healthy weight, so they are more likely to be a healthy weight as adults.

Building healthy lifestyle routines into children at an early age can only bring healthy results later in life. That includes exercise and nutrition, and an awareness of the problems caused by overeating and excess weight.

## How can overweight and obesity cause cancer?



There is lots of high-quality research showing the link between excess weight and cancer.

There are consistent results from decades of research involving millions of people. We see more cancer cases in groups that are overweight compared to groups that are a healthy weight.

The risk increases the more weight is gained, so we can be more sure the link is real (this is called a dose-response relationship). And there are good explanations for how extra fat cells in the body could cause cancer. We can confidently rule out other explanations (such as chance or other risk factors).

International organisations like the International Agency for Research on Cancer and the World Cancer Research Fund agree.

A person's risk of cancer depends on lots of different factors. This includes things you can't change like your age and genes. Factors like smoking, obesity, and UV rays also affect our cancer risk.

This doesn't mean that everybody who is overweight, smokes, or spends too much time in the sun will develop cancer. But, they are more likely to get cancer.

**“Don’t count the days.  
Make the days count!!”**

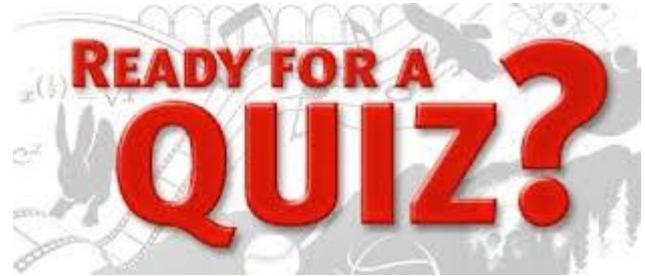
**Muhammad Ali**

**Food is the  
most abused  
anxiety drug.  
Exercise  
is the most  
underutilized  
antidepressant.**

**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)**

**Sport**

According to Forbes, who are the 15 richest football clubs, **as at 12th April 2021** (soccer in the US), all of which are based in Europe. How many do you think you can guess?



**Film:**

Which actor played these movie roles?

1. Morpheus: The Matrix
2. Jake Sully: Avatar
3. Satine: Moulin Rouge
4. Commodus: Gladiator
5. Jack Dawson: Titanic
6. Jim Lovell: Apollo 13
7. Samuel Gerard: The Fugitive
8. Elliott: ET. The Extra Terrestrial
9. C-3PO: Star Wars
10. Sam Wheat: Ghost
11. Jamal Malik: Slumdog Millionaire
12. Alan Grant: Jurassic Park
13. LeeLo: The Fifth Element

**Literature:** Name the author of these novels, and the year it was published (that should keep you guessing!!!)

1. Frankenstein
2. The Lord Of The Flies
3. Five On A Treasure Island
4. Death On The Nile
5. The Da Vinci Code
6. Harry Potter and the Deathly Hallows
7. To Kill A Mocking Bird
8. The Silence Of The Lambs
9. Jurassic Park
10. The Wonderful Wizard Of Oz
11. Peter Pan
12. Treasure Island
13. Charlie And The Chocolate Factory
14. Oliver Twist
15. Where Eagles Dare
16. Hansel And Gretel
17. The Thursday Murder Club

**Television**

Name the UK television show that these famous names come from:

1. Hyacinth Bucket
2. Victor Meldrew
3. Will McKenzie: Jay Cartwright.
4. Mr Rumbold: Captain Peacock
5. Jill Tyrell: Don Cole: Glen Bulb
6. Raquel Turner: Boycie: Rodney
7. Jules Cat: Dave Lister
8. Malcolm Tucker
9. Bernard Woolley: Humphrey Appleby
10. Tim Canterbury: Dawn Tinsley
11. Bubble: Saffron: Mother
12. Andy Millman: Maggie Jacobs
13. Jim: Barbara: Denise Best



**Geography**

According to official figures, what are the top 15 most populated countries in the whole world.

Interestingly, the top two have more than 25% of the entire world population themselves.

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

## HMHB Activity: December 2021, and January 2022

Healthy Minds, Healthy Bods was very active over the last couple of months. Partly this was due to being able to get out and about a lot more. Sadly, we did not run any of our courses which have received incredible feedback, as we need funding for them, and we are waiting to hear news from the local Health Trust. However, we did not let that stop us from other activities.



We celebrated the fifth birthday of our Izzwalkz Clissold Park with a coffee/tea, some homemade cakes, and lots of laughs at the café by Clissold House in Clissold Park.

This is our weekly Thursday walk, going since 2016, and it was terrific being able to get the gang altogether.

As per page 3, HMHB was able to treat eighteen of our users to a Christmas night out at the London Coliseum on the 6th December. to see the English National Opera performance of HMS Pinafore. Was a fantastic night. The staging and singing was glorious, and was lovely to be able to take some of our older members out.



Here we are visiting the Science Museum on the 30th December, taking a break from the fantastic exhibits. We learnt a lot.



Below: Our Tuesday fitness session at Highbury Leisure Centre, supported by Better Gyms, is back on every week. We get referrals from the NHS!!!



Above: HMHB visited the Natural History Museum on the 21st January. Fascinating to see the geology of the earth, as well as our visit to see the dinosaurs. Here, the group are enjoying a well-earned coffee/tea together.

## MIND-SET: How are your New Year Resolutions going?

*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.*

Like many other people around the world, you may have made resolutions at the start of 2022, just around one month ago. Even if you did not actually set yourself any exact targets, we should all be constantly looking to see how we can improve our routines and behaviour, to ensure the healthiest life possible.

A new year can make us all think about the fragility of life, and our inevitable aging. We can look back at the past year, or years, sometimes with satisfaction and sometimes with frustration. We cannot change the past, but we can find ways to affect the future. And that is where we need to concentrate.

Yes, the last couple of years have been affected by the Pandemic and all the rigamarole that goes with that. We have had lockdown, vaccines, boosters, and this has all come at a cost. We need to use 2022 as a way of moving forward, living with the virus around us, and focussing on improvement, health, and life.



One of the best ways to progress is to set yourself goals - or, as in the case of the first of January, resolutions. However, keeping to these targets can be tough, especially if you are possibly trying too hard or setting goals that are unrealistic.

So, let's try and set some targets together. Look at what we can do, why we want to do it, and how we can succeed. Making goals with other people around can inspire you on.

So, firstly what kind of results are we wanting to achieve? We are not talking practical stuff like getting rich, fantastic job, great relationship etc. That's for another day. In this case, we are looking at how we can improve ourselves. And that focusses on health, nutrition, exercise and routine - and you need to have the mindset where you believe you can make everyday changes that will make a difference.

Lets start with Nutrition. Over the multitude of health packs we have encouraged people to look at what they are eating, what your body needs to enable it to function properly, and how consistently eating the "bad" stuff can have negative health outcomes. So why not set a goal of one small change every week. An extra bit of veg, or less sugar in the coffee. A simple change each week - and then continuing that change - can soon mount up to huge changes. If you do that every week for six months, which is easily gettable, you would have made 26 changes to your previous routine. That will naturally bring better results, a healthier body, and a happier you.

## **MIND-SET:** **Making practical changes to your routine.**

Let's take exercise next. With this you can also make simple changes every week. It could involve the amount of time you spend walking, getting outdoors, and putting down that phone, all of which are shown to improve health. You can maybe start an exercise class - indoor or outdoor. Many local ones will be available. You could treat yourself to some cheap equipment. Start your own session - and you can adjust the number of reps and time you take. It's very simple. We will look at the mind-set about this in a moment.

Routine is also something you can adjust. Simple things like times you go to bed and arise. What time you eat or, even more relevant, stop eating. The amount of caffeine you consume, and when. Letting go of the phone and re-establishing links with friends and family. Treating yourself more. Spending time around positive people. A wish to stop procrastinating.

Fundamentally though, a lot boils down to mind-set.

- How badly do you want to succeed?
- How badly do you want to reach that goal?
- How much work are you prepared to do?
- Are you willing to sacrifice things to get there?
- How willing are you to change your routine?



HMHB runs a free fitness session on a Tuesday morning in partnership with Better Gym, starting at 9:30am. We have had more than one person get referred to us by medical practitioners who have then not turned up because it is "too early" in the day!!! I make no assumptions as when I had my depressions I had terrible trouble leaving the flat, but nothing will change unless we are willing to motivate ourselves when we are not motivated. We do seem to live in an age where people appear to expect good things to happen without any effort on their part.

So I go back to my original question. How are your targets going a month on from the new year? Are you still driving forward, or have you hit a barrier? Have you given up? If you didn't set any targets, why not? Even Olympic athletes are constantly looking at ways they can improve their fitness, eating, and energy levels.

My task to you, for the upcoming month and beyond, is to write down ways you can make the simple changes we have mentioned. There are those four categories: Exercise, Nutrition, Health, and Routine. Think of one change you can implement every week. Write it down. Put it somewhere you can see it. If you do muck up, then that's life, just get right back on it. Consistency is the key, not perfection. I would think that nobody would be able to have a great day every day.

And also look at ways you can grow into a good mind-set, a growth mindset. That comes from improving communication skills, leadership skills, confidence, and looking at ways to challenge yourself. Find ways to develop all those skills. Stop listening to people who are negative. Remove people like that from your life - which I know can be tough as they can be friends. Or see if there are ways to educate them. Create that constructive vibe around you.

Being positive, especially when it feels life is not so good, can be one of the toughest things. The pandemic has show that life is short, it can end very quickly, and we all need to reach out and grasp chances when they come.

## NUTRITION: Lazza's Kitchen Adventure

### Raspberry Crumble Muffins

**A New Recipe from Lazza's Kitchen.  
Today he makes his first Raspberry Crumble Muffins from scratch**

A 19th century source suggests "muffin" may be related to the Greek bread "maphula", a "cake baked on a hearth or griddle", or from Old French "mou-pain" ("soft bread"), which may have been corrupted into "mouffin". The word is first found in print in 1703, spelled "moofin". It is of uncertain origin but possibly derived from the Low German *Muffen*, the plural of *Muffe* meaning a small cake.

#### Ingredients

##### Muffin

175g plain flour: 50g caster sugar: 50g light brown sugar  
2 teaspoon baking powder: 1 teaspoon cinnamon  
115g melted unsalted butter: 1 egg  
120ml milk: 200g fresh raspberries: grated rind 1 lemon:  
Crumble Topping:  
30g crushed pecans or walnuts: 50g dark brown sugar  
20g plain flour: 1 teaspoon cinnamon:  
40g melted unsalted butter

Preheat the oven to 180C/350F. I use a silicon muffin tray, but if metal either lightly grease the compartments or use paper cases. Silicon trays are easy to clean and generally non-stick.

#### Muffins

Add flour to bowl with the sugars, baking powder, and cinnamon, and stir to blend.

Make a well in the centre. Melt the butter and add that, plus the egg and milk in the well, then mix until just combined. Stir in the raspberries and lemon rind.

Spoon the mixture into the prepared muffin tray.

#### Crumble topping:

Mix the crushed nuts, sugar, flour, and cinnamon into a bowl. Then add the melted butter and blend together.

Spoon the mixture over the top of each muffin.

Bake until browned - which should be around 25 minutes, but check after 20-22.

When you are happy, transfer to a rack to cool off. You can serve warm, or keep.

I found the raspberries worked really well, as they are not very sweet, and also provided moisture to the buns.

They were handed out to our walkers who all thoroughly enjoyed them.



**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](http://www.hmhb2016.org.uk)  
This was a great and very tasty bake to prepare.**

## EXERCISE/FITNESS: STRETCHING

### Thinking about your Back

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.

#### **Knee to Chest Stretch: Alternative Baby!!**

Lie on your back with your knees bent and your feet flat on the floor.

Place your hands on the back of your thighs or below your knees and pull your legs toward your chest.

Pull until you feel a gentle stretch.

Hold for 15 seconds.

Return to the starting position.

Repeat nine more times



**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.**

#### **Forward Fold**

Lie on your back with your knees bent and feet flat on the floor.

Keeping your back flat on the floor, rotate your hips to the left, lowering your legs down to the floor until you feel a gentle stretch.

Hold for 15 seconds.

Return to the starting position.

Next, rotate your hips to the right, lowering your legs down to the floor until you feel a gentle stretch.

Hold for 15 seconds.

Return to the starting position.

Repeat this sequence nine more times



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

## EXERCISE/FITNESS:

### Stretches: Page 2: More stretches for your back

#### **Cobra: Prone Bridging Stretch**

Lie on your stomach.

Prop yourself up on your elbows, extending your back. Start straightening your elbows, further extending your back.

Continue straightening your elbows until you feel a gentle stretch.

Hold for 15 seconds.

Return to the starting position.

Repeat nine more times.

Increases flexibility and strength in your back, arms, and shoulders



#### **Lifted Child Pose**

Very similar to child pose, but leaving your bum in the air, not on your heels.

Get onto all fours.

Stretch you hands out far above your head.

Raise your bum up slightly.

Hold the stretch, before coming back to start position.

Gently stretches your spine, thighs, hips, and ankles.

This pose, alongside some slow breathing techniques, can calm your mind, reducing anxiety and fatigue.



#### **Bridge: Supine Butt Life Stretch**

Lie on your back with your knees bent and feet flat on the floor.

Push down through your feet as you slowly lift your bottom off the floor.

Hold for a count of 10.

Return to starting position.

Repeat nine more times.

After seeing what appears to be a beach ball under Lazza's jumper, he is back losing weight again. He frustrates himself. Check out page and join him in aiming to reach your own targets with him.



Lazza: "that's where I put the beach ball"

**Thanks to Dean and Lazza from HMHB for photos.**

## MIND-SET:

### How can I remain positive?

It does feel like the last couple of years have been sent to test us all. I guess it has been a good reality check for our lives. It is very easy to take everything for granted - food on our tables, rooves over our head, entertainment when we want it, going out and meeting our friends, even just a simple thing like going to the shops. We live in an age when so much is handed out to us all, and we do not think just how lucky we are.

This means that when things do go wrong, and when we are not allowed to do the things that we want to do, it can affect our mental health. We can get frustrated, isolated, stressed, bored, and that is when negative thoughts can wiggle their way into our minds and start to take over.

So how can we remain positive in the face of adversity?

Scientists analysed nine previous studies to see how both optimists and pessimists brace themselves for receiving important and potentially negative news, like medical test results. They found that even though people who identify as optimists tend to be more positive in general, they too start assuming the worst as the moment of truth about something important nears. It's easy to understand this instinct, since some people tend to believe that preparing yourself for the worst will ultimately make it less shocking if it happens. On the other hand, some people would rather stay positive whenever possible, since it's easier to fight off stress and anxiety when you have a sunny outlook.



### Perspective

When all around you appears to be falling apart, or you do not feel in total control, do remind yourself of all the good things going on in your life - even if it feels as if there is not a lot at this time. However bad life may go, whatever issues you need to overcome, there are people around who can help you, and there will be things in your life that you have control over. Perspective is everything and sometimes we need to shift things around in our mind to bring the situations that are stressing us out back to a manageable place.

### Reframe Negativity

What do I mean by that? The trick to positivity is not avoiding pessimism. In fact, being pessimistic can be a healthy challenge and keep you safe. However, it's really about how quickly you can redirect your focus from negative to positive. Critical thinkers are going to see problems to be solved, but the ability to 'reframe' the conversation is the really important skill for people to practice.

Perhaps, this can be done by getting into the habit of acknowledging negative thoughts and then asking, "What else is possible here?" This can guide you back into a positive mindset more quickly. The bottom line is that negativity happens.

Positivity is a choice, and the quicker you learn to reframe, the more time you'll spend in a positive space. Then, over time, the more likely you are to turn directly to a positive interpretation of events.



Clouds in the sky should never  
make you feel that way.

**A pessimist makes difficulties out of opportunities,  
an optimist makes opportunities out of difficulties.**

## MIND-SET:

### Challenge your thinking

#### Treat Yourself

If things are feeling a bit rotten, why not treat yourself? A trip to the cinema, a visit to a museum, a walk along the river, or a visit to a friend. This can help to temporarily distract you from the stress, help to re-charge your batteries, and give you something to enjoy and make you smile. Yes, this does not solve an issue, but it is not healthy to sit around and allow life to overwhelm you.

I was quite lucky last year to get some financial compensation for something awful that happened to me over nine years ago. When lockdown finished over the summer, I decided to try and see as many theatre shows as possible. Admittedly, I always looked for the cheaper seats, and often have seen shows from the back row in the dress circle. But I have thoroughly enjoyed getting out and about

Ant with HMHB, as per photos on page seven, we have had trips to the Science Museum, the Natural History Museum, a £10 a ticket trip to see HMS Pinafore. We plan to go to London Zoo, to the Docklands Museum, the South Bank, and more. A trip does not have to cost a lot of money. Plan well.



**Take Action:** If you're in a bad situation, take steps to bring about change. Ask yourself, "What *exactly* is the problem?" It's astounding to me that often, when I take time to identify a problem exactly, a possible solution presents itself.

This is also the time that people can choose to hide away, use substances like alcohol or drugs or food, and isolate themselves. This only hides the issue. Action, which can be really hard, is the only solution.

#### Focus on now

There are going to be many problems that you are not able to solve at the moment, or are out of your hands. So why are you worrying about them at this time? You need to focus on what you can do, and what you can affect. One of the best ways of doing all that is to make plans, written ones. This could be a family issue, career issue, health issue, etc. Instead of panicking about what could happen, look at the problem, write down what you want the result to be, and then work out if there is anything you can be doing that can help you achieve that goal.

As many know, I have had issues around my weight for many years. I have yoayed up and down, and it has been very frustrating. I have reached goals, and then collapsed back into bad habits. But instead of worrying about it, I have this week sat down and written down my targets, as well as options of how I can be doing things better. I have also tried to work out what I can be doing better psychologically, as well as physically. One of my major problems is that I feel like a failure, as I talk about all this in the previous health packs. The fact I am still struggling is a major setback to me. Why can I not follow my own suggestions and knowledge? It feels pathetic. But I will not knock myself. I can do this. I will do this. :-)

#### Bad things happen

We just need to acknowledge that life is going to have ups and downs. It is a challenge. That is the way to view it. Challenges need solutions. That is where we have control. We can find ways to solve issues, even if that means us seeking help from others. Good times will also happen. Let's roll with life. Understand that things will sometimes go wrong and to stress about that will just increase the harm that ensues. It does not mean not to worry. That is understandable. But you decide how you focus on loving forward!!!

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

Since last summer, 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 was important that anyone could win, so we decided to make it funny, but no knowledge was required. If you enjoy the questions on this page, why not come and join us on Thursdays? If you contact us, we can send a link.

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

**ROUND ONE: Odd One Out**

**Only one of the choices is correct: which one is it?**

1 Films with an Oscar Nomination  
The Good The Bad and The Ugly  
Reservoir Dogs  
Rocky 1977  
The Shining

2 Never appeared in Star Trek  
Dwayne Johnson  
Teri Hatcher  
Joan Collins  
Tom Hardy

3 Not a Variety of Bean  
Gobb  
Moth  
Black Eyed Peas  
Pink

4 Not a species of beetle  
Green Tortoise  
Black Oil  
Tork  
Skin

5 Genuine US Doughnut Toppings  
Pulled Pork  
Tofu  
Foie Gras  
Jalapenos

6 Qualified Soccer World Cup  
China  
Albania  
Finland  
Luxembourg

**ROUND TWO: Give Me a Number**

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

1. Most M&Ms eaten with chopsticks in one minute
2. In the Two Live Aid concerts in July 1985 in the UK and the US, how many different acts appeared?
3. How far, in kilometres, is the Moon from the Earth?
4. How many number one UK singles did the Beatles have?
5. How many people have walked on the Moon:



**ROUND THREE: When Did That Happen**

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

1. When did the present Westminster Abbey open?
2. Bon Jovi was the first concert at the O2 at Greenwich: What year?
3. In what year was Harrison Ford first credited as appearing in a film?
4. When did the first traffic lights appear in London?
5. When was Galileo born?

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: What are Amino Acids?

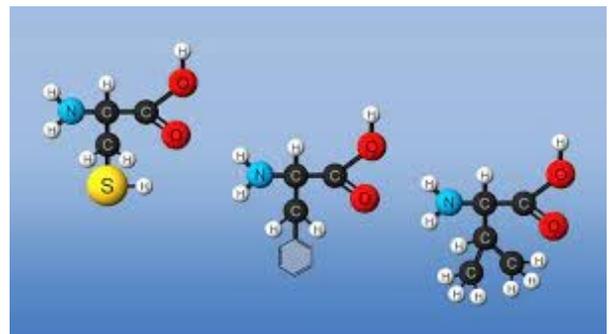
**There is a difference between our “diets” and our “nutrition”. Our diet is what we consume on a daily basis (solids and liquids). Our nutrition is the nutrient content that is essential to keeping our bodies healthy, and us alive.**

**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.**

**HMHB have covered Amino Acids many times, on various topics, throughout the history of our health packs. And for good reason. They are essential for keeping our bodies functioning properly, as well as keeping us alive.**

Amino acids, often referred to as the building blocks of proteins, are compounds that play many critical roles in your body. They're needed for vital processes like the building of proteins and synthesis of hormones and neurotransmitters. Some may also be taken in supplement form for a natural way to boost athletic performance or improve mood.

Amino acids are organic compounds composed of nitrogen, carbon, hydrogen, and oxygen, along with a variable side chain group. It is how they bond together, with numbers of atoms, that makes them different. Your body needs 20 different amino acids to grow and function properly. Though all 20 of these are important for your health, only nine amino acids are classified as essential. These are histidine, isoleucine, leucine, lysine, methionine, phenylalanine, threonine, tryptophan, and valine.



Unlike nonessential amino acids, essential amino acids can't be made by your body and must be obtained through your diet. The best sources of essential amino acids are animal proteins like meat, eggs, and poultry. When you eat protein, it's broken down into amino acids, which are then used to help your body with a huge number of various processes, such as building muscle and regulating immune function, amongst others.

There are several nonessential amino acids that are classified as conditionally essential. These are considered to be essential only under specific circumstances such as illness or stress. For example, although arginine is considered nonessential, your body can't meet demands when fighting certain diseases like cancer. That's why arginine must be supplemented through diet in order to meet your body's needs in certain situations.

Doctors previously believed that people had to eat foods that provided all nine essential amino acids in one meal.

As a result, unless an individual was eating meat, eggs, dairy, tofu, or another food with all the essential amino acids, it was necessary to combine two or more plant foods containing all nine, such as rice and beans.

Today, however, that recommendation is different. People who eat vegetarian or vegan diets can get their essential amino acids from various plant foods throughout the day and do not necessarily have to eat them all together at one meal.

## NUTRITION: The Nine Essential Amino Acids

The nine essential amino acids perform a number of important and varied jobs in your body:

### **Phenylalanine:**

Phenylalanine is a precursor for the neurotransmitters “tyrosine, dopamine, epinephrine, and norepinephrine. It plays an integral role in the structure and function of proteins and enzymes and the production of other amino acids.

### **Valine:**

Valine is one of three branched-chain amino acids, meaning it has a chain branching off to one side of its molecular structure. Valine helps stimulate muscle growth and regeneration and is involved in energy production.

### **Threonine:**

Threonine is a principal part of structural proteins such as collagen and elastin, which are important components of the skin and connective tissue. It also plays a role in fat metabolism and immune function.

### **Tryptophan:**

Though often associated with causing drowsiness, tryptophan has many other functions. It's needed to maintain proper nitrogen balance and is a precursor to serotonin, a neurotransmitter that regulates your appetite, sleep and mood.

### **Methionine:**

Methionine plays an important role in metabolism and detoxification. It's also necessary for tissue growth and the absorption of zinc and selenium, minerals that are vital to your health.

### **Leucine:**

Like valine, leucine is a branched-chain amino acid that is critical for protein synthesis and muscle repair. It also helps regulate blood sugar levels, stimulates wound healing and produces growth hormones.

### **Isoleucine:**

The last of the three branched-chain amino acids, isoleucine is involved in muscle metabolism and is heavily concentrated in muscle tissue. It's also important for immune function, haemoglobin production, and energy regulation.

### **Lysine:**

Lysine plays major roles in protein synthesis, hormone and enzyme production and the absorption of calcium. It's also important for energy production, immune function and the production of collagen and elastin.

### **Histidine:**

Histidine is used to produce histamine, a neurotransmitter that is vital to immune response, digestion, sexual function and sleep-wake cycles. It's critical for maintaining the myelin sheath, a protective barrier that surrounds your nerve cells.

**Though amino acids are most recognized for their role in muscle development and repair,  
the body depends on them for so much more.**

**That's why essential amino acid deficiencies can negatively impact your entire body  
including your nervous, reproductive, immune, and digestive systems.**

## NUTRITION: What about Amino Acid Supplements?

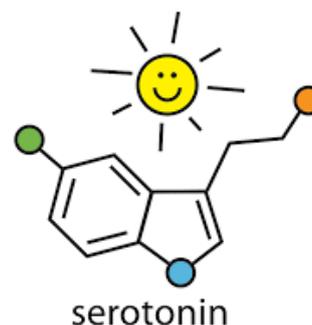
It should be noted that before you take any supplement, medical, herbal, nutritional, it is very important you contact your doctor to ensure it is safe for you, especially if you are taking any medication.

While essential amino acids can be found in a wide array of foods, taking concentrated doses in supplemental form has been linked to several health benefits.

Tryptophan is needed for the production of serotonin, a chemical that acts as a neurotransmitter in your body. Serotonin is an essential regulator of mood, sleep, and behaviours.

While low serotonin levels have been linked to depressed mood and sleep disturbances, several studies have shown that supplementing with tryptophan can reduce symptoms of depression, boost mood, and improve sleep.

A 19-day study in 60 older women found that 1 gram of tryptophan per day led to increased energy and improved happiness, compared to a placebo.



The three branched-chain essential Amino Acids (BCAAs) - Leucine, Isoleucine, Valine - are widely used to alleviate fatigue, improve athletic performance, and stimulate muscle recovery after exercise.

In a study in 16 resistance-trained athletes, branched-chain amino acid supplements improved performance and muscle recovery and decreased muscle soreness, compared to a placebo. A recent review of eight studies found that supplementing with branched-chain amino acids was superior to rest in promoting muscle recovery and reducing soreness after exhaustive exercise. Additionally, taking 4 grams of leucine per day for 12 weeks increased strength performance in untrained men, showing that essential amino acids are able to benefit non-athletes as well.

Muscle loss is a common side effect of prolonged illnesses and bed rest, especially in older adults. Essential amino acids have been found to prevent muscle breakdown and preserve lean body mass.

A 10-day study in 22 older adults on bed rest showed that those who received 15 grams of mixed essential amino acids maintained muscle protein synthesis, while the process decreased by 30% in the placebo group. Essential amino acid supplements have also been found to be effective in preserving lean body mass in elderly people and athletes.

Some human and animal studies have demonstrated that branched-chain essential amino acids may be effective in stimulating fat loss.

For example, an eight-week study in 36 strength-trained men found that supplementing with 14 grams of branched-chain amino acids per day significantly decreased body fat percentage, compared to whey protein or a sports drink. A study in rats showed that a diet composed of 4% supplemental leucine reduced body weight and fat. However, other studies investigating the potential link between branched-chain amino acids and weight loss have been inconsistent. More studies are needed to determine if these amino acids can.

At HMHB, when we first set out to build awareness around nutrition, one of our major aims was not to tell people what to eat. Instead, we wanted to provide guidance on what we needed from our diets that would keep us healthy. That meant we looked more at the make up of foods. We are all old enough to choose what we like to eat. Nothing wrong with treats. But it is vital we all ensure we get a good selection of protein, carbohydrates (more complex), fats (more unsaturated), vitamins, and minerals. Do your own research. It is up to you to make sure you are giving your body the best chance to work well.

## Nutrition: HMHB look at different Foods

### Today: Tomatoes

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

I don't think I know anyone who does not like tomatoes - although I am sure there will be people out there. Whether we are slicing them into sandwiches, adding them to stews or casseroles, liquidising to spread on pizza, or even drinking down their juices, tomatoes are everywhere.

Tomatoes are the fruit of the tomato plant. They originated in the South American Andes, around the area of modern day Peru, and were first used as a food by the Aztec's in Southern Mexico.

Because the tomato has seeds and grows from a flowering plant, botanically it is classed as a fruit not a vegetable. In 1887, U.S. tariff laws imposed a duty on vegetables, but not on fruits. This meant the status of tomatoes became a matter of legal importance. The U.S. Supreme Court ruled in the case of *Nix v. Hedden* that tomatoes were to be considered vegetables, based on the popular definition that classifies vegetables by use, where they are usually served with dinner and not as a dessert. However, the courts did not reclassify the tomato botanically, so it is still a fruit.

Although they are around 95% water, tomatoes are a good source of several vitamins and minerals:

- **Vitamin C.** This vitamin is an essential nutrient and antioxidant. One medium-sized tomato can provide about 28% of the Reference Daily Intake (RDI).
- **Potassium.** An essential mineral, potassium is beneficial for blood pressure control and heart disease prevention.
- **Vitamin K1.** Also known as phyloquinone, vitamin K is important for blood clotting and bone health.
- **Vitamin B9;** One of the B vitamins, also known as Folate, it is important for normal tissue growth and cell function. It's particularly important for pregnant women.

The content of vitamins and plant compounds in tomatoes can vary greatly between varieties and sampling periods. The main plant compounds in tomatoes are:

- **Lycopene.** A red pigment and antioxidant, lycopene has been extensively studied for its beneficial health effects.
- **Beta carotene.** An antioxidant that often gives foods a yellow or orange hue, beta carotene is converted into vitamin A in your body.
- **Naringenin.** Found in tomato skin, this flavonoid has been shown to decrease inflammation and protect against various diseases in mice.
- **Chlorogenic acid.** A powerful antioxidant compound, chlorogenic acid may lower blood pressure in people with elevated levels.

**Tomatoes are juicy and sweet, full of antioxidants, and may help fight several diseases.  
They are especially high in lycopene, a plant compound linked to improved heart  
health, cancer prevention, and protection against sunburns.  
Tomatoes can be a valuable part of a healthy diet.**





**HMHB's Name Game Page - trickier than you think.**  
Based on certified sales from 1954-2016, these were the best selling music acts of all time. How many can you name?  
Answers at bottom of quiz page answers (page 35)



1



2



3



4



5



6



7



8



9



10



11



12



13



14



15

## NUTRITION: Lazza's Kitchen Adventure

### Peach Torte

**A New Recipe from Lazza's Kitchen.  
Today he makes his first Peach Torte from scratch**

**This recipe is based on the old Pound Cake, which was four ingredients; flour, butter, eggs, and sugar. It is believed that the pound cake is of Northern European origin and dates back to the early 1700s. A recipe for pound cake is in the first U.S. cookbook, "American Cookery", which was published in 1796.**

#### Ingredients

115g plain flour  
1 teaspoon of baking powder  
Pinch of salt  
115g of unsalted butter, at room temperature  
175 g of caster sugar  
2 eggs, at room temperature  
6-7 peaches - depending on size of tin  
Sugar and Lemon juice (for sprinkling over top)  
Vanilla Essence

Preheat the oven to 180C/350F. I use a silicon muffin tray, but if metal lightly grease the compartment. Silicon trays are easy to clean and generally non-stick.

Add flour to bowl with the baking powder and salt and mix well.

Separately, cream the butter and sugar together until light and fluffy (add a teaspoon of vanilla essence if you like) - use a mixer if you want.

Beat in the eggs.

Fold in the dry ingredients until well blended.

Smooth the mixture into your tin, smooth it down so it is even over the bottom.

I used half peaches from tin, but you can use fresh, but skin them first. You can do that in gently boiling water, dropping them in for 10 seconds, before peeling.

Put the halved peaches over the bottom of the mixture, pressing down slightly.

Sprinkle with the sugar and lemon juice and bake till golden brown and set (probably around 50-60 minutes, but check after 45).

Serve as you wish.



**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](http://www.hmhb2016.org.uk) This was a great and very tasty bake to prepare.**

## EXERCISE/FITNESS

### Is exercise the best medicine?

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 are part of two health walks in Islington, one of these 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 have restarted our Highbury Gym sessions on Tuesdays, thanks to Mark and his team at Better, and look forward to restarting the others as soon as we possible can. We will also be resuming our two FREE outdoor sessions, just as soon as the weather improves in the Spring.

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.

It is now February, we are already over a month into the new year. How are you doing? Are you being as active as you can be? For most people the answer is no. We use the cold days, the darker mornings, the life around us, and other factors as an excuse, but mostly it is down to laziness. However, exercise can be an incredible tool in our quest to be healthy and happy.

People often fixate on their cholesterol, blood sugar, and blood pressure numbers. But exercise is the dimension that moderates other risks. If your cholesterol is a little high but you are fit, it's quite different than if your cholesterol is a little high and you're sitting on your couch all day. But doctors have not had a simple tool to quantify the benefit of fitness to use alongside hard metrics such as cholesterol, blood sugar, and blood pressure.

In an effort to pin down the life-lengthening value of physical activity, researchers evaluated 30 years' worth of cardiovascular health data collected from over 16,000 people ages 20 and older. In addition to traditional markers such as body mass index (BMI), cholesterol, blood pressure, and blood sugar levels, they added into the equation a measured fitness score based on treadmill test results. What they discovered was that while the rate of cardiovascular-related deaths rose in a familiar pattern against the traditional risk factors, the individuals with the best treadmill test scores were 18% less likely to die within the following 30 years than people at the lower end of the fitness spectrum.

In a nutshell, the more exercise you get, the better off you will be, as long as you don't hurt yourself. That said, any physical activity is better than being sedentary. Exercise has a cumulative benefit. Over 30 years, people who exercise regularly have very different outcomes than people who give it up after 10 years.

Mountains of research attest to the fact that as little as 30 or even 15 minutes of moderate-intensity activity most days of the week can help lower your cardiovascular risk. Moderate-intensity activity includes brisk walking, swimming, and mowing the lawn. If you have physical limitations such as arthritis, poor vision, or balance problems, the key is to find a pattern of exercise - swimming, dancing, stretching, etc. - that is within your capacity and that you can stick with.



## EXERCISE/FITNESS: I need help to remove fat.

Many of us have reportedly put on a few pounds in the last two years, using the Covid pandemic, rules around meeting people, rules about isolating, and other factors to explain it. Ultimately, anyone who has put on any weight - and I include myself in that group - have done so because they have probably overeaten and not done enough exercise. My excuse is dreadful, as I was producing these packs weekly for 50 weeks between May 2020 and April 2021.

So I am needing to lose Belly Fat and have set myself some goals. Why don't you join me if you too need to lose some weight, or if not then maybe set some healthy goals too.

Belly fat needs shifting. When medical professionals refer to belly fat, they are referring to visceral fat as opposed to subcutaneous fat. In simple terms, this means fat that is stored deeper within your body, closer to your organs. Visceral fat is generally acknowledged to be more dangerous than subcutaneous fat. Studies have shown that carrying visceral fat around the abdomen increases the risk of a number of serious health complaints. These include heart disease, diabetes, strokes and high blood pressure. Recent studies also suggest a link between belly fat and cancer.

No exercise can aim for a certain fat. But we can try and burn up fat quicker with various exercises, so let's take a look at them, as eventually that will get round to the belly.

### Walking

What, I hear you cry. Surely not simple walking. But yes, simply walking can go a long way toward helping you shed belly fat.

It seems so simple, but 45 to 60 minutes of brisk walking every day can do wonders for your metabolism. Plus, it ensures that you don't over-train, which can lead to an over-production of cortisol, a stress hormone that's been shown to contribute to belly fat.

If your walking workout helps you unwind after a stressful day or work through emotions that might otherwise stress you out, there's a chance it'll help you lower cortisol levels, which in turn can keep belly fat in check. And brisk walking is an effective way to drop pounds, including the belly fat that's hiding your abdominal muscles. One hour of rapid walking a day can lead to one pound of fat loss a week.

### Strength Training

We are going to cover strength training in the next pack, and demonstrate some exercises.

People can get nervous about lifting weights. You might even feel inadequate, and certainly not want to around others who may judge you unfairly.

It is possible to find household items to help you, but are still looking to drop belly fat it's time to pick up the intensity by using heavier weights and cutting down on rest time between reps. Lifting heavy is where you see more an afterburn effect. Your body continues to burn calories even after you finish. Just be sure that your technique doesn't suffer as you increase your weight, which can lead to injury.



## EXERCISE/FITNESS:

### Let's work on reducing fat with HIIT exercises

High Intensity Interval Training exercises are terrific for fighting fat. Here are some that anyone can do.

#### Burpee



Stand with your feet shoulder-distance apart and send your hips back as you lower your body toward the ground in a low squat. Then, place your hands right outside of your feet and hop your feet back, allowing your chest to touch the floor. Push your hands against the floor to lift your body up into a plank and then jump your feet just outside of your hands. With your weight in your heels, jump explosively into the air with your arms overhead.

**This exercise works your core, as well as your chest, shoulders, lats, triceps, and quads. Since burpees involve explosive plyometric movement, they'll get your heart pumping too.**

#### Mountain Climber



Get into a high-plank position with your wrists directly under your shoulders. Keep your core tight, drawing your belly button in toward your spine. Drive your right knee toward your chest and then bring it back to plank. Then, drive your left knee toward your chest and bring it back. Continue to alternate sides.

**An effective way of strengthening your arms, back, shoulders, core and legs. Using multiple muscles at once increases heartrate, which helps to burn more calories**

#### Running on an incline



Running at an incline rather than on a flat surface has been shown to increase total calorie burn by as much as fifty percent. Whether you're outside on a hill or at the gym on an inclined treadmill, start out walking for five to ten minutes. Your heart rate should elevate pretty quickly as you pick up your pace. A good idea is to alternate between a walk, a jog, and a fast job/sprint. If possible.

**Uphill sprinting builds muscular endurance and muscle strength because the major muscles of the body must work harder to propel your body up a hill. The slope of a hill targets the glutes, hamstrings, quadriceps, calves, core, and upper body and, similar to weight training, allows you to build more muscle.**

## EXERCISE/FITNESS:

### Targeting our fat, so we can get fitter

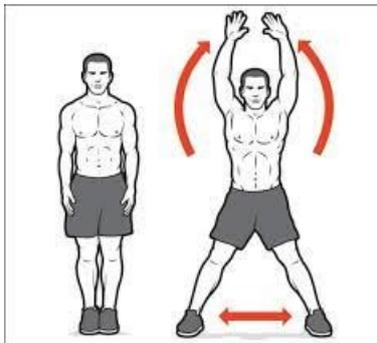
#### Russian Twists - with or without a ball



Sit up tall on the floor with your knees bent and feet off the ground. You can hold a medicine ball with your hands at chest height. Lean backward with a long, tall spine, holding your torso at a 45-degree angle and keeping your arms a few inches away from your chest. From here, turn your torso to the right, pause and squeeze your right oblique muscles, then turn your torso to the left and pause to squeeze your left oblique muscles. The movement should come from your ribs and not your arms

**Doing the Russian twist every day will help you burn calories, be in better shape, lose belly fat, improve balance and posture, and reduce the risk of obesity-related diseases.**

#### Jumping Jacks - Star Jumps



Begin by standing with your legs straight and your arms to your sides. Jump up and spread your feet beyond hip-width apart while bringing your arms above your head, nearly touching.

Jump again, lowering your arms and bringing your legs together. Return to your starting position.

There are various alternatives, such as including a squat.

**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**

#### Plank



Begin in the plank position, face down with your forearms and toes on the floor. Your elbows are directly under your shoulders and your forearms are facing forward. Your head is relaxed and you should be looking at the floor. Engage your abdominal muscles, drawing your navel toward your spine. Keep your torso straight and rigid and your body in a straight line from your ears to your toes with no sagging or bending. Ensure your shoulders are down, not creeping up toward your ears. Your heels should be over the balls of your feet.

**Plank is one of the best calorie burning and beneficial exercises. A plank hold engages multiple muscles at once, thereby benefiting the core strength of your body.**

**Not just burning the fat around your abdomen area, they also work by giving you an improved posture, flexibility, as well as a tighter tummy.**

## Lazza's Page of Fascinating Facts

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 for this month.

### **Australia is wider than the Moon.**

Yep, even that one astonished me.

We must not confuse this with size. The moon has a much larger surface area for a start. But, the moon is approximately 3400km in diameter, whereas the distance from East to West in Australia is around 4000km. Isn't that incredible??



### **Crisps were invented by accident**

In 1853, George Crum, a chef in New York, accidentally invented potato chips when an annoying patron kept sending his French-fried potatoes back to the kitchen because they were "soggy". In an attempt to teach the customer a lesson, Crum sliced them extra thin, fried them to a crisp, and drowned them in salt. To his surprise, however, the complaining customer actually liked what would become the very first serving of potato chips. I am happy this happened!!



### **Listerine was originally a floor cleaner**

Listerine, was invented in the nineteenth century as powerful surgical antiseptic. It was later sold, in distilled form, as both a floor cleaner and a cure for gonorrhoea. Listerine was promoted to dentists for oral care in 1895 and was the first over-the-counter mouthwash sold in the United States, in 1914. But it wasn't a runaway success until the 1920s, when it was pitched as a solution for "chronic halitosis, which was an obscure medical term for bad breath. Listerine's new ads featured forlorn young women and men, eager for marriage but turned off by their mate's rotten breath. "Can I be happy with him in spite of *that*?" one maiden asked herself. Until that time, bad breath was not conventionally considered such a catastrophe. But Listerine changed that. Listerine did not make mouthwash as much as it made halitosis.

In just seven years, the company's revenues rose from \$115,000 to more than \$8 million. Wow!!!



### **There is a reason the Olympic rings are those colours.**

Many people know that each of the world-famous Olympic rings represents one of the five continents of the world. However, the rings were designed by Baron Pierre de Coubertin in 1912, and he stated that, together with the white background, their colours also represented the flags of every nation competing at that year's event.. I did not know that!!!



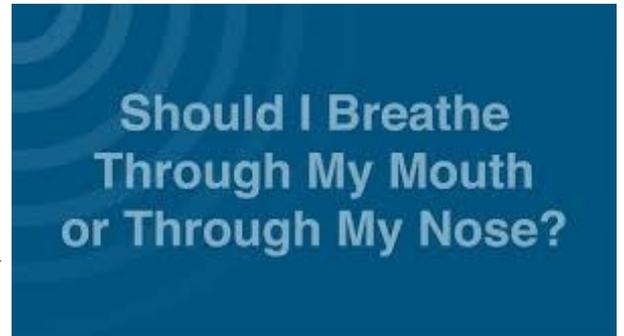
## HEALTH / ROUTINE

### You need to breathe through your nose, not mouth

Most people naturally breathe through their noses almost all the time. Humans evolved this way as a survival technique. It keeps our breaths going as we eat with our mouths, so we don't choke.

But some people develop mouth breathing later in life or are born as mouth breathers due to their body's structural makeup. Both cases can make you unconsciously breathe through your mouth, which could lead to other health issues.

Experts agree that breathing through your nose has many more benefits than mouth breathing. Our noses process air differently than our mouths do. These differences are our body's way of keeping us safe and healthy.



When you breathe in through your nose, it:

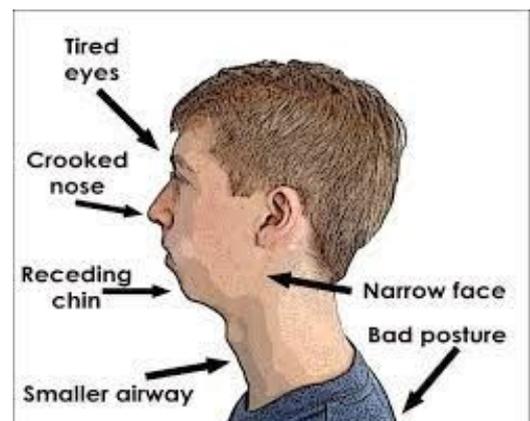
- **Controls temperature.** Your lungs prefer air that's not too cold and not too hot. Unless you have a block, like a deviated septum or chronic rhinitis, your nose will warm or cool the air that goes into your lungs. This will help the air reach an ideal temperature for your body. Mouth breathing doesn't do this.
- **Filters toxins.** The small, hair-like structures called "cilia" in your nose filter out toxins and debris when you breathe. They help send them to your throat instead of your lungs. Mouth breathing directs everything you breathe into your lungs.
- **Humidifies.** Your nasal passages humidify the air you inhale. Your mouth doesn't typically do this, which is why some mouth breathers wake up with dry mouth or a sore throat.
- **Senses smell.** Your nose can smell harmful substances in the air or your food. Your mouth can't find these toxins as effectively.

The only time it's absolutely necessary to breathe through your mouth is when you're doing intense exercise or if your nose is blocked from congestion, a cold, or allergies. Temporary mouth breathing can help you get air to your lungs quicker in these situations.

Breathing through your mouth can dry out your gums and the tissue that lines your mouth. This can change the natural bacteria in your mouth, leading to gum disease or tooth decay.

Over long periods of time, mouth breathing can also lead to physical changes in children, such as:

- An elongated face
- Droopy eyes
- Dark spots underneath the eyes
- Narrow nostrils
- Trouble sealing lips
- Dry lips
- A narrowed upper lip
- A forward open bite



Mouth Breathers

**In general, it's healthier to breathe through your nose instead of your mouth. That's because nose breathing is more natural and helps your body effectively use the air you inhale.**



## HEALTH / ROUTINE

### Our Kidneys

Your kidneys are two of the most important organs in your body. They filter your blood and help get rid of waste products from your body.

Each kidney is about the size of a small mobile phone. They have an unusual shape - kidney beans are named after them because they have the same shape.

The inner curve of the kidney is called the “Hilum” where a number of vessels enter or exit, including the Ureter, Renal Vein, Lymphatic Vessels, and Nerves. A connective tissue membrane called the “Peritoneum”, as well as adipose (fat) tissue, attach your kidneys to your posterior abdominal wall. Beneath the peritoneum, a lining of collagen called the “Capsule” encloses the kidney. Fibres of this layer extend outward to attach the organ to surrounding structures.



The kidneys are retroperitoneal. This means they attach to the posterior side of the abdominal cavity’s lining, on the outside of the cavity. Your back muscles do help to protect your kidneys, as do your lower ribs, but a hard blow can still damage a kidney fairly easily.

They are reddish brown in colour and located just below the ribs in your lower back.

#### **They get rid of waste products carried in the blood.**

The kidneys are part of the waste disposal team. They check out the minerals, vitamins and other nutrients that you get from your food and send off into urine anything that is not needed. They make urine (wee), send it down to the bladder through tubes called the ureters, and when the bladder feels full enough the brain sends you off to the toilet to get rid of the urine.

#### **They balance the volume of fluid in the body.**

Adults have around 7 to 8 litres of blood in their body (kids have a smaller amount, depending on how big they are). All of this gets filtered through the kidneys many times a day. If the volume of fluid in your body goes down (maybe you are sweating out a lot of fluid through your skin or maybe you are not drinking enough water), the kidneys will not make much urine until the amount of fluid in your body goes up.

#### **They can change blood pressure.**

The kidneys make a hormone that can constrict (make narrower) the arteries in the body. This causes blood pressure to rise when a higher pressure is needed to make sure that blood gets to all parts of your body.

#### **They help in making red blood cells.**

The kidneys make a hormone that tells the body when to make more red blood cells.

#### **They produce active vitamin D.**

Vitamin D helps the body to absorb calcium from dairy products and some other foods that you eat. Calcium is needed to make strong bones and teeth.

## HEALTH / ROUTINE

### Kidney Disease: How to look after them.

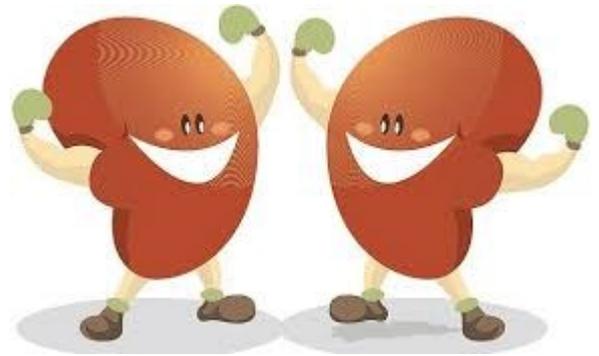
Kidney disease usually affects both kidneys. If the kidneys' ability to filter the blood is seriously damaged by disease, wastes and excess fluid may build up in the body. Although many forms of kidney disease do not produce symptoms until late in the course of the disease, there are six warning signs of kidney disease:

1. High blood pressure.
2. Blood and/or protein in the urine.
3. A creatinine and Blood Urea Nitrogen (BUN) blood test, outside the normal range. BUN and creatinine are waste that build up in your blood when your kidney function is reduced.
4. A glomerular filtration rate (GFR) less than 60. GFR is a measure of kidney function.
5. More frequent urination, particularly at night; difficult or painful urination.
6. Puffiness around eyes, swelling of hands and feet.

Chronic kidney disease (CKD) is usually caused by other conditions that put a strain on the kidneys. Often it's the result of a combination of different problems.

CKD can be caused by:

- High Blood Pressure: over time, this can put strain on the small blood vessels in the kidneys and stop the kidneys working properly
- Diabetes: too much glucose in your blood can damage the tiny filters in the kidneys
- High cholesterol; this can cause a build-up of fatty deposits in the blood vessels supplying your kidneys, which can make it harder for them to work properly
- Kidney Infections
- Glomerulonephritis: kidney inflammation
- Polycystic Kidney Disease; an inherited condition where growths called cysts develop in the kidneys
- blockages in the flow of urine – for example, from kidney stones that keep coming back, or an enlarged prostate.
- Long-term, regular use of certain medicines – such as lithium and non-steroidal anti-inflammatory drugs (NSAIDs).



You can help prevent CKD by making healthy lifestyle changes:

**Drink Water:** Drinking water regularly throughout the day helps your kidneys to function properly and stay healthy.

**Manage Diabetes:** Diabetes is a leading cause of kidney disease. If you have been diagnosed with diabetes, speak with your doctor about how to manage your condition and monitor your kidney health. Also, if you have not got it, know a healthy lifestyle, and maintaining a good weight, is essential.

**Watch your blood pressure.** High blood pressure, or hypertension, is a risk factor for developing kidney disease, because it can cause damage to the arteries and blood vessels in and around the kidneys.

**Stop Smoking.** People who smoke are more likely to develop kidney disease and kidney cancer, so quitting now is a great step for your future kidney health.

**Your body is remarkable.**

**Maintaining healthy organs are vital: and kidneys are important.**

**We never tend to think about our insides.**

**Don't wait for problems to occur, make better choices now!!!**

## 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: **G**

*(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

Round One: 1 Rocky 2 Tom Hardy (appeared Star Wars): 3 Gobb (Irma Gobb played Mr Bean gf)  
4 Tork (Peter Tork was one of the Monkees): 5 Tofu: 6 China (2002)

Round Two: 1, 65: 2, 75: 3, 384.400: 4, 17: 5, 12

Round Three: 1, 1269: 2, 2007: 3, 1967: 4, 1868: 5, 1564

## NUTRITION: Lazza's Kitchen Adventure

### Sweet & Sour Chicken

A Recipe from Lazza's Kitchen first published in Weekly Pack No 43  
He made his first ever Sweet & Sour Chicken from scratch

One of the earliest recordings of sweet and sour comes from 《烧尾宴食单》, a menu of the food served in Tang Dynasty (618-907) festivals written in 708. It included many sweet and sour dishes and recorded that they were invented by Chancellor Wei Juyuan under Emperor Zhongzong of Tang when he hosted the Emperor at his house.

#### Ingredients

500g Chicken Breast (cubed)  
White/Red Wine Vinegar  
Soy Sauce  
Cornflour  
Pineapple (cubed)  
Red Pepper, Onion, Carrot, cut small  
Tomato Ketchup  
Brown Sugar  
Oil to fry

Place the chicken in a bowl

Add 2tbsp of the vinegar and 2tbsp of Soy Sauce, stir well to marinate, and leave for around 20 minutes. Meanwhile, cut up the pepper (removing seeds), carrot, into small pieces, and onion, sliced and diced. Put to one side.

Create the sauce.

Mix 1 large tbsp of ketchup, 1 tbsp of brown sugar, 1 tbsp soy sauce, 2 tbsp of the red/white wine vinegar, with 2 tbsp cornflour which has already been blended with 3 tbsp of cold water.

Cook chicken in oil in a wok or large saucepan until browned.

Remove and put to one side.

Add the pepper/carrot/onion mix to pan, plus the pineapple and cook for around 5-10 minutes

Add in the chicken and the sauce.

Cook for another 5-10 minutes, taste.

Serve as you wish.



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](http://www.hmhb2016.org.uk)  
This was a great and very tasty meal to prepare.

**Why not try an exercise class!!!**

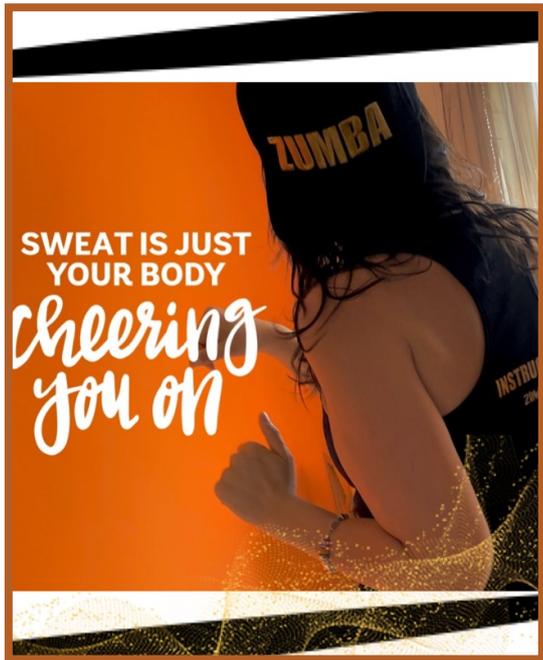
**Here is an amazing opportunity to join in a great Zumba class, or two, with a qualified teacher.**  
 HMHB is restarting our Zumba indoors in February 2022, and outdoors on Highbury Fields in May 2022.

**Karina is based in Islington, but her online classes are fabulous.**

**Please contact her. They are fun, but also great for your overall health. Treat yourself!!**  
[yummymummyzumba@gmail.com](mailto: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](http://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](http://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](mailto:hello@emmaahlstrom.com)  
[www.emmaahlstrom.com](http://www.emmaahlstrom.com)

## Review of Challenges and Targets

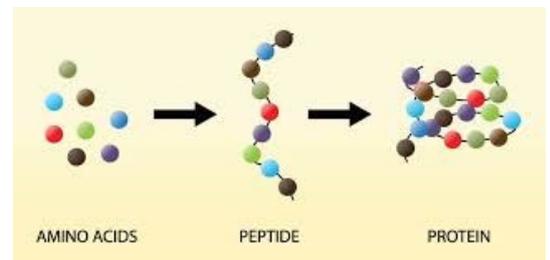
### Mind-set:

Already one month into 2022, do you think you can reach your goals? Do you have faith that you can achieve this year, challenge yourself, and remain positive despite all the negativity of the last couple of years. Well, you know what, you can do it. You create your own opportunities. But it is vital you grab them, and focus 100% on what you can do. Not allowing stress and circumstance to overwhelm you is a good start, but make written targets and push forward. There will be some rough times, but you can get through. Believe!!!!



### Nutrition.

The best sources of essential amino acids are animal proteins like meat, eggs and poultry. When you eat protein, it's broken down into amino acids, which are then used to help your body with various processes such as building muscle and regulating immune function. They are an essential nutrient, vital for life, and it is up to you to ensure you get the right amounts, and the right kinds. We mention them a lot on our packs, but that is because you need to be aware of the contents of your diet. It's your choice. You choose!!!



### Exercise.



During lockdown, many of us saw an increase in our weight. Do not beat yourself up about it, but do take action. No exercise will target a specific fat, like your belly fat, for example. But by working hard, and using certain exercises, you can help to burn more fat, and this will eventually lead to weight loss.

Just do not be disheartened, which I know has been one of my problems. Frustration, stress, all can lead to overeating. Just push hard with exercise, get outdoors, look at diet, and I know you can reach your weight targets.

### Health.

This week we looked at a few health issues, including why it is important to breathe through your nose (do you?), as well as the importance of a good routine.

But we focused on our Kidneys, two vital organs that we probably take for granted, but do a fantastic job.

Our health means looking after our body, and ensuring all our organs, muscles, ligaments, and body parts stay as healthy as possible. That is down to us. What we put into our bodies, and how we look after it, is our responsibility. Are you doing that?



**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 + Music Acts from Page 20

See if you can beat your family and friends

### Film:

The actors were:

1. Morpheus: Laurence Fishbourne
2. Jake Sully: Sam Worthington
3. Satine: Nicole Kidman
4. Commodus: Joaquin Phoenix
5. Jack Dawson: Leonardo Di Caprio
6. Jim Lovell: Tom Hanks
7. Samuel Gerard: Tommy Lee Jones
8. Elliott: Henry Thomas
9. C-3PO: Anthony Daniels
10. Sam Wheat: Patrick Swayze
11. Jamal Malik: Dev Patel
12. Alan Grant: Sam Neill
13. LeeLoo: Milla Jovovitch

### Television

These are the UK television shows that these famous names appeared in:

1. Keeping Up Appearances
2. One Foot In The Grave
3. The Inbetweeners
4. Are You Being Served
5. Nighty Night
6. Only Fools And Horses
7. Red Dwarf
8. The Thick Of It
9. Yes Minister: Yes Prime Minister
10. The Office
11. Absolutely Fabulous
12. Extras
13. The Royle Family

### List of Bestselling Music Artists - from Page 20 (it's meant to be tricky - how well did you do?)

- |    |                 |    |                 |
|----|-----------------|----|-----------------|
| 1  | The Beatles     | 2  | Elvis Presley   |
| 3  | Michael Jackson | 4  | Madonna         |
| 5  | Elton John      | 6  | Led Zeppelin    |
| 7  | Garth Brooks    | 8  | U2              |
| 9  | Mariah Carey    | 10 | The Eagles      |
| 11 | Celine Dion     | 12 | Pink Floyd      |
| 13 | Rihanna         | 14 | Whitney Houston |
| 15 | AC/DC           |    |                 |

**Literature:** The author of those novels, and the year it was published (I am sure that was quite tough. I hope you tried)

1. F: 1818: Mary Shelley
2. TLOTF: 1954: William Golding
3. FOATI: 1942: Enid Blyton
4. DOTN: 1937: Agatha Christie
5. TDVC: 2003: Dan Brown
6. HPATDH: 2007: J K Rowling
7. TKAMB: 1960: Harper Lee
8. TSOTL: 1988: Thomas Harris
9. JP: 1990: Michael Crichton
10. TWWOO: 1900: L Frank Baum
11. PP: 1904: J M Barrie
12. TI: 1882: Robert Louis Stevenson
13. CATCF: 1964: Roald Dahl
14. OT: 1838: Charles Dickens
15. WED: 1967: Alistair MacLean
16. H&G: 1812: Brothers Grimm
17. TTMC: 2020: Richard Osman

### Sport

The 15 richest football clubs (12 April 2021) are:

Barcelona, Real Madrid, Bayern Munich, Manchester Utd, Liverpool, Manchester City, Chelsea, Arsenal, Paris SG, Tottenham Hotspur, Juventus, Borussia Dortmund, Atletico Madrid, Inter Milan, Everton.

QUIZ ANSWERS

### Geography

The top 15 most populated world countries are:

China, India, USA,  
Indonesia, Pakistan,  
Brazil, Nigeria  
Bangladesh, Russia,  
Mexico, Japan, Ethiopia,  
Philippines, Egypt  
Vietnam

# 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](mailto:hmhb2016@outlook.com)

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

[www.facebook.co.uk/healthymindshealthybods](http://www.facebook.co.uk/healthymindshealthybods)

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](http://www.hmhb2016.blogspot.com) ; this about HMHB as a whole

[www.healthymindshealthybods.blogspot.com](http://www.healthymindshealthybods.blogspot.com) our health blog

Our website is: [www.hmhb2016.org.uk](http://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 enabled us to continue packs last year, to reach further and do more.



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*Cripplegate Foundation Helping since 1500*

**Be Safe, Be Active, Be Well**