

Healthy Minds, Healthy Bods

Inspiring; Encouraging; Motivating



HMHB's Monthly Health Pack:

Number 39

Focus on:

Mind-set, Nutrition, Exercise, Health

The Unique and Original, and still The Best



Prepared by: Lazza and the HMHB team:

1st August 2025



www.hmhb2016.org.uk





**Our monthly health packs now contain a massive 48 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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“Who you hang out with determines what you dream about and what you collide with. And the collisions and the dreams lead to your changes. And the changes are what you become. So who is in your circle?”

Welcome to Issue 39 of Healthy Minds, Healthy Bods' New 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 for 7 issues.

Our new venture for 2022 onwards: Issue 39 here.

A revamped Monthly Health Pack for everyone.

All copies are on the website in PDF form. Now 48 pages.

HMHB is a mental health project that is looking to shake up intervention through our own unique, pioneering, 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 some copies to post to those who have no internet, our local councillors, Caroline Russell, Benali Hamdache, and Ernestas Jegorovas Armstrong, as well as Sue Lukes and Osh Gantly, all of whom 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!!!



Here are photos from our Bank of England Museum Visit.

Getting to hold a real gold bar - 99.5% Gold!!!!

HMHB has delivered across Islington and beyond.

HMHB get referrals from the NHS and other local projects.

Lots of outings, social events, terrific exercise sessions, new walks and our unique courses. HMHB delivers to all.

HEALTH NEWS AND RESEARCH PAGE

How Can Pomegranate Juice Help Your Health?

Pomegranate (*Punica granatum*) is a fruit-bearing shrub native to the Middle East but is cultivated widely. Once you've managed to successfully peel away the bitter pith, the edible seeds (arils) make for a sweet and tasty treat (I used some in muffins in a recent Health Pack).

Aside from making a delicious salad topping, pomegranates are believed to have a number of health benefits. They are rich in fibre, vitamins and minerals, and drinking pomegranate juice has been reported to reduce blood pressure. If this effect is true, pomegranates could help to reduce one of the most important preventable causes of premature ill health and death.



A recent study published in the journal "Clinical Nutrition" found that consuming pomegranate juice daily for a year can reduce the thickness of carotid arteries, a key measure of atherosclerosis (heart disease caused by plaque formation), by up to 30%! The study also saw a 21% decrease in systolic blood pressure amongst the participants. In the control group who consumed no pomegranate juice, their plaque thickness actually increased by 9% in that year.

This plaque clearing is accomplished by several different compounds in the pomegranate juice, particularly the polyphenols Punicalagin and Ellagic acid. These polyphenols contribute to artery health by acting as powerful antioxidants that help protect the body's cells and lipoproteins (like LDL) from damage caused by free radicals. This reduced oxidative stress can slow down the process of plaque formation.

Additionally, pomegranate juice helps improve blood flow by stimulating the production of nitric oxide, a chemical that helps to relax and widen blood vessels. Furthermore, these pomegranate compounds have been associated with anti-inflammatory properties, which help to reduce inflammation in the arteries and slow the progression of atherosclerosis.

The National Institutes of Health list pomegranate as one of the natural remedies that may help treat or prevent prostate cancer. A 2014 Research article notes that the polyphenols in pomegranate may aid in preventing the growth of cancer cells related to prostate cancer. In mouse studies, researchers linked pomegranate fruit extract with a reduction in prostate-specific antigen levels and the inhibition of tumour growth. Ingredients in pomegranate may also help lower your chances of contracting breast, lung, and skin cancer.

Molecular studies have indicated that ingredients in pomegranate extract could silence some of the genetic signals that contribute to osteoarthritis (OA). This suggests that pomegranate could help prevent the onset of this condition. In a 2016 clinical trial, 38 people with OA of the knee consumed either pomegranate juice or no juice for 6 weeks. Results suggest that pomegranate juice helped reduce the breakdown of cartilage. The participants who consumed it reported better function and less stiffness than those who did not.

Drinking pomegranate juice every day may improve learning and memory, according to a medical study. In the study, 32 people consumed either 8 ounces of pomegranate juice or other drink for 8 weeks. After 4 weeks, those who consumed pomegranate showed better scores on memory tests. fMRI scans also revealed increased brain activity during these tests. In addition, blood tests showed they had higher antioxidant activity.

HEALTH NEWS AND RESEARCH PAGE:

Can Creatine help to boost your health?

Creatine is gaining recognition far beyond its roots in athletic performance.

Once seen as a gym-only supplement, it's now understood to play a vital role in cellular energy, cognitive function, and healthy aging. From boosting memory and reducing fatigue to preserving muscle mass over time, creatine is emerging as a powerful tool for everyday wellness.

Despite persistent myths about bloating or safety risks, a vast body of research shows it's both safe and effective for nearly everyone especially those who don't get enough from diet alone.

Medical Research from "ScienceDaily".

The compound's usefulness extends well beyond the gym, according to Dr. Richard Kreider, professor and director of the Exercise & Sport Nutrition Lab at Texas Agricultural & Mechanical University. Kreider has spent more than 30 years investigating the effects of creatine, a naturally occurring compound stored in the muscle that combines with phosphate to form creatine phosphate, which is needed for cellular energy.

"When the body is stressed, like in exercise or under metabolic conditions like some diseases, creatine phosphate is needed to maintain energy in the cell, and therefore has a lot of protective and health benefits, in addition to the exercise performance effects that have been seen," Kreider said.

Our bodies create about a gram per day, but it's recommended to get two to four grams of creatine per day, depending on muscle mass and activity levels. According to Kreider, most people fall short of getting enough creatine from diet alone. The best sources of creatine in the diet are meat and fish.

"You only get about a gram of creatine per pound of red meat or fish, like salmon, so it's expensive and takes a lot of calories to get a gram," Kreider said. This is why supplementation matters, especially for vegetarians or vegans who do not consume enough creatine in their diet.



For athletes with performance-related goals, Kreider said it's recommended to supplement five grams, four times a day for a week. Supplementation "helps load the muscle up with more energy," which makes for improved high-intensity exercise, recovery and even cognitive function. After that, consuming 5 to 10 grams per day will maintain creatine stores and provide enough creatine for the brain. Do note, like with any supplements, HMHB recommends you speak to your local doctor before starting on any extra medication or supplements, to ensure they are safe for you.

Beyond boosting athletic performance, creatine is important for everyone as they age throughout their lives, Kreider said. It can help older adults who lose muscle mass and cognitive function as they age, he said, and in adolescents, low dietary creatine intake is associated with slower growth, less muscle mass and higher body fat.

Despite the strong evidence base, Kreider said creatine has long been the subject of misconceptions and misinformation. He's among the members of the International Society of Sports Nutrition who recently issued a letter affirming the safety and efficacy of creatine, urging lobbyists and policymakers not to restrict access to it. "There's absolutely no data supporting any negative side effect anecdotally reported about creatine on the internet and in the media," he said. "Creatine is safe, and it's important for everybody, not just bodybuilders and athletes."

Lazza's Fiendishly Hard Quiz Spectacular!!!
It's meant to take some time, and make you think.
Answers are on page 47 this week (no peeking)

The World:

Since 1949 there have been 16 Vice Presidents of the United States.

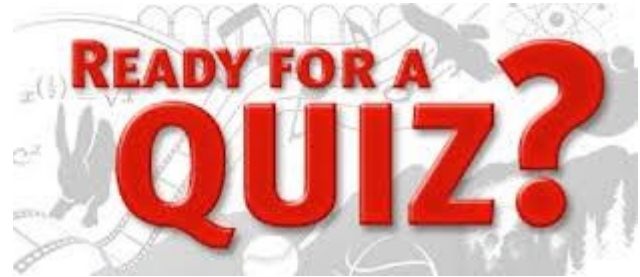
How many of them do you think you can name?
Another tough one from Lazza!!!

Literature: Who wrote these famous books, and what year were they first published?

1. Black Beauty
2. Uncle Tom's Cabin
3. The Grapes of Wrath
4. Catch 22
5. Gulliver's Travels
6. Sense and Sensibility
7. For Whom The Bell Tolls
8. Room With A View
9. Anna Karenina
10. Rob Roy
11. Lady Chatterley's Lover
12. Robinson Crusoe
13. The War Of The Worlds

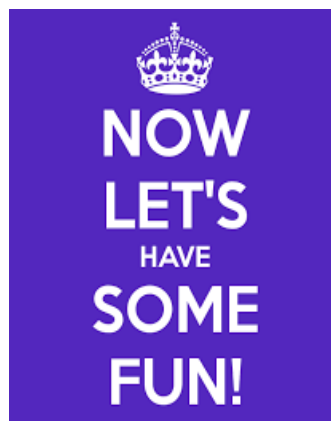
Music: Who sang these songs which reached the UK Top 10 in 1992?

1. Stay
2. It Must Be Love
3. Tears In Heaven
4. Finally
5. Why
6. It Only Takes A Minute
7. The One
8. Rhythm Is A Dancer
9. I Drove All Night
10. It's My Life
11. Would I Lie To you
12. Invisible Touch
13. Ebenezer Goode
14. Achy Breaky Heart



Movies: Who voiced these famous animated characters, and can you name the year the film came out?

1. Zazu in The Lion King (original)
2. Buzz Lightyear in Toy Story
3. Lord Farquaad in Shrek
4. Lightning McQueen in Cars
5. Olaf the Snowman in Frozen
6. Mrs Potts in Beauty And The Beast (original)
7. Frozone in The Incredibles
8. Mike Wazowski in Monsters Inc
9. Queen Elinor in Brave
10. Ralph in Wreck It Ralph
11. Dory in Finding Dory
12. Maui in Moana
13. Chief Bogo in Zootopia
14. Bolt the dog in Bolt
15. Princess Fiona in Shrek Forever After
16. John Smith in Pocahontas
17. Genie in Aladdin



Names:

Who do you think are the top ten celebrities with the most Instagram Followers, and can you guess how many the number one celebrity has?

Have a think!!.

Try and answer all before you look at the answers. Test yourself. Take your time.
I think it is particularly hard this week - deliberately done!!!

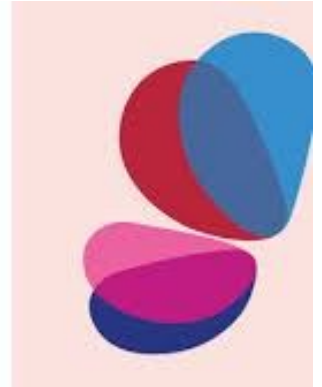
HMHB Activity: Photos and Events from JULY 2025

HMHB received some local funding to deliver various one off courses. So far we have delivered to AGE UK, MIND, Better Lives, Local Services, and in Community Centres.

HMHB delivered one of our sessions for Better Lives Islington.

FEEDBACK: Clinical Associate Psychologist

“Thank you so much for coming today, we thoroughly enjoyed it. Your energy and enthusiasm was fantastic, and it was clear to see how magnetic it was for everyone in the room. I loved the activity with the cereal advert, and it was a great icebreaker to get everyone up and going. It was great to see people coming out their comfort zones and to try something that they were initially scared to do, and showed them that you can do anything when you put your mind to it. Thank you for sharing your personal experiences, as I feel it helped people to resonate with what you were saying and apply it to themselves. Although people were worried to go outside and do the exercises, everyone seemed to really get involved and engage with it, which was great to see. Thank you again for coming.”



FEEDBACK: Clinical Associate Psychologist

Just a massive thank you again for attending as our guest for the Better Lives Day Programme! As always, your etiquette and your energy are undeniably amazing! You highlight the real importance of the mind and body connection in a way that's engaging but also relatable

HMHB delivered one of our sessions for Islington MIND.

“The session with Lawrence from Healthy Minds, Healthy Bods went really well and was a real highlight for our group. Lawrence is a very charismatic and engaging presenter who managed to strike a brilliant balance between sharing informative content and keeping the session fun and accessible. He explained the science behind why movement and nutrition are vital for improving our mental health, particularly how they help release important chemicals like serotonin and dopamine.



His '5 Days of Movement' activity, adapted from the '12 Days of Christmas', got everyone up and moving, showing how simple and enjoyable exercise can be. What really stood out was his use of relatable stories and practical suggestions, like doing short exercises during TV ad breaks—making movement feel achievable for everyone, whatever their fitness level. At the heart of the session was an empowering message: happiness is something we can actively work towards. Presentations like this are so important because they bring people together—especially those who might feel isolated—and create a sense of community and shared understanding. They offer not only valuable information but also hope, by showing what support is available locally and helping to build connections between people and professionals.”

HMHB Activity: Photos and Events from JULY 2025

We managed to get ten FREE tickets to the Royal Society Summer Science Exhibition.

The RS is at Carlton House, down from Piccadilly Circus, near the Mall.

A truly fabulous building, which previously housed royalty, it is not normally open to the public, but we had a chance to see new scientific advances and breakthroughs. We then sat outside for a leisurely coffee and tea.



We have to thank Sadlers Wells for organising to terrific summer party as the community engagement sessions take a welcome break. It was Pimm's O'clock, as well as a very well-stocked buffet.

The music had a lot of us all dancing and the laughter and fun was infectious. It was a an opportunity to mix with other groups, as well as thank the wonderful staff from Sadler's Wells Community Team, especially Elina and Natasha. We are definitely looking forward to renewing our Friday adventures soon.

We had an informative time at the Bank of England Museum, just off Threadneedle Street. We met outside the Royal Exchange and headed to the entrance just around the corner to find the history of the huge building, including how banknotes came into existence, how the Bank of England developed, and looking at the future of currency. Thanks those who came along for this fascinating visit. We even got to hold a gold bar - see photos on Page 3.



The final Islington Sadlers Community Engagement (which was attached to the party above) was an energetic and fun session with one of the Quadrophenia dancers, Dylan, who managed to teach us all a group club dance from the actual show.

We saw the ballet towards the end of June. It was honestly fantastic. Dylan's energy rebounded onto all of us, and we were soon bopping away to the cracking music, although maybe not in the same style as the show, which we saw in June. These community sessions keep us entertained.

HMHB Activity: Photos and Events from JULY 2025



Here we are stood outside the Theatre Royal “Stratford East”, after watching a brilliant new musical production of “Lovestuck”. Catch songs and music, great acting with lots of excellent comic timing, and a fun story line to make you chuckle, this production had everything you want in a theatre visit. Amazingly, it’s based on a true story of a woman in 2017 who got stuck in a window trying to retrieve her own poo that she had tried to throw out of a window - honestly, I kid you not. It somehow works though. I can see it going into the West End, or being made into a film.

Over the last few summers we have been lucky to be running a weekly outdoor Zumba session on Highbury Fields, which we always followed with a group social picnic. Sadly, due to injury, we have been unable to do the Zumba this year, but we felt we really wanted to have one of our wonderful picnics, especially in this gorgeous weather. So we gathered together at the top of the main field on Sunday in July, with nibbles and soft drinks enjoying our company. Thanks to all who came along, it was a lovely way to spend a Sunday lunchtime.



Most of us had heard of The Merry Wives of Windsor, but we all had to look up the story so we could follow the action properly.

And we were in for a treat.

The Shakespeare Globe has been our home for quite a few plays over the last few years, and this was yet another enjoyable comedy.

Lots of laughs, some misdirection, misunderstandings, people dressing up in disguises, and the usual Shakespeare flair. The acting and staging was excellent (although they were not wearing animal costumes).

It even got a little wet in the second half, with us needing to pull on coats and hats.

But it did not dampen our spirits, and the play (which was quite long) left us with smiles on our faces and looking forward to the next one.

HMHB Activity: Photos and Events from JULY 2025



Every alternate week on our Thursday walks we end up at the Second Chance Café, attached to St Mary's Church off Stoke Newington Church Street. It is a place where all community members can sit down and share a meal together. Get to know each other. Feel welcomed. Their pay-what-you-can model means no one is excluded. Sadly for us, they are closing over August to allow their volunteers a rest, but reopening only on Fridays, but HMHB will do a once a month visit to keep supporting them, and have soup and crumble/custard of course.

What a terrific afternoon we had after being invited to join Better Lives on the water at City Road Basin between Old Street and Angel.

We split up between Paddleboarding and Kayaking, and ventured out, with a little trepidation, onto the Regents Canal, desperately trying not to get wet.

Massive thanks to our patient instructors who taught us various moves and kept our confidence high, even when a couple of the group fell in. It was a magical time that lifted all our spirits, and the best part is that we will be able to go back on the water in both August and September, so there will be more pictures in the next Health Pack.



On one Friday morning, our most adventurous gang of five decided to climb the 311 steps to the top of the Monument, based at London Bridge.

Erected to commemorate the Great Fire of London, the enormous Doric Column is 61m, or just over 200 feet, tall - and is sited to be that distance from the bakery that started the Great Fire. It is also sited there as that was where the first church to burn down in the fire was situated.

The view is magnificent once you master the spiral staircase, and you get a 360 degree panorama of London. We enjoyed picking out a few spots before heading down to find Pudding Lane and the place where the bakery had sat.

It was a lovely morning, nice company, and I would fully recommend this to people to do.

HMHB Activity: Photos and Events from JULY 2025



One Friday morning in July, five of the most adventurous amongst us decided to climb the 311 spiral steps to reach the top of the Monument, based near London Bridge. Commemorating the Great Fire of London, the Doric Column was opened in 1677 and has some magnificent views from the top. Designed by Robert Hooke, under the mentorship of Sir Christopher Wren, it stands on the spot of the first church to be destroyed in the fire, and its 202 foot height is also the distance from where the bakery was situated in Pudding Lane where the fire started.

I love Justin's selfie group pics - he is always smiling broadly and lifts us all up. Cheers matey, Here we are in Clissold Park on one of the hot Thursday days in July, relaxing on a bench. As you know from Page 32 in this issue, we have three weekly health walks, in Islington, Hackney, and Haringey, and we would love people to come along and join us, especially while we have these sunny days. Walking has so many benefits, but there is also the social side of group walking which is fantastic. HMHB promotes getting some Vitamin N (Nature) and just getting outdoors can do so much for your mental health as well as your physical health.



In July we were very lucky to get some complimentary tickets - thanks to the wonderful staff at the British Library - to attend the BL Exhibition, "Unearthed: The Power of Gardening". From beautiful botanical illustrations to the world's oldest mechanised lawnmower, ancient herbals to guerrilla gardening zines, *Unearthed* revealed how gardeners have cultivated more than just plants. We ventured into gardening's role in our health and wellbeing, seeing how people have reimagined our homes, towns and cities to create green spaces. The British Library, itself, is the national library of the United Kingdom, and one of the largest libraries in the world holding over 170 million items. Big thanks to Dan and the British Library Team.

HMHB Activity: Photos and Events from JULY 2025

Tucked away around the corner from Ladbroke Grove station is the wonderful Museum of Brands.

Yep, I hadn't heard of it either, but it is a really nostalgic look back at branding and marketing of various products which will leave you with terrific memories and a smile on your face.

They gave us a magnificent entry deal too, for which we thank them, and they had a special glassware exhibition too for us to peruse.

Do look this place up and go for a visit.



It was a loud night at the Coronet on Holloway Road for a Friday Karaoke Session.

A few songs each from Rob, Justin, Ros, Laza, and even a duet from Terri and Dez.

They actually put on the karaoke when Laza turned up asking them if it was on and they said they thought not. But other people sang, and we were there for three hours of laughter, vocals, and socialising with friends.

Some of us enjoyed some outdoor jazz on a Friday evening at the Hope Church St Mary Magdalene off

Holloway Road, near the Central Library, We met the new Mayor too, and the grounds were packed with people enjoying the lovely weather, partaking in some food and drink, and relaxing in the evening vibe from the talented musicians.

This annual event is open to all the community and is a great way to get people together.

I don't think it shows what a community led borough Islington has become, and we definitely appreciated the music and our food and drink. Yay!!



LOOKING FORWARD TO August 2025 - just look at the exciting busy line up below.

Our Summer Party hosted by HMHB. A Movie at Granary Square for free.

A trip to the London Docklands Museum, and another to the Francis Crick Exhibition.

8 at the Globe to see Twelfth Night. A special Walk at the Ecology Centre.

20 People going to Sadlers Wells for The Lion, The Witch and The Wardrobe.

10 people heading to Southwark Playhouse, who have kindly donated free tickets to play, The Trials.

Another of our Karaoke nights at the Coronet for our budding HMHB singers and their fans.

We will be boating in Finsbury Park, and Kayaking with Islington Boating Club.

Alongside our three weekly walks, exercise sessions, courses, and friends meeting up.

NUTRITION: Lazza's Kitchen Adventure

Egg & Bacon Muffins

Lazza has been trying out new recipes for over four years
His first time making: Egg & Bacon Muffins from scratch

Ingredients

6 Large Eggs
Bacon Lardons - I used 2 packs
2 Red Peppers (diced)
Bunch Spring Onions (chopped)
Cheddar Cheese Grated
Red Leicester Cheese Grated
Paprika (generous)
Chives: Salt: Black Pepper

Spring onions, also known as green onions or scallions, have a history rooted in ancient East Asia, particularly China, where they've been cultivated for thousands of years. They were likely native to regions like northwestern China or Siberia. Over time, they spread to other parts of East Asia, like Korea and Japan, becoming staples in various cuisine.

In some oil I added the lardons and started to cook.
I also added in the chopped Spring Onion and Red Pepper.

Meanwhile in a bowl I mixed the eggs, cheese, chives, paprika, salt and pepper.

Once the lardons are cooked and the onion softer, take off the heat and allow to cool a little.

Then add the meat/veg mix into the eggs and give a nice stir together.
Into your muffin tray (I used the silicon flexible trays that you do not have to grease) pour the mix into each individual mould, ensuring there are lardons and peppers in each, as well as the egg mix.

Pop into an oven at 180C for around 20-25 mins (check at 20).

As you can see from the pic, once they are out of the oven and cooled they look amazing, and they are one of the most delicious recipes I have made. In fact, I did them again a couple of days later to share with my group.



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.

MIND-SET: Improve Your Outlook On Life

Improving your outlook on life, or cultivating a more positive mindset, is beneficial for overall well-being and can lead to numerous positive outcomes. It can enhance mental and physical health, improve resilience, and foster more fulfilling relationships. This shift in perspective allows you to better cope with stress, see challenges as opportunities for growth, and experience greater happiness and life satisfaction.

Not only can negative thinking adversely affect your mental health (by worsening anxiety and depression), but it can also affect your physical health (by raising blood pressure and making it more difficult to recover from illness). This is just another example of how mindset and health are connected.

Positive thinking is just what it sounds like: a positive attitude on life. This is not to say that you should ignore the negative. It's about your mindset. You have the option of reacting productively and positively to daily events.

Pessimism, or a negative mindset, is the polar opposite. Negative thinking is imagining the worst-case scenario or anticipating the worst-case scenario to occur. Many individuals internalise their bad beliefs. It's natural to be more critical of oneself than others.



The term "resilience" (which we have mentioned many times in these packs) relates to our capacity to deal with adversity. Individuals that are resilient are able to confront a crisis or tragedy with courage and perseverance. Rather than collapsing in the face of such hardship, they have the capacity to persevere and finally conquer it.

It should come as no surprise that positive thinking and a positive outlook may contribute significantly to resilience. When confronted with an issue, optimists often focus on what they can do to resolve it. Rather than abandoning hope, they organise their resources and are ready to seek assistance from others.

Nothing is more essential in life than excellent health, which is why maintaining a happy attitude and outlook is critical to staying healthy. Scientific studies have shown that persons who have a positive attitude are physically and psychologically healthier than those who do not.

What precisely does this frame of mind bestow upon you? Physically, a positive outlook can strengthen the body, enhance the immune system, accelerate illness recovery, and lower the chance of having a heart attack.

Mentally, a positive attitude results in increased alertness, less stress, and a decreased chance of depression and other mental health disorders. Anything that decreases the danger of mental and physical sickness is a necessary component of life.

One of the things I learned the hard way was that it doesn't pay to get discouraged. Keeping busy and making optimism a way of life can restore your faith in yourself."—Lucille Ball

MIND-SET: Improving Your Outlook

“Having a positive outlook doesn’t mean you never feel negative emotions, such as sadness or anger”, says Dr. Barbara L. Fredrickson, a psychologist and expert on emotional wellness at the University of North Carolina, Chapel Hill. “All emotions—whether positive or negative—are adaptive in the right circumstances. The key seems to be finding a balance between the two,” she says. “Positive emotions expand our awareness and open us up to new ideas, so we can grow and add to our toolkit for survival,” Fredrickson explains. “But people need negative emotions to move through difficult situations and respond to them appropriately in the short term. Negative emotions can get us into trouble, though, if they’re based on too much rumination about the past or excessive worry about the future, and they’re not really related to what’s happening in the here and now.”

People who are emotionally well, experts say, have fewer negative emotions and are able to bounce back from difficulties faster. Another sign of emotional wellness is being able to hold onto positive emotions longer and appreciate the good times. Developing a sense of meaning and purpose in life—and focusing on what’s important to you—also contributes to emotional wellness.



Research has found a link between an upbeat mental state and improved health, including lower blood pressure, reduced risk for heart disease, healthier weight, better blood sugar levels, and longer life. But many studies can’t determine whether positive emotions lead to better health, if being healthy causes positive emotions, or if other factors are involved.

“While earlier research suggests an association between positive emotions and health, it doesn’t reveal the underlying mechanisms,” says Dr. Richard J. Davidson, a neuroscientist at the University of Wisconsin-Madison. “To understand the mechanisms, I think it will be crucial to understand the underlying brain circuits.”

By using brain imaging, Davidson and others have found that positive emotions can trigger “reward” pathways located deep within the brain, including in an area known as the ventral striatum. “Individuals who are able to savour positive emotions have lasting activation in the ventral striatum,” Davidson says. “The longer the activation lasts, the greater his or her feelings of well-being.” Continued activation of this part of the brain has been linked to healthful changes in the body, including lower levels of a stress hormone.

Negative emotions, in contrast, can activate a brain region known as the amygdala, which plays a role in fear and anxiety. “We’ve shown that there are big differences among people in how rapidly or slowly the amygdala recovers following a threat,” Davidson says. “Those who recover more slowly may be more at risk for a variety of health conditions compared to those who recover more quickly.”

Among those who appear more resilient and better able to hold on to positive emotions are people who’ve practiced various forms of meditation. In fact, growing evidence suggests that several techniques—including meditation, cognitive therapy (a type of psychotherapy), and self-reflection (thinking about the things you find important)—can help people develop the skills needed to make positive, healthful changes.

EXERCISE/FITNESS: STRETCHING

A few Yoga Stretches (*thx to Spotebi*)

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. 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.

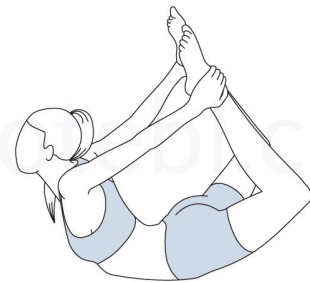
Check out our other monthly packs for other stretches. Some stretches we show are repeats. But that’s cool.

BOW POSE

Lie on your belly with your legs extended back and your forearms flat on the floor. Then, bend your knees and grab the ankles. As you inhale, lift your hips and chest off the floor. As you exhale, lift your gaze and kick your feet up. Stay in bow pose for 20 to 30 seconds.

Bring your heels close to your buttocks, lift the hips, open your chest, and gaze forward. Keep your glutes and back muscles soft, and press your shoulder blades together.

This opens up the chest, shoulders, and hips.



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.

CAMEL POSE

Kneel on the floor with your legs hip-width apart. Tighten your core, lift your rib cage, lean back and reach your hands toward the heels. Drop your head gently back and gaze at the tip of your nose. Stay in camel pose for 20 to 30 seconds. Keep your head, neck, and glutes relaxed, rotate your hips inward and elongate the spine. Maintain your thighs perpendicular to the floor, lift your heart, lean back and reach your hands toward the heels. Breathe slowly and keep the lower spine as long as possible.

The camel pose opens the chest, strengthens the back, and stretches the entire front of the body.



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

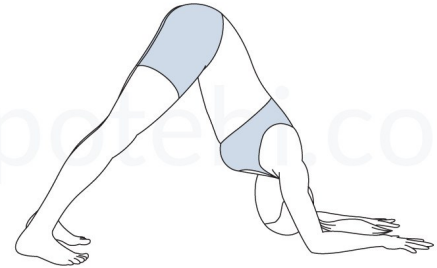
EXERCISE/FITNESS:

A Few Yoga Stretches (*thx to Spotebi*)

DOLPHIN POSE

Get down on your hands and knees, with your knees under the hips and your hands under the shoulders. Press your palms and forearms into the floor, place the soles of your feet on the floor and as you straighten the knees, lift your hips up and back. Stay in dolphin pose for 30 seconds to 1 minute.

Exhale as you straighten the knees, press your thighs back, lift the hips and push your heels down. Press the forearms into the floor, draw your shoulder blades together and be careful not to round your back. This pose helps to elongate the spine, relieves stress, and calms the brain.



LOCUST POSE

Lie on your belly with your legs together, arms extended back, and your chin on the floor. Inhale and lift the chest, head, arms, and legs off the floor. Stay in locust pose for 30 seconds to 1 minute. Maintain your neck in line with the spine and keep the back muscles, glutes and thighs engaged. Gaze forward, lift your chest, and drop your shoulders down and back. Stretch your arms back, and actively lengthen the legs. The locust pose opens and stretches the chest, shoulders, abs, and quads, and strengthens the back, core, glutes, arms, and legs. This pose also stimulates the abdominal organs and improves balance and posture.



RABBIT POSE

Kneel on the floor, drop your chin toward the centre of your collarbones, and then slowly bend forward. Place your head on the floor in front of your knees, grab the outside of your ankles and lift the glutes. Stay in rabbit pose for 30 seconds to 1 minute.

Start with your knees hip-width apart and exhale as you slowly bend forward. Press your chin against the chest and raise your glutes as high as possible until your thighs are near vertical.

The rabbit pose stretches and lengthens the back, spine, arms, and shoulders. This is a relaxing pose that also stimulates your immune and endocrine systems.



**As long as you're not overdoing it,
the more regularly you stretch, the better it is for your body.
It's better to stretch for a short time every day or almost every day
instead of stretching for a longer time a few times per week.
Being flexible and having full joint mobility can have several beneficial implications on
quality of life, including reducing day-to-day pain and increasing vascular health.**

MIND-SET:

Boosting Your Self-Esteem

Self-esteem refers to the degree to which we evaluate ourselves positively. It represents how much we like or value ourselves, and is often based on comparisons with others. Self-esteem revolves around your opinion of yourself and what you have accomplished. When we're surrounded by social media and inundated with lifestyle content, our opinion of ourselves can't help but be relative. Self-esteem can take a hit every time you open your newsfeed.

Self-esteem can affect how you practice "self-talk." If you assess yourself and find yourself lacking, you may focus on negative thoughts and self-criticism. However, the opposite can happen for people too concerned about preserving their self-esteem. They might focus on building themselves up and putting others down to feel better.

While saying positive things to yourself helps counter automatic negative thoughts, check in on whether that interior voice is constantly comparing, whether favourably or not.

If you constantly think you aren't good enough, it can affect your relationships, physical health, and how well you do your job.



While the terms are sometimes used interchangeably, there's a difference between self-esteem and confidence. Your self-esteem affects how you see yourself and your self-worth, and your value overall. In contrast, your self-confidence dictates how you perceive your own skills and talents.

When you have low self-esteem, your mental health can suffer. Frequent negative self-talk can harm your mental health. People with poor self-esteem are very critical of themselves and can hold harsh (and untrue) beliefs about themselves. They have difficulty moving past challenges and mistakes. It may lead to people isolating themselves because they want to protect their self-esteem.

They neglect standing up for themselves because they'd rather stay quiet and put space between themselves and their challenges. In reality, self-imposed social isolation only hurts them more. It keeps people deep within their comfort zones instead of seeking new opportunities or hobbies.

Low self-esteem can also contribute to depression, anxiety, and other mental health issues. Negative ways of thinking can halt efforts to build confidence or self-worth, and negative thoughts also hinder efforts to develop a growth mindset.

Stop being a people pleaser

People with poor self-esteem can feel obligated to say yes to requests. They often put helping others before their own mental health. This can lead to being easily overwhelmed or burning out, whether that's at work or in your personal life. That, in turn, causes a lot of stress.

It's nice to be helpful and supportive when you can, but your self-esteem eventually suffers when you tie your self-worth to how much you do for others. Learn how to say no to others. I learnt this when I went for a job once. They contacted my reference who when asked what my biggest weakness was she said that I loved work so much that I would always say yes. I needed to say no more. Which my employers thought was a great answer - as did I when she told me. Saying no is a strength, not a weakness.

MIND-SET: Boosting Your Self-Esteem

Get out of your comfort zone

Those with low self-esteem tend to avoid challenges and new opportunities. This can be due to fears or self-doubt. But when you succeed in any big or small way, you show yourself that you can persevere through life's rough moments.

Stepping outside of your comfort zone doesn't mean that you have to throw yourself into highly uncomfortable or dangerous situations. It just means you're willing to try new things even if you enter difficult situations. I have had to do a lot of that in setting up and running HMHB.

I like to use our shopping habits as a good example of this though. When you go to buy your food how often do you buy the same things every week? The same breakfast cereal, the same fruits and vegetables, the same snacks. Routine can be comfortable, but why not try some new things?



Exercise more

As you know, HMHB are very positive about exercise. Physical activity is a powerful tool for boosting self-esteem. Regular exercise releases endorphins, improves body image, and provides a sense of accomplishment. Whether it's a short walk, yoga, or intense training, moving your body helps you feel stronger and more confident. But do set realistic goals, and make sure you celebrate each milestone, no matter how small. Join a local group. It's more fun with others, I promise.

Be kind to others

Doing something nice for someone else can not only significantly boost their mental health, but also your own self-esteem. Small acts of kindness - for example helping a friend in need, sending a thoughtful message, or offering genuine compliments - can create a ripple effect of positivity. If someone is nice to you, you already know that that can lift your spirits.

I love running HMHB. What people don't realise as much is that it really helps my own mental health and boosts my confidence. What I do isn't that special in reality, but I enjoy life and just want to share that feeling with others.

And when all that happens, make sure you pat yourself on the back. The best person to lift your self-esteem is yourself. Celebrate your wins. Learn to appreciate what you have. Life is to be lived!!!

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.

NUTRITION: Lazza's Kitchen Adventure

Irish Coddle

Lazza has been trying out new recipes for over four years
His first time making: Irish Coddle from scratch

Ingredients

800-900g Potatoes thinly sliced
8 Sausages (which will be cut up)
8 Rashers Thick Slice Bacon
Yellow Pepper (diced)
Onion: Peas: Carrots:
500ml Chicken Stock (plus Veg Stock)
Garlic: Parsley: Basil
Salt: Black Pepper: Butter

According to Knorr, who made the Chicken Stock ingredient I used, the difference between stock and broth lies primarily in their ingredients and cooking time. Stock is made by simmering bones, which often contain some scraps of meat, with vegetables for a long duration to extract a rich flavour. Broth, on the other hand, is typically made with more meat and is cooked for a shorter period, resulting in a lighter flavour.

I briefly browned the sausages and bacon in a pan. (you don't have to, but I thought it best)
I then sliced each sausage into four bits.
I also sliced the bacon into pieces too.
Into an oven casserole dish I placed half the sausages and bacon in the bottom.
On top I layered half the onion, the peas, and the carrots, and potatoes.
I sprinkled on some parsley and Basil.
Then I added the other half of the sausage and bacon pieces.
Then the rest of the onion, peas, and carrots, and layered on top the remaining potatoes.
A sprinkle of salt and pepper, and a little bit of extra parsley.
I poured over the Chicken/Veg Stock, and actually added a little more hot water too.
I covered the dish in silver foil and baked in the oven for 90 mins.
For the final 30 minutes I removed the foil and added a few pats of butter on top.
Yes, it takes two hours, but it is worth it. Delicious.



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.

HMHB's funny quiz page:

It's mostly guessing, but play with friends: Answers Page 45

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 45 - don't look till you have done the whole page!!

ROUND ONE: Multiple Choice

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

UK Sitcoms in the 1980s	Varieties of Daffodil	P&O Cruise Ship Names
Living Single	Carlton	Aurora
Spencer and Son	Somnolentus	Arvia
French Fields	Venusta	Abeona
Joint Account	Poeticus	Avalon

ROUND TWO: Give Me a Number

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

- How many steps to reach the very top of the Elizabeth Tower that houses Big Ben?
- As of the 2022 FIFA Men's World Football Cup, how many different countries have played in the finals?
- Over the 22 series of Strictly Come Dancing, how many different professional dancers has there been?
- In Kilometres, how far on average is the International Space Station from Earth?
- How high in feet is Ben Nevis, the highest mountain in Britain?

ROUND THREE: When Did That Happen

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

- There was a US patent for the world's first air conditioner.
- Australian 200th anniversary parade of tall ships in Sydney Harbour
- England Cricket team presented with ashes of a bail after Sydney Test
- The Cavern Club in Liverpool opened for the first time.
- Author Terry Pratchett was knighted by Queen Elizabeth



ROUND FOUR: What specifically links these objects?

Chrotta: Crwth: Pochette: Gue: Citole: Gittern.

ROUND FIVE: Which is it: Which of the answers is correct?

- | | |
|-------------------------------|--------------------------------|
| 1. Produce More Vanilla? | China: Indonesia: Madagascar. |
| 2. Has the longest Coastline? | Morocco: Somalia: South Africa |
| 3. With Highest Population: | Hawaii: Kansas: Oklahoma |
| 4. Longest Bone (on average) | Humerus: Radius: Ulna |

ROUND SIX: What is the answer to these questions?

- In which UK City is Jodrell Bank?
- In which UK City is Castle Howard?
- In which UK City is Cadbury World?
- In which UK City is the Game of Thrones Studio Tour?
- In which UK City is the Royal Albert Dock?



NUTRITION:

Nutrition and Cholesterol - 1

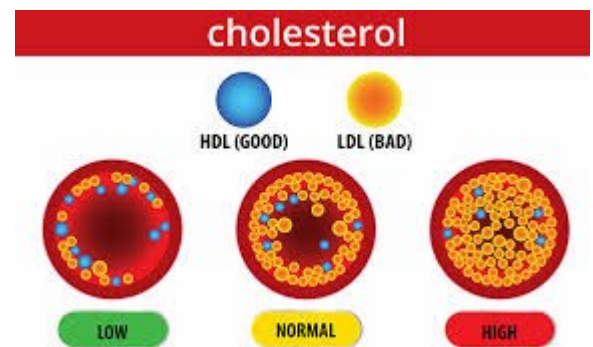
There is a difference between our “diets” and our “nutrition”. Our diet is what we consume on a daily basis (solids and liquids). Our nutrition is the nutrient content that is essential to keeping our bodies healthy, and us alive.

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.

We have talked about Cholesterol before. It is a waxy, fatty substance produced naturally by your liver and found in your blood. Cholesterol is used for many different things in your body, but it can become a problem when there is too much of it in your blood. High levels of cholesterol in your blood are mainly caused by eating foods that aren't part of a heart-healthy eating pattern.

The two main types of cholesterol are:

1. Low-density lipoprotein (LDL) – also known as ‘bad’ cholesterol because it can add to the build-up of plaque (fatty deposits) in your arteries and increase your risk of coronary heart disease.
2. High-density lipoprotein (HDL) – also known as ‘good’ cholesterol because it can help to protect you against coronary heart disease.



Some causes of high cholesterol include:

- High intake of foods containing unhealthy fats (saturated fats and trans fats) – such as fatty meats and deli-style meats, butter, cream, ice cream, coconut oil, palm oil and most deep-fried takeaway foods and commercially baked products (such as pies, biscuits, buns and pastries).
- Low intake of foods containing healthy fats – healthy fats tend to increase the good (HDL) cholesterol. Foods containing healthy fats include avocado, nuts, seeds, olives, cooking oils made from plants or seeds, and fish.
- Low intake of foods containing fibre – foods that are high in dietary fibre, particularly soluble fibre, can reduce the amount of bad (LDL) cholesterol in your blood. Include fibre-containing foods in your diet by choosing vegetables, fruits, wholegrains, legumes, nuts and seeds every day.
- Low levels of physical activity and exercise.
- Being overweight or obese and having too much body fat around your middle.
- Smoking can lead to high cholesterol levels.
- Genetics - your family history may affect your cholesterol levels. In some families, several people might be diagnosed with high cholesterol or heart disease at a relatively young age (men below age 55 years and women below 65 years). This type of pattern can be caused by genetics, including a genetic condition called “Familial Hypercholesterolaemia”. It's best to speak to your doctor as soon as possible if you think you might be affected.
- Drinking too much alcohol can increase your cholesterol and triglyceride levels.
- Some medical conditions can cause high cholesterol levels including kidney and liver disease and underactive thyroid gland (hypothyroidism).
- People with type 2 diabetes and high blood pressure often have high cholesterol.
- Some types of medicines you take for other health problems can increase cholesterol levels.

NUTRITION:

Nutrition and Cholesterol - 2

So, it is clear from the previous page that what we eat has an impact on our cholesterol levels and can help reduce our risk of disease.

The Heart Foundation recommends following a heart-healthy eating pattern, which means eating a wide variety of fresh and unprocessed foods and limiting highly processed foods including take away, baked goods, chocolate, chips, lollies and sugary drinks. Not only does this help to maintain a healthy and interesting diet, but it provides essential nutrients to the body.

A heart-healthy eating pattern includes:

- Plenty of vegetables, fruits, and wholegrains
- A variety of healthy protein-rich foods (especially fish and seafood), legumes (such as beans and lentils), and nuts and seeds. Smaller amounts of eggs and lean poultry can also be included in a heart-healthy eating pattern. If choosing red meat, make sure it is lean and limit to one to three times a week
- Unflavoured milk, yoghurt and cheese. People with high cholesterol should choose reduced fat varieties
- Healthy fats and oils. Choose nuts, seeds, avocados, olives and their oils for cooking
- Herbs and spices to flavour foods, instead of adding salt.



This way of eating is also naturally high in fibre, which is good news, because a high intake of dietary fibre can also reduce levels of bad cholesterol in the blood.

Also, be mindful of how much you are eating. Portion sizes have increased over time and many of us are eating more than we need which can increase our cholesterol and risk of heart disease. Ideally, a healthy plate would include servings of one quarter healthy proteins, one quarter wholegrains and half colourful vegetables. Serving size can vary depending on age, gender and specific nutrition needs.

If you are trying to lower your cholesterol, aim to eat foods that are high in dietary fibre (particularly soluble fibre), because they can reduce the amount of LDL (bad) cholesterol in your blood.

You can increase your fibre intake by eating:

- fruit
- vegetables
- legumes (such as chickpeas, lentils, soybeans, and bean mixes)
- Wholegrains (for example, oats and barley)
- nuts and seeds.

It may feel like we are just repeating things, as we constantly talk about vegetables, fruits, and wholegrains, but that is because they are the answer to so many different questions around the same subject.

The same goes for fats. Following a healthy, balanced diet that is low in saturated fats and trans-fats can help to lower your cholesterol. Aim to replace foods that contain unhealthy, saturated and trans-fats with foods that contain healthy fats.

NUTRITION:

Nutrition and Cholesterol - 3

According to the Heart Foundation.

As well as sticking to a varied and healthy diet, try these tips to help you manage your cholesterol:

The Heart Foundation recommends that people follow a heart-healthy eating pattern, which is built on eating mostly plant-based foods. Eating more plant-based foods like vegetables, legumes, fruit, wholegrains, nuts and seeds is good for heart health.

- Include legumes (or pulses such as chickpeas, lentils, split peas), beans (such as haricot beans, kidney beans, baked beans, bean mixes) in at least two meals a week. Check food labels and choose the lowest sodium (salt) products.
- Beans make a great alternative to meat in tacos, or snack on hummus with vegetable sticks. You can also add legumes to soups, pasta sauces, curries and stews.
- Use tofu or lentils instead of meat in stir fries or curries.
- Choose wholegrain breads, cereals, pasta, rice and noodles.
- Snack on plain, unsalted nuts and fresh fruit (ideally two serves of fruit every day).
- Use avocado, nut butters, tahini or spreads made from healthy unsaturated fats (such as canola, sunflower or extra virgin olive oil) instead of those made with saturated fat (such as butter, coconut oil and cream).
- Use healthy oils for cooking – some include canola, sunflower, soybean, olive (extra virgin is a good choice), sesame and peanut oils.
- For people at high risk of heart disease, the Heart Foundation recommends people eat 2-3 grams of plant sterol-enriched foods every day (for example, plant sterol-enriched margarine, yoghurt, milk and cereals).
- Enjoy fish two to three times a week (150 grams fresh or 100g tinned).
- Most people don't need to limit the number of eggs they eat each week. However, a maximum of seven eggs each week is recommended for people with high cholesterol, type 2 diabetes and heart disease. Select lean meat (meat trimmed of fat, and poultry without skin) and limit unprocessed red meat to less than 350g per week.
- Choose unflavoured milk, yoghurt and cheese. People with high cholesterol or heart disease should opt for reduced fat options. Check the labels to make sure there's no added sugar. Non-dairy milks and yoghurts are ok too; opt for versions that have no added sugar and have had calcium added.
- Limit or avoid processed meats including sausages and deli meats (such as ham, bacon and salami).



In addition to cholesterol, your blood also contains a type of fat called triglycerides, which are stored in your body's fat deposits. Hormones release triglycerides to make energy between meals.

When you eat, your body converts any extra energy (kilojoules) it doesn't need right away into triglycerides. Like cholesterol, your body needs triglycerides to work properly. However, there is evidence to suggest that some people with high triglycerides are at increased risk of heart disease and stroke. If you regularly eat more energy than you need, you may have high triglycerides.

Be aware: Cholesterol is not an enemy. Your body needs it. But you must control it.

Nutrition: HMHB looks at “Superfoods”

Today: Turmeric

On this page, we will take a brief look at Superfoods.
What makes them so “super”?

The term “superfood” is a fairly new term referring to foods that offer maximum nutritional benefits for minimal calories. They are packed with vitamins, minerals, and antioxidants. It should be noted that no standard criteria or legal definitions classify any food as a superfood at this time. However, most so-called superfoods are plant-based.

Turmeric is a bright yellow spice that is derived from the underground stems, or rhizomes, of the “*Curcuma longa*” plant. The plant is part of the ginger family and is grown in warm climates around the world.

Turmeric has long been used for its potential health benefits as well as to enhance flavour in culinary dishes. It can be used in various forms, including ground spice and fresh root, and can also be taken as a dietary supplement.

Curcumin is the biologically active compound in turmeric. Turmeric's potential health benefits are primarily due to curcumin.



Turmeric has been used for thousands of years in “Ayurvedic” medicine and traditional Chinese medicine to treat conditions such as skin disorders, respiratory problems, joint pain relief, and digestive disorders. More recently, turmeric has become a popular dietary supplement promoted to benefit a variety of conditions including arthritis, digestive disorders, depression, and allergies, among others

Turmeric has been studied over the past few decades to understand its potential health benefits. One Study from 2020 found *Curcuma* to be associated with anti-inflammatory, anticancer, antidiabetic, antidiarrheal, antimicrobial, antiviral, and antioxidant properties.

Research has started to show connections between some of these properties and actual health benefits in people. For example, human studies have shown potential for curcumin in managing osteoarthritis pain. More research is needed to better understand other potential benefits of turmeric, as well as the dosage needed to achieve those benefits.

As with any supplement, let your doctor know if you are taking turmeric or curcumin. In addition, talk to your doctor before taking turmeric or curcumin if you have an underlying health condition or are taking medications. In addition, people with diabetes should be aware that turmeric can lower blood sugar.

No single food can do it all, but it goes without saying that some foods are healthier than others. A leafy salad is healthier than a plate of chips; a salmon filet is healthier than a towering cheeseburger; a yogurt is healthier than a hot fudge sundae. Although Superfoods aren’t a recognized category of foods, the title is typically reserved for natural foods that are especially nutrient-dense while generally being low in calories.

LAZZA'S PAGE

Recommendations, News, Life!!!

I thought I would launch a new page in 2023. I just wanted to talk a little more about who I am and the people behind HMHB, and maybe talk about what gets me through life.

I guess in many ways I am lucky to be based in London. I know some may not like City life, but everything is on your doorstep if you want to pop out. And, it is now August - so why not plan a few trips, take a packed lunch (as that can save you a lot of money) and delve into the delights of local free services. Museums, Galleries, Exhibitions, Walks, Parks, and many are FREE. Do some research and get outdoors.



In July I was clearing out clothing that I didn't need, specifically shirts and trousers. So I have decided that August is going to be a general declutter month for me, as I know I can get rid of a lot of junk that I just do not need. It's amazing just how much you can accumulate over the years, as some of my older users will agree. It's also a good thing for your mental health.

One of the major positives that has come out of running Healthy Minds, Healthy Bods, is the fantastic family of friends I have managed to make over these years. I feel very lucky to have met so many amazing people during this period of my life, who have kept a broad smile on my face, and made life interesting. So I am going to use August to contact those I have not seen for a while, as well as strengthen the friendships I have made more recently.



HMHB Need Help With Funding To Keep Going.

Looking for Sponsorship, Grants, - check out our JustGiving page - details below.

In 2024: Healthy Minds, Healthy Bods was very busy indeed. Just listen to the figures:
HMHB delivered over 10 courses -working with over 100 people in attendance.
HMHB produced and delivered 10 forty-page Health Packs.: HMHB delivered 150 weekly health walks:
HMHB delivered 65 weekly exercise sessions: HMHB grew their Pack email list to over 500 addresses.
HMHB organised, delivered, or took part in over 70 social outings/events (many of which were FREE)
HMHB delivered over 40 online zoom quizzes – unique delivery and fun.
HMHB made many home visits to our older more isolated users.

Please help us: www.justgiving.com/crowdfunding/hmhb

DO YOU KNOW YOUR BODY?

Lips

A Page looking at the miracle of our bodies and their different parts.

After anti-wrinkle injections, lip treatments are the probably the second most requested procedure. Why do we even have lips and what are their key features and functions? One of their most obvious roles is speech production. The different movements and positions of the lips allows for different sounds to be produced. Lips also control airflow in and out of the mouth so we can whistle or play a musical instrument.

They are also hugely important in facial expressions- allowing us to smile, grin, bare our teeth or look sad. They allow us to pout when sulking or even pout to be sexy! Our mouth and lips help us to communicate with others around us.

Lips are also important for eating. They keep the mouth airtight and control food getting in and out of the mouth. We can also change the mouth shape allowing us to suck on a straw and breastfeed as an infant. They also have a huge nerve supply and are very sensitive to touch, warmth and the cold.



Lips are an important erogenous zone in the body. They are very sensitive to touch and kissing. Full lips have also been linked with higher levels of oestrogen in women and therefore may be a sign of youth, health and fertility. This may partly explain the role of lipstick to enhance the female lip to appear more youthful and attractive. In the 1960s, zoologist Desmond Morris suggested a women's mouth and lips were a representation of the vulva and that the mouth was also a secondary sexual organ.

Lips appear to have several functions from eating and speaking, to more complex associations with sexuality and pleasure. It's unsurprising that they are the focus of beauty and cosmetic treatments given their association with youth, attraction and sexuality.

Did you know?

1. Just like your fingerprints, your lips are completely unique. If all 7.8 billion of us on the planet did a lipstick print on to a tissue, not one print would be identical to another.
2. Your lips have more than a million different nerve endings, making them one of the most sensitive parts of your body (and 100 times more sensitive than your fingertips). They're even more sensitive because there's no defensive membrane to protect them. This is one of the reasons that babies and toddlers put everything in their mouths; all of those nerve endings give them far more information than any other sense.
3. The skin on your lips is incredibly thin – there are just three to six layers of cells in comparison to the 16 layers everywhere else on your body. It's the fact that there are so few layers and the blood vessels are so close to the surface that gives your lips their rosy pink/red hue. Studies show that redder lips are seen as more attractive than pale lips, which is why lipstick sells so well.
4. Your lips do not have any sweat or oil glands. While you'll never suffer from sweaty or acne-covered lips, this does mean that your lips may be prone to dryness.
5. The double curves of your upper lip, i.e. the two highest points of your lip closest to your nose, are named the Cupid's bow as they resemble the shape of the bow carried by Cupid in classic mythology.
6. It seems that women are less likely to suffer from mouth cancer than men because they use make-up products such as lipstick and lip balm that contain sun protection factor (SPF) ingredients that protect the lips from harmful UV rays.



HMHB's Name Game Page:

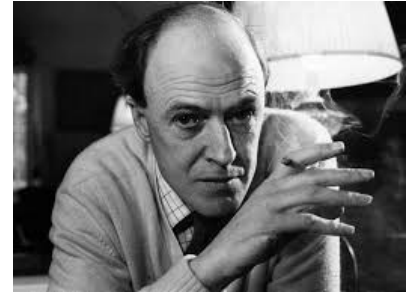
Can you name these famous Authors from their photos?
Some are easier than others. I've tried to be a little obscure.
Answers at bottom of quiz page answers (page 47)



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NUTRITION: Lazza's Kitchen Adventure

Gooseberry and Mixed Spice Muffins

Lazza has been trying out new recipes for over four years
His first time making: Gooseberry and Mixed Spice Muffins from scratch

Ingredients

250g Plain Flour
250g Softened Unsalted Butter
225g Caster Sugar
1 teaspoon Baking Powder
4 Eggs
Vanilla Essence
Gooseberries (lots)
Mixed Spice: Caster Sugar.

William Turner describes the gooseberry in his *Herball*, written about the middle of the 16th century, and a few years later it is mentioned in one of Thomas Tusser's quaint rhymes as an ordinary object of garden culture. Improved varieties were probably first raised by the skilful gardeners of the Netherlands, whose name for the fruit, *Kruisbezie*, may have been corrupted into the present English vernacular word.

This is a very tasty basic muffin recipe - to which I decided to choose some combinations. I have used the same basic recipe for recipes in previous packs, and will also for future ones I have thought of.

In a pan, I put caster sugar (not a lot) and Gooseberries, to soften them up, around 10-15 mins)
I put the butter and sugar together into a bowl and mixed together thoroughly.
I then added the four eggs.
I whisked this mix all together.
I then added the vanilla essence, and gradually folded in all the flour.
I then gave it another good whisking.
I stirred in the softened Gooseberries, and added 2 teaspoons of Mixed Spice.
Into my muffin tray I put the muffin cases and generously filled them around 3/4 full.



I heated the oven to 180C and baked them for approx. 20 minutes (checking around 18). Use a skewer to make sure all cooked, leave to cool, and enjoy. I shared them around all our users, and donated the rest to a local Second Chance Café for their users. They went down a storm!!



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.

EXERCISE/FITNESS

Belly Fat

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, Hackney, and Haringey, 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 Lazza on Tuesdays, thanks to the team at Better.

We are outdoors Fridays with Healthy Generations Sarah, and Saturdays with Lazza will start 2025.

Everyone has some belly fat. Yes, even people who have flat abs. That's normal. Fats are an essential part of the human body. But it's not all the same, and the amount and location of it in your body may affect your health.

Subcutaneous fat is the layer of fat located directly beneath the skin, and it's the type of fat you can pinch between your fingers. It plays several important roles, including energy storage, insulation, and protection of muscles and bones. While some subcutaneous fat is normal and even beneficial, excessive amounts can contribute to health problems.



Visceral fat is belly fat found deep within your abdominal cavity. It surrounds important organs, including your stomach, liver and intestines. It's different than subcutaneous fat, which is fat just below your skin. Visceral fat is actually more dangerous to your health. In fact, excess fat around your organs can make you more likely to get conditions such as high blood pressure, type 2 diabetes, heart disease, dementia, and certain cancers, including breast cancer and colon cancer.

To start losing deep belly fat, you have to lose weight. One of the biggest misconceptions is that you can target the area of the body where you want to lose fat. When we're inducing weight loss through physical activity and diet, it's going to come from the whole body. The way to do that will probably come as no surprise. You need to burn more calories than you take in by exercising more and eating less. You can improve things even more when you manage sleep and stress as part of your belly fat-burning plan.

Crunches, sit-ups, and other ab workouts will strengthen your abdominal muscles. But you won't start to see those "six-pack abs" until weight loss kicks in. So if you want to know what burns the most belly fat, the answer is the lifestyle changes that lead to the most weight loss.

For weight loss to happen, the target goal is the amount of exercise, as in minutes per week. Within that, crunches and core strengthening activities are absolutely crucial for us to do for our health, strength, and balance, but a crunch is not going to burn the same number of calories as a brisk walk or body weight resistance exercises. For basic maintenance of your health, experts recommend getting at least 30 minutes of moderate exercise at least 5 days a week. That's 150 minutes a week, which you can break up into 30 minutes per day or some other plan that works for your schedule.

But to lose weight and burn fat, you'd need a lot more time than that.

EXERCISE/FITNESS: Dealing with Belly Fat

So, on the previous page we mentioned the 150 minutes of moderate exercise. Moderate exercise is:

- When you are out of breath enough to be panting when you talk
- When your heart beat has increased
- When you are feeling hotter, which is why people sweat when they exercise.

However, to achieve clinically meaningful weight loss – at least 5% of your starting body weight – with exercise alone, you would need to aim for at least 225 minutes [3.75 hours] and sometimes up to 420 minutes [7 hours] of weekly exercise. The total amount of exercise and the intensity, more than the mode of exercise, seem to be the drivers of weight loss.



Low-intensity workouts, like gentle yoga or an easy stroll, probably won't get you to your goal. We are not saying you should not do them, but you should see them as something you are doing alongside your weight loss exercises. You need moderate to vigorous movement. What's considered moderate or vigorous depends on your fitness level to begin with.

Take the talk test while you exercise to see how hard you need to work out to achieve your goals. At a low intensity, you'll be able to talk normally with no change to your breathing. At moderate intensity, you can still talk, but you'll be breathing more heavily or faster. With vigorous activity, it should be hard to talk. Do check with your doctor if you are concerned about raising your exercise levels.

For some people, a brisk walk could put them towards the high end of moderate or the low end of vigorous, but for others, that might be pretty low intensity. It's relative to everyone's fitness level. As you become more fit, your workouts will get easier. So you'll need to keep stepping them up if more weight loss is your goal.

If fat-burning is your goal, you'll want to do things that speed up your breathing (and your heart rate will go up with it). You can do any mix of activities that achieves that. Do a mix of cardio – like jogging, dancing, or tennis – along with strength training, like press-ups and weightlifting.

Beyond weight loss, the combination of cardio and resistance training has “extremely helpful benefits. Those perks include mental skills, metabolic health, and being able to do everyday activities as you age. If you aren't active now, it's a good idea to check with your health care provider before starting any new fitness regime. You may need to start with shorter workouts and gradually make them longer and more intense.

While spot reduction (losing fat in one specific area) isn't possible, reducing overall body fat through a combination of healthy diet and regular exercise will lead to a reduction in belly fat and improve your overall health.

Alongside better fitness, focus on a balanced diet with plenty of fruits, vegetables, lean protein, and whole grains. Limit processed foods, sugary drinks, and unhealthy fats.

Exercise is a free, natural, and accessible way to keep you healthy. Are you doing enough?

EXERCISE/FITNESS:

HMHB Weekly Walks: Monday, Wednesday, Thursday.

conceived & delivered by: 



Finsbury Park Health Walks

Friendly, leisurely pace for adults of all ages (60 - 90 min) 😊

We leave from outside **LiDL** Finsbury Park
269 SEVEN SISTER RD
Every Monday 9.30am.

supported by:   & local Medical Practices


hmb2016.org.uk
tel: 0796 4430 456





Highbury Fields Health Walks

(60 - 90 min)
Friendly, leisurely pace for adults of all ages

We meet Wednesday mornings 9.30am outside Highbury Leisure Centre

RmR62016.org.uk 😊 contact: 07964430456

Conceived & delivered by Healthy Minds Healthy Bods and supported by:
   **BETTER** www.better.org.uk





Clissold Park Health Walks

(60 - 90 min)
Friendly, leisurely pace for adults of all ages

We meet Highbury Grange Medical Practice every Thursday 11am

RmR62016.org.uk 😊 contact: 07964430456

Conceived & delivered by Healthy Minds Healthy Bods and supported by:
   

Healthy Minds, Healthy Bods currently has three weekly walks as detailed in our flyers.

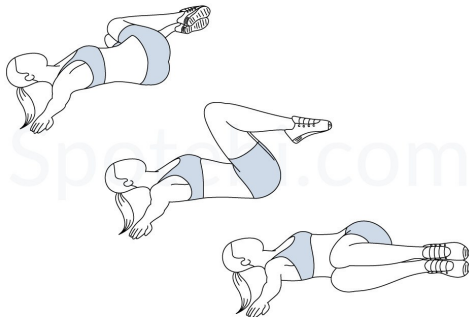
With help from the Walking/Cycling Fund run by the London Mayor we have managed to organise three weekly walks in three boroughs: Islington, Haringey, and Hackney.

Healthy Minds, Healthy Bods is also part of the World Wide Group - Walk With A Doc. With hundreds of walks over different continents, its about raising awareness around how walking is great for your health, and actively offering opportunities to people to get out with a group, for an official health walk.

We would love more people to join us, so make a note of those dates and come along. We are leisurely walkers, but the more the merrier. By the way, the green figures are the same shape as the parks!!! Our marketing guy is very clever.

EXERCISE/FITNESS:

Let's Try Some Abs Moves (*thx spotebi.com*)

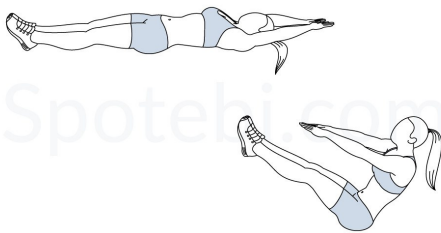


WINDSCREEN WIPERS

Lie on your back with your arms straight out to the sides. Lift your legs and bend the knees at a 90-degree angle. Rotate the hips to one side, without letting the legs touch the floor. Lift your legs and return to the starting position. Rotate the hips to the opposite side and repeat until set is complete. The windshield wipers exercise requires a tremendous amount of stability and core strength to be properly executed. This is an advanced move that needs practice and appropriate progression. This exercise helps to regain normal range of motion of the hip joint, strengthens and tightens the core, and tones the abdominal muscles.

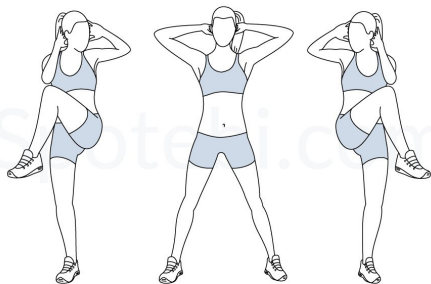
V Ups

Lie on a mat with your legs fully extended and your arms extended over your head. Raise both legs and your torso simultaneously and reach toward your feet. Return to the starting position and repeat until the set is complete. When doing v ups, start each repetition with your upper back on the mat and, as you breathe out, bend at the waist and raise your legs and arms. Keep your knees straight throughout the movement, lift your legs at a 45-degree angle and reach toward your feet. Breathe in as you lower your arms and legs back to the starting position. The v ups, or jackknife sit ups, is a strength training move that, if done correctly, fully engages your abdominal muscles. This exercise works your entire core and challenges your abs, obliques, and back muscles.



STANDING CRISS CROSS CRUNCH

Stand up straight with your feet hip-width apart and your hands behind your head. Bend your right leg and lift your knee as high as you can. Rotate your torso to the right and bring your right knee to your left elbow. Repeat on the opposite side and keep alternating sides until the set is complete. When doing the standing criss cross crunches, engage your core muscles, open your elbows, keep your neck relaxed and your back straight. Breathe out as you crunch and keep the movement smooth and steady.

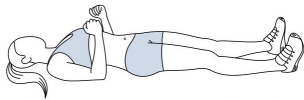


Since your whole body is moving constantly, it helps to increase your heart rate, warms up the body, and burns off body fat.

**“Fitness is not about being better than someone else.
It’s about being better than you used to be.”**

EXERCISE/FITNESS:

Let's Try Some Abs Moves (*thx spotebi.com*)



SPRINTER CRUNCH

Lie on your back with your legs fully extended and your arms bent and by your sides. Lift your torso off the floor, bend your right leg and bring your right knee close to your left elbow. Slowly return to the starting position, and crunch to the opposite side.

Repeat until the set is complete.

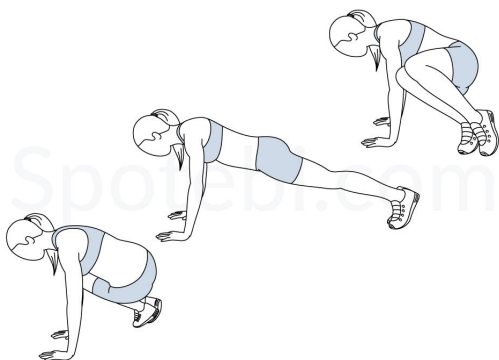
Tighten your core and breathe out as you lift your torso off the floor and crunch to the side. Maintain your back straight at all times and keep your head and neck in a neutral position. Inhale as you slowly lower your body back to the floor. The sprinter crunch fully engages your abs and obliques and helps to define and cinch your waist.

SKI ABS

Start with your body in a straight line, your hands slightly wider than shoulder-width apart and feet together. Bend your knees and jump, bringing both feet to the front and slightly to the left side. Jump again to return to the starting position and then repeat on the right side. Continue alternating sides until the set is complete.

Engage your core, maintain your hips keep your back, head, and neck neutral. Exhale as you jump and bring both feet to the front and inhale as you return to the plank position.

The ski abs works several muscles simultaneously, helping you burn more calories, increases aerobic fitness, and boosts your metabolism. This exercise strengthens your core muscles and improves posture, flexibility, and agility.



SIDE SHUFFLE

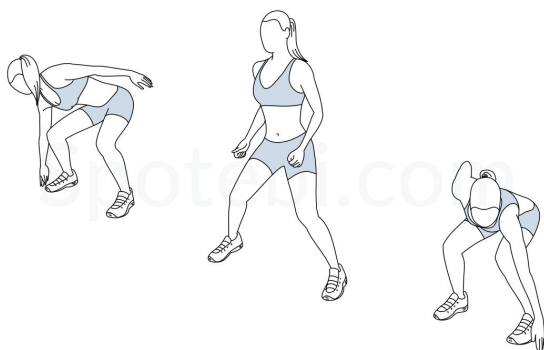
Stand with your feet a little wider than hip-width apart, bend your hips and knees back and point your toes forward. Take a few quick steps to the left and then touch your left foot with your left hand.

Repeat on the right side.

Lower your body into a squat position with your knees over your ankles. Look straight ahead, keep your chest up and your back straight.

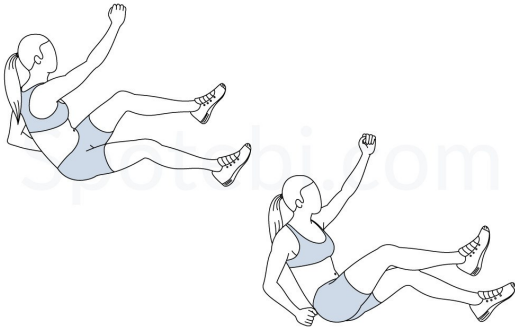
Take a few quick steps to the side and then deepen the squat as you touch your foot with your hand.

The side shuffle can be performed as part of a dynamic warm up to raise your heart rate, warm up the body and improve your flexibility. It can also help strengthen your hip flexors and all major muscles in your hips, thighs, and legs.



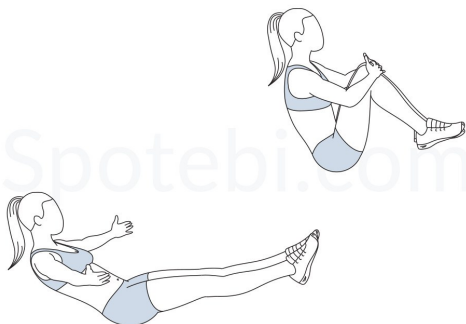
EXERCISE/FITNESS:

Let's Try Some Abs Moves (*thx spotebi.com*)



ROPE CLIMB CRUNCH

Sit down on the floor with your knees slightly bent and lean your torso back. Extend your right arm toward the ceiling and bring your left knee up. Switch sides, moving your arms as if you were climbing a rope, and repeat. Keep alternating sides until the set is complete. Tighten your core, keep your spine neutral, your neck relaxed, and breathe out as you crunch and reach your arm toward the ceiling. Maintain a steady pace throughout the entire exercise, and inhale as you lower your leg and arm to the starting position. The rope climb crunches actively engages your core, increases strength, coordination, and flexibility, and helps to trim down your waist.



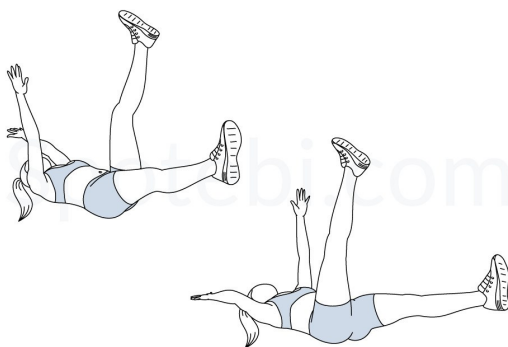
KNEE HUGS

Sit down on the mat with your knees bent, your hands hugging your knees, and lift your feet off the floor. Open your arms, extend your legs to a 45-degree angle, and lean back. Lift your torso, bend your knees, and return to the starting position.

Repeat.

Keep your upper body stable, use your core strength to stabilise your body, and maintain a neutral spine during the entire exercise. Exhale as you bring your knees toward the chest and squeeze your abs.

The knee hugs targets your abs, challenges your core and helps to trim and tone your waist. This exercise also helps to improve your posture and prevents lower back pain and injury.



DEAD BUG

Lie on your back and extend your arms and legs toward the ceiling. Lower your right leg and extend your left arm behind your head. Return to the starting position and repeat with the opposite arm and leg. Keep switching sides until the set is complete.

When doing the dead bug exercise keep your lower back flat against the floor, to avoid placing too much stress on it, and keep your abdominal muscles tight. Breathe out as you lower your leg and extend your arm, and hold them parallel to the floor. Breathe in as you return to the starting position and then switch sides.

The dead bug is a great core move that targets and strengthens the abdominal wall. This exercise helps to improve core strength, coordination, balance, and flexibility.

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.



This photo, taken in 1838, of a bustling Paris street, filled with carriages and people, captures a monumental moment in history. So why is this so special?

Louis Daguerre was capturing one of the world's first ever photographs - a long exposure that erased the motion of the crowd and carriages. But at the edge of the frame (blue arrow pointing) one man stood long enough to be seen (getting his shoes shined). Making him the first human ever photographed. And we don't know his name!!

That's Robert De Niro in *The Untouchables* playing Al Capone.

However, for the role, Director Brian De Palma wanted

Bob Hoskins, and even asked him to play the role.

When De Niro finally took the role instead, De Palma sent Hoskins a cheque for \$200,000 along with a thank you note. Hoskins, subsequently phoned De Palma, thanked him for the cheque, and asked him if there were any other films he did not want him to appear in, but was happy to pay. Admittedly, De Niro was fantastic in the role.



This is the highest bridge in the world. The Beipanjiang Bridge in China, spanning a dizzying 565 metres (that's 1854 feet) above the Beipan River.

This astonishing feat of modern engineering took just five years to build, and it connects the remote Guizhou and Yunnan provinces, transverse one of the country's most challenging mountainous regions, and offers breathtaking views to those who dare to cross it.

We humans can definitely achieve when we want to.

The Panda Ant (*Euspinolia Militaris*) is actually neither Panda nor Ant. It is actually a parasitic wasp!!

It is a member of the family Mutillidae - a group often referred to as "velvet ants". This species can be found in parts of Chile, where it prefers to inhabit areas with warm temperatures and sandy soil for burrowing.

The Panda Ant's striking black-and-white colouring is a signal to stay away, as it can deliver a mighty sting if approached. This is just another example of how amazing Mother Nature and Evolution can be.



HEALTH / ROUTINE

Common Medications: Statins

Statins are a group of medicines that can help lower the level of low-density lipoprotein (LDL) cholesterol in the blood. LDL cholesterol is often referred to as "bad cholesterol", and statins reduce the production of it inside the liver.

Having a high level of “Low-Density Lipoprotein” (LDL) cholesterol is potentially dangerous, as it can lead to “Atherosclerosis” and “Cardiovascular Disease” (CVD). Atherosclerosis is the buildup of fats, cholesterol and other substances in and on the artery walls. This buildup is called “Plaque”. The plaque can cause arteries to narrow, blocking blood flow. The plaque also can burst, leading to a blood clot. CVD is a general term that describes a disease of the heart or blood vessels. It's a very common cause of death in the UK.

The main types of CVD are:

- Coronary Heart Disease: when the blood supply to the heart becomes restricted
- Angina: chest pain caused by reduced blood flow to the heart muscles
- Heart Attacks: when the supply of blood to the heart is suddenly blocked
- Stroke: when the supply of blood to the brain becomes blocked



A doctor may recommend taking statins if either:

- you have been diagnosed with a form of CVD
- your personal and family medical history suggests you're likely to develop CVD at some point over the next 10 years and lifestyle measures have not reduced this risk.

If you're at risk of developing CVD in the near future, your doctor will usually recommend lifestyle changes to reduce this risk before they suggest that you take statins. Lifestyle changes that can reduce your cholesterol level and CVD risk include:

- Eating a healthy balanced diet (something we promote in these packs)
- Exercising regularly (something else we promote on these packs)
- Maintaining a healthy weight
- Limiting the amount of alcohol you drink
- Stopping smoking (one of the best things you can do for your health)

Statins may be recommended if these measures do not help.

Statins come as tablets that are taken once a day. Your dose will depend on why you need the medicine, your cholesterol levels, and other medicines you're taking. Your GP may increase your statins to the maximum dose. This helps to manage your cholesterol levels and prevent cardiovascular disease.

For some types of statin it does not matter what time of day you take it, as long as you stick to the same time. Some types of statin should be taken in the evening. Check with your doctor whether there's a particular time of day you should take your statin.

You usually have to continue taking statins for life because if you stop taking them, your cholesterol will return to a high level. If you forget to take your dose, do not take an extra one to make up for it. Just take your next dose as usual the following day.

HEALTH / ROUTINE

Common Medications: Omeprazole

Omeprazole reduces the amount of acid your stomach makes. It's widely used to treat indigestion and heartburn, and acid reflux. In fact, I take a pill a day because of my Hiatus Hernia, for which I am waiting for surgery. It's also taken to prevent and treat stomach ulcers.

Omeprazole is a type of medicine called a "Proton Pump Inhibitor" (PPI). Proton pumps are enzymes in the lining of your stomach that help it make acid to digest food. Omeprazole prevents proton pumps working properly which reduces the amount of acid the stomach makes.



Sometimes, omeprazole is taken for a rare condition caused by a tumour in the pancreas or gut called "Zollinger-Ellison Syndrome". This is a rare condition caused by a "Neuroendocrine Tumour", called a "Gastrinoma", that produces excessive amounts of the hormone "Gastrin". This leads to hypersecretion (excessive production) of stomach acid, which can cause peptic ulcers and other digestive issues.

Omeprazole comes as capsules, tablets and as a liquid that you swallow. All types of omeprazole are available on prescription. You can buy 20mg tablets from pharmacies and supermarket. However, If you buy omeprazole from a pharmacy or supermarket to treat yourself, do not take it for longer than 2 weeks without checking with a doctor.

Common side effects include headaches, diarrhoea and stomach pain. These tend to be mild and go away when you stop taking the medicine.

Alcohol can make your stomach produce more acid than normal. This irritates the stomach lining and can make your symptoms worse. It's best to avoid alcohol if possible while you're taking omeprazole.

There are lifestyle adjustments you can make to help with acid reflux.

- **Maintain a Healthy Weight:** Being overweight can put pressure on your stomach and worsen reflux.
- **Elevate the Head of Your Bed:** Using pillows or a wedge to elevate the head of your bed can help keep stomach acid from flowing back up into the oesophagus.
- **Avoid Tight Clothing:** Tight clothes around your waist can increase abdominal pressure and worsen reflux.
- **Quit Smoking:** Smoking can weaken the lower oesophageal sphincter, making reflux more likely.
- **Limit Alcohol Consumption:** Alcohol can relax the lower oesophageal sphincter and increase acid production.
- **Practice Relaxation Techniques:** Stress can exacerbate reflux symptoms.
- **Avoid Bending Forward:** This can also increase pressure on your stomach.

Some medicines and omeprazole can affect each other and make it more likely that you'll have side effects or stop one of the medicines working properly. This is why it is more important not to buy it yourself but instead speak to your doctor as he is aware if you're taking these medicines before you start omeprazole treatment.

HEALTH / ROUTINE

Common Medications: Paracetamol

Paracetamol is a common painkiller used to treat aches and pain. It can also be used to reduce a high temperature.

It's available to buy from a pharmacy, supermarket, or shop, but you may be able to get 1g tablets on prescription if you have long-term pain. It comes as tablets, capsules, syrup, powder that you mix with water, or suppositories. The 1g tablets are only available if prescribed by a doctor.

Paracetamol is also available combined with other painkillers and anti-sickness medicines. It is used in a wide range of cold and flu remedies.



Do be aware:

- Paracetamol can take up to an hour to work.
- The usual dose of paracetamol is one or two 500mg tablets at a time, up to 4 times in 24 hours. The maximum dose is eight 500mg tablets in 24 hours. Do NOT exceed.
- Do not take paracetamol with other medicines containing paracetamol because there is a risk of overdose.
- Paracetamol is safe to take during pregnancy and while breastfeeding, at recommended doses.
- It may not be safe for you to drink alcohol with paracetamol if you have certain health conditions, such as liver problems. This is why you should always check with a medical practitioner if you intend on taking paracetamol regularly.

Paracetamol is not safe for everyone. To make sure it's suitable for you, tell your doctor or pharmacist if you:

- have ever had an allergic reaction to paracetamol or any other medicine
- have liver or kidney problems
- regularly drink more than the maximum amount of alcohol recommended (14 units a week)

If you weigh less than 50kg (8 stone), check with your doctor or pharmacist. You may need to take a lower dose.

If you take paracetamol regularly and miss a dose, take it as soon as you remember, unless it's within 4 hours of your next dose. In this case, skip the missed dose and take your next dose at the usual time. Do not take an extra dose to make up for a missed one. If you forget doses often, it may help to set an alarm to remind you. You could also ask your pharmacist for advice on other ways to help you remember to take your medicine.

Taking too much paracetamol can be dangerous and you may need treatment. Too much paracetamol can cause liver damage, and worse.

**Adults can take two 500mg tablets, 4 times in 24 hours.
You must wait at least 4 hours between doses. The
maximum is eight 500mg tablets in 24 hours. If you're
taking 1g tablets, do not take more than four in 24 hours.**

HEALTH / ROUTINE

Common Medications: for Blood Pressure

Making healthy changes to your lifestyle could be enough to lower your blood pressure to a healthy level, but some people will also need medicines. If you start taking high blood pressure medicines, it's likely you will need to keep taking them for a long time. If your blood pressure stays under control for several years, you might be able to take a lower dose or stop taking them altogether.

One of the reasons why HMHB promotes a regular health check is that high blood pressure doesn't usually have any symptoms and you might feel absolutely fine, which can make the idea of taking medicines hard to accept. But if it's not brought under control, high blood pressure can lead to heart attacks, strokes, and a number of other serious health problems. This is why your doctor might want to discuss medications with you as well as changes to your lifestyle.

There are lots of different medications which can be used to treat high blood pressure. If one type doesn't work or gives you side effects, you should be able to try a different dose or a different medication. Everyone is different, and some blood pressure medications might work better for you than others. It's also quite common to take more than one type of blood pressure medication at the same time because they work in different ways.



Your doctor will consider your blood pressure numbers when deciding whether to prescribe medications.

- **If your blood pressure is 140/90mmHg or over** this is considered high. If you are otherwise in good health, and your overall risk of heart attacks and stroke is low, changes to your lifestyle might be enough. If your risk of serious health problems is higher, for example if you are overweight or have diabetes, then your doctor might suggest you start taking medications as well as improving your lifestyle.
- **If your blood pressure is over 160/100mmHg** your risk of serious problems is higher and your doctor will offer you medications as well as talking to you about changes to your lifestyle.

How do Blood Pressure medicines work?

Your body is constantly working to keep your blood pressure under control. There are receptors in your blood vessel walls which detect when your blood pressure is too high or low. In response, your nerves, hormones and kidneys all play a role in bringing it back to a safe level.

Over time, your blood pressure can creep up for a number of reasons, including an unhealthy lifestyle, and medications can help to bring it back down. They do this by acting on the ways your body controls blood pressure. Some affect the nerves or hormones which send signals to your blood vessel walls, telling them to relax or contract, while some affect the kidneys, causing them to remove excess salt and water from the blood.

To reduce blood pressure through lifestyle changes, prioritise a heart-healthy diet, regular physical activity, weight management, and stress reduction. Limit sodium intake, alcohol consumption, and stop smoking.

One of the reasons I have looked at medications is that I, myself, am on a Statin, a Blood Pressure tablet, and taking Omeprazole. I have to look after my own weight and diet better.

I know I should follow my own advice in these packs.

I am a walking example of why it is important to have a healthy lifestyle!!

Laughter is the Best Medicine

Lazza's funny Joke page *(disclaimer, they may not be funny)*

What is the difference between a poorly dressed man on a unicycle and a well-dressed man on a bicycle?

Attire.

The owner of the tuxedo store kept hovering over me when I was browsing, so I asked him to leave me alone. He said, "Fine, suit yourself."



I love Star Trek. One of my favourite characters was Spock.

But did you know he had three ears.

Yes, a left ear, a right ear, and a final front ear.

A Dung Beetle walks into a pub. He goes up to the bar, taps the man on the shoulder and says: "Excuse me. Is this stool taken?"

A man died and went to Heaven. St Peter says to him "Before you meet with God, I should tell you ,we've looked over your life, and to be honest you really didn't do anything particularly good or bad. We're not really sure what to do with you. Can you tell us anything you did that can help us make a decision?" The newly arrived soul thought for a moment and replied, "Yeah, once I was driving along and came upon a little old lady who was being harassed by a group of thugs. So I pulled over and went up to the leader of the thugs. He was a big, muscular guy with a ring pierced through his lip. Well, I tore the ring out of his lip, and told him he and his gang had better stop bothering this lady or they would have to deal with me!"

"Wow that's impressive, when did this happen?" said Peter. The man replied "about three minutes ago,".

NUTRITION: Lazza's Kitchen Adventure

Sweet Egg and Avocado Salad

Lazza has been trying out new recipes for over four years
His first time making: Sweet Egg and Avocado Salad from scratch

While vinegar making may be as old as brewing, the first documented evidence of vinegar making and use was by the ancient Babylonians around 3000 BCE. They primarily made vinegar from fermentation of fruits, dates, figs, and beer and used it for both culinary and medicinal purposes. Its uses were then spread to neighbouring lands, evident as traces of it also have been found in Egyptian Urns. The Chinese book "Zhou Li" mentions that many noble or royal households had a "vinegar maker" as a specialized occupation.

Ingredients

Bag Baby Potatoes
4 Hard Boiled Eggs (can have more)
Cherry Tomatoes: Baby Cucumbers
Iceberg Lettuce: Baby Beetroot.
Two Avocado (can have more)
Pomegranate Seeds: Sliced Beef Slices (opt)
Stuffed Olives (your choice)
Salad Cream / Mayonnaise
Vinegar
Lemon Juice
English Mustard / Horseradish

I first quartered the baby potatoes and boiled them for around 15 minutes.

I then left them to cool.

I mixed them with some salad cream/mayonnaise, mustard, malt vinegar, and horseradish (all to taste - it's you who will eat this).

For the Salad - I halved some hard boiled eggs and put them in a large bowl.

I halved cherry tomatoes and sliced the baby cucumbers and added them in.

Then I halved the avocados and diced them to add in too.

The baby beetroot I left as they are, and poured in the pomegranate seeds too.

I added the Olives and gave it all a good stir before sprinkling over a little lemon juice.

I also sliced in some Beef Slices, but that is optional or you can use chicken if you like.

As you can see from the pic, I then served the salad mix separately from the lettuce and potatoes.

All in all a very tasty salad with lots of good nutrition elements.



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 dish to prepare.

LAZZA's Letter Game:

See how long this can take - all week we hope!!

We want you to name 10 of all the following. Use a separate bit of paper. But all your answers have to start with the letter: **S**

(pls. note there may not be 10. Don't use the internet and cheat. 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

Lazza's Letter Game

Good Luck. See how many you can find during this week.

Keep coming back to it.

Try not to look the answers up.

If you get the urge to check, think about why you feel the need to do that!!

HMHB and our Amazing Partnerships

Promoting Projects and Organisations - Pt 1



Age UK are both national, international, and local. Age UK Islington works with adults of all ages (16yrs+), running activities, events and support groups focused on health and well-being. They help people with day-to-day issues and difficulties - including money worries, managing at home, getting out and about, getting into training and employment and much more.

Age UK Islington would be very happy to speak with you. Look at www.ageuk.org.uk/islington/ Or Call: **020 7281 6018**: HMHB are doing some course events with Age UK, and look forward to more collaboration.

Better Lives is an integrated drug and alcohol service delivered by Camden and Islington NHS Foundation Trust in partnership with WDP and Humankind.

They offer a free and confidential support service for individuals and their families affected by drug and alcohol problem.

HMHB have ran some very successful Ajani courses with their users over the last few years. We are hoping this will be the start of a working relationship with them.



HMHB is very proud of its collaboration with Better Gyms in Islington and Camden. We have run various classes at Pancras Leisure Centre and the Sobell Centre in the past, and currently have our Tuesday indoor morning session at Highbury Leisure Centre, and will be restarting our Saturday morning session at the Sobell. They are one of our Highbury Fields walk partners, and we hope to have more classes with them in the near future.

The Haringey Wellbeing Network (HWN) is a mental health and wellbeing community support service for the London Borough of Haringey. The network is made up of three specialist mental health organisations and is the single point of entry for all community mental health support needs in Haringey.

HMHB has run several courses with them in the past, and we love helping their users. Call them on **0208 340 2474 (option 1)**.

Email: Haringeywellbeingnetwork@mih.org.uk



HMHB have formed a partnership with Healthy Generations. HG promote inclusion, reduce isolation and improve health and well-being. They work mainly with older people and mental health service users. Islington classes are open to everyone. They have a huge number of FREE exercise classes of different types, so do check out their website and join in.

www.healthygenerations.org.uk

You can also contact Sam (Ops Manager) through their website. HMHB look forward to working with HG going forward.

HMHB and our Amazing Partnerships

Promoting Projects and Organisations - Pt 2



Help on Your Doorstep

Help on Your Doorstep aims to improve the health and wellbeing of people in Islington, especially those who are vulnerable and isolated. Working with residents they seek to find solutions to the issues which make life difficult, strengthen communities to do more for themselves and enable people to improve their life chances.

Do contact them if you have an issue, and they can signpost you to the relevant people. connect@helponyourdoorstep.com

HMHB are so proud to be part of a world-wide network that focuses on the benefits of walking for your health.

We are partners with the US based Walk With A Doc, that now has chapters all around the world.

Started back in 2005, it reaches into all continents, and we are humbled to be in their London based events.

We keep in contact, send them our health packs, and are on their social media and beyond. www.walkwithadoc.org



SHP's vision is of a society where everyone has a place to call home and the chance to live a fulfilling life. They help single Londoners by preventing homelessness, providing support and accommodation, promoting well-being, enhancing opportunity, and being a voice for change.

HMHB have done several courses to terrific feedback with SHP, and look forward to working more in the future.

www.shp.org.uk 0204 509 8300

HMHB have had a working relationship with VAI for over eleven years, and they have been extremely helpful as we developed and then started working with users.

VAI support hundreds of small projects and organisations throughout Islington, and it was through them that Lawrence won an award at the Volunteer of the Year Awards in 2022 and 2023.

If you need help - please contact Yvette, Marta, Maria:

www.vai.org.uk Main phone no: 020 7832 5801

**Voluntary
Action
Islington**

Answers to Fun Quiz from Page 21 - don't look till you have done all the quiz

- | | | | |
|--------------|-------------------------------------|--------------|--------------------------------------|
| Round One: | 1 FF / JA | 2 Car / Poet | 3 Aurora / Arvia |
| Round Two: | 1, 399: | 2, 80: | 3, 62: 4, 400: 5, 4413 |
| Round Three: | 1, 1906: | 2, 1988: | 3, 1883: 4, 1957. 5, 2009. |
| Round Four: | All UK Stringed Musical Instruments | | |
| Round Five: | 1 Madagascar: | 2 Somalia: | 3 Oklahoma: 4 Humerus |
| Round Six: | 1 Manchester: | 2 York: | 3 Birmingham: 4 Belfast: 5 Liverpool |



Review for this month's Challenges and Targets

Mind-set:

A positive outlook is important because it can improve your mental and physical health, enhance your ability to cope with stress, and foster stronger relationships. It can also lead to greater resilience, better problem-solving skills, and increased life satisfaction.

Studies suggest that positive thinking can be protective against depression and may help individuals cope with depressive symptoms. Boost your self-esteem, set yourself challenges, and celebrate you are alive. It's your choice.

Enjoy your life today
because yesterday has
gone, and tomorrow may
never come.

ALAN COREN

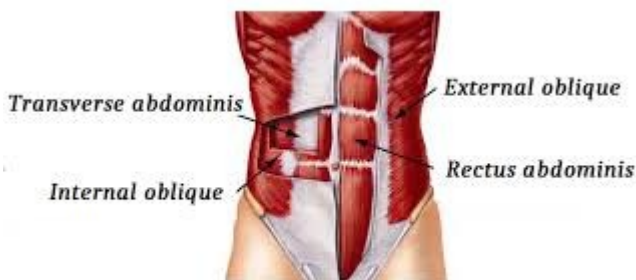
Nutrition.

Good nutrition can significantly impact cholesterol levels by influencing the balance of "good" (HDL) and "bad" (LDL) cholesterol in the body. Dietary changes, such as reducing saturated and trans fats and increasing soluble fibre and plant-based foods, can help lower LDL cholesterol and potentially raise HDL cholesterol.

To reduce your levels of bad cholesterol and triglycerides, follow a heart-healthy eating pattern - one high in wholegrains, fibre, vitamins, minerals and healthy fats.



Exercise.



Working your abdominal muscles, and core in general, offers numerous benefits including improved posture, balance, stability, and reduced risk of injury, especially to the back. Strong core muscles also support daily activities and athletic performance by stabilising your body during movement.

The abdominal muscles also support the trunk, allow movement and hold organs in place by regulating internal abdominal pressure. Just find a way to ensure you are working these muscles in some way.

Health.

The odds are you are probably taking some kind of medication - if not, well done, but things happen to your body over time. I take pills for cholesterol, blood pressure, acid reflux, and another for immune system. In this issue we briefly look at some more common medicines, but always know what you are taking and why. Some of us blindly just pop a pill or two. Be aware of how nutrition may affect your medicine for example.



**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 + Authors from Page 28

See if you can beat your family and friends

Literature: The authors of those famous books, and the year were they first published?

1. 1877: Anna Sewell
2. 1852: Harriet Beecher Stowe
3. 1939: John Steinbeck
4. 1961: Joseph Heller
5. 1726: Jonathan Swift
6. 1811: Jane Austen
7. 1940: Ernest Hemingway
8. 1908: E. M. Forster
9. 1878: Leo Tolstoy
10. 1817: Walter Scott
11. 1928: D. H. Lawrence
12. 1719: Daniel Defoe
13. 1898: H. G. Wells

Music: The singers of those songs which reached the UK Top 10 in 1992?

1. Shakespears Sister (that's how they spelt it)
2. Madness
3. Eric Clapton
4. Ce Ce Peniston
5. Annie Lennox
6. Take That
7. Elton John
8. Snap!
9. Roy Orbison
10. Dr. Alban
11. Charles and Eddie
12. Genesis
13. The Shamen
14. Billy Ray Cyrus

Movies: The people who voiced those famous animated characters, and the name the year the film came out.

1. 1994: Rowan Atkinson
2. 1995: Tim Allen
3. 2001: John Lithgow
4. 2006: Oen Wilson
5. 2013: Josh Gad
6. 1991: Angela Lansbury
7. 2004: Samuel L Jackson
8. 2001: Billy Crystal
9. 2012: Emma Thompson
10. 2012: John C Reilly
11. 2016: Ellen DeGeneres
12. 2016: Dwayne Johnson
13. 2016: Idris Elba
14. 2008: John Travolta
15. 2010: Cameron Diaz
16. 1995: Mel Gibson
17. 1992: Robin Williams

The World: The 16 US Vice Presidents

Alben Barkley: Richard Nixon: Lyndon B Johnson
Hubert Humphrey: Spiro Agnew: Gerald Ford:
Nelson Rockefeller: Walter Mondale: George HW Bush
Dan Quayle: Al Gore: Dick Cheney
Joe Biden: Mike Pence: Kamala Harris: JD Vance

QUIZ
ANSWERS

Authors: Did you name them? - from Page 28 (how well did you do? Tough wasn't it?)

- | | |
|----------------------------|---------------------|
| 1: J. R. R. Tolkien | 2: George Orwell |
| 3: Roald Dahl | 4: Beatrix Potter |
| 5: Agatha Christie | 6: Charles Dickens |
| 7: Stephen King | 8: J. K. Rowling |
| 9: Oscar Wilde | 10: Dr. Seuss |
| 11: Enid Blyton | 12: James Patterson |
| 13: Richard Osman | 14: Leo Tolstoy |
| 15: Sir Arthur Conan Doyle | |

The World: The top 10 Instagram

Christiano Ronaldo (655 million)

Lionel Messi
Selena Gomez
Kylie Jenner
Dwayne Johnson
Ariana Grande
Kim Kardashian
Beyoncé
Khloé Kardashian
Justin Bieber

THE LAST PAGE

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

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 JustGiving: www.justgiving.com/crowdfunding/hmhb

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

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

We are creating a new Blog and Podcast in 2025 - watch this space for more details

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 and outings pages.

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

HMHB: Official Nominee Team Islington Volunteer of the Year Awards 2021

Lawrence: **WINNER** Mayor Civic Award in 2022 (Outstanding Delivery)

Lawrence: **WINNER** at Volunteer of the Year Awards 2022

Lawrence: Official Nominee Mayor Civic Award 2023

Lawrence: **WINNER** Islington Volunteer of the Year 2023



ISLINGTON

Cripplegate Foundation Helping since 1500



Be Safe, Be Active, Be Well



Link to our Website