

Healthy Minds, Healthy Bods

Inspiring; Encouraging; Motivating



HMHB's Monthly Health Pack:

Number 40

Focus on:

Mind-set, Nutrition, Exercise, Health

The Unique and Original, and still The Best



Prepared by: Lazza and the HMHB team:

1st September 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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**"When one door of happiness closes, another opens,
but often we look so long at the closed door
that we do not see the one that has been opened for us."**

Welcome to Issue 40 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 40 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 one of our brilliant Paddle Board and Kayak session at City Road Basin with Better Lives. 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

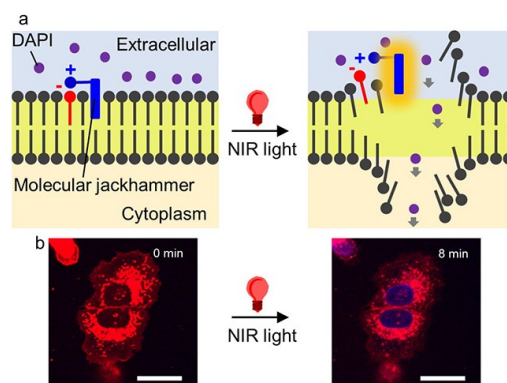
Some recent health research around Cancer treatments.

Scientists Destroy 99% of Cancer Cells in Lab Using Vibrating Molecules

Scientists have discovered a remarkable way to destroy Cancer cells. A study published in 2024 in "Nature Chemistry" found stimulating "Aminocyanine Molecules" with near-infrared light caused them to vibrate in sync, enough to break apart the membranes of Cancer cells. Aminocyanine molecules are already used in bioimaging as synthetic dyes. Commonly used in low doses to detect cancer, they stay stable in water and are very good at attaching themselves to the outside of cells.

The research team from Rice University, Texas A&M University, and the University of Texas, said their approach is a marked improvement over another kind of cancer-killing molecular machine previously developed, called Feringa-type motors, which could also break the structures of problematic cells.

"It is a whole new generation of molecular machines that we call molecular jackhammers," said chemist James Tour from Rice University, when the results were published in December 2023. "They are more than one million times faster in their mechanical motion than the former Feringa-type motors, and they can be activated with near-infrared light rather than visible light."



The use of near-infrared light is important because it enables scientists to get deeper into the body. Cancer in bones and organs could potentially be treated without needing surgery to get to the Cancer growth. In tests on cultured, lab-grown cancer cells, the molecular jackhammer method scored a 99 percent hit rate at destroying the cells. The approach was also tested on mice with melanoma tumours, and half the animals became cancer-free.

"This study is about a different way to treat cancer using mechanical forces at the molecular scale," said chemist Ciceron Ayala-Orozco from Rice University.

New Treatment "Histotripsy" kills Cancer cells with Sound Waves and Water.

In 2022, Chris Donaldson, from Alabama, was diagnosed with ocular melanoma, a rare cancer that develops in the eye's pigment-producing cells, but the most common type of eye cancer in adults. Radioactive seeds behind his eyes destroyed the cancer there. But because it travelled to his liver, doctors weren't sure how well conventional treatments would work. Then, Donaldson heard about histotripsy. It's being called a potential game-changer in fighting certain types of Cancer and it uses highly-focused soundwaves.

He travelled to Providence Mission Hospital in California because the centre leads the U.S.A. in treating patients with this new FDA-approved modality. "Histotripsy is a technology that uses ultrasound waves that go to a very small point. It's about the size of a grain of rice. And it just ruptures the cells and kills them instantly," said Dr. Kevin Burns, Chief of Interventional radiology.

The treatment took 20 years to develop. Unlike radiation, this soundwave therapy doesn't impact any other tissue. It can be repeated as needed. After each treatment, the organ bounces back. Early studies show that liquifying the tumours leave behind benign genetic material that may improve the body's defences against cancer. Two months after treatment, and after believing that he had just two to three years left, Donaldson's liver remains cancer free. It's the best news he's ever heard.

HEALTH NEWS AND RESEARCH PAGE:

Some recent health research.

Scientists have created a Hydrogel that strengthens bones.

Osteoporosis is a disease in which bone breaks down faster than it is formed, gradually weakening its structure over time and leading to fractures. Although the condition is well recognized, Dominique Pioletti, head of the Laboratory of Biomechanical Orthopaedics in (EPFL) Ecole Polytechnique Federale de Lausanne's School of Engineering, emphasizes that the economic and societal impacts of osteoporosis fractures are often underestimated.

"In the absence of effective preventive measures, around 40% of women aged 50 will suffer at least one major osteoporotic fracture; in men, the percentage is around 20%," he says. "Moreover, people often do not realise the severity of the condition. In the elderly, fractures of the femoral neck, near the hip, have a 20% mortality rate in the year following the fracture, and over half of those affected are never able to return to pre-fracture activities."

A diagnosis of osteoporosis is usually followed by treatment with systemic drugs that work either by decreasing the resorption rate of old bone (anti-catabolism) or boosting new bone production (anabolism). But both types of treatment can take up to a year to have an effect, leaving patients vulnerable to fracture in the meantime.

Pioletti and colleagues at EPFL start-up "Flowbone" have developed an injectable hydrogel that targets rapid, localised increase in bone density. The team, in collaboration with Vincent Stadelmann at the Schulthess Klinik, Zurich, have recently reported a novel therapy that combines these hydrogel injections with traditional systemic drugs. The results, published in the journal "Bone", show a four- to five-fold increase in bone density in the legs of rats with bone loss.

"In this work, we demonstrate for the first time that a combined therapy of a systemically delivered drug and local injection of our hydrogel delivers a rapid increase in bone density, and could therefore revolutionise the prevention of osteoporosis fractures," Pioletti says.

Most current osteoporosis treatments are systemic, and the few local treatments available take the form of pastes that harden into a kind of cement. The easily injectable hydrogel developed at EPFL and Flowbone, on the other hand, is made of hyaluronic acid and hydroxyapatite nanoparticles, and is designed to mimic the natural minerals in bone.

The study results showed that standalone hydrogel injections significantly densified local bone two- to three-fold, independent of systemic therapy. But the most potent effect was seen in rats that received a systemic anabolic treatment (parathyroid hormone), plus the hydrogel mixed with the anti-catabolic drug Zoledronate: at the injection site, their bone density increased up to 4.8-fold in just 2-4 weeks.

"Our findings suggest that injectable hydrogels with localised anti-catabolic drug delivery can complement systemic anti-catabolic treatment, or bone-boosting systemic anabolic treatment, by rapidly increasing local bone density," Pioletti summarises.



Lazza's Fiendishly Hard Quiz Spectacular!!!
It's meant to take some time, and make you think.
Answers are on page 46 this week (no peeking)

The World:

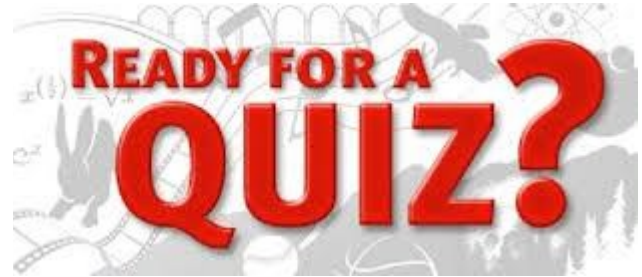
In 2022, according to WorldPopulationReview, which 20 countries consumed the most amount of wine per person for that year. Not overall total amount, but per person. It'll surprise you.

Music: Can you name the band that had these people as their lead singers?

1. David Byrne
2. David Gilmour
3. Michael Stipe
4. Axl Rose
5. Robert Plant
6. Jim Kerr
7. Dave Grohl
8. Chrissie Hynde
9. Damon Albarn
10. Philip Oakey
11. Ozzy Osborne
12. Kurt Cobain
13. Joe Strummer

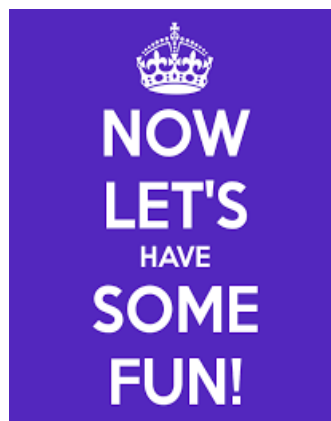
Television: Who was the first host of these UK shows, and what year was the show launched?

1. Mastermind
2. University Challenge
3. The Weakest Link
4. Strictly Come Dancing
5. Countdown
6. Eggheads
7. Who Wants To Be A Millionaire
8. Catchphrase
9. Have I Got News For You
10. Fifteen to One
11. Blockbusters
12. Going For Gold
13. This Is Your Life
14. A Question of Sport



Movies: Who played the title character(s) in these movies, and what year was it released?

1. Donnie Darko
2. Erin Brockovich
3. Napoleon Dynamite
4. Jackie Brown
5. The Adventures of Robin Hood
6. Charlie and the Chocolate Factory
7. Goldfinger
8. When Harry Met Sally
9. Annie Hall
10. Life of Brian
11. Octopussy
12. Crocodile Dundee
13. Ferris Bueller's Day Off
14. Beetlejuice
15. Bill and Ted's Excellent Adventure
16. Dirty Harry
17. Dick Tracy



Geography:

As at July 2024,
Which are the 15 US states
with the smallest
populations?

Another toughie
from our Lazza.

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 AUGUST 2025

On one Sunday in August we descended on Finsbury Park to have a boating session on the lake.

We commandeered three boats for our seven adventurers, with two of our group looking after our bags on the side, and had a very enjoyable half hour steering around the island in the middle of the lake, trying to avoid all the ducks, geese, and other birds, all looking to see if we had brought any bird seed with us.

It really was a lot of fun, and at £12 a boat we thought it was very good value. We will come again next year too, and recommend this event.



We had a delve into the past this month with a visit to the London Docklands Museum, which is close to West India Quay.

It explains the history of the River Thames, the growth of the Port of London and the docks historical link to the Atlantic slave trade, as well as the goods being traded and includes some old maps too.

It is definitely worth a visit, and here are a few of us having a tea and coffee, with some delicious muffins, afterwards in the café.

We fully recommend a visit.

We had an excellent and energetic dance workshop session at Sadlers Wells Stratford with the fantastic Pepa Ubera, who is appearing at the venue in October with her show.

It focussed a lot on improvisation, breathing, movement, and just allowing yourself to flow with the music. Our group joined in with everyone and we were laughing, swaying, and just having a terrific time.



HMHB Activity: Photos and Events from AUGUST 2025

We have had some terrific evenings at the Globe Theatre over the last few years, and yet again we were not disappointed - an enthralling production of Twelfth Night beguiled us. It was believed to have been written around 1601–1602 as a Twelfth Night entertainment for the close of the Christmas season. The play centres on the twins Viola and Sebastian, who are separated in a shipwreck, with misunderstandings, confusion, and the usual Shakespeare humour. We have one more to come in October, and hoping that it lives up to the four we have already seen this year.



What a treat at Sadlers Wells Islington. The Lion, The Witch & The Wardrobe. C. S. Lewis's story was brought to life with clever staging, a terrific cast, and we loved the whole experience. We have 19 of us in the First Circle for this spectacular show. Sadlers never disappoints. Being able to bring groups to these events - some of which do include a financial contribution - really helps towards both mental and social health issues. Ages from 20s to 90s too, and what a great mix of people. Thanks for coming guys.

HMHB delivered a session for **Single Homeless Project** at the London Irish Centre in Camden. HMHB has a terrific history with SHP, with whom we delivered our first ever course back in 2017., and have supported HMHB's work from the start. Here is the feedback from SHP's "Senior Groups and ETE Coordinator" who sat in on our session.



"Lawrence from Healthy Minds Healthy Bods recently delivered a taster session at our wellbeing and self-development programme Fuchsia. The taster session was informative, engaging and energetic with a mix of discussion and activity. The group particularly enjoyed the 12 days of fitness exercise section and found it accessible and fun. The information shared was useful and inspired clients to consider how to improve all areas of their health - from diet and exercise to mindset and thought processes"



HMHB Activity: Photos and Events from AUGUST 2025

We love our exercise sessions at Highbury Leisure Centre, and are looking to expand soon to two other leisure centres if possible. Better UK have been so supportive to us, and we are very grateful. Here are our group after completing a Circuit Training session (we try and do different things every week). It is much more fun if you are using equipment, working in pairs, and generally having a laugh at the same time. Thanks to all who come along and support.



We enjoyed a terrific night at the Park Theatre in Finsbury Park, watching two different comics warming up for the Edinburgh Festival. We are pictured with the brilliant Dr. Matt Winning, a London based Scottish comedian who bases his act around climate change issues. The other performer was Andrew Doherty, who was fantastic, and based his show around quite a solemn subject of Aids, but with a clever ignorance and a side swipe against the Arts Council funders, who have not always been great with comedy. Our five thoroughly enjoyed our two hours of laughter and went home with smiles on our faces.



Apologies for the slightly blurry pic as, combined with the dark lighting, it is not admittedly the best. But here we are in The Coronet on Holloway Road one Friday evening joining in with the Karaoke night. We missed a couple of our regular singers, but we still had a good time, and it was a good job we came as it was quite a quiet night when it came to people getting up. It is more about the social side of things than the vocals, but both Lazza and Ros gave their all, despite a few missed notes here and there. We will be back in September for more.



The Fair was on Highbury Fields so it was rude not to visit and have a good time. When you think of their costs, I think the rides and entrance were good value for money. There I am outside the Ghost Train which had been oohing and clinging on - as did a couple of those rides that go high and spin round furiously. I did not scream though (well, maybe just a little). A great time I recommend.

HMHB Activity: Photos and Events from AUGUST 2025

Here we are close to Elephant and Castle outside the Southwark Playhouse Borough Theatre to see a thought-provoking play "The Trials".
 "A jury of young people sit in judgement of the older generation for failing to deal with the catastrophe of climate change, deciding who should be punished for not having taken action sooner. As the ones most affected by it, it surely makes sense that they should be the ones to decide the fate of individuals who could, and should, have done more."
 Terrific cast and entertainment.



Feeding the pigeons with birdseed in Clissold Park as part of our three weekly health walks. I thought I was watching a Hitchcock film at one stage, but they soon disappeared once all our feed had been thrown to the floor.

I have to admit these are older pictures, as I forgot to take them this month.

But we do love our walks, as they bring significant health benefits, so do get outdoors and into nature for your own good!!

Following on from our session with Better Lives in July, 12 of us were back at the City Basin for some Kayak fun on two Fridays in August. It was so much fun, and you can see it was a broad group of ages and abilities that turned up - a few with their first ever kayak session.
 The instructors were patient and helped us all, and there was very little wetness.
 Thanks everyone who came along. We will look to do more of this kind of thing in the future.

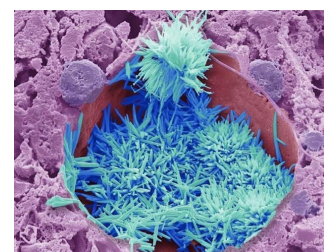
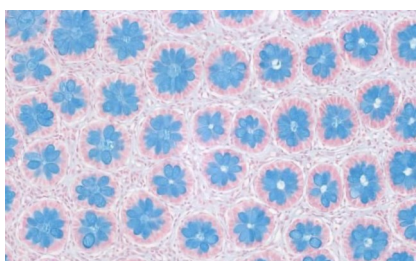


Everyman Cinema have been at Granary Square behind Kings Cross this summer, so a few of us headed down to see film "Dog Man" there one Monday in August. A clever and funny animation. It was a very hot day and I have to admit I should have been wearing a hat as my nose was redder than Rudolph's by the end of the film. Completely free too. They showed over 100 different films this summer. Not bad eh?

HMHB Activity: Photos and Events from AUGUST 2025

A remarkable exhibition at the Francis Crick Institute had us all enthralled one Friday. "The Wellcome Photography Prize, now in its 28th year, brings together stories of health, science and human experience. The large number of selected images combine powerful personal narratives with scientific imaging to explore human health at all scales of life."

The photo on the left is actually a photo of the inside of your colon, whereas the one the right (not the real colours) is cholesterol. The photographs were created using a range of techniques, from cyanotypes – one of the earliest types of photography – to drone photography and images made using microscopes. It was a fascinating display and one we fully recommend you visit.



We have to thank Karina for a terrific Zumba session as part of our Tuesday exercise. Zumba is good for you because it provides a total-body, calorie-burning cardio workout that improves cardiovascular health, muscle toning, flexibility, balance, and coordination. But most importantly, it is fun and available to people of all ages and abilities. You just have to look at the smiling faces in the photo opposite. Hoping for more!!!

We had a very interesting afternoon at the Gillespie Road Nature Reserve, via the Ecology Centre, when we joined in with one of their "Tree Walks" one Wednesday. The very knowledgeable guy, on one knee in the photo, had a lot of brilliant facts about the trees, bushes, and the centre itself. I did not realise how popular this would be, and our group of eight really learnt a lot. Do pop down for a visit if you have never been before. It is quite a large space, and they are very happy to talk to you about the venue, and the work that is done there.



HMHB Activity: Photos and Events from AUGUST 2025



We had our Summer Party on the 31 August - and have to offer our heartfelt thanks to our friends Dor and Ted for hosting at their house in Highbury. We even managed to get it outside, even though the weather did look like it might hurt us.

We have built up such a great group of people - with nearly one hundred on our regular books at the moment - and others who occasionally drift in and out. So we did not know how many to expect, but were pleased with everyone who came. Some stayed the whole time while others popped in to say hello, normally with some food gifts.

We were spoiled rotten with homemade sandwiches, biscuits, and cakes, as well as nibbles, drinks, and a special Chocolate Cake surprise for our Lazza, with a great sunrise alarm clock. I feel so humbled and happy, as my “users” make HMHB what it is. I just facilitate and organise events and sessions that I think people will like. Thankfully, it appears I do a good job. Yay!!!

I admit, this was just in July as the Second Chance Café have closed down for August to give their volunteers a rest over summer. But I wanted to include it, as we love the place, and have been visiting on our Thursday walks. Sadly, from September they will only be open on Fridays (short-term), but we will be coming along once a month to see our friends there. It's one of the best projects in Hackney, and we hope they get their funding.



Looking forward to September 2025 - just look at the astonishingly busy line up below.

Angel Canal Festival at City Road Basin. Two Sadlers Community Dance Sessions.
A Karaoke night at the Coronet, Holloway. Kayaking at Friday Adult Class with Islington Boating Club.
13 at Richmond Theatre to see Inspector Morse. 4 to see TV show recording at Francis Crick.
15 people at Southwark Playhouse for A Midsummer Night's Dream. Nutrition at Brickworks.
Lazza's "anyone can win" Online Quiz is back on Thursday nights. A Zumba Session with Karina.
We return to the Welcome Collection on Euston Road: A Nature Walk at Islington Ecology Centre.
A Friday visit to the wonderful Second Chance Café. Outdoor Gym Equipment Session with a PT.
Alongside our three weekly walks, exercise sessions, courses, and friends meeting up.

NUTRITION: Lazza's Kitchen Adventure

Yellow Pepper and Tomato Mini Quiches

Lazza has been trying out new recipes for over four years
His first time making: Yellow Pepper/Tomato Mini Quiches from scratch

Ingredients

Olive Oil
8 Large Eggs
Baby Plum Tomatoes - chopped
2 Yellow Peppers (diced)
Chopped Onion
Paprika (generous)
Small amount of milk.
Mixed Herbs: Salt: Black Pepper

Yellow peppers are different from red and green peppers, primarily in their stage of ripeness. Green peppers are unripe, while red peppers are fully ripe. Yellow peppers are in an intermediate stage, representing a stage of ripeness between green and red. All are delicious. While all three colours can be from the same plant, the longer they stay on the vine, the more nutrients they develop, and the sweeter they become.

In some oil I added the chopped onions
Into that I then added the diced peppers and the chopped tomatoes.

Meanwhile in a bowl I mixed the eggs, milk, paprika, herbs, salt and pepper.

Once the onion/pepper/tomato mix is softened, take off the heat and allow to cool a little.

Then add the 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 tomato pieces 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 as delicious as the egg/bacon ones I made previously.



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: What makes you Happy? -1

This is such a good question - and as we cover it you will see why I say that. I was brought to this question after being asked to deliver a short session with Islington Mind, and this was the topic on the board. In fact, I changed what I was going to do originally because I thought it was such a fascinating question.

On this page we will look at actual things that make us happy.

I remember at the Mind session the attendees were asked what they thought. There were various answers:

- Meeting up with my friends
- Going to see a film at the cinema or a show at the theatre (this was one of my answers)
- A funny show on television
- My football team winning
- Dressing up nice
- Someone telling me I look good - and many more.



All, of course, are good answers. And, if you think about it, there are many many more replies that could appear. And that is because happiness is such a personal thing to people.

A good question to ask is - **What is Happiness?** This is what it says on Wikipedia, and I like it too.

“Happiness is a complex and multifaceted emotion that encompasses a range of positive feelings, from contentment to intense joy. It is often associated with positive life experiences, such as achieving goals, spending time with loved ones, or engaging in enjoyable activities. However, happiness can also arise spontaneously, without any apparent external cause.

Happiness is closely linked to well-being and overall life satisfaction. Studies have shown that individuals who experience higher levels of happiness tend to have better physical and mental health, stronger social relationships, and greater resilience in the face of adversity.

The pursuit of happiness has been a central theme in philosophy and psychology for centuries. While there is no single, universally accepted definition of happiness, it is generally understood to be a state of mind characterised by positive emotions, a sense of purpose, and a feeling of fulfilment.”

People have been trying to measure happiness for centuries. In 1780, the English utilitarian philosopher Jeremy Bentham proposed that as happiness was the primary goal of humans, it should be measured as a way of determining how well the government was performing. Well, I am not so sure that is a good idea in this day and age.

**“Attitude is a choice. Happiness is a choice. Optimism is a choice.
Kindness is a choice. Giving is a choice. Respect is a choice.
Whatever choice you make makes you. Choose wisely.”**

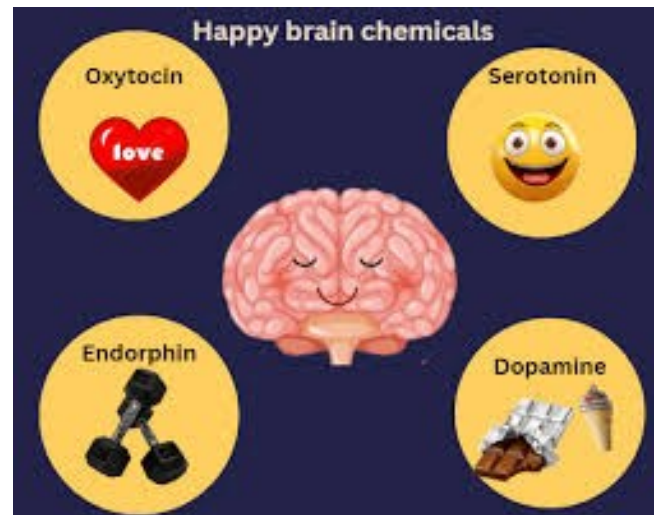
MIND-SET: What makes you Happy? -2

So, scientifically, what makes you happy? Actually it is you. You do. By doing tasks that you enjoy, your body rewards you and that gives you the happy feelings. Let's take a look.

Hormones are chemicals produced by different glands across your body. They travel through the bloodstream, acting as messengers and playing a part in many bodily processes. One of these important functions? Helping regulate your mood. And this is where Mindset comes in. You can make it happen, depending on your mood.

Certain hormones are known to help promote positive feelings, including happiness and pleasure, and we spoke about these briefly in the health pages of a recent pack. These "happy hormones" include:

- **Dopamine:** Known as the "feel-good" hormone, dopamine is a neurotransmitter that's an important part of your brain's reward system. It's associated with pleasurable sensations, along with learning, memory, and more.
- **Serotonin:** This hormone and neurotransmitter helps regulate your mood as well as your sleep, appetite, digestion, learning ability, and memory.
- **Oxytocin:** Often called the "love hormone", oxytocin is essential for childbirth, breastfeeding, and strong parent-child bonding. It can also help promote trust, empathy, and bonding in relationships. Levels generally increase with physical affection.
- **Endorphins:** These hormones are your body's natural pain reliever, which your body produces in response to stress or discomfort. Levels may also increase when you engage in reward-producing activities such as eating, working out, or having sex.



While there's no surefire way to get your feel-good hormones circulating, there are activities you can add to your day to naturally boost all four happiness hormones. Favourites include:

- Spending quality time with people you like
- Exercising
- Experimenting with cooking
- Reading a good book, or watching a programme that makes you smile
- Having sex
- Listening to feel-good music
- Meditating
- Spending time outdoors
- Taking a nap
- Watching a movie or going to the theatre

This takes us right back to the start of the last page. That title of: what makes you happy? That list that people gave at that event I attended. Ultimately, it's a choice for you as a person. Do you do things you know you will enjoy, knowing it releases the hormones to make you happy. I understand stress, anxiety, depression, feelings of hopelessness: But the only person who can control your happiness is you. What will you do?

EXERCISE/FITNESS: STRETCHING

A few Stretches for Flexibility (*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.

BUTTERFLY STRETCH

Sit down on the floor and bring both feet together. With the help of your arms, drive your knees down into the floor. Hold the stretch for 20 to 30 seconds and then slowly release. The butterfly stretch helps to open up the hips and thighs and improves flexibility. This stretch targets the groin area, loosening and lengthening the inner thigh muscles (adductors). The adductors are often neglected in workouts but they play a key role in your stability and balance. Doing exercises that target these muscles can be very beneficial to your posture and mobility.



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.

CHILD POSE

Get down on your hands and knees. Sit on your heels, separate the knees, lay your torso down and stretch your arms in front of you. Rest your forehead on the mat and relax for 30 seconds to 1 minute. Keep your knees wide, your toes together, and extend your arms as far as you can. Rest your forehead on the mat, breathe slowly, and, as you exhale, try to deepen the stretch. Relax as you feel the stretch in your hips and lower back and release all tension. The child’s pose is a great stretch for the lower back, glutes, hips, thighs, knees, and ankles. It also relaxes the spine, shoulders, and neck, and massages your internal organs.



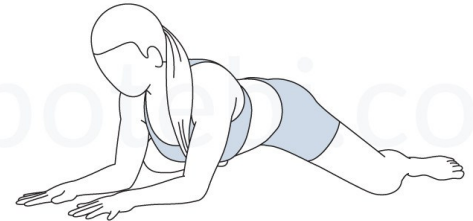
If you have any personal health concerns re stretching, always check with a medical professional before starting.

EXERCISE/FITNESS:

A few Stretches for Flexibility (*thx to Spotebi*)

FROG POSE

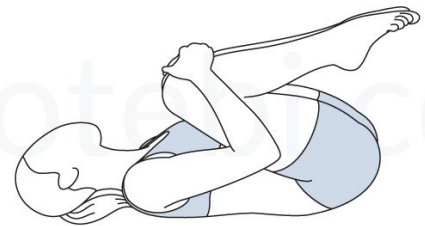
Start in child pose (previous page) with your torso lying down and your arms stretched in front of you. Walk your knees out to the sides, as wide apart as it feels comfortable, and place your forearms on the mat. Flex your feet and rest the inside edges on the mat. Stay in frog pose for 30 seconds to 1 minute. The frog pose opens the hip joints, reduces knee pain, strengthens the back, and improves posture. This pose also stimulates the digestive system, improves circulation, and reduces menstrual cramps. Feel the stretch in your hips and groin area.



KNEE TO CHEST POSE

Lie down on your back and pull both knees up to your chest. Slowly pull the knees toward the shoulders until you feel the stretch in your lower back. Stay in knees to chest pose for 30 seconds to 1 minute.

The knees to chest pose stretches and eases tension in the lower back and massages the abdominal organs. This pose reduces bloating, improves circulation, and rebalances your energy. Lift both legs, clasp your hands around the knees, and, as you exhale, tighten the grip. As you inhale, loosen the grip and relax. Breathe smoothly, keep your back flat on the mat and lengthen the spine.



SEATED SPINAL TWIST POSE

Start seated with crossed legs with your back straight and arms relaxed. Place your right hand on the left knee and twist your torso to the left.

Hold the pose for 30 seconds to 1 minute, switch sides, and repeat.

The seated spinal twist stretches the spine, shoulders, and hips, and strengthens the lower back. This pose massages the abdominal organs and relieves neck and lower back tension. Keep your shoulders and neck relaxed, soften the belly and lift the sternum to lengthen the torso. Take deep breaths, draw your tailbone toward the floor and keep the lower back long.



**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:

How Do You Treat Others with Respect?- 1

Respecting others is not difficult and is a natural trait in the majority of people. It starts with learning to treat yourself with respect and then ensuring we treat others with respect.

Showing respect to others has benefits for us, the people we meet and the whole world. We should show due respect because it;

- **Helps Others:** All people have their own struggles and things going on in their life. By showing due respect to others it makes their lives that little bit easier.
- **Builds Positive Relationships:** Treating people how you would like to be treated means that they will reciprocate the feeling (in the majority of cases). This builds up trust and safety and in turn, strong and positive relationships.
- **Feel Good About Ourselves:** When we treat people well we have a satisfaction that we know we have done the right thing. This helps improve our mood and overall wellbeing in life.
- **Teaches Our Children:** When you show respect it will be absorbed by our children who will, in turn, learn how to treat others well. Build a better future.
- **Changes the World:** Treating others with respect has a ripple effect. They will in turn go out and treat others how they have been treated. Change the world.



To respect others, first you must start with yourself. Self-respect is an important part of your identity because it reflects how you view yourself, which in turn impacts every area of your life, including your relationships, work, and social life. Respecting and loving yourself is the first step toward gaining the love and respect of others.

If you have low self-respect, there are steps you can take to work on it and improve it. It may also be helpful to see a mental healthcare provider, who can help you identify your values, correct negative thought patterns, set firm boundaries, and learn to love yourself.

Empathy.

In order to respect other people it is important to upgrade your empathy skills. Empathy is understanding someone else's experience so much that you can imagine having their experience yourself. It is the foundation for kindness and understanding. It helps us in relationships to understand the needs, experiences, and feelings of the other person. It is different from sympathy, as sympathy is merely focused on responding or reacting to the experiences. Empathy takes it one step farther to being able to put yourself in the person's shoes.

There are two types of empathy:

- **Emotional empathy.** As you might gather from its name, emotional empathy refers to the phenomenon of being able to feel the same emotion as the other person. The second component of it is feeling distress at their hardship, while the third component is feeling compassion for them. So the distress you might feel is not related to the feeling of the other person, but your own personal feeling of upsetness that someone else is going through something painful.
- **Cognitive empathy.** This is how you can perceive and intellectually understand the way someone else feels. This is more like a skill than emotional empathy and takes time to cultivate. Cognitive empathy involves time to learn how to identify certain emotions and behaviours.

MIND-SET:

How Do You Treat Others with Respect? - 2

Don't Try and Control Others

Sometimes people try to assert power over others and control situations. They may do this out of anxiety because they worry that things will go wrong if they do not maintain control. In other cases, it may be to assert dominance. In this case, it is a form of abuse. It certainly is not treating people with respect.

Friendship is a funny thing. I will give you a recent personal example for you.

I was pretty good friends with someone, and enjoyed spending time with this person very much. We would chat a lot, go out to places, have coffee, even go to the gym and the theatre. I liked his company and thought it was reciprocated. We all have our problems and things that rub people up the wrong way. I know I can maybe talk too much, but also think I am a good listener too. I live an action packed life, deliberately. I want to live life, and am often found away from my flat being entertained: in galleries, museums, cinema, theatre, etc. I also love sharing that with my friends.

Then, out the blue, I got a message that this person no longer wanted to be my friend. That I did not listen enough to him, that being around me was a strain and boring. It hurt a lot. But he must be free to make his own decisions. I am coming up to 59, in fact I am typing this just four days before my birthday which was in the middle of August. I am chilled about it all. Friends come and friends go. I think it was the personal attack that upset me. As I thought it unfair. You cannot control friendships.



If they Respect you,
Respect them.
If they Disrespect you,
Respect their choice and
leave.
Do not lower your
integrity for anyone.

Treat Others The Way You Would Want Them To Treat You

Seriously, when did it become acceptable to treat people with such disrespect? People playing loud music without headphones (especially on transport), electric bikes on the pavement weaving between people, shoplifting rife with entitled people thinking they can just take goods whilst yelling at security that they cannot touch them: it's becoming the norm.

It's actually in most religions. Do unto others that which you wish they would do for you. It's sometimes called The Golden Rule. It's really not that hard.

If you want people to be polite to you, then you should be polite to them.

If you don't want people to be rude to you, then you shouldn't be rude to them.

If you want people to help you in a selfless manner, then you should also help them in a selfless manner.

If you want people to listen to you, then be a listener for them too.

If you want people to be a friend, be a friend back to them.

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

Triple Choc Muffins

Lazza has been trying out new recipes for over four years
His first time making: Triple Choc Muffins from scratch

Ingredients

250g Plain Flour
25g Cocoa Powder
250g Softened Unsalted Butter
200g Caster Sugar
1 teaspoon Baking Powder
Small chocolate pieces
Mascarpone. Vanilla Essence.
Cooking Chocolate Bar
2tblsp Caster Sugar

One 19th century source suggests that *muffin* may be related to the Greek bread “maphula”, a 'cake baked on a hearth or griddle', or from Old French “mou-pain” soft bread', which may have been altered into “mouffin”.

The word is first found in print in 1703, spelled “moofin”, it is of uncertain origin but possibly derived from the Low German “muffen”, the plural of “muffe”, meaning 'small cake'.

I put the butter and sugar together into a bowl and mixed together thoroughly.
I then added the four eggs and the powder chocolate.
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 added in the chocolate pieces (I was generous with lots) and stirred them in.
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. 20-25 minutes (checking around 18). Use a skewer to make sure all cooked, leave to cool.

I melted some cooking milk chocolate and mixed it with some mascarpone and caster sugar. I then added a dollop on top of each cake (I also decided to add a half walnut too - they are not in the photo).

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.

HMHB's fun 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?

Sons of Marie Osmond	Varieties of Strawberry	Genuine Television Sitcoms
Maxwell	Sparkle	Phffft
Marcus	Wendy	The Flying Nun
Matthew	Titania	The Show With No Title
Michael	Arterton	Heil Honey I'm Home

ROUND TWO: Give Me a Number

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

1. How many exterior Doric Columns does the Parthenon have?
2. In feet, how long is the minute hand (the big hand) of Big Ben?
3. What is the world record, in seconds, for the quickest official 147 break in snooker?
4. How many screens do Odeon Cinemas have in the UK?
5. What number in Pennsylvania Avenue is The White House - home to the USA President?

ROUND THREE: When Did That Happen

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

1. China move their capital city from Nanjing to Beijing.
2. The first Native American is elected to the United States Senate
3. Charlotte Bronte's novel, Jane Eyre, was published.
4. The premier of the musical My Fair Lady.
5. The first Bitcoin transaction took place.



ROUND FOUR: What specifically links these places?

Beverley Hills: Camden: Epping: Lugarno: Ryde: St. Ives: Zetland.

ROUND FIVE: From the choices available, which of the answers is correct?

- | | |
|---|---|
| 1. Highest UK Share Price. (Jul 2025) | Barclays: Lloyds: Nat West. |
| 2. Harry Potter with most chapters | Goblet of Fire: Hald-Blood Prince: Order of Phoenix |
| 3. With Highest Population: | Ecuador: Paraguay: Peru. |
| 4. Heaviest Big Cat from these choices. | Cheetah: Puma: Snow Leopard. |

ROUND SIX: What is the answer to these questions?

1. In which City would you find: Ponte Vecchio & Uffizi Gallery?
2. In which City would you find: Blue Mosque & Topkapi Palace?
3. In which City would you find: Reichstag & Checkpoint Charlie?
4. In which City would you find: Red Square & St Basil's Cathedral?
5. In which City would you find: Alcatraz & Corona Heights?



NUTRITION:

Popular Nutrition and Diet Questions - 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.

Why Should I Eat A High Fibre Diet?

Carbohydrates are a macronutrient we have mentioned many times, and will continue to do so. There are three major parts of carbohydrates: sugars, starch and fibre. Fibre is a plant-based carbohydrate found in foods such as wholegrains and vegetables. You might also have heard it described as roughage. Your small intestines usually digest the food you eat but with fibre it's different. Instead, the bacteria that live in your large intestine ferment the plant fibres, either partially or fully.



There are different kinds of Fibre.

- **Soluble fibre:** This fibre is easily broken down by the bacteria in your large intestine. Soluble fibre can help lower your blood glucose and cholesterol levels. You can find it in oats, beans, lentils, and fruit.
- **Insoluble fibre:** This fibre is not broken down as easily by the bacteria in your gut. Insoluble fibre attracts water and can help prevent you from getting constipated. You can find insoluble fibre in wheat bran, vegetables, and wholegrains.
- **Prebiotics:** This is a type of carbohydrate that feeds your gut bacteria. Prebiotics can help more good bacteria to grow in your gut. You can find prebiotics in garlic, onions, banana and asparagus.
- **Resistant starch:** This fibre is broken down by the ‘good’ bacteria in your gut to produce short chain fatty acids. Short chain fatty acids help to keep your gut lining strong and can reduce inflammation in your intestines. They may also reduce your risk of colorectal cancers. You can find resistant starch in green bananas, oats, cooked and cooled potatoes, as well as beans and legumes.

There are many benefits to fibre.

- Dietary fibre can help to stimulate your bowel and can also add bulk to your poo. This means it can be easier for you to go to the toilet. It's important that you're drinking enough water too, as this will help the fibre to do its job.
- Fibre is essential for your gut to work properly. It feeds the good bacteria in the large intestine, which helps you to have a diverse and healthy microbiome (range of gut bacteria). This can help to reduce intestinal inflammation and can also lower your risk of both diverticulitis and colon cancer.
- Oats and Barley contain a soluble fibre called beta-glucan, which forms a gel like substance in your gut. Beta-glucan can bind to cholesterol to help stop it being absorbed into your body. This helps reduce your blood cholesterol levels.
- Eating fibre-rich food can help to control your blood sugar. This is because fibre-rich foods don't spike your blood sugar levels as much as low-fibre options. Studies have shown that people who eat lots of wholegrains have a lower risk of type 2 diabetes than those who eat refined carbohydrates such as white bread.

NUTRITION:

Popular Nutrition and Diet Questions - 2

Do I Need To Eat Breakfast?

Let's be honest here. This is a person's choice. And many people skip breakfast for various reasons. So I decided to research this scientifically.

Breakfast kick-starts your metabolism, helping you burn calories throughout the day. It also gives you the energy you need to get things done and helps you focus at work, school, or whatever you do during the day. Those are just a few reasons why it's described as the most important meal of the day.



Many studies have linked eating breakfast to good health, including better memory and concentration, lower levels of "bad" LDL Cholesterol, and lower chances of getting diabetes, heart disease, and being overweight. It's hard to know, though, if breakfast causes these healthy habits or if people who eat it have healthier lifestyles.

But this much is clear: Skipping the morning meal can throw off your body's rhythm of fasting and eating. When you wake up, the blood sugar your body needs to make your muscles and brain work their best is usually low. Breakfast helps replenish it. It is called Break Fast for a reason!!!

If your body doesn't get that fuel from food, you may feel zapped of energy -- and you'll be more likely to overeat later in the day. Breakfast also gives you a chance to get in some vitamins and nutrients from healthy foods like dairy, grains, and fruits. If you don't eat it, you aren't likely to get all of the nutrients your body needs. Many people skip the a.m. meal because they're rushing to get out the door. That could be a mistake, according to the experts. You need food in your system long before lunchtime. If you don't eat first thing, you may get so hungry later on that you snack on high-fat, high-sugar foods.

Sometimes children don't feel like eating in the morning, but it's important that they do. Their growing bodies need the nutrients and fuel.

Kids who don't eat in the a.m. have a harder time focusing, and they become more tired in school. They may also be cranky or restless. And it isn't just their moods that can suffer. Their schoolwork can, too. One study showed that kids who ate breakfast had higher test scores than those who didn't. Most children don't get all the vitamins and minerals they need from just lunch and dinner.

Kids who skip breakfast are more likely to eat junk food during the day and be overweight. One study showed that teenagers who ate breakfast every day had a lower body mass index (BMI) -- a measure of body fat based on height and weight -- than teens who never ate the meal or who sometimes did.

The best breakfast is one that is balanced, providing a good mix of protein, fibre, and healthy fats to keep you feeling full and energized. Good options include porridge with berries and nuts, whole-grain toast with avocado and a fried egg, or Greek yogurt with fruit and granola. Sugary breakfast cereals are generally not considered healthy due to their high sugar content, which can contribute to weight gain, tooth decay, and other health problems. They are often made with refined grains and added sugars, making them less nutritious and potentially leading to energy crashes and cravings later in the day.

NUTRITION:

Popular Nutrition and Diet Questions - 3

How Many Fruits And Vegetables Should I Eat?

Did you know, many countries - including us, Germany, the Netherlands and New Zealand - recommend five portions a day. Some others - including Canada and Japan - recommend seven or more. France goes as far as recommending 10 portions of fruit and vegetables a day. In Australia, they say the emphasis should be on eating more vegetables than fruit and recommend five portions of vegetables and two of fruit per day. So it can be confusing.

Our government recommends that people should eat at least five portions of fruit and vegetables a day. The advice is based on World Health Organisation guidelines, which are 25 years old. However, more recent research suggests eating at least seven portions of fruit and vegetables a day is more effective at preventing disease than the government's current five-a-day recommendation.



Eating a good amount of vegetables each day is important.

They are not only nutritious, but may also offer protection against various diseases, including diabetes, obesity, heart disease and even certain types of cancers.

Vegetables contain a variety of beneficial nutrients, though the type of vegetable determines which nutrients it contains and in what amounts. However, vegetables are generally some of the richest foods in fibre, vitamins and minerals. In addition, most vegetables tend to be naturally low in sugar, sodium and fat. Certain varieties can also be very hydrating due to their high water content. Vegetables are also loaded with antioxidants and other beneficial plant compounds that help fight free radicals that damage cells. Diets rich in antioxidants are often linked to slower aging and a lower risk of disease.

Ultimately, it is your responsibility to have a variety of fresh vegetables and fruit a day, of different colours, and maybe do some research on the ones you like, and maybe try out some new ones too.

How Much Caffeine Is Safe?

While there is often concern about the links between caffeine and heart health, a moderate amount of tea or coffee (three or four cups a day) should be fine for most people. Research shows that this level of caffeine intake shouldn't be detrimental to your heart health, affect your cholesterol levels or heart rhythm.



Although drinking coffee has been shown to increase blood pressure, this effect is usually temporary and is minimised over time if you drink caffeinated drinks regularly. Some people are more sensitive to caffeine and can experience palpitations. If this is you, then it's sensible to avoid caffeine. Remember that caffeine is found in quite a few sources including: tea, green tea, coffee, energy drinks, cola and chocolate.

It's probably more important to think about how you take your coffee. Sugar, syrups, whole milk and cream add calories and saturated fats that could cause weight gain and increase cholesterol levels. Drinking coffee unsweetened, and swapping whole milk for skimmed, one per cent or semi-skimmed, could help your heart health more than focusing on caffeine.

Nutrition: HMHB looks at “Superfoods”

Today: Honey

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.

Honey is often considered a better alternative to processed sugar due to its nutritional content and potential health benefits, though it's still important to consume it in moderation.

Honey contains various vitamins, minerals, and antioxidants, while processed sugar is essentially empty calories. Honey also has a lower glycaemic index than sugar, meaning it may cause a slower rise in blood sugar levels. However, it's still a sweetener and should be used sparingly

Although honey raises your blood sugar level just like other types of sugar do, the antioxidants it contains may help protect against metabolic syndrome and type 2 Diabetes. Researchers have found that honey may increase adiponectin levels, a hormone that reduces inflammation and improves blood sugar regulation. There's also evidence that daily honey intake may improve fasting blood sugar levels in people with type 2 diabetes.



Honey may also help lower the risk of heart disease.

According to one review, honey may help lower blood pressure, improve blood fat levels, regulate your heartbeat, and prevent the death of healthy cells — all factors that can improve your heart function and health. One observational study, including over 4,500 people over 40, associated a moderate honey intake with a lower risk of high blood pressure among women. A rodent study also showed that honey helped protect the heart from oxidative stress. Additionally, raw honey typically contains propolis, a resin that bees produce from sap-producing trees and similar plants. Propolis may improve cholesterol and triglyceride levels.

- Due to its anti-bacterial properties, honey has been used for a variety of ills including cuts, burns, infections, stomach ulcers, and more. Honey is the only known food which has all the ingredients needed to keep you alive. It contains water, vitamins, minerals, and necessary enzymes to give the body energy. Pinocembrin, an antioxidant is also found in honey and is effective at improving the functioning of the human brain.

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.

Towards the end of June I saw something on the internet and decided to give it a go myself. It suggested walking for three months - July to September - aiming to complete one million steps.

I am typing this on the 13 August (admittedly I started one week early on the 23 June) but passed the million steps yesterday. Average nearly 20000 steps a day. My legs do hurt, my weight is falling off. I love it.



I am very much looking forward to a trip to Montenegro at the end of September for seven days. To be honest, I had to look it up on the map when I saw the holiday advertised last year, but I do like to visit places I have never been.

A Balkan country, independent since 2006, and I am just looking forward to exploring some new sites, eating some new food, and relaxing (with work!!).

I do not know what it is, but sometimes out the blue you get the spark of life that lights your way. I had it recently with my walking - and that has really helped to push me forward with my weight loss - which is going really really well. Find your spark too. I feel energised: I feel confident: I feel that I have purpose - and it is not always like this. I am as vulnerable as everyone else, with issues galore. I'm hoping this positivity will last as long as possible.



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.

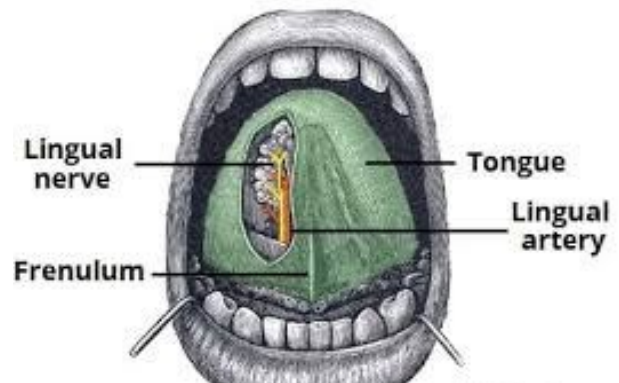
Please help us: www.justgiving.com/crowdfunding/hmhb

DO YOU KNOW YOUR BODY?

Tongue

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

The tongue is an extremely movable group of muscles, which is well-supplied with blood and has many nerves. It has an oblong shape and is covered with a dense layer of connective tissue. Above this layer, a special kind of mucous membrane makes up the surface of the tongue. The root of the tongue is firmly anchored to the floor of the mouth. The other parts of the tongue can move freely. A strip of tissue called the lingual frenulum connects the underside of the tongue to the floor of the mouth.



When you close your mouth, the tongue almost fills up the entire cavity of your mouth. Various muscles keep the tongue “suspended” in the throat: Muscles and ligaments connect the tongue to the hyoid bone (or lingual bone) in the upper part of the throat and to the voice box. The lingual frenulum connects the tongue to the lower jaw. Some muscles even connect the tongue to the base of the skull.

If you look at your tongue in the mirror, you usually see a slightly white, matt, velvety surface. The upper surface is slightly curved, and in the middle it falls towards the groove that divides the tongue in half lengthwise. The rough surface of the tongue is due to a special feature of the mucous membrane: the papillae, which appear as many small bumps on the tongue. They are formed by (groups of) cells bulging up from underneath. These papillae have different jobs to do.

Mechanical papillae: These papillae anchor the mucous membrane firmly to the tongue. They also sense touch, allowing us to feel the form and texture of food in our mouth.

Taste papillae: Taste papillae have a lot of sensory cells in them. The papillae make the surface of the tongue much larger, exposing many more sensory cells to the food you eat, which helps you to recognise the different tastes better.

Saliva and bits of food may get stuck in the grooves between the papillae, especially on the last third of the tongue at the back of the mouth. Decay-causing (putrefactive) bacteria can grow there. Then a whitish film covers the tongue, which also causes bad breath. These bacteria mainly live on remains of protein-rich food like fish, cheese or milk

To maintain a healthy tongue, practice good oral hygiene, including regular tongue cleaning with a toothbrush or scraper, and stay hydrated.

Additionally, avoid smoking and alcohol, which can negatively impact tongue health. Regular dental checkups are also crucial for identifying any potential issues.

After brushing your teeth, use your toothbrush or a tongue scraper to gently clean your tongue, starting from the back and moving forward.





HMHB's Name Game Page:

Can you name these Flowers from their photos?
Some are easier than others. I've tried to be a little obscure.
Answers at bottom of quiz page answers (page 46)



1



2



3



4



5



6



7



8



9



10



11



12



13



14



15

NUTRITION: Lazza's Kitchen Adventure

Mushroom and Red Pepper Omelette

Lazza has been trying out new recipes for over four years
His first time making: Mushroom and Red Pepper Omelette from scratch

Ingredients - makes 2 Omelettes

8 eggs
Milk: Garlic
Box Button Mushrooms (sliced)
2 x Red Pepper (diced)
Mozzarella Cheese (grated)
Mixed Herbs, Basil
Worcestershire Sauce
Salt and Black Pepper

According to company lore, when the Worcestershire Sauce recipe was first mixed, the resulting product was so strong that it was considered inedible and the barrel was abandoned in the basement. Looking to make space in the storage area some 18 months later, the chemists decided to try it and discovered that the long-fermented sauce had mellowed and become palatable. In 1838, the first bottles of Lea & Perrins Worcestershire sauce were released to the general public.

I do love an omelette - but in the ingredients pic I forgot to put the cheese and Worcestershire sauce. Oops!

I first cooked the diced mushrooms in some garlic till soft.

I put them to one side.

I made two omelettes for myself and a friend - but will describe just the one.

I broke four eggs into a bowl, added a nice splash of milk.

I also added in a sprinkle of mixed herbs, and some basil, with a splash of the Worcestershire sauce, plus some salt and black pepper seasoning.

Whisking that all together I then poured that into a deep large frying pan that had some oil heated up in it.

Making sure all the liquid was being used I then added into the middle the garlic mushrooms, the diced peppers, and sprinkled on some grated mozzarella.

Using a spatula I made sure all the egg liquid was being used as well as getting the filling hotter.

Finally I poured the omelette onto a plate, with a fold as indicated in the photo.

I did put another dash of Worcestershire sauce on top (plus some ketchup to taste).

It made a large omelette (you can use three eggs for smaller) but tasted 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.

EXERCISE/FITNESS

How Exercise Affects Your Brain (*Nat. Library of Medicine*)

Healthy Minds, Healthy Bods was conceived to actively support and encourage an active lifestyle, with exercise.

It is vitally important, at this time of sedentary lifestyles, that people practice movement and flexibility exercises, where they push themselves outside their comfort zone.

It can significantly improve your health; both short-term and long-term.

Healthy Minds, Healthy Bods 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.

Today people expect advanced state-of-the-art diagnostic tools such as imaging and genomics to enhance their health and well-being, while simultaneously neglecting and ignoring their body's physiology and what it requires for healthy development. An example testifying to this fact is the emerging increase in childhood and adult obesity across the globe.

A factor contributing to this issue may be our belief that because technology makes us more efficient and productive, it gives us more time for a healthier active lifestyle; however, the opposite scenario seems true. The time and effort we might devote to physical activity, we replace with sedentary, passive activities that involve interacting with electronic media.



We are so easily fascinated by acute informational access and the immediate rewards of computer games, web searches, and social media that they displace and distort our time substituting for the pleasure of physical activity.

Yet scientific data overwhelmingly argue that the human body was designed for physical activity that challenges our resting physiologic homeostasis. Throughout life, exercise causes measurable biological consequences that enhance well-being. Recent data show that exercise reduces the risk for many diseases such as breast and colon cancer, obesity, type-II diabetes, and cardiovascular disease, just to mention a few.

Exercise was also shown to improve brain functions. Current studies have demonstrated that cardiovascular exercise causes significant biochemical changes in the brains of animals. The biochemical molecule, brain derived growth factor (BDNF), causes the proliferation of neurons; vascular endothelial growth factor (VEGF) results in critical blood vessel growth; and an insulin-like growth factor (IGF-1) plays a significant role in exercise-induced angiogenesis—processes that are all enhanced by exercise.

It is well-established that exercise increases perfusion (the process of delivering oxygen-rich blood to the body's tissues and organs), and angiogenesis directly increases the perfusion of the brain. Since the brain depends on oxygen and glucose, increased capillary beds enhance their delivery to brain tissue and, consequently, facilitate neural plasticity (the brain's remarkable ability to change and adapt its structure and function in response to experience, learning, injury, or environmental stimuli). Neuroplasticity improves with the development of synaptic connections and neuronal networks. These structural and functional changes enhance learning and, ultimately, create a more efficient brain with a greater capacity to learn.

EXERCISE/FITNESS:

How Exercise Affects Your Brain (*Nat. Library of Medicine*)

Increased neuroplasticity may be quite important. Studies have shown that at the time of crisis, cardiovascular exercise gives the brain a protective advantage by decreasing its vulnerability to vascular insults and protecting the blood brain barrier from oxidative stress.

Recent studies have shown that patients who participated in aerobic fitness training had increased brain volumes and increased white and grey matter. The increased grey matter reflected increased numbers of neuronal cell bodies, whereas white matter areas showed increased axons. These findings correlated with functional studies of individuals who were in good cardiovascular condition. Additional electrophysiological studies showed that these individuals also had increased neuronal conduction velocity, which was related to white matter integrity, and increased response amplitudes, which correlated with cortical grey matter activation.



As we age, a well-functioning plastic brain becomes particularly important. Aging individuals in good physical health can expect enhanced cognitive reserves and a slower aging process. Even when patients begin to experience cognitive decline, the decline can improve using exercise as an intervention. For instance, patients with Alzheimer disease have shown significantly improved cognition and mood with exercise. Normal individuals and patients who suffer from psychiatric conditions such as attention deficit disorder, anxiety, and depression, respond positively to cardiovascular exercise. We now see that after cardiovascular exercise, children with attention deficit hyperactivity disorder (ADHD) improve on various measures such as attentional resource allocation, which may be directly related to how they modulate dopamine release.

Patients with major depressive disorders rally following thirty minutes of moderate cardiovascular exercise and report significantly increased positive mood scores measured by mood states profile measures. Patients with anxiety seem to respond positively to acute cardiovascular exercise by endorsing fewer anxiety symptoms and a decreased probability of panic attacks. Their chronic anxiety symptoms are also reduced after aerobic exercise. Altogether, because the data indicate that exercise may provide significant effects, we should begin to incorporate exercise into our therapeutic designs for mood and cognitive disorders.

The role of exercise on brain function is well documented. Moreover, exercise is cheap, readily available, safe, and provides significant cognitive and emotional therapeutic effects. Therefore, it encourages us to incorporate exercise as part of the therapeutic armamentarium for medical and psychiatric disorders.

The American College of Sports Medicine recommends that, optimally, healthy adults engage in more than thirty minutes of cardiovascular activity five days a week or twenty minutes of vigorous training three days a week. They also recommend resistance training that targets major muscle groups with activities such as balance, agility, coordination, and flexibility. Therefore, we must develop programs that educate our clinicians and the general population about the necessity of cardiovascular activity and the reduction of obesity in leading successful and productive lives.

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.

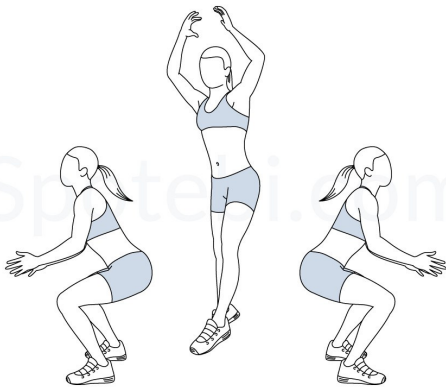
EXERCISE/FITNESS:

Let's Try Some Moving Exercises (*thx spotebi.com*)

180 JUMP SQUAT

Stand with your feet a little wider than shoulder-width apart, your toes pointing slightly outward, and sit back. Push through the heels to jump up, spinning to the left 180 degrees. Land on your toes with your knees slightly bent and squat. Quickly jump up, spinning to the right, and go back into the squat position. Repeat until the set is complete.

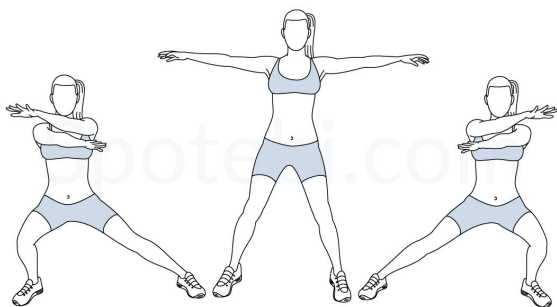
The 180 jump squat is a plyometric move (using explosive movement) that fully engages your lower body and your core and helps build strength, speed, and increases aerobic fitness. This exercise helps to tone your legs and glutes, improves core strength, and boosts weight loss.



ARMS CROSS SIDE LUNGE

Stand tall with your feet shoulder-width apart and your arms stretched horizontally to the sides. Step out to the side with your right leg, bend your right knee, push your hips back and cross your arms at the front. Return to the starting position and repeat the movement with the left leg. Keep alternating legs until the set is complete.

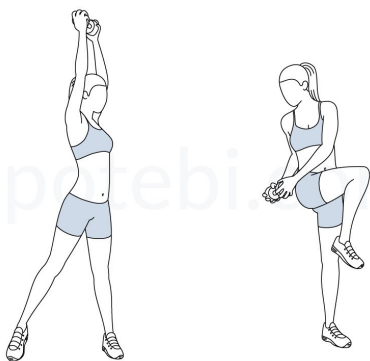
The arms cross side lunge targets your glutes, quads, hamstrings and inner thighs, and stretches the shoulders, arms, chest and upper back. This exercise gives you a great cardio boost, improves dynamic balance and agility, and increases flexibility.



BALANCE CHOP

Stand straight with your feet wide and hold a dumbbell with both hands (or just clench hands). Rotate your torso to the left and raise the dumbbell above your head. Lift your right knee as you rotate your torso to the right, and bring the dumbbell diagonally across the body until it's close to your right hip. Repeat and then switch sides. Tighten your core, keep your feet and knees pointing in the same direction, and breathe in as you raise the dumbbell above your head.

The balance chop improves the flexibility of the spine and helps keep the core strong and stable. This exercise also improves your balance and posture and strengthens the upper and lower body.



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

EXERCISE/FITNESS:

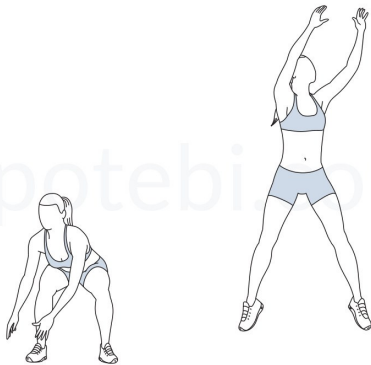
Let's Try Some Moving Exercises (*thx spotebi.com*)

BASKETBALL SHOTS

Stand with your feet shoulder-width apart and the toes pointing slightly outward. Bend your knees, press your hips back, and take both hands close to your right foot. Jump up and extend your arms above your head and to the left. Land with your knees slightly bent and go back into the squat position. Repeat and then switch sides.

The basketball shots is a high-impact, full body exercise that improves your aerobic fitness, builds strength, and increases your speed and coordination.

This move targets your core, legs, glutes, and shoulders, boosts your metabolism, and improves your stamina and endurance.

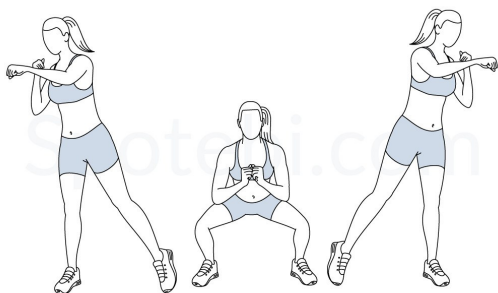


BOXER SQUAT PUNCH

Start in a squat position, with your feet shoulder-width apart and your toes pointing forward. As you stand up, shift your weight to one leg and punch with the opposite arm.

Squat and repeat the movement on the opposite side. Keep your hips back, your chest up, and don't let your knees extend beyond your toes. Stand up, shift your weight to the right leg, rotate your torso to the right side and punch with your left arm. Inhale as you squat and repeat the movement on the left side.

This is a full body exercise, perfect for warming up the body and increasing your heart rate. Add the boxer squat punch to your cardio or warm up routine and keep the movements quick and energetic.



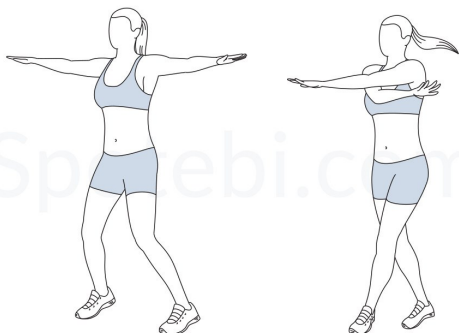
CROSS JACKS

Stand straight with your feet shoulder-width apart and your arms up and extended out to the sides. Jump up and cross your left leg in front of the right, and your left arm on top of the right. Jump again and return to the starting position.

Repeat, and reverse the position of your arms and legs. Tighten your core, keep your knees and elbows loose, and maintain a smooth and steady breathing pattern. Land softly on the balls of your feet with your knees slightly bent, and keep your feet, hips, and knees in line.

The cross jacks is a cardio move that warms up the muscles and joints, activates all muscle groups, and keeps your heart rate up.

This exercise also boosts your metabolism, improves muscle endurance, and promotes relaxation.



EXERCISE/FITNESS:

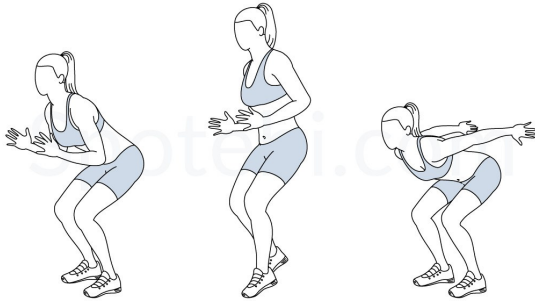
Let's Try Some Moving Exercises (*thx spotebi.com*)

FORWARD JUMP SHUFFLE

Start in an athletic position with your feet shoulder-width apart and your hips low. Extend your arms back to create momentum, and jump forward. Shuffle back to the initial position and repeat until the set is complete.

Keep your hips low, engage your core, and use the momentum created by the movement of the arms to jump higher and longer. Keep your spine neutral, shuffle back on the balls of your feet, and maintain a smooth and steady breathing pattern.

The forward jump shuffle back increases your speed, agility, and explosiveness, and gives you a great cardio boost. This exercise strengthens your thighs, core, calves, and glutes, and helps to trim and tone your lower body.

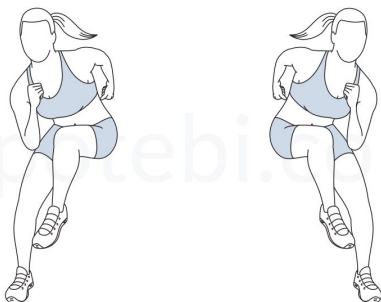


HEISMAN

Stand tall with your feet hip-width apart and with your knees slightly bent. Jump onto your right foot and pull your left knee up and toward your right shoulder. Jump onto your left foot and pull your right knee up and toward your left shoulder. Keep jumping between feet until the set is complete.

Tighten your core and bring your knee up as high as you can. Switch quickly between legs and jump on the balls of your feet. Face forward, maintain a smooth and steady breathing pattern and relax your head and neck.

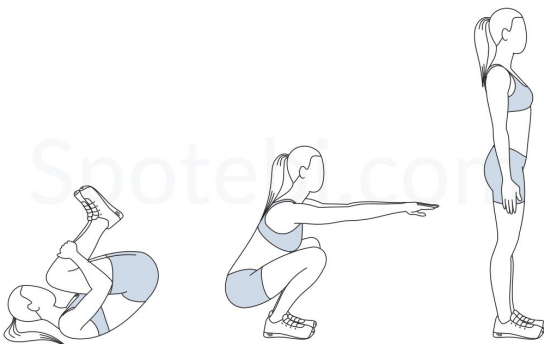
The Heisman shuffle is a plyometric move that helps develop agility, balance, and flexibility. This exercise gives you a great cardio boost and helps you improve your stamina,



ROLLING SQUAT

Stand up at the front of the mat with your feet shoulder-width apart. Bend your knees and press your hips back, until the glutes touch the mat. Roll back with your knees bent. Roll forward into the squat position and stand up. Repeat until the set is complete. Engage your core, keep your hips back, and don't let the knees extend beyond the toes. Use your speed and momentum to roll back and forth, one vertebra at a time, and push through the heels to stand back up. Inhale as you squat and breathe out as you come up.

The rolling squat is a cardio move that also strengthens your core, legs, and glutes. This exercise improves your balance and coordination, boosts your metabolism, and increases your stamina.



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 is absolutely genuine.

Comfort Town in Kyiv is so colourful because it was designed to brighten up the former grey Soviet buildings from the 1950s and 60s, transforming a drab district into a vibrant, Lego-like community.

The architectural firm, "Archimatika", aimed to create a cheerful and inviting atmosphere using a "block development" principle with bright, pastel colours for the buildings. It's fabulously vibrant.

Yes, this is a photograph of a white Giraffe. There are estimated to be over 68000 giraffes on the planet, but this is the only known white one, although it is not albino.

The white giraffe lives in the Ishaqbini Hirola Conservancy in Kenya. Incredibly, this unique giraffe has a genetic condition called leucism, which causes a lack of pigmentation in its skin, making it appear white. It's the last of its kind, as a female white giraffe and her calf were killed by poachers in 2020.

To protect this rare animal, rangers have fitted it with a GPS tracking device. Nature proving again how amazing it is.



The blue hairy frogfish, also known as the striated frogfish (*Antennarius striatus*), is a unique species characterised by its hairy-looking skin and ability to camouflage itself in its environment

This fascinating fish is an ambush predator, using a lure on its head to attract prey, which it then engulfs with its large mouth. Instead of swimming, hairy frogfish "walk" along the seafloor using their pectoral fins

"The Veiled Virgin" is a Carrara Marble statue carved in Rome by Italian sculptor Giovanni Strazza (1818–1875) depicting the bust of a veiled Virgin Mary. The exact date of the statue's completion is unknown, but it was probably in the early 1850s. The incredible veil gives the appearance of being translucent, but is carved of marble. It is considered by many to be one of the most wondrous pieces of sculpture ever produced.



HEALTH / ROUTINE

Common Health Questions - part 1

I thought it would be cool to look at some general questions that, according to experts in health, many people ask. Obviously a few are about using common sense, but I know myself how easy it is to take the wrong path and make poorer choices when we come to our health. So let's dig in.

At What Age Should I Get Serious About My Health?

Right now would be a good start. Longevity researchers study a phenomenon known as "Future Time Perspective". The more time we perceive we have, the more we're able to ignore the fact that we have health issues, that we're overweight, may have elevated inflammation levels and don't know what our basic cholesterol and blood pressure health numbers look like. If you haven't had a checkup in the past year, start there. Get your blood pressure, blood glucose and cholesterol numbers checked, and make sure that keeping them under control is a top priority.



It is never too late to develop healthier habits. The good news is that whatever your age you can learn to be more proactive and develop better decisions around your health. Developing healthy habits is increasingly important as we age and lifestyle choices that were not all that risky when we were in our 30s may be very much so in our 60s and beyond.

Healthy changes start with little changes. Whether you want to lose weight, drink less alcohol, get active or quit smoking, you have access to lots of free tools and support through your local medical practice, the NHS, local community health projects, and more. But this is where you have to take responsibility. It is so easy to know you need to be healthier, but to actually actively pursue those changes can take sacrifice, energy, and focus. Change can be scary. But it is your body and your health that is important.

And, do not forget. We are not just talking physical health. Your emotional health, social health, financial health, mental health - all of these are important too.

Why do I need to control my Cholesterol Levels?

As you saw above, one thing we recommend to people is to go and get a health check. And one of those checks is to see your cholesterol levels.

High cholesterol is a concern because it significantly increases your risk of cardiovascular disease, including heart disease and stroke. High cholesterol can lead to a buildup of fatty deposits (plaque) in your arteries (see below), narrowing them and restricting blood flow, which can cause serious problems like heart attacks and strokes.

Did you know, you're more likely to get high cholesterol if you're over 50, a man, you've been through the menopause, or you're of South Asian or sub-Saharan African origin. It can also run in families. But get tested even if you are not in one of those categories. It can also be caused by eating fatty food, not exercising enough, being overweight, smoking and drinking alcohol. You can lower your cholesterol by eating healthily and getting more exercise. Some people also need to take medicines. High cholesterol does not usually cause symptoms. You can only find out if you have it from a blood test.

HEALTH / ROUTINE

Common Health Questions - part 2

Does this “health living” stuff really help me live longer?

If longevity runs in your family, you have a better chance of living longer. But genetics is only part of the equation: the lifestyle choices you make play a big role in living longer, staying healthy, and being able to continue doing the things you love.

Longevity simply refers to long life. Life expectancy has increased dramatically since 1900, when the average lifespan in the Western world was 45-48 years. Today, people born in 2022 can expect to live 77.5 years. Experts estimate that about 25% of the variation in human life span is determined by genetics. But the rest can be attributed in large part to how we take care of our bodies

Yes, medical advances have been a big factor. But so have living conditions, physical activity levels, and nutrition - although that can also be a negative.



What you eat has a direct impact on the cells in your body — which in turn has an impact on longevity. A healthy diet provides cells with vital sources of energy and keeps them stable and working as they should. Healthy foods support your immune cells, which defend against infections and other health threats, protect other cells from damage, and help the body repair or replace damaged cells.

A diet high in sugar, unhealthy fats, and processed foods, on the other hand, can leave cells throughout the body more vulnerable to damage and poor function. This can lead to an increased risk of infection, cancer, inflammation, and chronic diseases such as diabetes, cardiovascular problems, and obesity. So, yes, a healthier lifestyle can help you live longer.

What is the best diet to lose weight?

Now, this is a very personal question for individuals. There is no absolute correct answer. Whether or not you should diet to lose weight depends on your individual circumstances and goals. Generally, a balanced diet and increased physical activity are recommended for healthy weight management. If you are significantly overweight or obese, a doctor or registered dietitian may recommend a specific diet plan.

The best diet is a balanced and sustainable eating pattern that meets your individual needs and preferences. There isn't one single "best" diet, but rather a variety of healthy eating styles that can promote overall well-being. Factors to consider when choosing a diet include your health goals (weight loss, heart health, etc.), any specific dietary restrictions or allergies, and your lifestyle and preferences.

Specific diets often fail because they are typically short-term solutions that are difficult to sustain, lead to nutrient deficiencies and unhealthy relationships with food, and can negatively impact metabolism and mental health. They frequently focus on rapid weight loss rather than overall health, and often ignore individual differences in metabolism, genetics, and lifestyle.

Get some proper medical advice from your local doctors, but do remember to address why you are overweight, what is causing you to eat too much, and focus on short term goals. Good luck to those trying.

HEALTH / ROUTINE

Common Health Questions - part 3

Do I actually need all my prescription medications?

I have to be honest, I was quite amazed at this one. I would imagine that this is a conversation for the person and their doctor. You have been prescribed medicine because of symptoms that require help. But is it possible that you have been taking some things for a long time and maybe no longer need?

Some people can be nervous about these matters, but it's your body. You can absolutely ask your doctor about your prescriptions. You can discuss any concerns, questions, or information you need regarding your medications with your doctor. This includes understanding why a medication was prescribed, how to take it properly, potential side effects, and any other questions you may have about your medication.



But do understand, you may be feeling better because of the medicine, and if you stop taking it your symptoms may possible recur again. I take a medicine for my blood pressure. I'll be honest with you, a few months ago it was quite high. Thankfully, it was back to just about normal on my last test, and I am very grateful. But my doctor has advised me, for the moment, to keep taking both medicines. Only stop taking a medicine if advised to do so. But do ask.

Should I have a multivitamin tablet?

It's worth noting that supplements aren't a substitute for eating a healthy, balanced diet (except for Vitamin D, which is made when our skin is exposed to direct sunshine when outdoors). But while in an ideal world, we'd all be getting our quota of essential nutrients primarily from our food every day, there are of course times when our diet may fall short. It has been estimated that less than 1% of the population meets all current dietary guidelines and only about 30% are meeting five or more of the nine specific recommendations in the Eatwell Guide [a guide formulated by Public Health England that outlines the recommendations for eating a healthy balanced diet].



Data from the most recent National Diet and Nutrition Survey (NDNS) shows a substantial proportion of the population have vitamin and mineral intakes below recommended levels. Multivitamins can therefore provide an option to help maintain health or bridge gaps in nutrition when our diet isn't as balanced as it could be. Or perhaps when we or our family are going through circumstances or life changes that put us or them at risk of nutrient deficiency (such as a lack of iron, pregnancy and ageing in older adults).

As in all areas though, we can get too much of a good thing. While multivitamins can help us get our daily recommendations of nutrients, anything beyond that can be surplus to requirements and may even be detrimental to our health. Taking too much of a vitamin or mineral can be dangerous and is not recommended.

Once again, if you want to take any supplement always talk to a medical professional first.

HEALTH / ROUTINE

Common Health Questions - part 4

What Lifestyle change can I make today that will help the most?

That's a great question. Why not start today? I will actually offer a few.

1. Stop Smoking immediately - cigarettes, roll ups, vapes, etc. It does zero for your health, can be expensive to your pocket, and in many cases will actually be the reason you die.
2. Go for a walk. Get out into nature. The health benefits of walking are well documented.
3. Put your mobile/tablet/device down. According to the experts, reducing smartphone use can lead to significant health benefits, including improved sleep, reduced stress and anxiety, better focus, and increased physical activity. It can also foster stronger relationships, improve mood, and enhance overall well-being.
4. Start cooking your meals instead of processed meals.

I feel tired all the time. What can I do?

Feeling tired all the time, also known as fatigue, can be caused by a variety of factors, including insufficient sleep, stress, lifestyle choices, and underlying medical conditions. It's important to identify the potential cause of your fatigue to address it effectively.



Common Causes:

- **Insufficient Sleep:** Not getting enough sleep or having poor sleep quality is a primary reason for feeling tired.
- **Stress:** Stress from work, personal life, or other sources can be very draining.
- **Lifestyle Factors:** Poor diet, lack of exercise, excessive caffeine or alcohol consumption can all contribute to fatigue.
- **Medical Conditions:** Certain illnesses like anaemia, thyroid problems, sleep apnoea, and chronic fatigue syndrome can cause persistent tiredness.
- **Mental Health:** Conditions like depression and anxiety can also manifest as persistent fatigue
- **Nutrient Deficiencies:** Deficiencies in certain vitamins and minerals, like iron, vitamin B12, or vitamin D, can lead to fatigue.

What You Can Do:

- **Improve Sleep Hygiene:** Establish a regular sleep schedule, create a relaxing bedtime routine, and ensure your sleep environment is conducive to sleep (dark, quiet, cool).
- **Manage Stress:** Practice stress-reducing techniques like exercise, mindfulness, yoga, or spending time in nature.
- **Review Medications:** Discuss any medications you're taking with your doctor to see if they might be contributing to your fatigue.
- **Improve Diet and Exercise:** Focus on a balanced diet and regular physical activity.
- **See Your Doctor:** If your fatigue is persistent and unexplained, consult with your doctor to rule out any underlying medical conditions.

“Wellness is the complete integration of body, mind, and spirit – the realisation that everything we do, think, feel, and believe has an effect on our state of well-being.”

Laughter is the Best Medicine

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

I was walking past my fridge last night and thought I heard two onions singing a Bee Gees Song. But when I opened the door, it was just "chives talking".

Just been to the gym at my new job because they got a new machine in. I only used it for half an hour as I started to feel sick.

It's great, though. It does KitKats, Mars Bars, Snickers, Crisps, the lot.

A blind man walks into a shop with his guide dog.

He picks the dog up and starts swinging it around his head.

A shop assistant calls out "Can I help you, Sir?"

"No thanks," says the blind man. "I'm just looking."



Last night I had a horrifying dream that Disco was making a comeback. At first I was afraid, I was petrified.

A Man went to the doctors as he was having trouble sleeping. The doctor said that he found ambient sounds helped him and asked the man if there was any sounds that could help the man sleep. The man said he had always found the sound of wasps soothing. The doctor said that was astonishing, as he had a record that played tracks of animal sounds, and one of them was wasps, and lent the man his record. The man thanked the doctor and took the record home. That night he got out his record player in his bedroom, undressed, put the record on and slipped into bed. However, instantly he knew something was wrong. He just did not think it sounded like wasps. Irritated he got up and went over to look at the record player, and saw his mistake. He had put on the Bee side.

NUTRITION: Lazza's Kitchen Adventure

Coffee and Walnut Muffins

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

Coffee Houses were established in Western Europe by the late 17th century, especially in Holland, England, and Germany. One of the earliest cultivations of coffee in the New World was when "Gabriel de Clieu" brought coffee seedlings to Martinique in 1720. These beans later sprouted 18,680 coffee trees which enabled its spread to other Caribbean islands such as Saint-Dominique and also to Mexico. By 1788, Saint-Domingue supplied half the world's coffee.

Ingredients

250g Plain Flour
Small Amount Concentrated Coffee
250g Softened Unsalted Butter
200g Caster Sugar
1 teaspoon Baking Powder
Walnut Pieces (crushed a bit if necessary)
Mascarpone.
Caster Sugar (2 tablespoon)
Vanilla Essence.
Crushed Hazelnuts

I put the butter and sugar together into a bowl and mixed together thoroughly.
I then added the four eggs and the concentrated coffee (to taste)
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 added in the walnut pieces (I was generous with lots) and stirred them in.
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. 20-25 minutes (checking around 18). Use a skewer to make sure all cooked, leave to cool.

I added some crushed hazelnuts with caster sugar to the mascarpone and mixed them thoroughly . I then added a dollop on top of each cake.

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.

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: **E**

(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 Matt / Mich 2 Sparkle / Wendy 3 Flying Nun / Heil Honey
 Round Two: 1, 46: 2, 14: 3, 308: 4, 960: 5, 1600:
 Round Three: 1, 1403: 2, 1907: 3, 1847: 4, 1956. 5, 2009.
 Round Four: All suburbs or localities in the Greater Sydney area of Australia.
 Round Five: 1 Nat West: 2 Phoenix: 3 Peru: 4 Puma:
 Round Six: 1 Florence: 2 Istanbul: 3 Berlin: 4 Moscow: 5 San Francisco



Review for this month's Challenges and Targets

Mind-set:

Happiness is a subjective experience, but some common sources of joy include spending time with loved ones, achieving personal goals, helping others, engaging in hobbies, practicing gratitude, and taking care of one's physical and mental health. Many find that fostering positive relationships, engaging in activities that bring them joy, and practicing kindness towards others significantly contribute to their overall well-being and happiness.

So, are you happy? How do you treat others?



Nutrition.

Learning about nutrition is crucial for maintaining good health, preventing diseases, and optimising overall well-being. It empowers individuals to make informed food choices, understand the impact of diet on various bodily functions, and potentially avoid health problems associated with poor nutrition.

So we look at some common questions that people ask about food, nutrition and diet, in this issue. But why not do some of your own research? It's your body after all.



Exercise.



Keeping our bodies moving is crucial for physical and mental well-being. Regular physical activity helps prevent chronic diseases, improves mood, and enhances sleep quality. It also strengthens muscles and bones, improves balance and coordination, and reduces stress and anxiety. Regular movement reduces all causes of mortality and significantly improves quality of life. It reduces the risk of colon cancer, high blood pressure, osteoporosis, depression and anxiety, and obesity. So get yourself moving. It could save your life.

Health.

Learning about one's health is crucial for living a longer, healthier, and more fulfilling life. It empowers individuals to make informed decisions about their well-being, prevent diseases, manage existing conditions, and contribute to a healthier society. With that in mind we look at a few common health questions that people ask, and see if we can dig out some relevant answers. It's your body. Should you not be aware of what is happening?



**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

Music: The name of the band that had those people as their lead singers?

1. Talking Heads
2. Pink Floyd
3. R.E.M.
4. Guns N' Roses
5. Led Zeppelin
6. Simple Minds
7. Foo Fighters
8. The Pretenders
9. Blur
10. The Human League
11. Black Sabbath
12. Nirvana
13. The Clash

Television: The first host of those UK shows, and the year was the show launched?

1. 1972: Magnus Magnusson
2. 1962: Bamber Gascoigne
3. 2000: Anne Robinson
4. 2004: Bruce Forsyth / Tess Daly
5. 1982: Richard Whiteley
6. 2003: Dermot Murnaghan
7. 1998: Chris Tarrant
8. 1986: Roy Walker
9. 1990: Angus Deayton
10. 1988: William G. Stewart
11. 1983: Bob Holness
12. 1987: Henry Kelly
13. 1955: Ralph Edwards
14. 1970: David Vine

Movies: Who played the title character(s) in these movies, and what year was it released?

1. 2001: Jake Gyllenhaal
2. 2000: Julia Roberts
3. 2004: Jon Heder
4. 1997: Pam Grier
5. 1938: Errol Flynn
6. 2005: Freddie Highmore
7. 1964: Gert Fröbe
8. 1989: Billy Crystal / Meg Ryan
9. 1977: Diane Keaton
10. 1979: Graham Chapman
11. 1983: Maud Adams
12. 1986: Paul Hogan
13. 1986: Matthew Broderick
14. 1988: Michael Keaton
15. 1989: Alex Winter / Keanu Reeves
16. 1971: Clint Eastwood
17. 1990: Warren Beatty

The World: Most wine per person for 2022 country

Luxembourg: Portugal: France: Italy
Switzerland: Australia: Austria: Romania
Denmark: Belgium: Netherlands: Seychelles
Uruguay: Spain: Sweden: United Kingdom
Chile: Argentina: Moldova: Hungary

QUIZ
ANSWERS

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

- | | |
|--------------|----------------|
| 1: Dahlia | 2: Peony |
| 3: Gladiolus | 4: Carnation |
| 5: Lily | 6: Hyacinth |
| 7: Iris | 8: Geranium |
| 9: Magnolia | 10: Marigold |
| 11: Begonia | 12: Snapdragon |
| 13: Jasmine | 14: Fuchsia |
| 15: Crocus | |

Geography: 15 US States with
smallest populations

Wyoming: Vermont
Alaska: North Dakota
South Dakota: Delaware
Rhode Island: Montana
Maine: New Hampshire
Hawaii: West Virginia
Idaho: Nebraska
New Mexico

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