

Healthy Minds, Healthy Bods

Inspiring; Encouraging; Motivating



HMHB's Monthly Health Pack:

Number 03

Focus on:

Mind-set, Nutrition, Exercise, Health

The Unique and Original, and still The Best



Prepared by: Lazza and the HMHB team:

Tuesday 1st April 2022



www.hmhb2016.org.uk



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

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



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"There should be no boundaries to human endeavour. We are all different. However bad life may seem, there is always something you can do, and succeed at. While there's life, there is hope."
Stephen Hawking, 'The Theory Of Everything.'

Welcome to Issue 3 of Healthy Minds, Healthy Bods' Revamped Monthly Health Packs.

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

We then went monthly, providing seven issues.
This is our new venture for 2022.
A revamped Monthly Health Pack for everyone.

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

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

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

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

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



Photos from Thursdays at Clissold House.
Friendship, exercise, and Laughter.
We sometimes stop for coffee/tea.

Anyone can join us.
Even a spot of Bingo!!!
HMHB is part of US based "Walk With A Doc".
Clissold Park welcomes us every week.



NEWS PAGE

Palm Oil can affect Cancer.

Dietary fats in palm oil help cancer to spread around the body.

Scientists in Spain have uncovered how a fat molecule found in palm oil, called “Palmitic Acid”, alters the cancer genome and increases the likelihood cancer will spread. The researchers have started developing therapies that interrupt this process and say a clinical trial could start in the next couple of years .

“Metastasis”, or the spread of cancer, remains the main cause of death in cancer patients and the vast majority of people with metastatic cancer can only be treated, but not cured. Fatty acids are the building blocks of fat in our body and the food we eat. Metastasis is promoted by fatty acids in our diet, but it has been unclear how this works and whether all fatty acids contribute to metastasis.

Newly published findings, led by researchers at IRB Barcelona, Spain, reveal that one such fatty acid commonly found in palm oil, called palmitic acid, promotes metastasis in “oral carcinomas” and “melanoma skin cancer” in mice. Other fatty acids called “Oleic Acid” and “Linoleic Acid”, more commonly known as omega-9 and omega-6 fats found in foods such as olive oil and flaxseeds, did not show the same effect. Neither of the fatty acids tested increased the risk of developing cancer in the first place.



The scientists found that when palmitic acid was supplemented into the diet of mice, it not only contributed to metastasis, but also exerts long-term effects on the genome. Cancer cells that had only been exposed to palmitic acid in the diet for a short period of time remained highly metastatic even when the palmitic acid had been removed from the diet.

By uncovering how this happens, the researchers figured out a way to block it and are now in the process of planning a clinical trial to stop metastasis in different types of cancer using drugs being developed by ONA Therapeutics, a start-up co-founded by senior author of the study Professor Salvador Aznar-Benitah.

Professor Aznar-Benitah said: “If things keep going as planned, we could start the first clinical trial in a couple of years. I am very excited about this and we are investing a lot of effort to generate the best possible therapy that cancer patients will hopefully be able to benefit from in the nearby future.”

Dr Helen Rippon, Chief Executive of Worldwide Cancer Research, said: “This discovery is a huge breakthrough in our understanding of how diet and cancer are linked and, perhaps more importantly, how we can use this knowledge to start new cures for cancer.”

Metastasis is estimated to be responsible for 90% of all cancer deaths - that's around 9 million deaths per year globally. Learning more about what makes cancer spread and, importantly, how to stop it, is the way forward to reduce these numbers.

Discovery research like this is incredibly exciting because it marks the beginning of a journey that will ultimately lead to more lives saved and more time spent with loved ones.

We should all be excited to see the results from this clinical trial and the future impact these findings might have on people with metastatic cancer.

NEWS PAGE:

Looking at ways to beat Brain Tumours

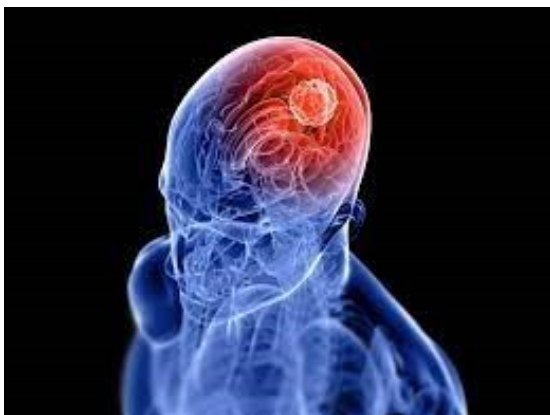
Using Fruit Flies to understand how Brain Tumours spread.

Professor Christos Delidakis is a Group Leader at the Foundation for Research and Technology-Hellas, Greece. His research focuses on trying to understand how cells communicate with each other, and what happens when these processes don't work as they should.

The professor and his team are using fruit flies to study how brain tumours spread to other vital organs around the body. They hope that by studying how genetic mutations allow brain tumours to spread will provide important new insights into the progression of the disease.

Solid neural tumours, such as “Glioblastoma” and “Neuroblastoma”, are some of the deadliest types of Cancer.

In the UK, brain tumours are the leading cause of cancer deaths in those aged under 40. Unfortunately, most brain tumours return despite treatment. They are also now very well understood, and we need to learn more about the causes of the development and spread of brain cancers if we can hope to find a cure.



His team are also studying how mutations to some genes may make brain tumours more or less aggressive, enable them to spread to other parts of the body, and send signals that promote muscle and fat loss around the body. They hope that by pinpointing which genes give brain tumours this ability they can uncover useful knowledge that will help develop new cancer cures in the future.

Why fruit flies? Well, many cancer researchers use animal models of cancer and tumours to study how they develop and spread. They are an incredibly useful tool that allow researchers to narrow down specific genes and activity within tumours.

Professor Delidakis's team have developed a model of brain tumours in fruit flies. Through this work, they found that brain tumours acquire a lot of genetic mutations around the time they start to spread to other parts of the body. They also found that brain tumours seem to start sending out signals that cause muscle and fat loss even before new tumours start growing in other organs, as seen in “Cachexia” or “wasting disease”.

The researchers now plan to pinpoint exactly which genetic mutations brain tumours need to acquire to gain the ability to spread, what changes these mutations are causing, and how tumours send out signals for damaging tissue loss. They hope that this will be an important step forward in our understanding of brain cancer, and that their method of studying brain cancer in fruit flies could be used in future to study other cancer and find effective treatments.

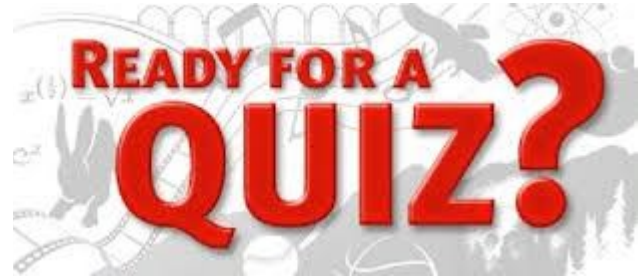
Approximately 300,000 people worldwide were diagnosed with brain or central nervous system cancers in 2020.



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

Film

Can you name the first 13 full-length Walt Disney Animated Films released - not including shorts. These the famous ones, as they did release other shorter ones in between.



World Cities

In which cities are these famous places?

1. Anne Frank House
2. Brandenburg Gate
3. The Lincoln Memorial
4. St. Basil's Cathedral
5. Christ The Redeemer Statue
6. The Little Mermaid statue
7. St. Mark's Basilica
8. Notre Dame Cathedral
9. Bondi Beach
10. Tiananmen Square
11. Alcatraz Island
12. Michelangelo's statue of David
13. The Parthenon

Capitals and Flags: All these countries have three colours in their flags. Name the 3 colours, and their capital city too.

1. Belgium
2. Romania
3. Ireland
4. Estonia
5. Germany
6. France
7. United Kingdom
8. Sierra Leone
9. Lithuania
10. United States
11. Bulgaria
12. India
13. Madagascar
14. Italy
15. Norway
16. Hungary
17. New Zealand

*Yep, this is a harder
one than normal
this week,
but give it go.
Think of the
capital, and try to
get the colours too.*

Music

These are the best selling UK singles from the year 1980. Can you name the singer/band?

1. Don't Stand So Close To Me
2. Woman In Love
3. Feels Like I'm In Love
4. Super Trouper
5. D. I. S. C. O.
6. The Tide Is High
7. Geno
8. Together We Are Beautiful
9. Coward Of The County
10. Working My Way Back To You
11. 9 to 5 (not dolly parton)
12. Baggy Trousers
13. Ashes to Ashes *(I know, it's tough)*



Countries

There are currently 17 countries in the world, recognised by the UN, who have names starting with the letter C.

How many can you name?

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

HMHB Activity: News



Wow!!! Lawrence and Healthy Minds, Healthy Bods were awarded a Mayor's Civic Award for our "outstanding work in the community in the last couple of years".

We have to thank our local Councillor Sue Lukes for our nomination, and we were extremely proud to meet the Mayor to receive our certificate.

We love what we do very much, and to receive this kind of recognition is truly fabulous.

We could not be who we are without our wonderful users, so we want to thank everyone that attends our events and sessions. You make HMHB what it is!!!!

HMHB were asked to provide an afternoon session for the wonderful North London Cares.

Lazza did a fantastic class on Mind-set, where he acted out a story that was provided by the people taking part, which was great fun.

He even set up a Circuit Training Course with various pieces of equipment and, as you can see, they really enjoyed themselves.

We focused on Mind-set, Nutrition, and Health, and we had a fantastic time with them. :-)



On Friday mornings we have joined in with PT Sarah and Healthy Generations at the top of Highbury Fields for an exercise session in the morning. There are around ten to fifteen of us, and here Lazza is pictured with HMHB Paolo and Yin at the end of one of the events.

It is great to network with other organisations, and we welcome the opportunity to participate with them, and them with us. I, Lazza, personally need to improve my fitness, so this is good.

Healthy Minds, Healthy Bods were recently turned down by the NHS for major seed funding.

We understand about contracts, tendering etc. Lazza has managed at a high level in office and financial management previously, but this was very disappointing considering our incredible feedback with mental health intervention. We were told "there is no money", and we would not even be able to get anything at all towards our general monthly running costs, which like any project can mount up.

It makes a mockery of our Mayor's Award when even we cannot get a penny from the NHS!!!

It brought us to our knees, but this pack is all about Mind-Set and overcoming challenges. Our local councillors helped us, and we have put in an application to the lottery for some of our events, and will be applying elsewhere for other costs, as well as looking for a salary for our Lazza. Difficulties will come to all of us, it is how we take action that is important. Sitting back feeling sorry gets us nowhere. Be proactive!!!!

MIND-SET: Communication is key

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.

Being able to communicate is an essential skill for life, not just for work.

It affects every aspect of your life, from personal relationships and friendships, to your ability to work with others, including your friends, employees, peers, and employers. Your ability to communicate means you can make people happy. Almost all places of work are collaborative environments, and being able to communicate effectively ensures that you contribute to the collective effort. Much of it is down to confidence and mind-set.



Communication is used to inform others of important information, explain difficult concepts and alert others to potential opportunities or risks. Without good communication, there's an increased risk of misunderstanding, important opportunities being overlooked and creating dissatisfaction within the community around you. In work, for these reasons and many more, being a good communicator can significantly improve your career prospects, especially if you aspire to a managerial position that requires you to oversee and communicate with many others. Being a good communicator also grants you increased confidence, making you a much more appealing candidate when seeking promotions or new employment.

Within the personal environment, you need to be able to have conversations, understand emotions, and know when you need to intervene in situations. It is a skill we can all develop, improve, and enjoy. However, it is also a skill that some of us need to strengthen, especially at times of stress and anxiety. So what can we do to help us?

Learn to listen

Arguably the most important way to improve your communication skills is to listen actively and attentively. Listening improves your ability to communicate in the same way that reading can improve your writing skills. When you're listening to another person, try to focus on the message they're trying to convey rather than how you can interject or respond. Many people struggle to voice their thoughts accurately, and good listeners are adept at helping them do so by listening attentively. Dedicate all your attention to understanding what they're trying to say and only consider your response after they've finished



MIND-SET:

We can all learn to communicate

Ask Questions

When you're listening to someone else speak, they might not always be very clear. If you're unsure of what they're trying to say, wait until they finish speaking and ask them some brief questions to clarify what they said. This is almost always preferable to trying to assume what they meant. This also ensures that you're attentive and reassures the other person that you're genuinely interested in understanding them. In other cases, you may require more detail, such as if you're being asked to complete a particular task.

It depends who you are chatting to.

When communicating with someone, either in written or oral form, it's beneficial to change your approach based on your relationship with them. For instance, if you're speaking to your boss at work, or a teacher, you ought to try and be clear, brief, concise, and respectful. Conversely, when speaking to a friendly colleague, or a friend, you might use more informal language, address them by their first name and make jokes.



It's important to consider what your audience knows. If you're trying to explain work or college problems to your friends, it's better to avoid using overly technical terms, as they may not understand them. If you're ever in doubt, it's usually best to speak as simply as possible and assume that your audience needs more information.

Also, different people know you in different ways. Working a health project like HMHB, we come into contact with a wide variety of organisations and users, and I have to judge my own approach. With users I will have more of a laugh, for example. It does not mean I always get it right, but that is just me learning too.

Don't waffle

Whenever possible, using fewer words is preferable to using more words, as long as you can communicate the same information. Many people may hesitate to ask too many questions, and if you're speaking concisely and clearly, they're going to get all the information they need in an understandable manner.

Review yourself

Learning to be a better communicator is an ongoing process, and it's a good idea to evaluate your own performance regularly. If you have had to be in a situation where you needed to converse with others in an important capacity, ask yourself if you could've been clearer, whether you asked the right questions and how well you engaged your audience. Revisit these interactions, find ways you could've improved and implement them.



In addition to reviewing your own performance as a communicator, you can always ask others what they think. At work or college, maybe ask your manager how well you perform as a communicator, what they think you do well and what could be improved. If you can identify certain individuals as excellent communicators, their feedback could be especially useful to you.

NUTRITION: Lazza's Kitchen Adventure

Tomato Soup

A Recipe from Lazza's Kitchen. - first published in weekly pack number 11
Lazza made his first Tomato Soup from scratch

The first published tomato soup is mentioned by Eliza Leslie in her 1857 publication "New Cookery Book".

Campbell's recipe for condensed tomato soup in 1897 further increased its popularity.

Heinz Cream of Tomato soup first went on sale in the U.K. at Fortnum & Mason in 1910.

Ingredients

2 tbsp. olive oil
3 Tomatoes:
1 onion, chopped
1 garlic clove, finely chopped
1 tbsp. tomato purée
400g can chopped tomato
Basil: Pinch bicarbonate of soda
600ml milk
I also added a chopped red pepper to taste

- Heat the olive oil in a large pan, then tip in the onion and garlic.
- Cook over a moderate heat until the onion has softened, about 5 mins.
- Stir in the tomato purée, then pour in the chopped tomatoes and basil, and bring up to the boil.
- Turn the heat down and leave to simmer for about 15 mins until thick and full of flavour
- Spoon the baking soda into a small bowl and pour over 1 tbsp. or so of the milk.
- Mix together until there are no lumps.
- Then tip into the tomato mix and pour over the milk.
- Bring up to a boil (the mixture may froth, but don't worry – it will go away).
- Gently simmer for about 5 mins until ready to serve



Making Soup is very satisfying, and fairly cheap. Not only that, it can also be a good low-calorie meal.



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 soup to prepare.

EXERCISE/FITNESS: STRETCHING

Dynamic Stretching - stretching with movement

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

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

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

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

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

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

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

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

Check out our other monthly packs for other stretches.

Butt Kicks

It may feel strange to be moving whilst doing a stretch, but we do not have to stand/sit still.

On the spot, just lift each leg behind you, trying to knock your heel against your bum.

It uses the leg's basic mechanical movement to deliver a powerful stretch. It works the Quads (primarily), glutes, front hip flexors and lower abs.

Can be used as an exercise too.



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.

T Push Ups/Press Ups

A T push-up/press-up is a great exercise/stretch to help warm up your upper body, especially the shoulders, while also activating your entire core.

Do not rush this. Take time as it is a stretch.

Start out in the push-up/press-up position, then lower yourself down toward the ground.

As you push back up, extend your right arm toward the sky while keeping your left arm stable and your hips from moving down or up. Bring your arm back to the starting position, do another push-up/press-up, then repeat with the left arm.



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

EXERCISE/FITNESS:

Stretches: Page 2: More Dynamic Stretches

Hip Stretch with a Twist

Start in the push-up/press-up position and bring your right foot up to your right hand while keeping your hips down and lower back flat. *(the pic uses the wrong leg)*

Lift your left hand, twist to your left while extending your arm and reaching toward the sky.

Come back to the starting push-up/press-up position and repeat on the other side.

A substitution for this exercise would be a side lunge to help work on your lateral movement.

It helps open up the hips and groin while stretching the core, upper, and middle back.

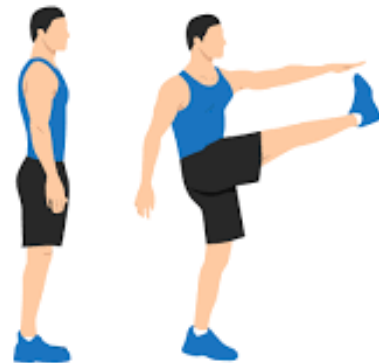


High Kicks

High kicks help warm up the hamstrings and improve range of motion. You can do them, alternating, as you walk. I prefer to do them stationary while focusing on one side at a time, but either is fine. Do not worry if you cannot touch your toe. Just do what you can.

If starting with your right leg, extend your left arm straight out. Kick your leg up while keeping your leg and hand straight so that your toes hit your palm.

Try to progressively kick higher, but complete this exercise while staying under control.

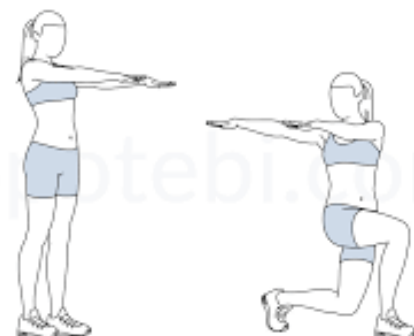


Lunge With A Twist

As the name implies, this is a combination of two different moves: a forward lunge and a horizontal twist.

The forward lunge helps stretch the hip flexors and activates the legs, glutes, and hips, while the twist stretches out the upper and middle back and activates core rotation.

As you do the lunge, step forward, then drop your hips. Don't lunge so far forward that your front knee extends beyond your toes. After you've lunged, slowly twist toward the side of your front leg for a more intense hip flexor stretch.



Moving stretches are just as good as stationery ones. Let's all get moving!!!!

MIND-SET:

Make a Plan

How many of us can safely say that we know what we are doing in life? It's a big question. Do we just go with the flow, see what happens, and then react to it? I am not saying that is wrong, but is it practical? Is it going to get you to where you want to be? Is it going to give you the success you desire, and the things you want?

For some, the answer is yes. It just works for them. But for most of us, success is not an accident, or just luck. It has taken planning and organising, realising that we need to put things in place for good things to happen. This is where planning comes into it, and it is a skill we all need to develop and strengthen. Let's look at why.

Planning can bring success more easily

Purpose, goals, targets, or project, whatever you want to call it, planning helps you achieve it. It doesn't matter what your task is, without planning you will find it more difficult to accomplish.



The destination of a plan is the end goal or the outcome. So, to set the goal and get to the goal, you need planning. If you don't know exactly where you're going, how will you know when you get there?

Lewis Carroll said, "If you don't know where you are going, any road will lead you there." Planning itself gives you a sense of control. It orients you in the proper direction you are to follow. It helps us to develop that Growth Mind-set we are constantly talking about. So if you just dive into an activity without a purpose in mind nor a plan, you might not know when or where to stop.

Planning helps you see what is important

It is good to get one's priorities right and the best way to do that is by planning. Planning allows you to lay out all the cards you have, sort them, and deal with them accordingly.

Planning will make you identify what is important and what exactly you don't want. Your goals will be clearer and the process to achieve your goals will be without ambiguity.

Planning also teaches you to say "no", which is a valuable skill in itself. It might not be easy for people without a plan to say "No". With a solid plan in place, you know what is important to you and what is not. Planning makes less important things a lot easier to identify.

Starting HMHB was challenging. Without a set plan in place it would have been nigh on impossible. Deciding what to do, and when to do it, was vital, and continues to be so to this day.



Planning is even more important when you are feeling down and stressed. Writing down targets can help distract you, invigorate you, energise you, and pull you back into life.

Knowing where you are going can raise your confidence. Think about it.

MIND-SET:

How do I make a plan?

Make sure you are clear about the outcome you want.

Sounds obvious, but the less clear you are, the less effective the plan and the less chance you have of succeeding. I will use myself as an example here. I want to lose weight (yes, yet again, and determined to succeed). So is that my plan? I need to lose weight? Or should I be more specific. I, personally would like to get down to a certain weight I have in my head. So that is more specific. I have that end target in mind. Knowing where I want to be should give me more of an advantage.

Detail what actions you need to take

So this again seems obvious, but by writing things down and looking at what you need to do, you can organise your actions. There may be different routes you can take to achieve your goal. Some might be time specific. You might have to do finish some parts before you can do others.

Again using me as an example. I need to work on my nutrition and my exercise. I need to build a routine. I need to change my current routine. I can use the help of others, and do other exercises myself. And, most of all, I need to be realistic.

Try and make your goals S.M.A.R.T. Specific, Measurable, Attainable, Relevant, Timely.



Breakdown large goals into smaller chunks

Sometimes our targets can seem unobtainable because it is going to take a lot of effort, or a lot of time, or many different avenues to complete. If you're feeling overwhelmed by such a large task, you can help ease your anxiety and make it feel more doable by breaking it down into smaller more manageable chunks.

Again, let's use me to explain. I realised the other day, to my horror, that I needed to lose at least 65 pounds in weight. Yep, after collapsing in tears and shouting at myself as to how I could be so irresponsible, I decided I could do it, but only by breaking it down. The target appears to be massive. So instead, I thought about how I could lose 5 pounds a month. Over a year that is 60 pounds. Much nicer to look at. I can plan for 5 pounds a month and, thinking of that SMART above, it is realistic, measurable, specific, and timely. We can all do that for any target and goal.

Keep a record

By doing this:

One - you are visually seeing progress you are making, or seeing where you need to improve. To make this even better, allow others access to this information, as then you are accountable, as well as they can help to motivate and encourage you.

Two - this can help to keep you on track, especially if you have a deadline, or have set a target around time. You are able to tailor your actions.

Three - you can find ways to reward yourself along the way. For example, for me losing weight, I can say once I have lost ten pounds I can treat to a certain experience. The same at twenty, thirty, etc.

We all know we can improve our health through exercise, nutrition, and general awareness on lifestyle. By planning where we want to go, how we are going to achieve, and following our progress, we are all much more likely to succeed.



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

Since last summer, HMHB has been hosting an online quiz on Thursday evenings.

We started it as a way of bringing people together, having a laugh, and not taking things seriously. It was important that anyone could win, so we decided to make it funny, but no knowledge was required. If you enjoy the questions on this page, why not come and join us on Thursdays? If you contact us, we can send a link.

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

ROUND ONE: Odd Two Out - we have changed to two correct answers from the four choices Only two of the choices are correct: which two are they?

1 Genuine Snakes
Tentacled
Elephant Trunk
Glass
Lion

2 Duetted With Elton John
Barry Manilow
Aretha Franklin
Cliff Richard
Olly Murs

3 Emmerdale Guest Stars
Philip Schofield
Gordon Ramsey
Dawn French
Ian Botham

4 Genuine US Cities
Disco
Batman
Dinosaur
Fries

5 Genuine Bats
Honduran White Bat
Hammer Headed Bat
Northern Pygmy Bat
Strap Toothed Bat

6 Genuine British Cheeses
Exmoor Blue and Ginger
Stilton and Mint Choc Chip
Gin and Lemon Cheshire
Cambridge Blue and Mango

ROUND TWO: Give Me a Number

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

1. On Oscars night, how many different Oscars are handed out?
2. How old was Neil Armstrong when he stepped on the moon?
3. If you were driving at 60mph, and you could drive to the moon, how many days would it take?
4. How many episodes in the 3 Series of original Star Trek?
5. How many cars start a Formula One Motor Racing race?



ROUND THREE: When Did That Happen

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

1. When was the book The Hobbit first published?
2. When did the Golden Gate Bridge Open?
3. In what year did Slumdog Millionaire win the Oscar for Best Film?
4. When did Pizza Hut open its first London shop?
5. In what year was the Bank of England established?

ROUND FOUR: What links the four animals below? Make something up and see if right.

Aardvark; Camel; Elephant; Giraffe.

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

NUTRITION:

Why is water so important?

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.

It has been shown that people can live without food for several weeks, although HMHB do not recommend trying this out. It can get quite uncomfortable, but the body will get subsistence levels of most nutrients by digesting muscle and fat - hence one of the reasons you will lose weight and get thinner.

But water is different. You will die in a matter of days, and quicker if you are in a warmer environment or climate. So why does our health and nutrition rely so much on this substance made up of Hydrogen and Oxygen?

For one thing, water is a solvent. You know this by leaving items in the sink to soak, as it can loosen stuck on food from plates and cutlery. It also dissolves other substance and carries nutrients (especially the B Vitamins and Vitamin C) and other material, such as blood cells, around your body, so that our organs can successfully do their jobs, keeping us healthy.

Water also has other chores:

- It helps us to digest our food, dissolving nutrients so they can pass into the bloodstream through the intestinal walls, and move food along our intestinal tract.
- It helps to carry waste products out of our body - like when we urinate, although this also removes the water soluble micronutrient vitamins, hence the reason we need to ingest them through our diets daily.
- Water helps biochemical reactions to occur, such as “metabolism”, where we digest food, produce energy, and build tissue.
- They are a factor in sending electrical messages between cells so our muscles can move, our brains can think, our eyes can see, etc.
- Enables the body to control temperature, by cooling our bodies with moisture when we sweat which then evaporates from our skin.
- Water is a natural lubricant.
- It also helps to protect our spinal cord and other sensitive tissues.



Did you know?

“Life is believed to have originated in the aqueous solutions of the world’s oceans, and living organisms depend on aqueous solutions, such as blood and digestive juices, for biological processes. Water also exists on other planets and moons both within and beyond the solar system. In small quantities water appears colourless, but water actually has an intrinsic blue colour caused by slight absorption of light at red wavelengths.” Interesting!

NUTRITION:

Let's talk "Electrolytes".

A healthy body must have just the right amount of fluid inside and outside each cell, and this is described as "fluid balance". Maintaining this balance is essential for life. If you have too little water inside a cell it will shrivel up and die. If you have too much, the cell can burst.

The body maintains its fluid balance through the action of substances called electrolytes. These are mineral compounds that, when dissolved in the water, become electrically charged particles called "ions".

Many minerals (also called micronutrients alongside vitamins), including Calcium, Phosphorous, and Magnesium, form compounds that dissolve into charged particles. But nutritionists generally use the term 'electrolyte' to describe Sodium, Potassium, and Chlorine. You do actually come across electrolytes, the most common probably being Sodium Chloride - plain white table salt. When salt dissolves in water it splits into two ions, one sodium and one chloride.



In addition to maintaining fluid balance, sodium, potassium, and chloride (which is the form of chlorine found in food) ions create impulses that enable cells to send messages back and forth between themselves so you can think, see, move, and perform all the biochemical functions that you take for granted.

- Sodium helps your body digest proteins and carbohydrates and keeps your blood from becoming too acidic or too alkaline.
- Potassium is used in digestion to synthesize proteins and starch; it's also a major constituent of muscle tissue.
- Chloride is a constituent of the "hydrochloric acid" - stomach acid - that breaks down your food in your stomach. It is also used by the white blood cells to make "hypochlorite", a natural antiseptic.

You need at least six to eight glasses a day.

This is a common statement you will hear from health professionals, but how do they come to that number? Is it just a gimmick?

Your body does not store water and, in fact, is losing it constantly, which is why you need to take in a new supply daily. When we breathe, sweat, urinate, and defecate, we lose fluids. Incredibly we lose more liquid in breathing and perspiration than we do by urinating!!! Now there is a fact!!! And scientists have managed to calculate the amount we lose daily, and that is how they come up with the figure of six to eight glasses, to replace all that liquid.

We don't just get water from the glass we drink from the tap or, as happens so much these days, from the plastic bottles. Our foods are saturated in the stuff, especially fruits and vegetables. Did you know that lettuce is around 90% water? Even foods such as cheese, burgers, and bagels, have good amounts of water. The only foods that have no water are pure oils.

Drinking water is like washing out your insides. The water will cleanse the system, fill you up, decrease your calorie load, and improve the function of all your tissues.

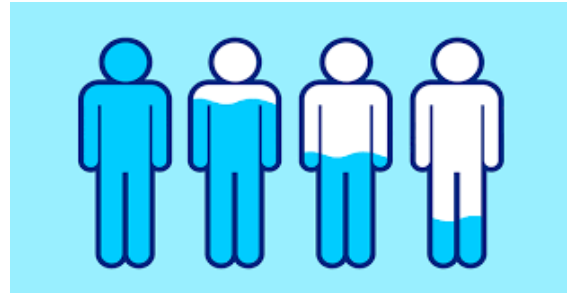
NUTRITION:

How do I know I'm not getting enough water?

In simple terms, dehydration is when your body loses more fluids than that you take in. It is actually a very serious matter. At first you may not even realise it, but it can do a lot of damage.

Symptoms of dehydration include:

- feeling thirsty,
- dark yellow and strong-smelling pee,
- feeling dizzy or lightheaded,
- feeling tired,
- a dry mouth, lips, and eyes,
- peeing little, and fewer than 4 times a day.



Most times, the early signs of dehydration are enough to compel you to correct the situation on your own. There are several distinct symptoms. People start to feel tired, they get headaches, they slow down, they find they are sweating profusely. That's their body telling them, 'Hey, slow down and drink some water.' Usually you'll drink water or a sports drink, or perhaps eat a hydrating food, to replenish your electrolytes, and problem solved!

It can happen a lot if you are feeling depressed or stressed. Your normal daily routine can get disrupted, and our nutrition is one of the first things affected.

There are different types of water. Here are four.

“Hard Water” - this has lots of minerals, particularly calcium and magnesium. It rises to the Earth's surface from underground springs, picking up minerals as it travels. In general, hard water does not pose a threat to human health. Calcium is needed to keep the bones, muscles, and blood healthy. Magnesium helps the body to absorb calcium and promotes the body's use of vitamin D within the kidneys.



“Soft Water” - In nature, soft water is what we call surface water, the run-off from rain-swollen streams or rainwater that falls directly into our reservoirs. Also, a water softener removes excess calcium and magnesium from hard water to make it soft. It does this using a brine solution and sodium. Soft water, therefore, is water that contains slightly more sodium than hard. Soft water is within nutritional guidelines and is safe to drink. The two main exceptions are: if you are bottle feeding a small infant or are following a medically prescribed low sodium diet.

“Spring Water” - is water from springs close to the Earth's surface. It has fewer mineral particles and has been described as having a “cleaner taste”.

“Distilled Water” - this is tap water that has been boiled until it turns to steam which is then collected and condensed back into a liquid free of impurities.

**Your body is spectacular but needs your help to keep it that way.
One essential ingredient is water. It is multi-functional, and vital for health.
Hopefully these pages have demonstrated your responsibility to provide it.**

Nutrition: HMHB looks at Vitamins

Today: Vitamin A

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

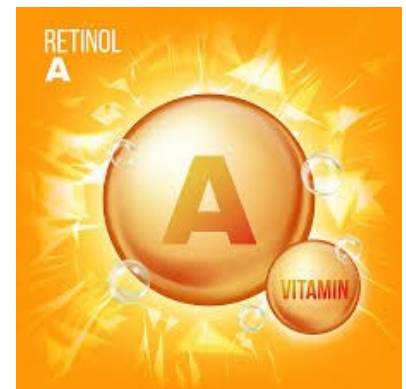
“A vitamin is an organic molecule that is an essential micronutrient which a human needs in small quantities for the proper functioning of our metabolism. Essential nutrients cannot be synthesised in human beings, either at all or not in sufficient quantities, and therefore must be obtained through the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

Vitamin A is a fat-soluble vitamin. This means it is are similar to oil and does not dissolve in water. Fat-soluble vitamins are most abundant in high fat foods and are much better absorbed into your bloodstream when you eat them with fat.

Vitamin A has different forms often called "retinoids." They include “retinol”, “retinal”, “retinoic acid”, and “retinyl ester”.

Good sources of vitamin A (retinol) include:

- cheese
- eggs
- oily fish
- fortified low-fat spreads
- milk and yoghurt
- liver and liver products such as liver pâté: this is a particularly rich source of vitamin A, so you may be at risk of having too much vitamin A if you have it more than once a week (if you're pregnant you should avoid eating liver or liver products)



You can also get vitamin A by including good sources of beta carotene (a red-orange pigment found in plants and fruits, especially colourful vegetables) in your diet, as the body can convert this into retinol. The main food sources of beta-carotene are: yellow, red, and green (leafy) vegetables, such as spinach, carrots, sweet potatoes and red peppers: yellow fruit, such as mango, papaya, and apricots.

Vitamin A supports many critical aspects of your body function, including:

Vision maintenance: Vitamin A is essential for maintaining the light-sensing cells in your eyes and for the formation of tear fluid.

Immune function: Vitamin A deficiency impairs your immune function, increasing susceptibility to infection, so very important during this time of Coronavirus to keep your immune system healthy.

Body growth: Vitamin A is necessary for cell growth in your body. Deficiency may slow or prevent growth in children.

Hair growth: It is also vital for hair growth. Deficiency leads to alopecia, or hair loss.

Reproductive function: Vitamin A maintains fertility and is vital for foetal development.

Like all Vitamins, this micronutrient is “essential for life”.

Your body cannot create it so you have to get it through your diet.

Why not research this Vitamin this month, and what foods you need to consume?

It's your body, and your choice.



HMHB's Name Game Page - trickier than you think.

These are fifteen very famous film Directors.

How many of them can you name?

Answers at bottom of quiz page answers (page 35)



1



2



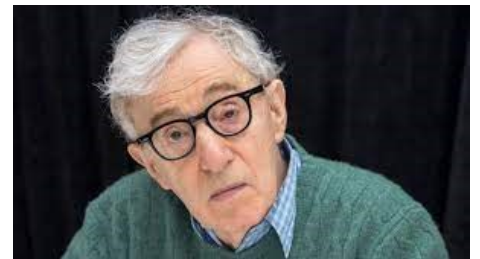
3



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10



11



12



13



14



15

NUTRITION: Lazza's Kitchen Adventure

Bakewell Tart

**A Recipe from Lazza's Kitchen. - first published in weekly pack number 10
Lazza made his first Bakewell Tart from scratch**

A Bakewell Tart is an English confection consisting of a shortcrust pastry shell beneath layers of jam, frangipane, and a topping of flaked almonds. It is a variant of the Bakewell Pudding, closely associated with the town of Bakewell in Derbyshire.

Bakewell Pudding was made around the start of the 1800s, with the Tart variant following in the 1900s.

Ingredients

1 Pastry Case (you can obviously make pastry too)
50g butter (softened)
100g Ground Almonds
125g Caster Sugar (I admit I used granulated)
3 eggs (even though there are two in the photo)
Half teaspoon almond essence
40g Desiccated Coconut
3-4 tablespoons Raspberry Jam to taste
Flaked Almonds for topping

- Preheat Oven to 180C/Gas 4
- Filling is easy. Just whisk together the butter, ground almonds, sugar, eggs, almond essence and around 25g of the desiccated coconut. It makes a lovely paste.
- Blend the remaining coconut into the jam.
- Spread that all over the base of the pastry case.
- Pour over the filling carefully.
- Sprinkle the flaked almonds over the top.
- Bake for 30 minutes until golden.
- Serve warm or cold. I can tell you it smells scrummy - and I am just about to head to the oven to remove the tart!!



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

EXERCISE/FITNESS

Yoga

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

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

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

Healthy Minds, Healthy Bods are part of two health walks in Islington, one of these since November 2016 in partnership with Highbury Grange Medical Practice, and we were also running three FREE fitness sessions in partnership with Better Gyms in Islington and Camden prior to the 2020 lockdown.

We have restarted our Highbury Gym sessions with Dean on Tuesdays, thanks to Mark and his team at Better, and look forward to restarting the others as soon as we possible can. Zumba also restarts in April.

We will also be resuming our two FREE outdoor sessions, just as soon as the weather improves in the Spring.

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

Be active, be safe, and go for it.

What is Yoga?

Yoga is an ancient form of exercise that focuses on strength, flexibility, and breathing to boost physical and mental wellbeing. The main components of yoga are postures (a series of movements designed to increase strength and flexibility) and breathing. The practice originated in India about 5,000 years ago and has been adapted in other countries in a variety of ways. Yoga is now commonplace in leisure centres, health clubs, schools, hospitals, and surgeries. Why not do some research about classes around your area. Some are free, so why not give it a try? You are never too old to start!!!

Most forms of yoga are not strenuous enough to count towards your 150 minutes of moderate activity, as set out by government guidelines.

However, yoga does count as a strengthening exercise, and at least 2 sessions a week will help you meet the guidelines on muscle-strengthening exercises.

Activities such as Yoga and Tai Chi are also recommended for older adults at risk of falls, to help improve balance and co-ordination.

Do you think you are too old for yoga? Definitely not. People often start yoga in their 70s, and many say they wish they had started sooner. There are yoga classes for every age group. Yoga is a form of exercise that can be enjoyed at any time, from childhood to your advanced years.

You do not even have to be fit. You can join a class suitable for your fitness level. For example, to join most yoga class, you need to be able to get up and down from the floor. However, some yoga classes are chair-based.

Yoga-related injuries are uncommon. Some injuries can be caused by repetitive strain or overstretching.

But yoga is the same as any other exercise discipline; it's perfectly safe if taught properly by people who understand it and have experience.

It's advisable to learn from a qualified yoga teacher and choose a class appropriate to your level.

However, there is nothing wrong with trying out a few poses at home. Have a go at some of these.



EXERCISE/FITNESS: Yoga Poses and Benefits.

Yoga has many benefits, but here are just three.

Yoga seems to be especially helpful for improving flexibility in adults ages 65 and older. Reduced flexibility is a natural part of aging, and a 2019 study found that yoga both slowed down loss and improved flexibility in older adults.

Major Depressive Disorder (MDD) is thought to be one of the most common mental health disorders in the world. A 2017 meta-analysis of 23 interventions looking at the effects of yoga-based treatments on depressive symptoms overwhelmingly concluded that yoga can now be considered an effective alternative treatment for MDD.

While most people associate yoga with stretching and flexibility, some types of yoga classes can also be considered strength building. It just depends on the class level, approach, and teacher. Yoga's effectiveness at building strength has been studied in several specific contexts. For instance, as it pertains to people with breast cancer, older adults, and children. Another study conducted on air force personnel found yoga to be an effective strength-building practice across many age groups of healthy participants.

Downward Facing Dog

Start on your hands and knees, with your hands stacked under your shoulders and knees under your hips. Spread your hands wide and press your index finger and thumb into your mat. Lift your tailbone and press your bum up and back, drawing your hips toward the ceiling. Straighten your legs as best as you can and press your heels gently toward the floor. Your head should be between your arms, facing your knees, and your backs should be flat. Hold for 5–10 breaths



Crescent Lunge

Take a big step forward with your left foot to start in a staggered stance, with your feet almost mat-length apart. Bend your front knee and keep your back leg straight and heel lifted off the floor. Try to bend your front leg so that your thigh is parallel to the floor. Square your hips toward the front. Extend your arms toward the ceiling on either side of your head and stretch up as you also press into the mat and feel the stretch in your hips. Hold for 5 breaths and repeat on the other side



Slow movements and deep breathing increase blood flow and warm up muscles, while holding a pose can build strength

EXERCISE/FITNESS:

More Yoga Poses for you



Warrior 2

Take a big step forward with your left foot to start in a staggered stance, with your feet almost mat-length apart. Extend your arms so that they are parallel to the floor. Bend your left knee so that it's at or near a 90-degree angle, your thigh parallel to the floor, while keeping the right leg straight. Point your left toes forward and turn your right foot out to the right so that it's perpendicular to your left foot. Your left heel should be in line with the arch of your right foot. At the same time, twist your torso to the right so that your left hip is facing toward the front of the room and your right hip is facing toward the back. Your left arm and your head should both be pointing forward and your right arm should be pointing back.



Triangle

Start in Warrior 2 (see above)

Straighten your front leg. Then, reach forward with your left hand toward the ground. Tilt your torso forward and rotate it open to the right side.

Rotate your arms to 6 and 12 o'clock. Rest your left hand on your shin, or the floor if you can, and extend your top arm fingers toward the ceiling.

Hold for 5–10 breaths, then switch sides. It's more important to keep your spine long than it is to reach low to your leg or floor. You can use a block under your bottom hand to add more stability to this pose.



Plank Pose

Start on all fours, with your knees under your hips and your hands flat on the floor directly underneath your shoulders.

Lift your knees off the floor and extend your legs out behind you. You should now be on your toes and your hands, with your body forming one long line.

Keep your palms flat on the floor, hands shoulder-width apart, shoulders stacked directly above your wrists, and core engaged. Keep your neck and spine in a neutral position by looking down at the top of your mat.

Hold this position for 3-5 breaths

If necessary, lower knees to floor to assist.

Some exercises, like Plank, cross all divides. Push yourself to harder versions.

EXERCISE/FITNESS:

Still working those Yoga poses.



Tree

Start upright with your toes together and heels slightly apart.

Bring your right foot to the inner thigh of your left leg. Squeeze your foot and inner thigh together. The knee of your right leg should be turned out and your right thigh facing down toward the ground at a 45-degree angle.

Once you've found your balance, lift your hands to prayer position in front of your chest (as shown), or up overhead if that feels better for you.

Keep your gaze focused on a fixed point in front of you to help stay balanced.

Hold for 5–10 breaths, then switch sides.



Dancers Pose

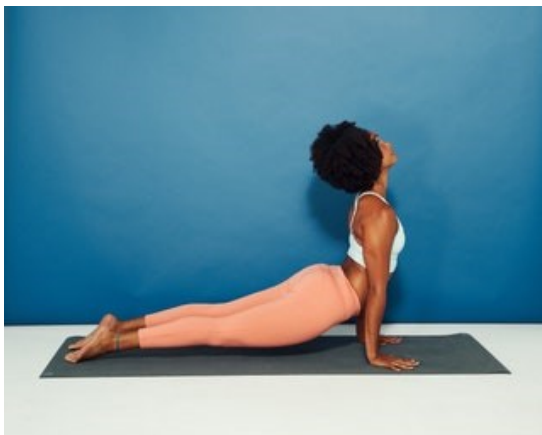
Stand tall with your feet together.

Bend your left knee and bring your left foot toward your glutes. Grab onto the inner arch of your left foot with your left hand and slowly lift your foot toward the ceiling. At the same time, reach your right arm forward and up toward the ceiling.

Actively press down into the floor with your entire right foot as you start to open your chest and pull your lifted leg up. Keep your chest lifted.

Hold on one side for 5-10 breaths, then switch sides.

It's more important to focus on keeping your hips level than on bringing your foot up high.



Cobra / Upward Facing Dog

Couple of choices here.

This one - picture opposite - you get into a press up position and then arch your back bringing your head up towards the sky, leaving your legs off the floor balancing on your toes.

Alternatively, you can lie flat on the floor, position your hands underneath your shoulders, and slowly raise your chest and head upwards, leaving your bottom half still flat on the floor.

When you do yoga, your brain cells develop new connections, and changes occur in brain structure as well as function, resulting in improved cognitive skills, such as learning and memory. Yoga strengthens parts of the brain that play a key role in memory, attention, awareness, thought, and language.

Lazza's Page of Fascinating Facts

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

Here are some fascinating facts for you to share.

Star Wars nearly had a very different ending.

There cannot be many people who do not know about the Star Wars films. The original trilogy was shown between 1977 and 1983, with the release of Return Of The Jedi (Episode 6) being the last of those three.

Spoiler alert: Luke and the gang beat the Emperor, Vader dies saving Luke, and everyone is very happy on the planet with the Ewoks. Now, push all of that aside, because the original ending George Lucas and co-writer Lawrence Kasdan had in mind was extremely different. First, it is

important to remember that the film's original title was not "Return of the Jedi" but "Revenge of the Jedi". Kasdan and Lucas conceived of a much darker ending to the film. According to a transcript of a conversation between the two, upon Vader removing his helmet and dying, Luke Skywalker would put on the mask himself and say the line: "Now I am Vader."

The original idea saw Luke then proceeding to reveal his ultimate plan of destroying the rebel fleet and taking over the galaxy himself. Thankfully that ending was, of course, scrapped with Lucas doubling down on his belief that Star Wars is for kids, and a conclusion like that certainly would not have satisfied them. Wow!!!



Boanthropy

I imagine this is a word you will not have come across, but it describes something that sounds unbelievable, but is a genuine medical condition. It is a rare and serious psychological disorder in which a human being experiences mental metamorphosis from being a human to believing he is a "bovine". Bovinae is a biological classification which includes hooved mammals: e.g. cow, cattle, buffaloes and bison etc. In other words, the person thinks they are a cow. Seriously.

In this condition, the patient appears to walk like a cow. They walk on the ground like a cow does by using their arms and legs. They stop talking like normal human beings and prefer mooing (I'm not making this up). They grab others' attention by bellowing and bawling. All of a sudden they develop a taste and craving for grass so their diet also consists of grass, hay, and silage. They graze like a cow does and eat whatever plant they see because that is what cows eat. They can even join a herd of cattle to graze and browse. From behaviour, diet, and to sounds, patients of boanthropy depict the character of a cow in real life.

Since the causes of boanthropy are not very well defined therefore the treatment also doesn't exist in concrete form. If a human is seen grazing and mooing it is obvious they need medical help. Psychologists prefer psychotherapy and psycho-pharmacotherapy to help an individual give up this state of delusion.



HEALTH / ROUTINE

What are “Antibiotics”?

Very simply, “antibiotics” are medicines that fight infections caused by bacteria in humans and animals by either killing the bacteria or making it difficult for the bacteria to grow and multiply.

Bacteria are germs. They live in the environment and all over the inside and outside of our bodies. Most bacteria are harmless and even helpful to people, but some can cause infections, like strep throat.

If you have ever heard of “War Of The Worlds” by H. G. Wells, you will know (spoiler alert) that the attacking Martians are killed because their bodies cannot fight off the Earth’s bacteria. Or as the book says: “slain by the putrefactive and disease bacteria against which their systems were unprepared.”

One thing the pandemic has taught us is that antibiotics DO NOT work on viruses, such as those that cause:

- Covid
- Colds and runny noses, even if the mucus is thick, yellow, or green.
- Most sore throats (except strep throat)
- Influenza (Flu)
- Most cases of chest colds (bronchitis)

Antibiotics also are NOT needed for some common bacterial infections, including:

- Many sinus infections
- Some ear infections



This is because these illnesses will usually get better on their own, without antibiotics.

Taking antibiotics when they’re not needed won’t help you, and their side effects can still cause harm.

There are hundreds of different types of antibiotics, but most of them can be classified into these groups.

- **Penicillins:** (such as penicillin, amoxicillin, co-amoxiclav, flucloxacillin, and phenoxymethylpenicillin). These are widely used to treat a variety of infections, including skin infections, chest infections, and urinary tract infections.
- **Cephalosporins:** (such as cefalexin). These are used to treat a wide range of infections, but some are also effective for treating more serious infections, such as septicaemia and meningitis.
- **Aminoglycosides:** (such as gentamicin and tobramycin). These tend to only be used in hospital to treat very serious illnesses such as septicaemia, as they can cause serious side effects, including hearing loss and kidney damage. They are usually given by injection, but may be given as drops for some ear or eye infections.
- **Tetracyclines:** (such as tetracycline, doxycycline and lymecycline): These can be used to treat a wide range of infections, but are commonly used to treat acne and a skin condition called rosacea.
- **Macrolides:** (such as azithromycin, erythromycin, and clarithromycin). These can be particularly useful for treating lung and chest infections, or as an alternative for people with a penicillin allergy, or to treat penicillin-resistant strains of bacteria.

Antibiotic resistance happens when germs like bacteria and fungi develop the ability to defeat the drugs designed to kill them. That means the germs are not killed and continue to grow. So it is very important to only take them when prescribed by a professional.

HEALTH / ROUTINE

What are “Antivirals”?

This is very much in vogue at the moment as the Coronavirus is just that, a virus.

An antiviral is a substance that fights against viruses and inhibits their growth. A doctor may prescribe antiviral medications to help treat a viral infection, and people can use antiviral products to prevent the growth and spread of viruses.

Any substance that slows the replication of viruses is an antiviral. Viruses are microscopic organisms that can infect animals, plants, fungi, and bacteria. Researchers suggest that viruses are the most abundant biological entity on the planet. The structure of viruses means that only antivirals can eliminate them, as other medications, including antibiotics, are not effective.



Viruses consist of a protein coat, called a capsid, that surrounds core genetic material, which is either DNA or RNA. Viruses are unable to replicate without a host cell.

Therefore, to survive, viruses must infect cells and use these cells to make copies of themselves. In the process of doing this, they can kill these cells and cause damage to the host organism, which is why viral infections can make people ill.

The Covid vaccine and boosters are antivirals.

Antiviral drugs do not directly destroy the virus but work by preventing the infection process. As viruses need to infect and replicate in host cells to survive, preventing this process allows antiviral medications to combat viruses. An antiviral drug can do this in several ways:

- **Blocking infection:** Viruses cannot replicate without a host cell. Some antiviral drugs work by tricking the virus into attaching to them rather than a human cell. Without a human cell, the virus cannot replicate, so it dies.
- **Interrupting replication:** Once a virus enters a host cell, it begins to replicate. Some antiviral drugs disrupt the replication process within the cell, reducing the severity of symptoms and possibly speeding recovery.
- **Preventing spread:** After replication, the virus particles enter the bloodstream. Some antiviral drugs work by preventing the release of these viral copies into the bloodstream, which reduces the spread of the infection.

Not all viruses act the same way. Antiviral drugs can ease symptoms and shorten how long you are sick with viral infections like the flu and Ebola. They can rid your body of these viruses.

However, viral infections like HIV, hepatitis, and herpes are chronic. Antivirals can't get rid of the virus, which stays in your body. Antiviral medicines can make the virus latent (inactive) so that you have few, if any, symptoms. Symptoms that develop while you take antivirals may be less severe or go away faster. Therefore, people who are HIV+ will take medication that ensures the viruses do not cause problems, and the virus can be described as “undetectable”.

HEALTH / ROUTINE

What are “Statins”?

Statins are a group of medicines that can help lower the level of low-density lipoprotein (LDL) cholesterol in the blood.

LDL cholesterol is often referred to as "bad cholesterol", and statins reduce the production of it inside the liver.

Having a high level of LDL cholesterol is potentially dangerous, as it can lead to a hardening and narrowing of the arteries, commonly known as “atherosclerosis”, and cardiovascular disease (CVD). CVD is a general term that describes a disease of the heart or blood vessels. It's the most common cause of death in the UK.

The main types of CVD are:

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

A doctor may recommend taking statins if either:

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

There are 5 types of statin available on prescription in the UK:

1. Atorvastatin: (Lipitor)
2. Fluvastatin: (Lescol)
3. Pravastatin (Lipostat)
4. Rosuvastatin: (Crestor)
5. Simvastatin: (Zocor)

However, the best change you can make if at risk of CVD is changes to your lifestyle, which is what we are always saying in these packs. Healthy changes can make a huge difference over time.



Lifestyle changes that can reduce your cholesterol level and CVD risk include:

1. eating a healthy, balanced diet
2. exercising regularly
3. maintaining a healthy weight (a constant battle for me)
4. limiting the amount of alcohol you drink
5. stopping smoking (thankfully I have never smoked)

Many people who take statins experience no or very few side effects. Others experience some troublesome, but usually minor, side effects, such as diarrhoea, headache, or nausea.

Your doctor should discuss the risks and benefits of taking statins if they're offered to you.

HEALTH / ROUTINE

How do they make medicines?

Here at HMHB, we respect people's choices, and we know of people who have not had the vaccine. One reason given is that it was produced very quickly, and that makes people nervous. But there are reasons for that, and we promote the vaccines and boosters for everyone. But how do medicines come about?

The journey will have begun in a university laboratory where researchers, with grants from the research bodies or the pharmaceutical industry, have undertaken basic research to understand the processes behind a disease, often at a cellular or molecular level. It is through better understanding of disease processes and pathways that targets for new treatments are identified. This might be a gene or protein instrumental to the disease process that a new treatment could interfere with, for example, by blocking an essential receptor.



Once a potential target has been identified, researchers will then search for a molecule or compound that acts on this target. Historically, researchers have looked to natural compounds from plants, fungi, or marine animals to provide the basis for these candidate drugs but, increasingly, scientists are using knowledge gained from the study of genetics and proteins to create new molecules using computers. As many as ten thousand compounds may be considered and whittled down to just ten to twenty that could theoretically interfere with the disease process.

The next stage is to confirm that these molecules have an effect and that they are safe. Before any molecules are given to humans, safety and efficacy tests are conducted using computerised models, cells, and animals. Around half of candidates make it through this pre-clinical testing stage and these five to ten remaining compounds are now ready to be tested in humans for the first time. In the UK, approval by the Medicines and Healthcare products Regulatory Agency (MHRA) is required before any testing in humans can occur. The company will put in a clinical trial application (CTA), which will be reviewed by medical and scientific experts, who will decide whether or not sufficient preliminary research has been conducted to allow testing in humans to go ahead.

If a CTA application is granted, the safety and pharmacology of a candidate drug will be tested first in a small group of healthy volunteers in a phase 1 trial. Small doses of the compound will be administered to a group of 20 to 100 healthy volunteers who are closely supervised. At least half of compounds will usually be considered safe enough to progress to phase 2 trials.

The aim of phase 2 studies is to determine the most effective dose and method of delivery (for example, oral or intravenous), the appropriate dosing interval, and to reconfirm product safety. Most drugs that fail during clinical trials do so at Phase 2 because they turn out to be ineffective, have safety problems, or intolerable side effects.

Those candidates that make it through phase 2 will then be tested in a much larger population of patients in phase 3 trials, often 1,000 to 5,000 across multiple international sites. The aim of these phase 3 trials is to reconfirm the phase 2 findings in a larger population and to identify the best dosage regimen. In doing this the drug company needs to generate sufficient safety and efficacy data to demonstrate an overall risk-benefit for the medicine to allow a submission to be made for a licensing application to the regulatory authority. Only when it is determined to be safe is it then marketed and produced on scale.

LET'S PLAY A GAME

Plus quiz answers from Page 15

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

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

All your answers have to start with the letter: N

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

Name 10:

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

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

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

“Fun from games arises out of mastery.

It arises out of comprehension.

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

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

HOW'D WE DO?

Answers to Fun Quiz from Page 15

Round One: 1 Tentacled, Elephant Trunk: 2 A Franklin, C Richard: 3 P Schofield, I Botham
4 Dinosaur, Fries: 5 H White, H Headed: 6 S & Mint Choc, G & L Cheshire.

Round Two: 1, 24: 2, 38: 3, 176: 4, 79: 5, 20.

Round Three: 1, 1937: 2, 1937: 3, 2008: 4, 1973: 5, 1694.

Round Four: Link: All of their young are called “calves or calf”.

NUTRITION: Lazza's Kitchen Adventure

Shepherd's Pie

A Recipe from Lazza's Kitchen. - first published in weekly pack number 25
Lazza made his first Shepherd's Pie from scratch

In early cook books, the dish was a means of using leftover roasted meat of any kind, and the pie dish was lined on the sides and bottom with mashed potato, as well as having a mashed potato crust top. The term "*Shepherd's Pie*" did not appear until 1854, and was initially used synonymously with cottage pie, regardless of whether the meat was beef or mutton.

Ingredients

750 g minced lamb:
125 g mushrooms, sliced
2 carrots, diced:
1 large onion, chopped: 1 garlic clove, crushed:
30 g plain flour
150 ml beef stock:
2 tbsp Worcestershire sauce
1 pinch salt and black pepper
750 g potatoes: milk/butter for mash

Put the minced lamb into a large frying pan and heat gently until the fat runs. Increase the heat and cook, turning and mashing the meat until it browns. Using a slotted spoon, lift the lamb out of the pan and spoon off the excess fat.

Add the mushrooms, carrots, onion, and garlic to the pan. Cook gently, stirring occasionally, for a few minutes until just beginning to soften.

Return the lamb to the frying pan. Sprinkle in the flour and cook, stirring, for about one minute.

Add the beef stock and the Worcestershire sauce. Season with salt and pepper. Bring to a boil, cover, and simmer gently for 30 minutes.

Meanwhile, cook the potatoes in boiling salted water for 15–20 minutes until tender. Drain. Add the milk and butter to the potatoes and mash until soft, then season with salt and pepper.

Taste the lamb mixture for seasoning and turn into an ovenproof dish, then spread the potato on top. With a fork, score the potato in a decorative pattern.

Cook in a preheated oven at 200°C/400°F/gas mark 6 for about 20 minutes until the topping is golden and the meat mixture bubbling



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

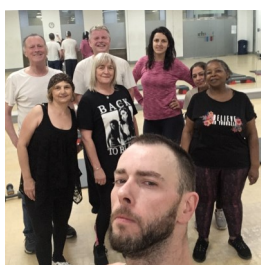
Why not try an exercise class!!!

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

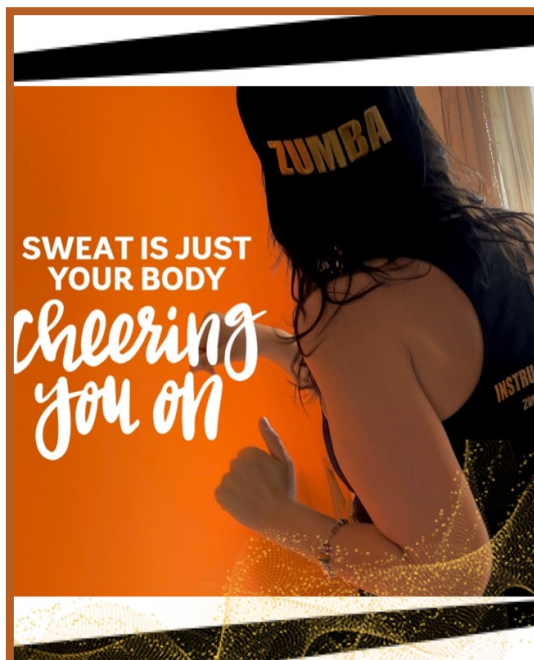
HMHB is restarting our Zumba indoors in April 2022, and outdoors on Highbury Fields in June 2022.

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

Please contact her.
They are fun, but also great for your overall health. Treat yourself!!
yummymummyzumba@gmail.com



ZUMBA



ACTIVE WITHIN

If anyone would like to join in their free classes (see timetable), you will need to register on their website and then get in touch with them via phone, email or through social media channels. They will then send you the class links. They are fabulous. Please have a go!!
They are doing outdoors now.
www.activewithin.com

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

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

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

[Check out their website for more information.](http://www.walkwithadoc.org)

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

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

www.walkwithadoc.org



HEALTHY GENERATIONS PILATES

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

Monday 10-11am:
Intermediate Pilates

Tuesday 10-11am:
Intermediate Pilates

Tuesday 2-3pm:
Beginners Pilates

Thursday 10-11am:
Gentle Pilates

Saturday 9.30-10.30am:
Beginners Pilates

hello@emmaahlstrom.com
www.emmaahlstrom.com

Review of Challenges and Targets

Mind-set:

Although it may not feel like it, we are constantly updating and improving our life skills as we get older. It is foolish to think we know it all. Communication and Planning are two of the most essential of these. In fact, without them we would find it very difficult to achieve anything. A lot comes down to confidence, as well as knowing where we are wanting to succeed. Always give yourself goals and targets, and then go for them 100%. We know it is not easy. Try some of our hints.

DEVELOPING
LIFE SKILLS



Nutrition.

We take water very much for granted. In fact, if you think about it, just the fact we can clean up our water to drink it is a pretty amazing feat. But we need water every day to stay healthy and to function properly. It has many different functions, and our body uses it for a variety of purposes. There are different kinds of water, and the way minerals interact with it to enable our body to perform is incredible. So make sure you get the recommended dosage every day. I know some say water is boring to drink, but it is your life!!!! Make good choices.

Water is Life



Exercise.



So this week we took another look at yoga, and how stretches and poses can help your body. Studies have found that yoga practice lowers the resting heart rate, increases endurance, and can improve your maximum uptake of oxygen during exercise. Even more, yoga seems to help alleviate lower back pain, improve strength and flexibility, and reduce inflammation in the body. Try and find a class near you that is free. It's possible you may feel you cannot do yoga, but there are poses for all, even sitting in a chair. Why not give it a go?

Health.

When we feel ill we head to the doctor or pharmacy and hope that they will suss out the problem and give us the medicine to make us better. This week we looked at three regular medicines - antibiotics, antivirals, and statins - as well as briefly looked into how they are produced. It is essential that we do not abuse medicines as the body can adapt and become used to receiving them - antibiotics in particular are affected this way. Hopefully most of us will not have to take many pills in our lifetime. Some medications may react with other supplements you take, so always ensure your doctor knows about them. We hope everyone learnt something this month.



**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 + Film Directors from Page 20

See if you can beat your family and friends

Geography

The cities for those famous places?

- | | | |
|-----|------|----------------|
| 1. | AFH | Amsterdam |
| 2. | BG | Berlin |
| 3. | TLM | Washington DC |
| 4. | SBC | Moscow |
| 5. | CTRS | Rio De Janeiro |
| 6. | TLMS | Copenhagen |
| 7. | SMB | Venice |
| 8. | NDC | Paris |
| 9. | BB | Sydney |
| 10. | TS | Beijing |
| 11. | AI | San Francisco |
| 12. | MSOD | Florence |
| 13. | TP | Athens |

Music

These are the singers/bands for the top selling UK singles from the year 1980:

1. The Police
2. Barbara Streisand
3. Kelly Marie
4. Abba
5. Ottowan
6. Blondie
7. Dexy's Midnight Runners
8. Fern Kinney
9. Kenny Rogers
10. The Detroit Spinners
11. Sheena Easton
12. Madness
13. David Bowie *(well done if you got a few)*

Capitals and Flags: Here are the capitals, as well as the three flag colours for the countries:

- | | | | |
|-----|----|---------------|------------------------------|
| 1. | B | Brussels: | Black Red Yellow |
| 2. | R | Bucharest: | Blue Yellow Red |
| 3. | I | Dublin: | Green White Orange |
| 4. | E | Tallinn: | Blue Black White |
| 5. | G | Berlin: | Black Red Gold (yellow) |
| 6. | F | Paris: | Blue White Red |
| 7. | UK | London: | Red White Blue |
| 8. | SL | Freetown: | Green White Blue |
| 9. | L | Vilnius: | Yellow Green Red |
| 10. | US | Washington DC | Red White Blue |
| 11. | B | Sofia: | White Green Red |
| 12. | I | New Delhi: | White Green Saffron (orange) |
| 13. | M | Antananarivo: | White Red Green |
| 14. | I | Rome: | Red White Green |
| 15. | N | Oslo: | Red Blue White |
| 16. | H | Budapest: | Red White Green |
| 17. | NZ | Wellington: | Red White Blue |

Film:

The first 13 full-length animated Disney films:

Snow White and the Seven Dwarfs: Pinocchio: Fantasia:
Dumbo: Bambi: Cinderella: Alice In Wonderland:
Peter Pan: Lady and the Tramp: Sleeping Beauty.
101 Dalmatians: The Sword in the Stone: The Jungle Book.

QUIZ ANSWERS

List of Oscar Winning Actors and the film - from Page 20 (it's meant to be tricky - how well did you do?)

- | | | | |
|----|----------------------|----|------------------|
| 1 | Quentin Tarantino | 2 | James Cameron |
| 3 | Peter Jackson | 4 | Stanley Kubrick |
| 5 | Ridley Scott | 6 | Woody Allen |
| 7 | Steven Spielberg | 8 | Alfred Hitchcock |
| 9 | Christopher Nolan | 10 | Tim Burton |
| 11 | Ron Howard | 12 | Spike Lee |
| 13 | George Lucas | 14 | Martin Scorsese |
| 15 | Francis Ford Coppola | | |

Geography

17 countries starting with C

Côte D'Ivoire, Cabo Verde
Cambodia, Cameroon, Canada
Central African Republic,
Chad, Chile, China,
Colombia, Comoros,
Congo (Congo-Brazzaville),
Costa Rica, Croatia,
Cuba, Cyprus,
Czechia (Czech Republic)

THE LAST PAGE

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

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

You can contact HMHB:

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

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

www.facebook.co.uk/healthymindshealthybods

Check out our GoFundMe: www.gofundme/hmhb2016

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

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

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

Please follow and like our blogs:

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

www.healthymindshealthybods.blogspot.com our health blog

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

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

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

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

We also thank the National Lottery Communities Fund for extra funding, that enabled us to continue packs last year, to reach further and do more.



ISLINGTON

Cripplegate Foundation Helping since 1500

Be Safe, Be Active, Be Well