

WHAT DOCTORS DON'T TELL YOU

Baby, you are born *not* to run

Walking is so much healthier for you

The very latest on prostate cancer

Actively monitor before you rush to treat it

PLUS The best homeopathic treatments for eye infections

- High-fructose corn syrup: it also messes up your brain
- How to discover why your hormones are off balance
- Effective ways to protect yourself from EMFs
- Smart watches: not the most reliable health monitors



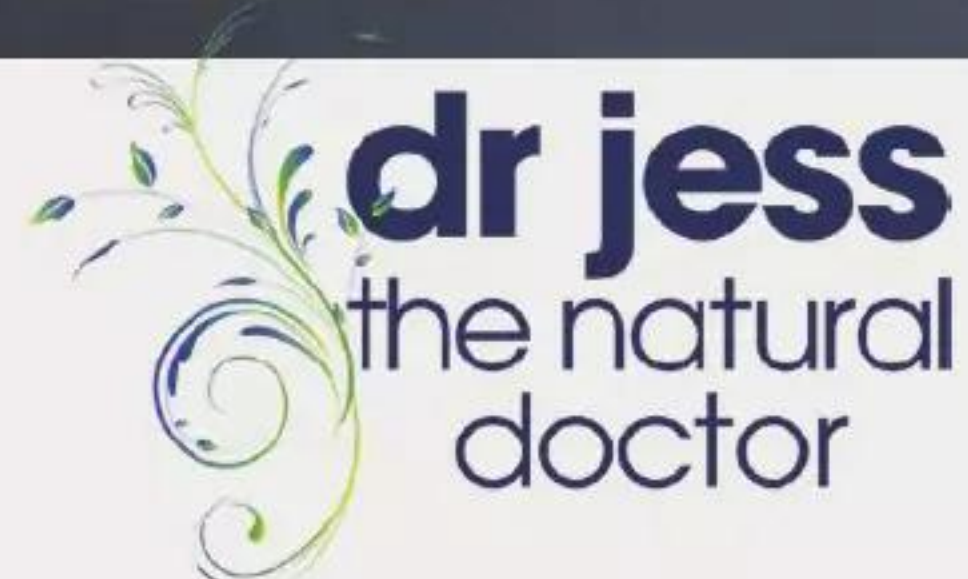
BIOHACK YOUR WEIGHT LOSS

Natural substances that rival Wegovy



Reclaim Your Energy, Health
& Vitality – Naturally

Real Health Root Cause Solutions



Who we are

Dr Jess and her expert team offer personalised, root-cause-focused care, blending functional, integrative, and natural medicine. For over 18 years, they've supported lasting wellness through advanced diagnostics and tailored treatment plans, in person in Cheshire or remotely nationwide.

Our Top CONDITIONS

01. Hormone Balance

Addressing peri-menopause, menopause, fatigue, mood swings and weight fluctuations.

02. Autoimmune Support

Personalised strategies to manage and alleviate autoimmune conditions.

03. Cancer Support

Metabolic cancer support through nutrition, lifestyle, and natural therapies – alongside conventional care.

04. Gut Health

Improving digestion and overall well-being by restoring gut balance.



"Starting my health journey with Dr Jess was literally a life changing moment. I honestly didn't believe that I could improve as much as I have." Anna M.

**Book Your Free
Initial Call Today!**

Our Doctors



Dr Jess LEAD CLINICIAN

The most qualified natural health doctor in the UK. Functional & metabolic medicine doctor, herbalist, naturopath.



Dr Noyan FUNCTIONAL MEDICINE DOCTOR & GP

Using a functional medicine patient-centred approach to restore health.

Contact us:

drjess.co.uk

Poynton, Cheshire, UK



M

odern medicine has knocked in a hole in one. It hasn't conquered obesity, but it has made doing so effortless. All you need to do is get yourself a weekly injection.

This promise of no-sweat weight loss has captured the British and American public; the latest Gallup poll estimates 15.5 million US adults—some 6 percent of the entire population, have turned to drugs like Wegovy (semaglutide) and Mounjaro (tirzepatide), and 3 percent of American adults are currently on the drugs at any given time.

Sales of Mounjaro alone, which is now preferred over Ozempic and Wegovy, are set to reach \$34 billion a year by 2029.

In the UK, some half million adults have taken the injectable weight loss drug, but as a recent poll by *The Guardian* discovered, one in five adults would do so if it were free through the National Health Service.

And that's the catch: instant, effort-free weight loss doesn't come cheap. In the US, Wegovy and Mounjaro cost \$1,000–\$1,350 a month for weekly injections. In the UK, the shots, which can only be obtained privately at the moment, will set you back £150 each—or £600 every four weeks.

But Big Pharma is not an industry that overlooks opportunity. The UK government has announced the National Health Service will soon be picking up most of the tab for the shots, making them available as an NHS drug so that the cost plummets to £9.90 a shot.

Not only that, but pharmacists will be able to prescribe them so that patients don't have to go through all the messy details of booking an appointment with their doctor to determine whether the drug is actually a good fit.



Editors

Lynne McTaggart and Bryan Hubbard

COMMENT

THE HOLY GRAIL OF MODERN MEDICINE

At first, UK GPs will be able to prescribe Mounjaro only for those with a BMI of 40 or more (or 37.5 for ethnic groups at higher risk) who also suffer from four of the following conditions: type 2 diabetes, high cholesterol, sleep apnea, high blood pressure and heart disease.

In the US, NovoCare, a support vehicle of pharmaceutical company Novo Nordisk, has noted some insurers will cover

(although savings are limited to \$225 per month and 13 refills).

But watch as the restrictions begin to fall away, just as they do with most drugs, as Big Pharma produces friendly studies showing that the drugs are not only safe but absolutely necessary for your health.

And that's already starting to happen. Besides the weight-loss bonanza, Mounjaro and the others have reached the holy



“Mounjaro appears to target muscle. In one study, it was 40 percent of the weight lost”

obesity injections like their product, making the drugs more or less free.

But US insurers require patients to meet FDA criteria before they'll pay for it: for adolescents, a BMI of 30 or higher, and for adults, a BMI of 27 or higher with weight-related health problems. If your insurer doesn't cover the drugs, Novo Nordisk offers a Wegovy Savings Card for a 28-day supply

grail of pharmaceuticals: the all-purpose drug. The latest claim is that in addition to helping you shed pounds, this class of drugs assists your body in killing cancer and preventing dementia, stroke and heart attacks as well.

Of course, there's no such thing as a free lunch, or even an expensive empty plate.

What doesn't usually get reported is that the drugs, Mounjaro in particular, appear to target muscle mass. In one study,

about 40 percent of weight lost turned out to be muscle—it's one reason for that “Ozempic face” celebrities have begun to complain about. Then there's the host of gastrointestinal effects, such as nausea, vomiting and diarrhea, plus effects on appetite, making it difficult to stop eating once you get off the drugs.

If all this sounds too worrying and expensive a way to lose pounds or tackle type 2 diabetes, there are simpler solutions. This month we feature the work of functional diagnostic nutrition practitioner and metabolic health expert Ben Azadi, who has more than 17 years' experience helping thousands to reclaim their health.

In “Biohack Your Weight Loss” (page 50), Azadi has assembled his top 11 anti-inflammatory supplements that function like natural cheat codes for losing weight and resetting your metabolism—something that weight-loss drugs demonstrably fail to do.

Everyday foods like apple cider vinegar and coffee and supplements like L-carnitine, conjugated linoleic acid, green tea extract, capsaicin, forskolin extract, Garcinia cambogia and African mango can boast results that rival Wegovy on a good day without all the ugly side effects.

Apple cider vinegar has been shown to improve blood glucose levels after a high-carb meal by 34 percent; African mango extract creates an average weight loss of 28lb after 10 weeks and a 6 in. loss around the waist.

Research into some of the other supplements and foods has shown they help you burn more calories during exercise; increase fat breakdown, often by boosting the production of brown fat; help you shed belly fat and visceral fat (stored around the organs); and much more.

The answer to the problem of extra weight, as with so much in health, can usually be found in nature. All you have to do is learn to trust it and its extraordinary, finely tuned genius.

OUR LATEST REPORTS

NEW



7 SECRETS TO LONGEVITY

We've trawled the *WDDTY* database—everything we've published since we launched as a magazine in 2012—to bring you what we consider the most important practices for living a long, disease-free life. Included in this handy PDF reference guide is advice on the best diets, supplements, simple but effective ways to stay fit, medical tests, drugs to avoid, and ways to detox your home and body from potentially disease-causing chemicals—all backed by scientific evidence.

7 STEPS TO A HEALTHY HEART

Heart disease kills one person every 34 seconds in the United States alone, but it doesn't have to be this way. Compiled from the best of *WDDTY* advice over the years, this report contains our top seven natural, practical recommendations you can put in place today to prevent and reverse heart disease.



MANAGING MENOPAUSE NATURALLY

Menopause is a natural part of aging and not something to be “fixed” or “cured.” But many women experience a multitude of symptoms as they go through this transition, which marks a time of tremendous change in a woman's hormonal balance. Here, we provide you with eight solutions to help you sail through the menopause drug-free.

DOWNLOAD TODAY AT WWW.WDDTY.COM/PRODUCT-CATEGORY/REPORTS



What you now get with your subscription



Lynne McTaggart and Bryan Hubbard

Dear *WDDTY* subscriber,

We went through an evolutionary shift in November 2022. Having been a print publisher for more than 30 years, with our website puffing far behind, we became a “web first” publisher. Not that the magazine was forgotten—if you’re a print subscriber, the fact you’re holding a copy in your hands is testament to that—but articles destined for a particular issue are now published first on the revamped website (wddty.com).

With the relaunch, we have also reduced the subscription types to just two: print and digital or digital-only. Print-only has disappeared, and to receive the actual magazine each month, you now opt for print and digital.

Choosing this option opens up the whole website and its many benefits to you. Yes, you’ll still get the magazine delivered to your door each month, but you’ll also enjoy:

- **Subscriber discounts:** we’ve negotiated great discounts on a range of health products and supplements. Biocare, one of the world’s leading suppliers of high-quality supplements, is the latest to offer discounts across its entire product range (see the latest offers on pages 48 – 49).
- **Monthly *WDDTY* Talks:** you have free access to our monthly webinars. Each month we talk with a health pioneer, and you can ask a question about a specific health concern if you join the live session. Each talk is recorded, so you can watch at any time.
- **Search our database:** *WDDTY* has assembled one of the largest databases of alternative health information, and you can search every word of it.
- **Download e-books:** you can access 20 e-books, 14 reports and two fact sheets as part of your subscription, which you can download and store on your own PC.

The way you log in has changed. With the previous site, you needed your email and password, but now you need to enter your subscriber number, which is on the address label on the envelope in which your issue was delivered. We’ve produced a series of videos that help you log in and navigate the site, which you can see at wddty.com/faqs.

Once you’ve logged in, you can also access your own account, where you can change your address and see your subscriber status.

We hope that you like the changes and that you make good use of all the extra benefits your subscription now offers.

Lynne McTaggart *Bryan Hubbard*

26

Act your age

For men with prostate cancer, active, not passive, monitoring and treatment, depending on age, could give a better result. Cate Montana reports

34

Cut it out

An elimination diet may help you detect food sensitivities knocking your hormones off balance, suggests Marcelle Pick

38

Please the eye

Get rid of eye infections and improve your eye hygiene practices with remedies and tips from homeopath David Needleman

40

Walk this way

Endurance running is touted as an elite health practice, says former marathon runner Mark Sisson, but walking is far healthier for us—in the long run

50

You can hack it

Frustrated with too-slow weight loss? Metabolic health expert Ben Azadi shares supplements that might help you biohack your metabolism and burn more fat





NEWS

10

Drug maker was silent about deviant sexual behavior as a side effect; tea bags filter heavy metals out of water; endometriosis may be linked to childhood trauma

NEWS FOCUS

20

Fruc-ed up

Research shows a diet high in quickly metabolized fructose is dangerous to the body, particularly to the brain, says nutrition expert Patrick Holford

EVERY PICTURE...

24

Watch your step

Tests reveal smart watches are only somewhat reliable for tracking step count, heart rate and other health metrics, says Bryan Hubbard

HEALTHY LIVING

58

The Cancer Doc

Electricity is convenient, but the health problems that electromagnetic fields can cause aren't, says Dr Leigh Erin Connealy. Here's how to protect yourself from EMFs and the cancer that can come with them

64

Healthy shopping

Find toxin-free and polyphenol-rich coffee, high-potency MCT oil and EMF protection with help from Joanna Evans

REGULARS

9

Readers' letters

48

Members' offers

Discover the big discounts available to *WDDTY* subscribers and how to claim them

66

The last word

The purveyor of Polypill is one cocky drug cocktail developer, observes Bryan Hubbard. But why is the supposedly science-focused *BMJ* giving him free advertising?



The common painkiller acetaminophen, or paracetamol, could be an unsuspected factor in the ADHD epidemic in our children

Page 13

WHAT DOCTORS DON'T TELL YOU

Your views are important to us.

Please contact us at:

EMAIL
INFO@WDDTY.CO.UK

WEB
WDDTY.COM

INTHEUK
WARNERS GROUP PUBLICATIONS
WEST STREET
BOURNE, PE10 9PH

INTHEUS
WDDTY PUBLISHING INC
1930 VILLAGE CENTER
CIRCLE, #3-2042
LAS VEGAS NV 89134

SUBSCRIPTIONS
INFO@WDDTY.CO.UK

Available on the
App Store



WWW.WDDTY.COM

EDITORS

Lynne McTaggart & Bryan Hubbard

MANAGING EDITOR

Joanna Evans

DESIGN

Jimmy Egerton

PRODUCTION EDITOR

Hannah Skaggs

DESIGN & SOCIAL MEDIA

Anya Hubbard

COLUMNISTS

Dr Leigh Erin Connealy

Marcelle Pick

David Needleman

INTERNATIONAL LICENSING

Bruce Sawford

bruce@brucesawfordlicensing.com

CHIEF OPERATIONS OFFICER

Caitlin Hubbard

MARKETING

Mollie Lloyd

Laura Ortiz

Caragh Logan

ADVERTISING

Neera Khan

neera@wddty.co.uk

SUBSCRIPTIONS

Ben Alvarez Turner

Please email: info@wddty.co.uk

WDDTY UK

Warners Group Publications

West Street

Bourne, PE10 9PH

WDDTY US

1930 Village Center Circle

#3-2042

Las Vegas, NV 89134

LIABILITY STATEMENT While every care is taken in preparing this material, the publishers cannot accept any responsibility for any damage or harm caused by any treatment, advice or information contained in this publication. You should consult a qualified practitioner before undertaking any treatment.

© WDDTY News Ltd. 2025 / © WDDTY Publishing Inc.

ISSN 1352-1241

No part of this publication may be reproduced without permission.

EDITORIAL PANEL

What Doctors Don't Tell You is supported by some of the world's leading pioneers in nutritional, environmental and alternative medicine. Each is an authority in his or her field; many have broken new ground and inspired new practices in medicine.



Dr Damien Downing, a specialist in allergy, environment and nutrition, is current president of the British Society for Ecological Medicine, on the editorial board of *Orthomolecular Medicine News Service*, Chief Medical Advisor of cancer charity Yes to Life (www.yestolife.org.uk), and author of numerous books including *The Vitamin Cure for Allergies*.



Bruce Lipton, PhD, is an internationally recognized leader in bridging science and spirit. Stem cell biologist, bestselling author of *The Biology of Belief* and recipient of the 2009 Goi Peace Award, he has been a guest speaker on hundreds of TV and radio shows as well as a keynote presenter for national and international conferences.



Dr Sarah Myhill has worked in the UK National Health Service and in private practice since 1981.

Honorary Secretary of the British Society for Ecological Medicine for 17 years, she is a frequent lecturer and author of *Sustainable Medicine* and *Diagnosis and Treatment of Chronic Fatigue Syndrome and Myalgic Encephalitis*.



Craig Sams is the co-founder of Whole Earth Foods and founder and president of Green & Blacks Organic Chocolate as well as director of Soil Association Certification, executive chairman of Carbon Gold Ltd., a carbon sequestration business, and a trustee of the Slow Food Trust UK. He has authored four books, including *The Little Food Book*.



Dr Harald Gaier is a UK-registered osteopath, homeopath, acupuncturist, naturopath and medical herbalist. Former director of medical research at The Hale Clinic and a committee member of the Prince of Wales' Foundation for Integrated Health, Dr Gaier has authored numerous scientific papers and *The Encyclopedia of Homeopathy*.



Dr Jonathan Wright, medical director of the Tahoma Clinic in Washington, pioneered nutritional medicine in the US. A board member of the American Preventive Medical Association and the International College of Advanced Longevity Medicine, he has published 11 books.



Dr Gary Smyth, a GP and homeopathic physician, is the president of the Faculty of Homeopathy, a fellow of the Royal Society of Medicine and a fellow of the Royal Society for Public Health. He advocates an integrative approach to medicine, offering patients the advantages of a range of treatment options.



Dr Nyjon Eccles, one of the leading integrative medicine physicians in the UK, has a reputation for his practice of evidence-based integrative medicine. Over the years he has developed specific and natural solutions for restoration of health, and these therapies are offered at The Natural Doctor, his clinic in central London.

HAVE
YOUR
SAY



A respiratory reversal

To Sarah Myhill, it's about time I thanked you. I think it was 2020 when you did a *WDDTY* webinar and mentioned bronchiectasis (a chronic lung condition in which the airways are damaged and widen).

My daughter's friend who attended this webinar recognized the problem. I have it and had spent years on antibiotics with rescue packs always in.

I watched a recording of the webinar and bought a Himalayan salt pipe. I also got liquid iodine online and followed your instructions.

I have now had a few good years and no antibiotics (amazing). And so far this year, I've had no problems.

You have certainly turned my life around. I'm 79 years old and taking all the vitamins I need.

A Coote, via email

Sick of medication

I have been a reader and follower of *WDDTY* since your beginnings. I just read your Editors' Letter "Why We're Getting Sick" (April 6, 2025) and would like to add to it: because of unnecessary medication.

I have long been a healthy eater, but some 20 years ago, when I was in a dysfunctional relationship and suffering from stress, my GP wanted to test my thyroid function (which would have been compromised due to stress). The test showed my thyroid was borderline underactive. I was immediately prescribed a high dose of thyroxine. After a few weeks, I started having chest pains and feeling tight-chested.

My doctor reduced the prescription, but only slightly. I continued with that dose for a few years and then developed periods of dramatic heart palpitations—so dramatic that I visited A&E a couple of times, but once it was established that I wasn't having a heart attack, I was discharged.

I did suspect it was the thyroxine, so in time I persuaded my GP to lower my dose again, but only marginally. I still had periods of unpleasant heart rhythms, so eventually I went to an endocrinologist privately who quickly acknowledged that my thyroid had been overestimated for some years and has gradually reduced my dose, quite dramatically.

Of course I will always need to take thyroxine now as my thyroid has been wiped out by my medication. I now have many health problems, which I believe were created by use of these pills: compromised digestion, an occasional jump in heart rhythm and feeling of tiredness, hair loss, and very itchy patches of skin.

I believe the medication that I was given all those years ago has severely damaged my health. Doctors are too quick to prescribe pills instead of inquiring into a patient's mental health and monitoring symptoms.

P Joseph, via email

WHAT DOCTORS
DON'T TELL YOU

COMMUNITY

The latest from the *WDDTY* Community

WDDTY's online community hub is now live. You can post questions or start discussions on any health topic as well as help out other *WDDTY*

subscribers by sharing your own experiences and suggestions. Simply go to community.wddty.com and sign in with your subscription ID.

Here are some of the latest posts and discussions. If you want to reply to any of the posts below, head to the Community.

Circling back

I have been a subscriber for over 20 years. I have been a consultant general medical practitioner in Australia for 52 years. I must take umbrage at your article on spine pain being "all in the mind."

My medical board has investigated me five times. They found that 97 percent of my patients came to me as a result of other practitioners' failures. They also found I had a remission rate of 91 percent and my cancer patients with metastases had a 15-year survival rate of 45 percent.

In my practice, the major cause of lack of resolution of spine pain was a lack of proper history-taking and a poor (nonexistent) clinical examination by the practitioner.

I have found the major causes of spine pain to be:

1. Plantar fasciitis
2. Myofascial trigger points in the lower legs and calf muscles
3. Trigger points in the adductor group of thigh muscles
4. Trigger points in the iliacus / pelvic floor muscle group
5. Pelvic floor inflammatory disease
6. Chronic subacute appendicitis and cecitis (inflammation of the first section of the colon)
7. Chronic subacute pancreatitis
8. Myofascial trigger points in the cervical scaleni muscle group
9. Chronic bruxism (teeth grinding)
10. Gut infestation of the harmful bacteria *Giardia*, *Haemophilus influenzae* and *Rickettsia* (an unusual cause)
11. Milk and gluten intolerance

No wonder patients get upset and anxious when their practitioner and treatment produces such poor outcomes. The only time I get poor results with spine pain is with workers' compensation patients. I refuse to treat these patients until their legal issues are resolved.

Dr Zenon W. Gruba, Melbourne, Australia

Wait or medicate?

With prostate cancer, is it better to wait, as they do in Sweden, or better to medicate?

Andrea

***WDDTY* replies** See page 26 for the latest information on this topic.

WHAT DOCTORS
DON'T TELL YOU

COMMUNITY

GET IN TOUCH: Share your views, questions and comments via the *WDDTY* Community. Visit community.wddty.com or scan the QR code below and sign in with your subscription ID.





Astaxanthin supplements ease eyestrain

Sitting in front of a screen too long? Astaxanthin supplements could give your eyes some relief, a new study has found. Astaxanthin is a red fat-soluble pigment with antioxidant and anti-inflammatory properties—and it's also good for our eyes, it seems.

Researchers gave 64 schoolchildren, aged 10–14, a 4 mg astaxanthin supplement every day for 84 days. The children were using screens for more than four hours a day and were experiencing “computer vision syndrome,” or chronic and acute eyestrain. They were also suffering from tired eyes and vision issues.

By the end of the study, the children recorded a 27 percent improvement in their eyes compared to the results from a placebo supplement. The benefits included a reduction in strain and dryness and better depth perception, say researchers from AstaReal Inc., an astaxanthin manufacturer.

Adv Ther, 2025; 42(4): 1811–1833

Scientists discover how our immune system fights bacterial infection

Our immune system has a special way to kill bacterial infections—and scientists have only recently discovered what it does.

Our infection-fighting abilities center around the proteasome, a molecular system in every cell whose main job is to recycle proteins by breaking them down into small pieces called peptides (see *WDDTY* May 2025). When there's an infection, it kicks this mechanism into a higher gear and makes more peptides,

specifically ones it can activate to kill bacteria.

It's a phenomenon that happens throughout the body, and essentially proteasomes are releasing

new types of antibiotics when faced with an infection. Scientists think they may be able to harvest these peptides to produce new generations of antibiotics.

Researchers from the Weizmann Institute of Science in Israel made the discovery when they tested bacteria in the lab. Once the proteasomes were disabled, cells were more easily infected with bacteria such as *Salmonella*.

Nature, 2025; 639(8056): 1032–1041



Exercise doesn't help you live longer

Exercise is good for you—but doing more of it won't increase your longevity. In fact, the reverse is true: in one study, people who lived a sedentary life or who exercised a little saw a 7 percent drop in their mortality risk, but strenuous exercisers didn't live longer.

Researchers at the University of Jyväskylä in Finland assessed the longevity and activity levels of 22,750 twins born before 1958. The twins were divided into four groups depending on their activity levels: sedentary, moderately active, active and highly active.

After studying the groups for 30 years, the researchers found those in the sedentary and moderately active groups saw a modest drop of 7 percent in their mortality risk, but that disappeared in the active and highly active groups. The benefit was also temporary and vanished over the long term.

The World Health Organization (WHO) recommendations for exercise levels also didn't affect longevity levels. The WHO suggests 150–300 minutes of moderate exercise or 75–150 minutes of strenuous exercise weekly, but the participants who met those recommendations weren't living longer.

Genetics wasn't a factor. It was common to see one twin in the highly active group and the other living a sedentary life, and although both had a genetic profile that raised the risk of heart disease, for example, exercise wasn't protective.

Exercise did influence biological aging, at least to an extent. The researchers found a U-shaped benefit, so either no exercise or very active exercise affected biological age negatively. But even then, the researchers suspected the real culprits were smoking and excessive alcohol consumption, which were more prevalent among those who did little exercise.

Eur J Epidemiol, 2025; 40(1): 107–122

Antidepressants speed up cognitive decline

SSRIs (selective serotonin reuptake inhibitors), the most common type of antidepressant, accelerate memory loss in those who are already displaying early signs of dementia, a new study has found.

Researchers from Karolinska Institutet in Sweden noticed that older people who were taking an SSRI were showing signs of greater memory loss and general cognitive decline earlier than others who were not on the drugs.

The researchers monitored the mental health of 18,740 older people with an average age of 78 years who had recently been diagnosed with dementia. Of these, 4,271 were prescribed an SSRI for depression or anxiety, but another 7,000 were put on the drug during the 10-year study.

Those taking the antidepressant were also more likely to suffer severe dementia and had a higher risk of fractures and death from any cause.

BMC Med, 2025; 23(1): 82



Tea bags filter out heavy metals in water

You don't need to filter water for metals when you drink tea—the tea bag can do it for you. It adsorbs heavy metals such as lead and cadmium that are in the water, providing a natural filter. Heavy metal ions stick to the tea leaves in the bag, and they stay there when it's taken out once you've finished brewing.

Researchers from Northwestern University tested the way different types of tea, loose tea, tea bags and brewing methods adsorbed heavy metals in the water. Besides the adsorption by the leaves themselves, the tea bags picked up metals, too, and cellulose bags worked best of all. Cotton and nylon bags absorbed only small amounts of metals.

Cellulose (paper, not cellulose-based "bioplastic") tea bags are also healthier as long as they don't include plastic sealants: They're made of fiber that the body can handle, while nylon bags release microplastics, the researchers say. Cellulose has a larger surface area than other types of tea bags, which means it has more areas to which the metal ions can bind, says researcher Vinayak Dravid.

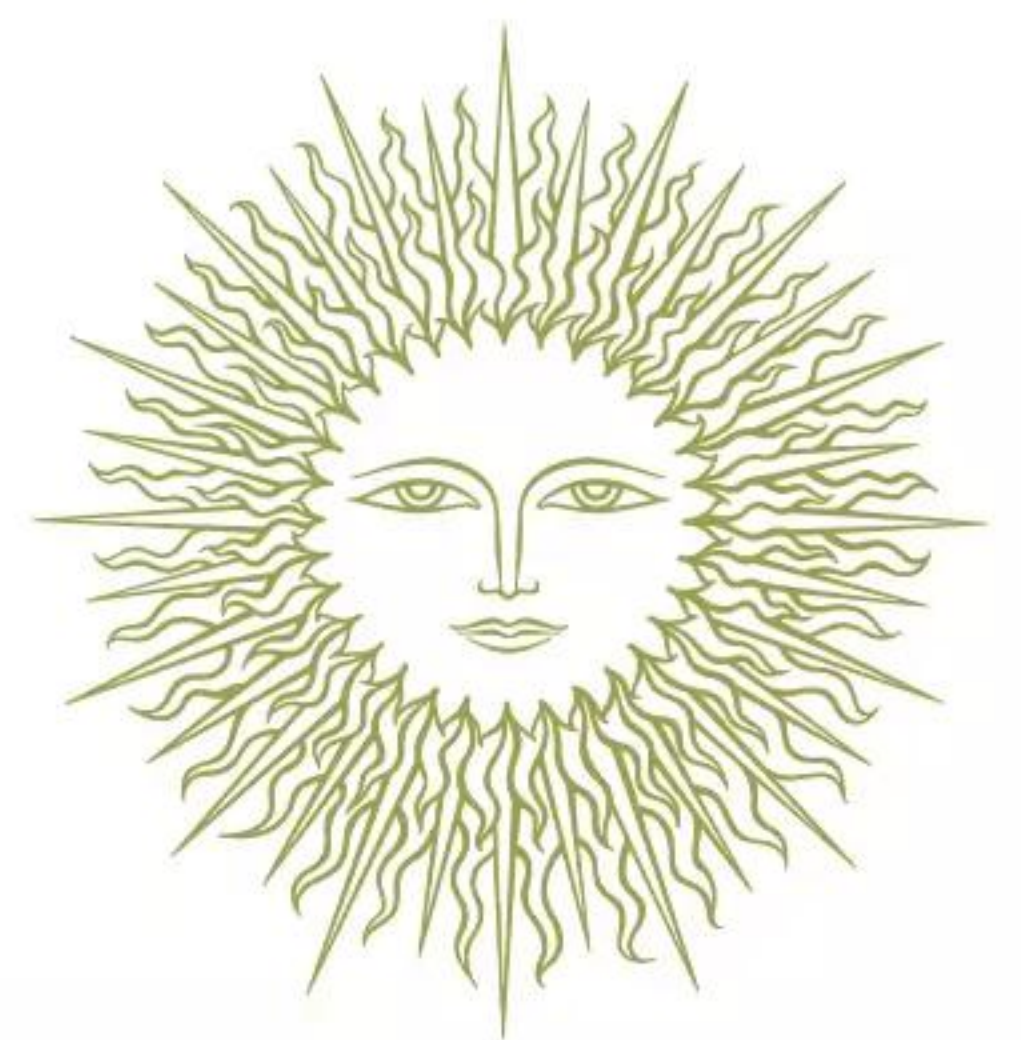
Aside from cellulose bags, the other key is a long brewing time. The longer the tea steeps, the more ions are absorbed. Steeping for just a few seconds has almost no effect on ion levels, so a brew time of a few minutes is better. Steeping overnight for iced tea could remove almost all ions from the water.

Brewing for three to five minutes can remove around 15 percent of lead in the water, the researchers say.

ACS Food Sci Technol, 2025; 5(3): 928–933



THE
SCHOOL
OF HEALTH®



Be better, naturally...



Discover new inspiration, change career, work in healthcare

Homeopathy First Aid Courses
Homeopathy Taster Course
Homeopathy Foundation Course
Homeopathy Advanced Practitioner Course
Herbal Medicine Foundation Course
Yoga Foundation Course

Nutrition for Beginners
Nutrition Advisor Course
Nutritional Therapist Course
Naturopathy Course*
Anatomy & Physiology Courses
Pathology & Disease Courses

- Online (e-learning) or correspondence (paper & post)
 - Starting when you like, work at a pace that suits you
 - Courses from beginner to practitioner level
 - Recognised & accredited courses
 - Tutors, movie lectures, clinical events, webinars, tutorials
 - No prior training required, Indepth continual assessment (no exams)
 - Homeopathy courses provided with The School of Homeopathy (attendance options available).
- * Naturopathy subjects inc: Ayurveda, Chinese Medicine, Homotoxicology, Psychosocial, Iridology, Hydrotherapy etc.

01453 709 709 or freephone 0800 0439 349

info@soh.uk

www.schoolofhealth.com

www.schoolofhomeopathy.com





Resistance exercise makes bones stronger after menopause

If you've just been through menopause, now's the time to start low-impact resistance exercises. They strengthen the bones and muscles and reduce the risk of fractures and falls, which are common problems after menopause.

The benefits of the exercise can be even greater if you start

before menopause, after age 40 years or so, and it could mean you don't feel the need to take HRT later, say researchers from Exeter University.

They put 70 women on a low-impact resistance exercise program for three months. The women, aged 40–57—in pre-to-post-menopause—exercised for

30 minutes four days a week. By the end of the program, they had greater strength in their hips and shoulders as well as improved balance and flexibility.

None of the women were taking HRT.

Med Sci Sports Exerc, 2025; 57(3): 501–513

Painkiller could be behind ADHD epidemic

The common painkiller acetaminophen, or paracetamol, could be an unsuspected factor in the ADHD (attention-deficit/hyperactivity disorder) epidemic in our children.

Sold under brand names such as Tylenol and Panadol, it triples the risk of ADHD if a mother takes it when she's pregnant. Around 70 percent of women take the painkiller during pregnancy, and they do so because it's one of the few drugs that US and UK drug regulators deem safe for pregnant women.

But researchers from the University of Washington School of Medicine say the painkiller affects neurodevelopment in the fetus. It triples the risk of ADHD and autism, but the risk increases six-fold in girls.

The researchers tracked 307 pregnant women and the health of their children until they reached age 10. Nine percent of children whose mothers didn't take the painkiller developed ADHD, but the rate rose to 18 percent in the painkiller group. Acetaminophen metabolites were detected in 20 percent of maternal plasma samples, and these children had a 3.15 times greater chance of developing ADHD or autism.

Acetaminophen has been prescribed to pregnant women for decades and is considered a safer option than ibuprofen to manage fever and pain. But when assessing its suitability for pregnant women, researchers never evaluated the long-term impact of the drug on fetal neurodevelopment.

The latest findings echo those of Norwegian researchers who also saw a link between acetaminophen and ADHD.

Nat Mental Health, 2025; 3: 318–331



FIRZONE

Leaders in thermal infrared technology



Heated crystals, photon
red light function and
PEMF

Foldable Design



Relax
Sooth aches and pains
Energise
Boost mood

£399

Shop online www.FIRZONE.co.uk

Infrared Heated PEMF Mat

The crystal PEMF chakra mat is a multi-functional therapy heat pad which has several different holistic features. It's ideal for pain relief, relaxation, restoring energy and balance. The features include PEMF (pulsed electro-magnetic field therapy), crystal healing, negative ions, far infrared heat and photon lights. The functions may be deployed individually or in combination with each other to provide the ultimate wellness experience from home.

Far infrared heat.

The mat heats the body with far infrared heat. It uses FIR radiant carbon heating wire to heat the crystal materials which creates far infrared heat at the most beneficial wavelength to human health, over 90% in the 5-15 micron range. Far infrared is often referred to as the light of life, for its importance in growth and nature. It's similar to sunshine but without the ultraviolet. It can provide a deep heating thermal energy to the body which can improve blood flow and the happy neurochemicals such as serotonin and dopamine. The temperature intensity and session length is adjustable with the user friendly remote.

Photon lights.

The mat incorporates a photo function with 6 photon diodes (3 red light diodes 660nm, 3 near infrared diodes 850nm (invisible)). Photon bio modulation using the specific light frequencies is often associated with improving mood, boosting cellular energy, wound healing, soothing aches and pains and skin improvement through increasing collagen production. To use the photon function simply press the photon button at any time during the session.

Crystal therapy.

The mat includes thick layers of crushed crystals including tourmaline and white crystal quartz. It's ideal for alignment and in holistic terms "raising the bodies' vibrational energy". Simply lying on the crystals may help the body restore balance and provide a restorative grounding energy.

Negative ions

When the crystal is heated with far infrared, healthy negative ions are released into the atmosphere. These are positively charged atoms which can be healthy and energising to breathe. Negative ions have a fresh purifying quality and are apparent at waterfalls, near crashing ocean waves or following thunderstorms. Negative ions are reported to aid mental clarity and energy.

PEMF

The mat incorporates PEMF, pulsed electro-magnetic field therapy. It uses 2 copper coils to produce magnetic fields at beneficial frequencies to health. It has 30 different hz frequencies to choose from 0-30 hz. People often use PEMF to relieve pain, promote deep relaxation, boost endorphins, focus, improve sleep, energy and mood.

Specifications

Dimensions 100 x 50 cm (unfolded)
Power 150 watts
Materials Vegan Leather, Crushed Crystal Stones
6 Photon Diodes Red Light 660nm and Near Infrared 850nm
PEMF Frequencies Adjustable 1 - 30 Hz
Adjustable temperature with carbon heating wire

PEMF categories and associated benefits:

Delta (1-4 Hz) Frequencies in this range are associated with deep relaxation, enhance restorative sleep and support the body's regenerative abilities. They may assist in reducing stress and promoting a sense of rejuvenation.

Theta (4-8 Hz) Frequencies in this range can help induce a state of relaxation, enhance mental clarity and support creative thinking. They may aid in reducing anxiety and promoting a sense of calmness.

Alpha (8-12 Hz) Frequencies in this range can assist in promoting relaxation, improving focus and concentration, and supporting stress reduction. They may enhance mental clarity and aid achieving a state of mindfulness.

Beta (12-30 Hz) Exposure to frequencies in this range may help increase mental alertness, promote cognitive function and support productivity. They may aid in improving mental performance, memory and overall mental acuity.

Generally, lower frequencies are more relaxing while higher frequencies can be more stimulating.

**USE CODE
WD50 FOR
£50 OFF**

OFFER ENDS 1st JUL Y 2025

Free Phone 0800 689 5671

Email Sales@FIRZONE.co.uk

Childhood trauma may be a cause of endometriosis

Women suffering from debilitating endometriosis have been poorly served by medicine. Doctors and researchers don't know what causes the condition—beyond a possible genetic link—or how to treat it. A new study provides some hope for sufferers, but the remedy won't be found with a doctor but with a psychotherapist.

The disease may be linked to childhood trauma, says an international team led by researchers from the Yale School of Medicine. They analyzed data from 8,276 women with endometriosis and compared their health profiles, including incidents of childhood trauma, to those of more than 240,000 controls.

Overall, women who had endometriosis were 28 percent more likely to have suffered trauma in childhood or adulthood—and especially contact trauma, such as hitting or sexual assault—the researchers found.

The trauma survivors were more likely to suffer from mental health issues, such as depression and anxiety, and were predisposed to PTSD (post-traumatic stress disorder)—which may have caused doctors to misdiagnose their endometriosis as imagined or “all in their head.”

With 15 percent of women suffering from endometriosis—a condition in which tissue similar to the uterine lining grows outside the uterus, causing immense pain and fertility problems—the possibility that trauma is the root cause opens up new ways to treat it.

JAMA Psychiatry, 2025; 82(4): 386–394



Red wine isn't healthier than white, new study claims

At least when it comes to preventing cancer, a new study claims, red wine is no better than white. The one exception seems to be skin cancers and cancers in women; white wine increases the risk of skin cancer by 22 percent, say researchers from Brown University School of Public Health.

They looked at 42 previously published studies and concluded there was “no clear evidence” that red wine reduced cancer risk. The findings go against earlier studies that found red wine's resveratrol protected against cancer.

But all studies agree that drinking excessive amounts of alcohol contributes to cancer and is responsible for around 4 percent of all cases. In excess, alcohol damages DNA and proteins, which raises the risk of cancer. The protective effects are seen in people who drink moderately.

Nutrients, 2025; 17(3): 534



Car exhaust fumes (and tuna) could cause benign tumors

Mercury and other heavy metals in the environment could be the unrecognized cause of a range of women's health problems.

Mercury—which we're often exposed to in car exhaust fumes and industrial waste, and by regularly eating big fish such as tuna and swordfish—has already been linked to reproductive and developmental abnormalities. But now researchers have discovered it could also be responsible for uterine fibroids. These usually benign but often painful tumors in the uterus can affect fertility.

Around 6 percent of women of childbearing age suffer from fibroids, and researchers from Guangzhou University of Chinese Medicine have found a direct link to mercury. They took blood samples from 4,500 American women and found much higher levels of the metal in the 12 percent of the

women who were suffering from uterine fibroids. The researchers estimate mercury increases the risk of fibroids by around 40 percent.

Other researchers say cadmium, a toxic metal found in shellfish and organ meat as well as cosmetics, could be just as much the culprit as mercury. Researchers from Boston University School of Public Health analyzed blood samples from 1,693 black women, and although 1,132 of them didn't have fibroids at the start of

the study, 832—73 percent of the group—had a vitamin D deficiency, and 10 percent developed fibroids over the following 20 months.

Although the association between metals and fibroids was “weak,” the researchers said, there was a strong link to vitamin D deficiency, and although the problem is prevalent among black communities, it's also driven by high levels of cadmium and mercury in the blood.

BMC Womens Health; 2025; 25(1): 68; Environ Health Perspect, 2025; doi: 10.1289/EHP15218





Discover UB8Q10 with Kaneka Ubiquinol™

Ubiquinol is the active and non-oxidised form of CoQ10 (Coenzyme Q10) readily usable by the body. It is one of the body's most powerful fat-soluble antioxidants.

Backed by Scientific Research

The efficacy of Kaneka Ubiquinol™ is rooted in a wealth of scientific validation. It has been extensively researched, substantiating its profound impact on energy metabolism, antioxidant defence, and cellular resilience.

Rigorous testing supports its exceptional bioavailability and purity, ensuring consistent and dependable clinical results.

- ✓ Helps maintain and promote healthy heart and cardiovascular health
- ✓ Provides sustained and healthy energy production
- ✓ Helps protect against free radical damage and oxidative stress




Good Health Naturally
Because it Works!®

Call 03337 777 333 or +44 203 746 3283 Mon-Fri 9am-5pm
www.GoodHealthNaturally.com

*See website for offer T&Cs



Retiring abroad? Don't forget to make new friends

Many of us dream of retiring to a sunnier country—but there's a real risk of living a lonely life there. Retirees aren't factoring in the difficulties of forming new social networks abroad, say researchers, and they have reduced contact with friends and family they've left behind.

Researchers from the Netherlands Interdisciplinary Demographics Institute surveyed 4,995 Dutch people who had retired abroad and compared them to 1,338 others who had stayed at home. Although many said they were happy in their new sunny country, they often admitted they felt lonely.

They had failed to form new social groups, and feelings of loneliness increase the risk of chronic health problems, the researchers say.

"It's important for people considering retirement migration to think about how they can maintain their social ties in their origin country and make new ones in their destination country," said Esmā Betul Savas, one of the researchers.

PsycholAging, 2025; doi:10.1037/pag0000880



Feeling depressed? Start being creative—in a group

If you're feeling depressed or anxious, don't suffer on your own. Instead, do something creative, and do it in a group setting. Any creative exercise, such as dancing, painting or singing, can dramatically reduce the symptoms of depression as long as it's done in a community group, say researchers from Queen Mary University in London.

They looked at 39 previously published studies to discover the impact of community

arts on 3,360 older people suffering from depression and 949 with anxiety and found that it was as effective as antidepressants, talk therapies or physical activity. The greatest improvements occurred in people living in care homes, where feelings of isolation may be more acute.

It didn't matter much which of the creative arts was taken up—people who chose different activities reported similar improvements—but the secret sauce was that they did it as

part of a group. "We think that there may be a synergistic effect, with the unique resources gained from groups and the unique ingredients of art activities working together," said Janelle Jones, one of the researchers.

For more about how creative activities, especially social ones, can benefit your physical and mental health, see *WDDTY* May 2025.

Nat Ment Health, 2025; 3(3): 374–386



Here's why not to chew gum

Teachers and parents are always telling kids not to chew gum—and now there's a good health reason to support their protests. Each stick of chewing gum can release hundreds to thousands of microplastics into saliva, which the chewer could swallow.

People swallow tens of thousands of microplastics every year through foods, drinks, plastic packaging, coatings, and production or manufacturing processes—and now we can add chewing gum to the list of culprits, say scientists from the University of California at Los Angeles (UCLA).

The researchers tested five brands of synthetic gum and five natural gums that can be bought in shops. They got one volunteer to chew each piece of gum for four minutes, and then they measured the number of microplastic particles in their saliva samples.

They measured an average of 100 microplastics released per gram of gum, though some brands released as many as 600 per gram. A typical piece of gum weighs 2–6 g, so a large piece could release up to 3,000 particles. That means a person chewing 160–180 pieces a year could be ingesting around 30,000 microplastics annually just from gum, the researchers estimate.

Despite these scary findings, the researchers aren't sure what this means for human health. "Our goal is not to alarm anybody," says Sanjay Mohanty, one of the researchers. "Scientists don't know if microplastics are unsafe to us or not. There are no human trials."

Nonetheless, caution might be the byword, so stop chewing gum—just as your teacher told you to.

American Chemical Society, "Chewing Gum Can Shed Microplastics into Saliva, Pilot Study Finds," Mar 25, 2025, acs.org



The molecule that can combat lupus

A natural molecule that's also available as a supplement can reverse some of the worst symptoms of lupus, the autoimmune disease.

The molecule, gluconolactone, rebalances the immune system and stops it attacking the body's tissues and organs, a team led by researchers from the University of Zurich has found. It helps balance the immune response by boosting regulatory T cells, or Tregs, that stop the immune system from fighting against the body and downregulating T helper cells that promote autoimmune reactions.

Up to now, people with systemic lupus erythematosus (SLE) were prescribed powerful immunosuppressant drugs that came with debilitating side effects. But the research team found gluconolactone was just as effective when people suffering from cutaneous lupus, a skin condition, were treated with a cream for two weeks. Rashes visibly improved, they reported.

They think gluconolactone cream could also be used to treat other skin conditions, such as psoriasis and eczema, and other systemic diseases like rheumatoid arthritis and multiple sclerosis (MS). The molecule, which helps exfoliate and hydrate the skin, is found in sugar beets, meat and cheese and is available as a supplement and cream.

In lupus, the immune system attacks tissues and organs, causing inflammation and damage. It can affect the skin, joints, kidneys and nervous system, and symptoms include skin rashes and joint pain.

SciTransl Med, 2025;17(786): eadp4447

Less than 10 percent of over-70s are healthy

Fewer than one in 10 people reach their 70th birthday fit, healthy and free of disease. But more than 90 percent suffer from at least one chronic health problem or are already cognitively impaired, with signs of dementia or Alzheimer's.

A healthy diet is the one thing that separates the healthy agers from the vast majority, says a

team of researchers from Canada, the US and Denmark—and by the time people reach 75 years old, the difference is even more marked.

A diet that included plenty of fruit, vegetables, whole grains, nuts and legumes was the one consistent hallmark of the healthy agers, the researchers found when they analyzed the lifestyles and health of 105,000 people they had tracked for up to 30 years.

They checked the participants for 11 chronic health issues—

such as cancer, diabetes and heart disease—and for mental acuity at ages 70 and 75. By then, the healthy eaters were more than twice as likely to still be free of any chronic health problem.

Just 9,771 people in the group were free of disease by the time they reached 70, and they were all following a healthy diet. The rest, who were suffering from at least one chronic health problem or showing signs of mental decline, were eating a diet that included lots of trans fats, processed meats and sugary drinks.

Nat Med, 2025; doi:10.1038/s41591-025-03570-5



A long life has nothing to do with “good genes”

Don't look to the longevity of your parents and grandparents to figure out how long you'll live: your genetic inheritance has a measly 2 percent influence on your lifespan. Instead, a healthy lifestyle is the key determinant of longevity, says a research team from Oxford University.

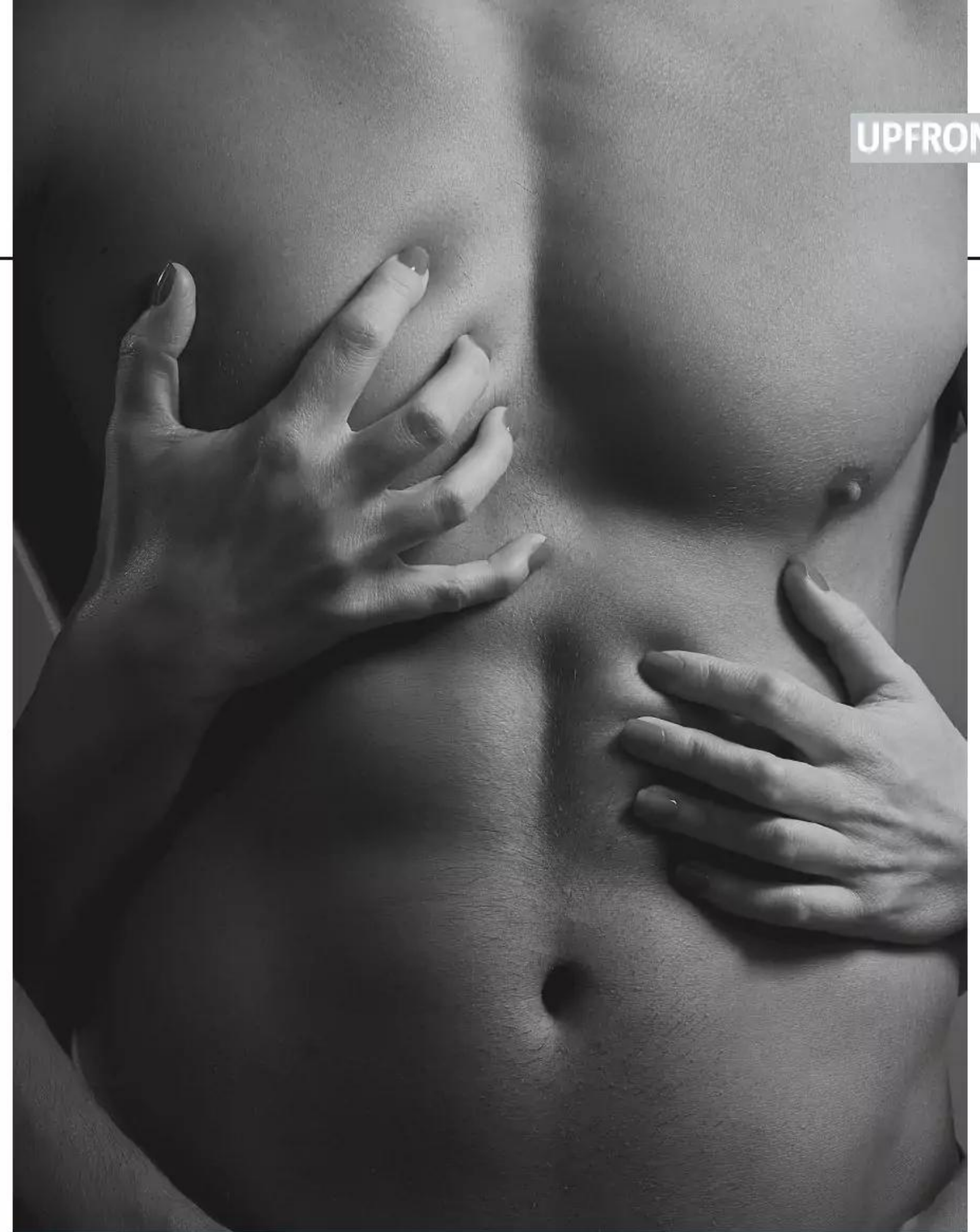
Smoking, sedentary living, socioeconomic status and living conditions are the key factors that determine our longevity, and these increase our risk of developing a chronic health problem, such as cancer or heart disease, that can kill us prematurely.

While each on its own has a small influence on longevity, they have a major impact when they're combined. In other words, someone who smokes and doesn't exercise is more likely to die prematurely than someone who is an inactive non-smoker.

The researchers studied data from nearly 500,000 people in the UK Biobank and the influence of 164 environmental factors and genetic risk scores for 22 major diseases.

The good news is that most of these factors can be reversed. We can adopt healthier lifestyles that increase our chances of a longer life.

NatMed, 2025; 31(3):1016-1025



GSK KNEW DRUG CAUSED SEXUAL DEVIANCY—AND SAID NOTHING

Drug giant GSK has known for more than 20 years that one of its drugs causes sexual deviancy, but it hasn't come forward to defend people who have gone to prison or faced restraining orders after taking the drug.

Requip (ropinirole), a dopamine agonist used to treat restless leg syndrome and Parkinson's symptoms, can cause deviant sexual and impulsive behavior like high-stakes gambling or binge eating.

It can overstimulate receptors for dopamine, the “happy hormone” that also regulates movement, gives a feeling of reward, and downgrades feelings of guilt or fear of consequences. Up to 17 percent of people on the drug experience these sensations.

“None of it seemed wrong, that's the craziness of it; it all seemed so right at the time,” one patient said.

Another, a Parkinson's patient, was imprisoned after he sexually assaulted a seven-year-old girl, and another carried out “uncontrolled acts of exhibitionism and indecent behavior” after he started taking the drug. These urges disappeared when he stopped taking it.

Four Parkinson's patients launched a class-action suit against GSK in 2011 after the drug was blamed for causing gambling debts and broken relationships.

Although drug trials from the early 2000s revealed an association with sexual deviancy, GSK didn't mention it in any product literature until 2007 and, even then, the risk was downplayed. The UK's Medicines and Healthcare products Regulatory Agency (MHRA) said that specifics about sexual behavior are not included in product warnings, but there are several mentions in product literature of “altered or increased sexual interest.”

Pfizer has also been sued for manufacturing dopamine agonist drugs with similar side effects, which were also used to treat Parkinson's and restless leg syndrome.

Noel Titheradge and Curtis Lancaster, “Doctors Didn't Warn Women of ‘Risky Sex’ Drug Urges,” Mar 11, 2025; Curtis Lancaster, “Prescription Medication Made Me a Gambling Addict,” Mar 12, 2025, [bbc.com](https://www.bbc.com)

Eat your fruit, don't drink it

A radical new theory explains how fructose can make us more likely to develop chronic conditions, says Patrick Holford of the charity Food for the Brain

Too many sugary carbs—especially those from processed food—can be bad for us, causing obesity and triggering a range of chronic health problems. But one type of sugar, fructose, has usually enjoyed a free pass; after all, it comes from fruit, and that's always a healthy option.

But fructose also makes up half of white sugar and most of high-fructose corn syrup (HFCS), the main sweetener in fizzy drinks and ultra-processed foods.

We should also be wary of “natural” fruit juices, as a radical new theory explains. Richard Johnson, professor of nephrology at the University of Colorado, has discovered how fructose can trigger various damaging changes in our metabolism that make us more likely to develop chronic conditions such as diabetes, obesity and Alzheimer's.

If doctors better understood this, he argues, it could transform the government health agencies' approach to emphasize sickness prevention instead of just treatment, as they're constantly promising to do.

How fructose affects body and brain

Professor Johnson has produced what is effectively a biochemical wiring diagram of the connections that fructose turns on and off, which are making an increasing number of people sick.¹

For instance, too much fructose increases the amount of fat stored in the liver, and this drives fatty liver disease.

WHAT CAN YOU DO?

You can counter fructose damage by increasing omega-3 intake from oily fish, maintaining an active lifestyle and taking B vitamins, especially B12. A low-glycemic-load diet, low in fructose, with periods of going ketogenic by keeping sugar and carbohydrates to a minimum, can also help. The body responds by creating ketones, energy packets that can replace glucose as an energy source for the brain, helping to undo the damage.

“Burning ketones can also increase the number and output of the cell's energy factories, known as mitochondria, which are damaged by fructose,” says Professor Robert Lustig at the University of California, author of the best-selling book *Metabolics* (Harper, 2021).

Professors Johnson and Lustig have written to dementia prevention authorities to add sugar, and specifically a high-fructose diet, to the list of known risk factors.¹

The low-fructose approach also naturally promotes the enzyme GLP-1, targeted by the weight loss drugs Ozempic and Wegovy, but without the side effects or rebound weight gain.

REFERENCE

- 1 Richard J. Johnson and Robert Lustig, “Fructose and High Sugar Diets,” Lancet Commission letter, 2024, foodforthebrain.org

In addition, the cells' mitochondria, which create the body and brain's energy molecule ATP, become less productive and raise blood pressure levels.

The result is that you get fatter, with more brain fog and fatigue, and feel less inclined to exercise. In itself, this is a major promoter of diabetes.

Meanwhile, an anti-aging process called autophagy—in which old and damaged mitochondria are cleaned away to make room for new ones—is disabled. When fructose gets into the brain, it's one of the factors causing the formation of the useless clumps of amyloid protein that occur in Alzheimer's, which is the focus of new drug treatments.

How on earth does fructose carry out such a blitz on our bodies? Why would the body run a program that was potentially so lethal?

“It would be wrong to think of fructose as some sort of major toxin, although it becomes neurotoxic in excess,” says Professor Johnson. “Instead, its remarkable range of effects are part of an ancient set of biological programs, which we call the ‘Survival Switch,’ that work to prepare animals for hibernation, storing supplies in preparation for times of famine.”

This is why fat stores increase and energy production drops off, producing brain fog. It's a natural process when food becomes scarce, but in our abundant times, we never run out of food or fructose.

Why not drink fruit?

None of this means we should avoid fruits, which contain only a small amount of fructose along with healthy nutrients and beneficial fiber that feeds our vital gut bacteria.

But this is not the case for fruit juice, which is devoid of fiber. A glass of orange juice has the fructose equivalent of three oranges, but without the fiber to slow down its digestion—so the takeaway is to eat your fruit, but don't drink it.

Professor Johnson's theory also explains why too much blood glucose from regularly eating generous amounts of sugar-laden foods and carbohydrates is so damaging. The liver turns the excess glucose into fructose with all its knock-on effects. Other foods that can accelerate the liver's fructose production are alcohol and salty foods.

A glass of juice has the fructose equivalent of several pieces of fruit, but without the fiber to slow down its digestion



This rise in fructose makes it all too easy to start piling on the pounds, regardless of how many calories you've cut or how much further you're running. It's a connection that very few nutritionists or doctors are aware of.

Are you eating too much fructose?

A sign of the widespread damage the Survival Switch can cause is that low ATP shows up in the brains of people with disorders such as obesity, diabetes, fatty liver disease and Alzheimer's. Understanding this points to new ways to cut the risks of these chronic disorders.

A simple but very effective one is to run a blood test: HbA1c, the gold standard test that doctors use to screen for diabetes. A recent study of 374,021 older men with diabetes found that keeping the HbA1c stable over three years cut their risk of dementia by a third, while those whose levels were low more than 60 percent of the time had a higher risk.²

Similar benefits have been found for patients with prediabetes. But far lower levels of HbA1c than those used to diagnose diabetes are associated with the first signs of brain shrinkage, which is the hallmark of cognitive decline, even among teenagers.

That's why, as part of its "citizen science" research, the UK Alzheimer's prevention charity Food for the Brain is using home test kits to check HbA1c levels and find out not only who is at risk but also how to reverse that risk. The assessment includes a free test that calculates your future Dementia Risk Index and suggests various lifestyle and nutrition changes to reduce it, including a low-fructose diet—you can find it at foodforthebrain.org/fructose.

Patrick Holford is the founder of the Institute for Optimum Nutrition, Vitamin C4 Covid and the charitable Food for the Brain Foundation (foodforthebrain.org), where he directs the Alzheimer's prevention project, including Alzheimer's Prevention Day (alzheimersprevention.info). He is the author of 46 health books that have been translated into over 30 languages.

To find out more, test your HbA1c and take part in the dementia prevention research, visit foodforthebrain.org/fructose.

REFERENCES

- 1 Philos Trans R Soc Lond B Biol Sci, 2023; 378(1885): 20220230
- 2 JAMA Netw Open, 2024; 7(8): e2425354

LOW-FRUCTOSE DIET BASICS

Fructose is a simple sugar found mainly in a lot of ultra-processed foods as well as naturally occurring in fruits, vegetables (in small amounts) and sweeteners. Whole, unprocessed foods are generally lower in fructose, and although it's the natural sugar found in fruit, the fiber in whole fruit helps to mitigate any health risks.

The easiest way to avoid being "fructed" is to stay away from highly processed, sweetened foods and beverages and to be moderate in your fruit intake, opting for low-Glycemic Index fruits such as dark berries and stone fruits.

1. Avoid processed and ultra-processed foods.

Check the label—a lot of sugar is "hidden" using other names to make you think there's less than there actually is, so also look for anything ending with -ose or called nectar, syrup, juice, cane or malt.

Sweetened beverages Soft drinks (especially those with HFCS, also called glucose-fructose syrup), fruit juices, energy drinks

Snack foods Candy bars and other candy (often contain corn syrup and HFCS), sweetened granola bars, fruit snacks or gummy sweets, store-bought pastries

Condiments and sauces Ketchup, BBQ sauce, mayonnaise, etc.

Breakfast foods Pancake syrup (most are high in HFCS), flavored yogurt (many contain added sugars, including fructose), sweetened and ready-made oatmeal

Desserts Ice cream and frozen yogurt, commercial cakes, cookies, pies and pastries.

Processed fruits Canned fruits in syrup (especially heavy syrup), dried fruits

Breads and cereals Sweetened breakfast cereals, sweet breads (like banana bread or those with fruit fillings)

Processed meat products Flavored or glazed meats (such as teriyaki chicken) that are made with sweet marinades or sauces

2. Limit high-fructose fruits

Certain fruits are very high in fructose, while others contain lower amounts. Stick to low-fructose fruits for better tolerance.

Go for low-Glycemic Index fruits such as dark berries and stone fruits (think cherries and plums).

3. Avoid fructose-rich sweeteners

Sweeteners like honey, agave syrup and HFCS are very high in fructose.

Today's typical diet of burgers, cola and other sugary drinks, fruit juice, ice cream, bread, biscuits, cakes and confections, plus alcohol and salt, is a dementia time bomb. Our brains are literally being fructed.

Brain shrinkage occurs in Alzheimer's, but we see the same shrinkage in the same regions of the brain in teenagers with a high sugar intake.¹ We think of the resulting dementia as type 3 diabetes.



REFERENCE

- 1 Pediatrics, 2012; 130(4): e856-64

Don't miss an issue... Renew your subscription today!

If you haven't yet switched to a recurring payment, then your subscription may be coming to an end. Most of our subscribers pay by direct debit or continuous credit card. That way, they don't miss out.

Renew today and lock in your subscription so you can continue to enjoy a wide range of subscriber-only benefits:

Forthcoming issues

Trusted and researched information from some of the world's leading pioneers in nutritional, environmental and alternative medicine



Exclusive webinars

Get your questions answered by top medical pioneers in our live monthly webinars. Don't worry if you can't make it—you can also re-watch at your leisure



Everything you need to know about cancer
Dr Leigh Erin Connealy

Is your immune system attacking you?



Georgia Lennard

You don't have to be tired all the time
Sarah Myhill



Special reports

Over 20 reports on alternative health, diet and healthy living, free for you to download



Members-only discounts

Save hundreds through our vast range of discounts on some of our favorite supplements, treatments and brands



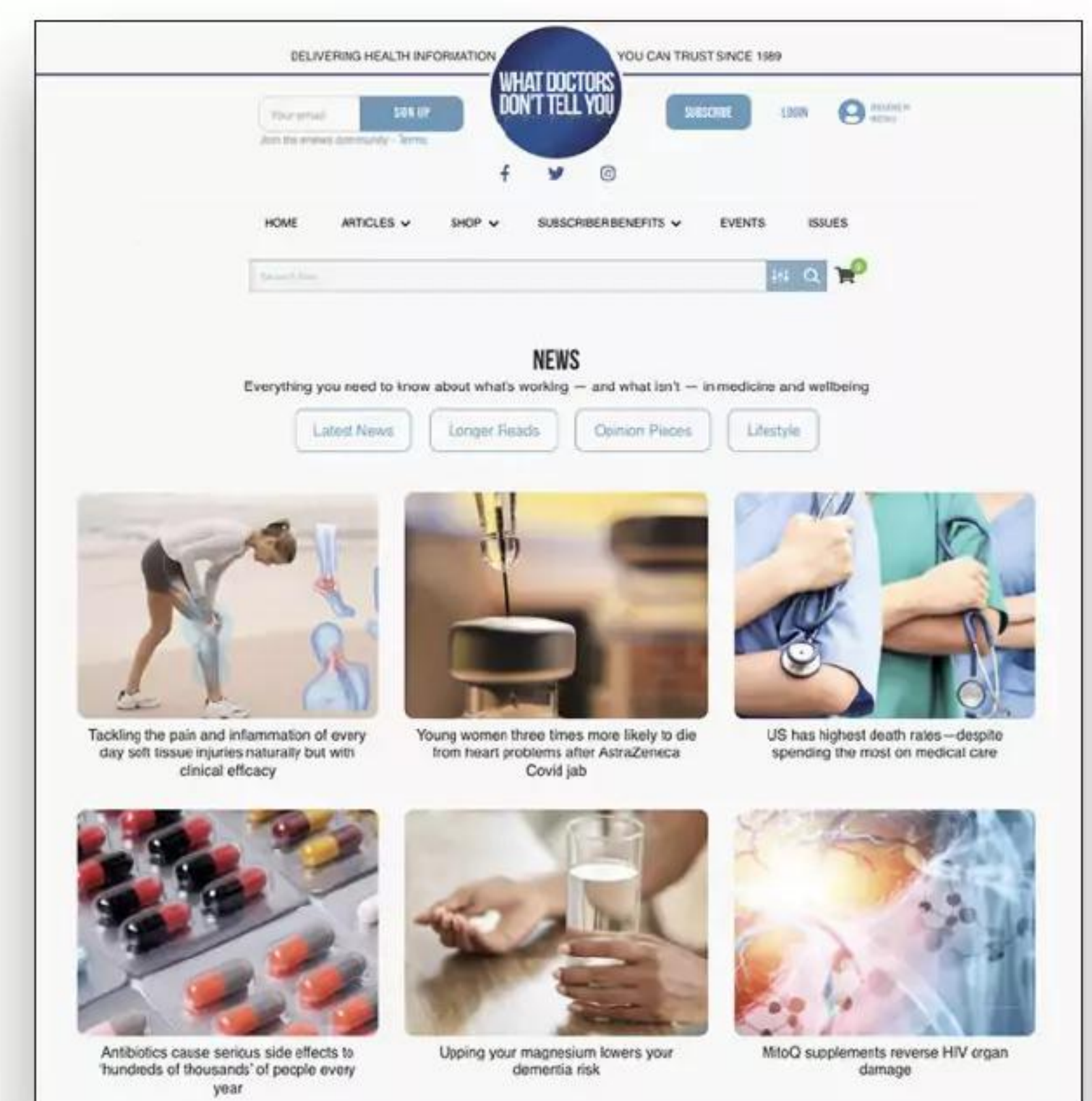
Expert columnists

Trusted and researched information from our team of hand-picked, expert columnists that you won't find anywhere else



A health database at your fingertips

Full online access to our vast searchable database of alternative health information



RENEW ONLINE BY VISITING WDDTY.COM/SUBSCRIBE

Did you know that all subscribers are eligible for our online content? Log in to your online account now using your subscriber ID located on the mailing envelope or contact info@wddty.co.uk

Smart watches: Not so smart after all

Everyone stares at their smart watch or fitness tracker — but are they reading fact or fiction?

Smart watches have become the scourge of the fitness fanatic. Also known as fitness trackers, the watches are constantly looked at, checked and tapped by the putative athlete as they check their steps, heart rate, metabolism and calories burned. If they wear it at night, it will even tell them how well they slept.

Everyone seems to be doing it. Around a third of American adults and a quarter of UK adults wear a fitness tracker, and more are starting to wear one every year. The global market is projected to increase more than fourfold between 2024 and 2032, from \$62.03 billion to \$290.85 billion.

But if they are a scourge, smart watches are a positive one. By tracking our steps, we're incentivized to move more and perhaps even to achieve the World Health Organization's optimum of 150 minutes of physical activity a week (which won't help you live longer but will improve your health; see page 10).

But how accurate are they? A research team at Wellness Pulse, which explores health claims, did a trawl of the scientific literature to find out. They analyzed 45 scientific studies, focusing on three metrics: energy expenditure or calories burned, heart rate and step count, which all the smart watches measure.

The results focus on five brands: Fitbit, Apple, Garmin, Polar and TomTom, simply because they've been studied more. Other popular brands, such as the Samsung range, weren't included because there wasn't enough research on them.

The researchers discovered that the watches are pretty accurate when it comes to measuring heart rate, achieving a strong accuracy rate of 76 percent. However, they aren't so good at tracking step counts and have an accuracy rate of 53–83 percent.

The overall winner is the Apple watch. It achieved an 86 percent accuracy score for heart rate and 71 percent for energy expenditure. But it's not as good at tracking your steps as a Garmin watch.

Smart watches have an average overall accuracy score of just 67 percent, so take the readings with a grain of salt—but keep moving anyhow.

Average accuracy rates of smart watches tested

Function accuracy rate >

0%

25%

50%

STEP COUNT

68.8%

HEART RATE

76.4%

ENERGY EXPENDITURE

56.6%

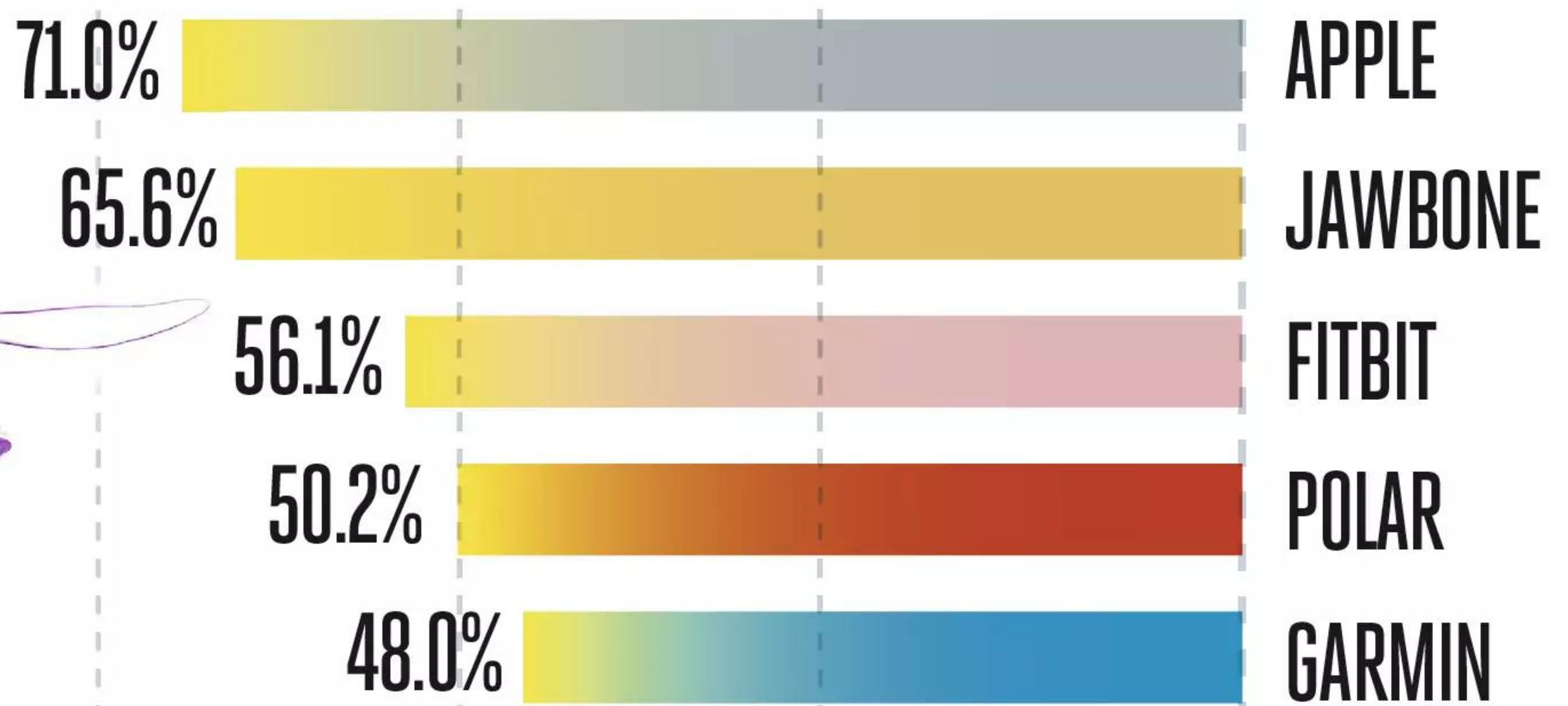
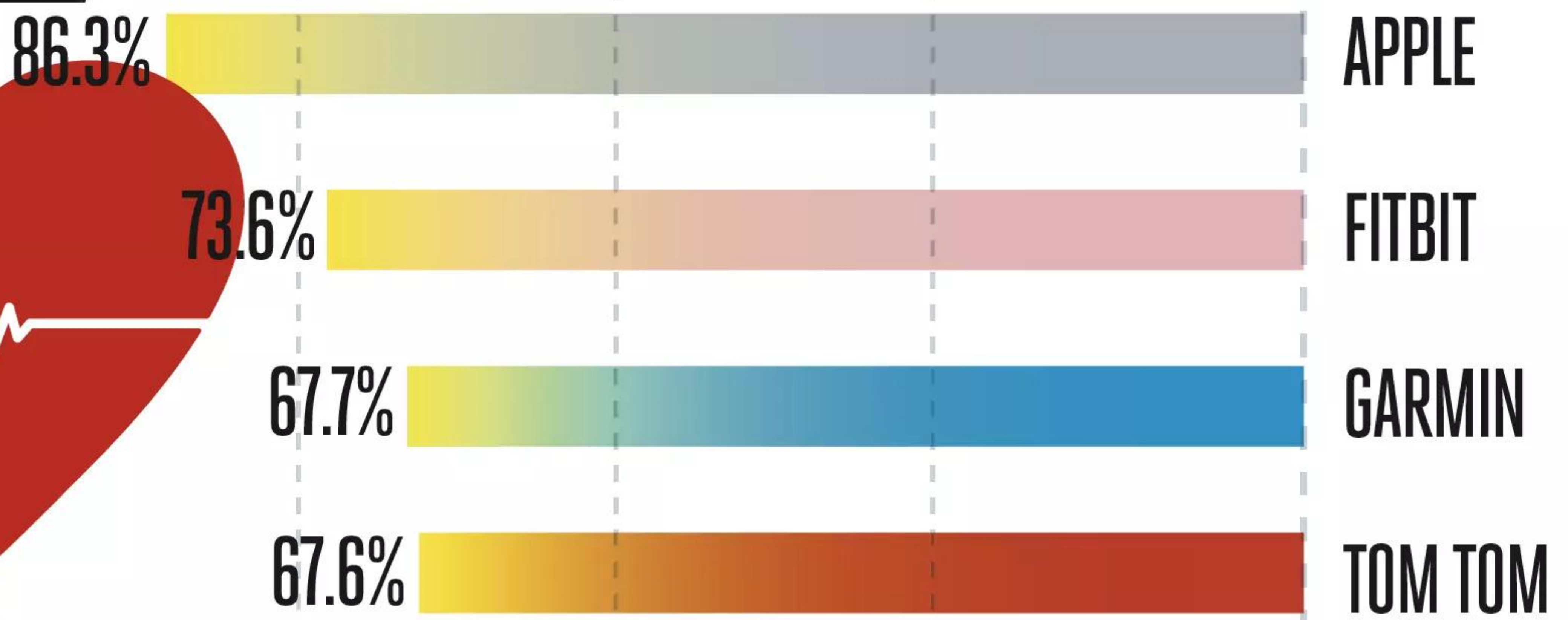
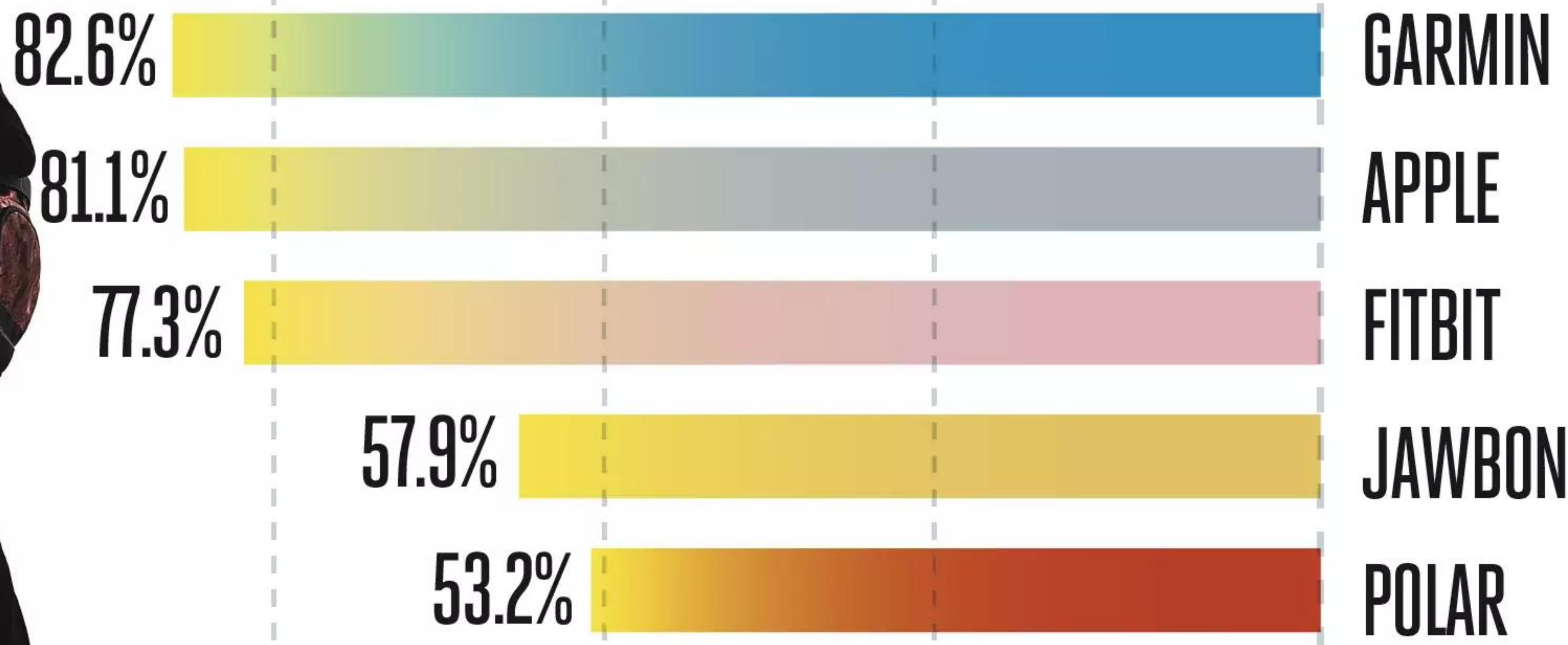
OVERALL ACCURACY
67.4%

REFERENCE

Eglė Krištopaitė, "Fitness Trackers Are Only 67% Accurate, New Research Finds," Apr 8, 2025, wellnesspulse.com

Product accuracy rate

75% 100% 75% 50% 25% 0%





VIRILE VIGILANCE

Men with cancer of the prostate, the walnut-sized gland just below the bladder and in front of the rectum, used to be faced with a Hobson's choice: do nothing, hoping their cancer is the slower-growing variety, or face the possibility of impotence or incontinency if they opt for surgery, radiotherapy or chemotherapy.

Then there was "watchful waiting," until recently the approach many oncologists recommended for patients newly diagnosed with prostate cancer who were basically symptom-free and had cancer confined to the prostate gland. It was also the recommended approach for men who were over age 70 and/or had other health conditions rendering them risky candidates for surgery or radiation therapy.

The vast majority of diagnosed prostate cancers are adenocarcinomas (gland-forming cancers). Oncologists consider these low-grade, slow-growing and thus low-risk cancers, with the outcome that many men will die *with* prostate cancer rather than *of* prostate cancer.

Nevertheless, a subset of prostate cancers called either neuroendocrine or small-cell cancers that are very rarely identified at initial diagnosis are, by their very nature, more aggressive from day one. These more "plastic" cancers can quickly go from looking and acting like adenocarcinomas to becoming something else, all the while getting into the bloodstream and spreading to other parts of the body.

So, on the one hand, watchful waiting for symptoms that may never show up permits patients to avoid the stress, cost and time expenditure of regular testing as well as the possible side effects of radiation, hormone therapy and surgery. But on the other hand, patients can experience anxiety about the unknown possibilities, including the reasonable fear that an unmonitored tumor might start growing unexpectedly.

A new approach

Into this no man's land of "no action versus action" comes the new middle ground of "active surveillance," which includes regular tests monitoring the cancer for any signs of emerging symptoms (see box, page 29, for testing options).

"Watchful waiting was sort of benign neglect in most cases," says Robert B. Montgomery, MD, medical oncologist at Fred Hutch Cancer Center in Seattle, Washington (fredhutch.org). "It wasn't really following the patients very carefully or intervening when something changed.

"With active surveillance, if something changes—if PSAs rise over 10, more of the biopsy cores become positive or the Gleason grade goes up—then as long as patients are candidates for local therapy, which the majority of men are, we can talk about some definitive therapy to try to cure the disease."

With active surveillance, every patient undergoes an examination and a PSA blood test every six months. The test is the first diagnostic tool used to check for increased levels of prostate-specific antigen (PSA) in the blood indicating the presence of

cancer. (Antigens are molecules that trigger an immune response.) The test is also used to determine any progression or remission of prostate cancer.

"The active surveillance approach can be very safe in terms of prostate-cancer-related mortality," says Montgomery. "Like watchful waiting, the idea is to avoid the side effects of therapy if you don't have to undergo therapy.

"And with some of the medications we have now, it's pretty clear from a number of studies that with the more effective androgen receptor pathway inhibitor drugs (ARPIs), such as enzalutamide, there is a higher frequency of development of this neuroendocrine type of cancer that can represent more of a risk."

Good survival rates

Prostate cancer is the fifth leading cause of cancer death in men, responsible for over 375,000 deaths in 2020.¹⁴ At diagnosis, about 75 percent of patients have cancer only in the prostate, and the five-year survival rate is nearly 100 percent.

Of that 75 percent, a recent study—of which Montgomery was one author—shows that about one-third of those cases are appropriate candidates for active surveillance

"with serial PSA measurements, prostate biopsies, or magnetic resonance imaging, and initiation of treatment if the Gleason score or tumor stage increases."¹⁵

This new system improves on the old approach in which treatment decisions were made almost exclusively from PSA readings. As Montgomery puts it, "PSA readings are not perfect. A digital (manual) examination isn't perfect." In fact, a recent study claims a digital rectal screening test for prostate cancer is "not useful."¹⁶

The Gleason rating system grades tumors based on how far the tested tissue has deviated from normal prostate tissue. Grades run from 1 (most normal) to 5 (least normal). Because prostate cancer shows up in differing stages of development throughout the prostate, several biopsies are taken at each test, and a grade is assigned to the two areas constituting most of the cancer.

These two sample grades are added to produce the Gleason score, which can run as low as 2 and as high as 10. A score of 6 or less is "low grade," meaning it has the least possibility of rapid spread. Intermediate grade falls in the middle, and cancer with a high-grade score of 9 or 10 is the most likely to grow and spread quickly.

"The reason Gleason grading has held up as such an important part of figuring out what to do for men with prostate cancer," says Montgomery, "is that how aggressive it looks under the microscope reflects the propensity for the cells to not respect normal tissue boundaries and get into the bloodstream or get into the lymphatics, then spread to other parts of the body and become a problem.

"If the Gleason grade starts to go up, it means the cancer is starting to look more aggressive."

The usual method of monitoring prostate cancer for changes amounts to neglect in many cases. Instead, a more active approach and alternative treatments may lead to the best outcome.

Cate Montana reports

SCENAR

Advanced electrotherapy treatment device

A powerful solution for acute and chronic pain



NEXT WORKING DAY DELIVERY ON UK ORDERS



For Professionals

Starter packages available for new practitioners including Pro Scenar device, electrodes, manufacturer-approved training, special topic webinars, and an ongoing support forum.



For Home & Family

Get the latest Sport D Scenar with advanced presets, and receive a live online 4-part acute and chronic pain relief training FREE - so you can treat yourself, your friends and family at home.

A THERAPIST IN YOUR POCKET

“ The Scenar helped me to recover faster after a hip operation. Even the doctors were amazed at my speedy recovery.

PIPPA B, UK

“ The only side-effect we discovered was so amazing that we later called it 3-G effect: good sleep, good appetite and good spirit.

DR YURI GORFINKEL

SCENAR IS SUITABLE TO APPLY IN CASES OF:

- Chronic & acute musculoskeletal pain
- Oedema, swelling & inflammation
- Pre and post surgery
- Stimulating muscles
- Areas of tension
- Soreness after exercise
- Sports injury

VERY OFTEN WORKS WHEN OTHER THINGS DON'T

Find out more at scenarworld.co.uk
Email info@scenarworld.co.uk or call 01730 237241

 **SCENARWORLD**
THE POWER TO BANISH PAIN

Like in watchful waiting, even though active surveillance is proactive, for some men it's still difficult to know that cancer is there and they aren't doing something about it—even if that inaction represents a very low risk. But other tests and monitoring approaches can be employed besides the typical standard of care. As well, there are many alternative treatments for cancer now, such as intravenous vitamin C and peptide therapy.

“Surveillance is key in this age of biomarkers,” says Juergen Winkler, MD, integrative medicine specialist and founder of Quantum Functional Medicine in Carlsbad, California (qfmed.com). “PSA testing is still apparently the standard.

“But there are levels of other testing that can be done. Energetic testing—bioresonance technology, for example, can pick up an energetic imbalance in the prostate to determine whether additional testing should be done.”

The primary question is, of course, how many men can sustain life and well-being while living with cancer as opposed to how many will die from the cancer. “This is hard to determine,” says Winkler.

“A decision to stick with active surveillance versus pursuing treatment is based on a number of variables: age and functionality of the patient and the level of aggressiveness of the tumor. Sometimes simple treatments with monitoring are enough. Other times a cancer can be more aggressive.”

At his functional medical clinic, Winkler provides multiple alternative therapies to treat cancer, including nutritional support, intravenous (IV) nutrition, IV detoxification, peptide and oxygen therapy, pulsed electromagnetic field (PEMF) therapy, immunotherapy and dietary supplements.

“I treat the patient and change the terrain of their body to make it hostile to the cancer,” Winkler explains. “That involves dealing with multiple levels of emotional clearing, male hormone balancing and lowering estrogen levels.

“It includes detoxing mold and other toxins, addressing blood sugar, looking for markers in the body that support cancer, addressing the immune system dysfunction and so on.”

Dietary and lifestyle changes are often part of this process (see box, page 30, for some examples). Making healthier choices can not only help keep an existing cancer under control but may also prevent cancer from developing in the first place.

Sometimes, despite the use of alternative approaches, active surveillance monitoring reveals cancer progression. In these cases, the next step might be to undergo a highly accurate PSMA PET scan.

The scan evaluates the entire body using an injected radioactive tracer to target the prostate-specific membrane antigen (PSMA) that prostate cancer cells make. The results can help a doctor determine whether the cancer has spread (metastasized) before starting to treat the patient.



Testing for prostate cancer

The American Urological Association recommends routine prostate cancer screening for men aged 55–69. Here are the options:

- PSA blood testing is usually the first diagnostic tool used. It checks for increased levels of prostate-specific antigens (PSA) in the blood, indicating the presence of cancer. This test has a considerable degree of inaccuracy.
- Gleason scores grade tumors based on how far the tested tissue has deviated from normal prostate tissue.
- Ki-67 testing detects a protein found only in cells that are dividing and has been used as a proliferation marker for human tumor cells for decades. A Ki-67 proliferation index over 30 percent is rated as high.
- Biopsy is tissue sampling under ultrasound and/or MRI guidance. The most common type of biopsy uses a thin, hollow needle to pierce through the rectum or the skin between the anus and the scrotum to gather samples, which are then graded on the Gleason scale.
- The National Comprehensive Cancer Network categorizes prostate cancer into risk groups based on results from blood tests, PSA tests, genetic testing, exam results and family history. Patients in Grade Group 1 (lowest risk) have a PSA of less than 10 ng/mL, and less than half of their biopsy samples show signs of cancer. The high risk group includes people who have a PSA of more than 20 ng/mL and more than four biopsies showing cancer.

Standard therapies

Once prostate cancer has been diagnosed, doctors typically recommend one or more of the following options for treatment.

Hormone therapy Testosterone is the major male sex hormone primarily responsible for the development and function of male reproductive organs including the prostate, maintenance of muscle and bone mass, and the growth of body hair. Prostate cancer cells ordinarily require testosterone to proliferate.

Hormone therapy works by stopping the body from making testosterone and preventing it from reaching cancer cells. On its own, this therapy won't cure prostate cancer, but conventional medicine believes it will help control the cancer and manage symptoms.

It's most often used alongside other approaches, such as radiation, making them more effective. Intermittent dosing—starting and stopping hormone therapy

What can you do on your own?

Changes to your diet, supplements and lifestyle are also keys to starving cancer.

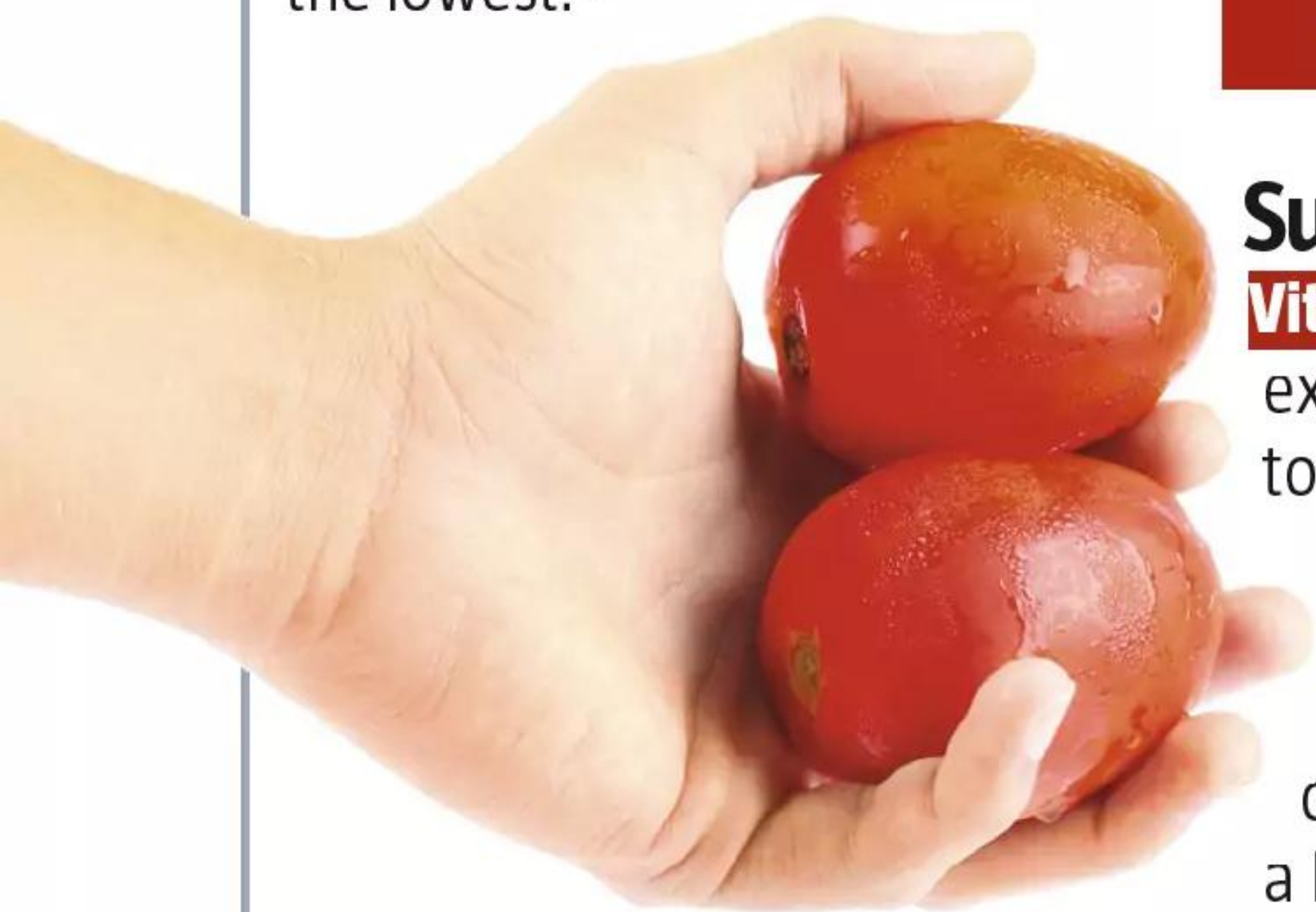
Diet

Cruciferous vegetables Studies of over a million people show eating cruciferous vegetables like broccoli and cabbage reduces prostate cancer risk by about 5 percent for every 15 g of the veggies eaten per day.¹

Omega-3 to omega-6 balance

One study showed a diet with the proper ratio of omega-3 to omega-6 fats, achieved by supplementing with fish oil, reduced prostate cancer cell proliferation by 15 percent over a year, while those not eating the diet saw a 24 percent increase in cell proliferation.²

Tomatoes Cooked tomatoes are high in lycopene, a bright red antioxidant compound. Among other research, a study of 47,000 male healthcare workers found those eating at least two servings of tomato sauce per week had a 30 percent lower risk of prostate cancer.³ A similar study found men with the highest lycopene intake had a 53 percent lower risk of lethal prostate cancer than those with the lowest.⁴



Mushrooms Research shows men who eat shiitake, maitake and oyster mushrooms (which have high levels of the

antioxidant ergothioneine) once or twice a week have an 8 percent lower risk of prostate cancer than those who don't eat mushrooms at all. And the risk drops 17 percent for men who eat mushrooms three times per week.⁵

White button mushroom extract, 200 mg/kg per day, has also been shown to suppress prostate tumor growth and decrease PSA levels.⁶

Olive oil In mice, a daily dose of extra-virgin olive oil containing 10 mg/kg of the polyphenol oleocanthal inhibits tumor growth in even the most aggressive prostate cancer types, a response that may not necessarily apply to humans.⁷

And here are two foods to consider avoiding:

- **Milk and milk products.** Several large studies have shown a link between milk consumption and prostate cancer. For instance, a meta-analysis of 32 studies showed every additional 400 g of dairy products consumed per day increased the risk by 7 percent.⁸
- **Processed meats.** A review of 25 studies found each 50 g of processed meats eaten daily may raise the risk of prostate cancer by 4 percent.⁹

Supplements

Vitamin D3 A greater lifetime exposure to the sun is related to a reduced risk of developing prostate cancer. Men who have higher blood levels of vitamin D have a lower risk of the cancer and especially a lower risk of dying from it.¹⁰

A research team found that over half of men with prostate cancer taking 4,000 IU daily saw improvement in cancer markers over the course of a year.¹¹



Curcumin

The anti-inflammatory compound in turmeric root inhibits the formation and development of prostate cancer tumors while promoting cancer cell death (apoptosis).¹² A study from Columbia University found it reduced cell proliferation by 60–80 percent in non-hormone-sensitive prostate cancer.¹³

Quercetin A plant flavonoid with anti-inflammatory, antioxidant and anti-proliferative activities, quercetin was found to reduce cancer cell viability by about 50 percent within 72 hours, among other effects.¹⁴ It's more effective in metastatic forms of the cancer.

Resveratrol A polyphenol found in the skin of grapes and berries, and therefore in red wine, it can interfere with prostate cancer initiation and progression.¹⁵

Lifestyle

Exercise Endurance exercise for 45 minutes five times a week before surgery among men with early-stage prostate cancer improved two key biomarkers of prostate cancer outcomes. The best results came from 75 minutes five times a week, but the researchers said this amount might not be realistic for many men.¹⁶ It's also important not to overdo it; see page 40.

Don't smoke

Interestingly, prostate cancer risk is 16 percent lower among smokers than non-smokers, but continuing to smoke after being diagnosed with prostate cancer results in a 42 percent higher risk of death.¹⁷



REFERENCES

- 1 Urol Int, 2023; 107(7): 723–733
- 2 J Clin Oncol, 2025; 43(7): 800–809
- 3 Am J Clin Nutr, 2016; 103(3): 851–860
- 4 J Natl Cancer Inst, 2014; 106(2): djt430
- 5 Int J Cancer, 2020; 146(10): 2712–2720
- 6 J Nutr Biochem, 2021; 89: 108580
- 7 Cancers (Basel), 2022; 14(14): 3542
- 8 World J Mens Health, 2021; 39(3): 419–428
- 9 Front Nutr, 2022; 9: 801722
- 10 World J Clin Oncol, 2024; 15(2): 169–174
- 11 J Clin Endocrinol Metab, 2012; 97(7): 2315–24
- 12 Biomolecules, 2020; 10(11): 1536
- 13 Prostate Cancer Prostatic Dis, 2000; 3(2): 84–93
- 14 J Cell Mol Med, 2023; 27(12): 1725–1734
- 15 J Xenobiot, 2021; 11(1): 16–32
- 16 JAMA Oncol, 2024; 10(9): 1187–1194
- 17 Tob Induc Dis, 2023; 21: 19

medications alternately—is thought to reduce side effects without compromising long-term effectiveness.

Hormone therapy for prostate cancer can have the following side effects:

- Increased body fat and reduced muscle mass
- Decreased sex drive and erectile dysfunction
- Thinning bones
- Reduced body hair and increased breast tissue
- Heart disease
- Diabetes
- Fatigue

Radiation Traditional external radiation therapy for prostate cancer is called intensity-modulated radiation therapy (IMRT). It's usually done in 15-minute treatments once a day, five days a week for weeks or sometimes even months.

Another option is internal radiation therapy, called brachytherapy. Most effective in cases of cancer contained within the prostate that is not aggressive, it implants radioactive “seeds” of iodine-125 or palladium-103 into and sometimes around the prostate gland itself.

Today, especially for men with early-stage prostate cancer contained within the prostate, a new form of high-energy external beam radiation called proton beam therapy can be used. Consisting of only one treatment a day for five days, proton beam therapy uses a linear accelerator (a machine that accelerates charged subatomic particles) to shoot highly targeted protons into tumors to kill the cancer cells.

With proton beam therapy, radiation dose exposure is lower and far less damage is done to intervening and surrounding healthy tissues. Doctors also claim it reduces the risk of secondary malignancy from the radiation itself.

“Brachytherapy had a very big heyday probably 20 years ago,” says Montgomery, “because it was a single procedure as opposed to IMRT, which was a big commitment in time and a lot of traveling. And if the results were going to be similar, then why would you not do that?”

“Now there's proton beam therapy, which takes five days and has a very, very exact mode of delivery.”

But basically, he explains, “if you decide to get radiation therapy, none of the various types have been shown to be more effective than the others in terms of controlling the disease. So, the type you use really becomes a personal choice.”

These are some potential side effects of external radiation therapy for prostate cancer:

- Sexual dysfunction
- Rectal bleeding and leakage
- Frequent, difficult and/or painful urination
- Abdominal cramping, diarrhea and painful bowel movements
- Fatigue
- Secondary cancers in irradiated areas

Surgery Complete or partial removal of the prostate gland, which is located below the bladder and

surrounding the urethra, is called a prostatectomy. This procedure is most often done when the cancer hasn't spread beyond the prostate itself, and it may be used alone or in conjunction with radiation and/or hormone therapy. Side effects can include erectile dysfunction and incontinence.

Chemotherapy If administered soon after surgery, chemotherapy is sometimes used to improve the outcome of a prostatectomy. It can also relieve symptoms of very advanced prostate cancer that has spread and is often used in prostate cancer patients who no longer respond to hormone therapy.

These are common side effects of chemotherapy:

- Hair loss
- Nausea, vomiting and loss of appetite
- Mouth sores
- Diarrhea and fatigue

Treatment and personal choice

The therapies listed above are the standard treatment routes for prostate cancers that have become active and aggressive. But none of these approaches is pleasant, and all have pronounced side effects.

Prostate cancer is most prevalent in men over age 50, and age is a big factor influencing treatment. A man in his early 50s with no other health conditions has the widest possible range of choices. However, for men in this age range, most oncologists recommend a prostatectomy (prostate surgery) or radical prostatectomy (removal of the prostate) because of the risk of secondary malignancies from radiation years or even decades down the road—a risk that's obviously lower for a man over 70 years of age.

The downside of surgery, of course, is the chance of temporary or permanent impotence. Post-prostatectomy, a man no longer produces ejaculate (that's the job of the prostate), and climax happens without ejaculation. This is known as “dry ejaculation.” If the cancer spreads outside the prostate, requiring the nerves on either side of it to be removed, the patient typically experiences erectile dysfunction (ED).

“**PROSTATE
CANCER IS MOST
PREVALENT IN
MEN OVER AGE
50, AND AGE IS
A BIG FACTOR
INFLUENCING
TREATMENT**”



Protect your health from mobile phone and Wi-Fi radiation
Independently tested - Leblok EMF protection for all



Long Sleeved Vest
£158.63

Leggings
£158.09



Scarf
£110.83



Vest
£95.33



Travel Blanket
£204.30



Beanie
£39.50



Headband
£30.56



Baseball Cap
£43.45



Zippered Hoodie
£323.67



Pullover Hoodie
£240.00



Cellphone Faraday Bag
100% Signal Block
Size Medium £26.00
Size Large £39.95



Hooped Scarf
£24.98

*All Prices Ex. VAT

Manufactured in the UK to ISO 9001 Quality Standards



Available from: EMF Clothing Ltd. Tel: +44 (0)1823 299390

Visit our website at: www.emfclothing.com Email: sales@emfclothing.com

THE DOWNSIDE
OF SURGERY

Studies have shown that only 20 percent of men return to preoperative sexual function one year after prostatectomy. Just 20 percent report erections strong enough for intercourse at a five-year follow-up, and 60 percent report ED 18 months post-op.

However, robot-assisted laparoscopic prostatectomy (RALP) shows improved potency rates. With its improved surgical precision and lower frequency of complications, erections return in about 76 percent of men by one year and in 82 percent of men by two years post-op.¹

Although “penile rehabilitation” is now standard ED treatment following radical prostatectomy, a lot of men are too embarrassed to seek help with this problem.² A prostatectomy also carries the risk of urinary incontinence. Men older than 75 years have a higher risk of complications when they undergo general anesthesia, so there is a definable risk of mortality related to the surgery.

As for radiation therapy, this pathway also negatively affects the production of seminal fluid, so it’s not unusual for men to experience dry ejaculation afterward. Once the therapy is concluded, erectile problems tend to develop slowly over time and can worsen over about two years. This varies from surgery, in which erectile problems happen immediately but often get better as time goes on.

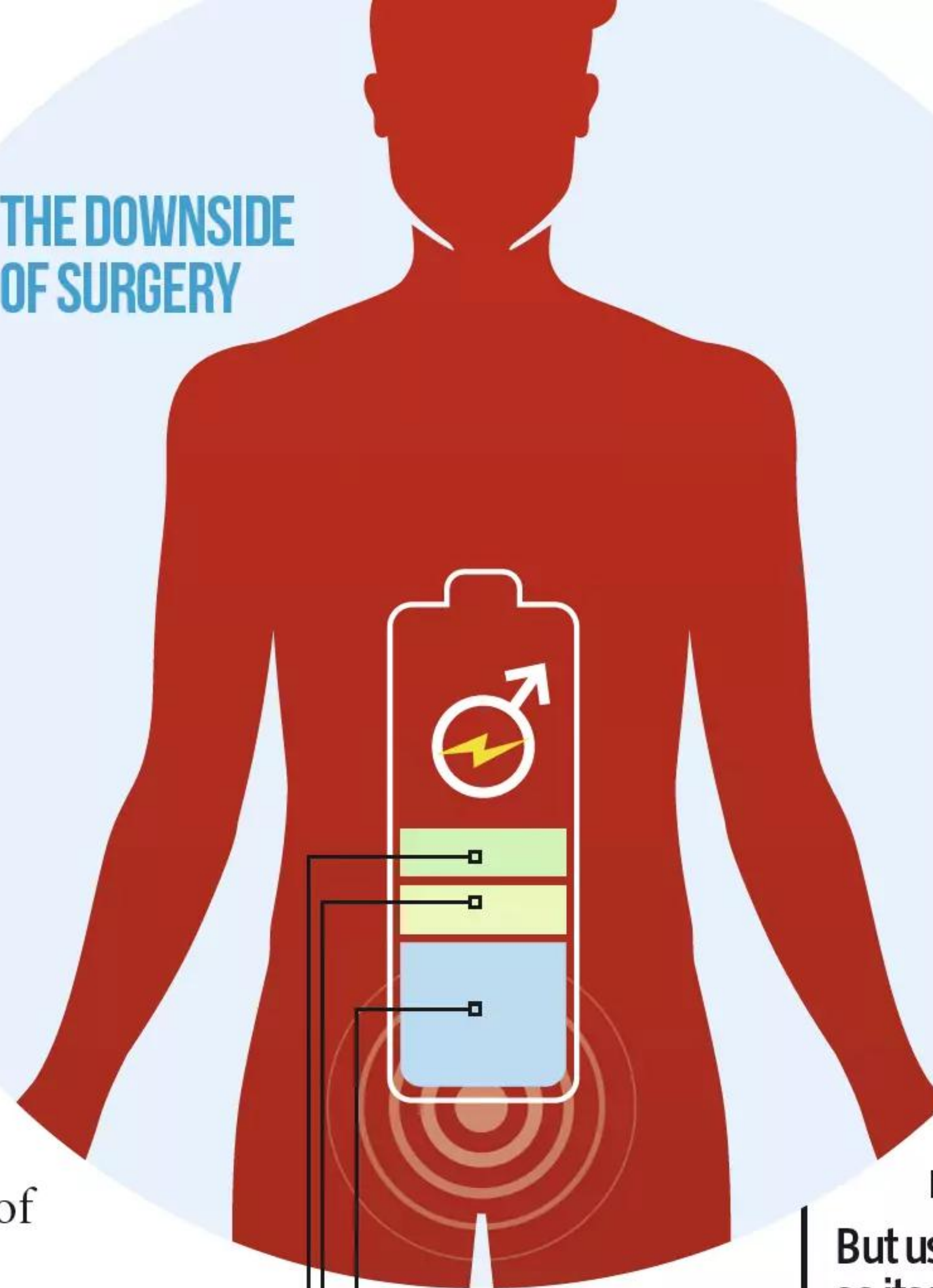
Complementary and alternative treatments often come with fewer side effects than these standard options, so they may be worth considering (see box, right). Many of them can be helpful for both treatment and prevention.

“It’s a deeply personal choice which treatments to embrace,” says Montgomery. “Many men have very visceral feelings about what they want done.

“They walk in the door and say ‘I want this out,’ or ‘I don’t want you to touch me,’ or ‘I want radiation therapy.’ And as long as there aren’t any contraindications to either of the treatment options, they’re equally effective in terms of controlling the prostate cancer for the long term.”

Overall, age seems to have little to do with the choices these men make. Montgomery sees a fair number of men in their 80s who have pretty active sex lives and say they’d rather die than lose their erectile function. “When they start to have severe issues, they often change their mind,” he observes.

“But, you know, everybody’s different. And outcomes are changing. We’ve gone from an average survival rate of two years in men with metastatic prostate cancer up to five to seven years since the time I started work in this field. You have to take every individual as who they are, know what the data is, personalize the approach to the patient who’s in front of you and take it from there.”



20% OF MEN RETURN TO PREOPERATIVE SEXUAL FUNCTION ONE YEAR AFTER PROSTATECTOMY

20% REPORT ERECTIONS STRONG ENOUGH TO HAVE INTERCOURSE AT A FIVE-YEAR FOLLOW-UP

60% REPORT ERECTILE DYSFUNCTION 18 MONTHS POST-OP

Complementary
therapies

Ayurveda In one study, Ayurvedic treatment with panchagabya griata, siddha makardwaja, punnavadi kasaya and dasamamula haritaki normalized PSA levels in three months due to these formulations’ strong antioxidant and anti-inflammatory properties. For another three months after the treatment stopped, PSA levels remained low.¹

But use caution: This study looked at only three men, so its results may be inconclusive. Some of these substances also include heavy metals, so they should be taken only under practitioner supervision.

Cannabidiol (CBD) Recent studies show that cannabinoids, chemical components of the cannabis plant, can weaken cancer cells and stop them from multiplying and spreading. One study found 48 hours of CBD treatment reduced the number of new cell colonies formed by 25 percent in only a week.²

Traditional Chinese Medicine Many extracts used in TCM could protect against prostate cancer. For example, *Scutellaria baicalensis*, commonly known as Baikal skullcap, blocked cancer cell growth in both human and animal cells. In animal studies, tumor volume decreased by 50 percent after seven weeks of treatment.³

Homeopathy Sabal Serrulata, derived from saw palmetto, is commonly prescribed for prostate problems. One study showed tumor cell proliferation reduced by a third 72 hours after a one-day treatment with Sabal Serrulata 100C.⁴

Hyperbaric oxygen therapy Besides inhibiting growth and causing cancer cell DNA damage and cell death, studies show hyperbaric oxygen at 3 atm can force tumor cells into a stage of the cell cycle that makes them vulnerable to other treatments.⁵

Pulsed electromagnetic field (PEMF) therapy PEMF treatment at 1450 V/m decreases cancer cells’ ability to spread.⁶

REFERENCES

- 1 CA Cancer J Clin, 2021; 71(3): 209–249
- 2 JAMA, 2025; 333(16): 1433–1446
- 3 Eur Urol Oncol, 2023; 6(6): 566–573
- 4 Indian J Urol, 2014; 30(4): 434–442
- 5 Curr Opin Support Palliat Care, 2016; 10(1): 102–7

REFERENCES

- 1 Ashok Kumar Panda and Hemanta Panigrahi, “Normalisation of Highly Elevated Serum Prostate Specific Antigen (PSA) by Ayurveda Medication: Case Series,” Sept 2022
- 2 J Nat Prod, 2023; 86(9): 2151–2161
- 3 Nutrients, 2018; 10(3): 283
- 4 Integr Cancer Ther, 2006; 5(4): 362–72
- 5 Med Gas Res, 2019; 8(4): 167–171
- 6 Electromagn Biol Med, 2024; 43(3): 135–144

Check and balance

Food intolerances or sensitivities can wreak havoc on your hormones, says Marcelle Pick. Here's how an elimination diet can get you back in balance

When I told Sandy that I thought an elimination diet was the best course of treatment for her symptoms, she cringed. "Elimination diet? Doesn't that mean I can't eat much of anything?"

The answer, of course, is no. There are so many delicious options on an elimination diet, and the best thing about it is that you can eat as much as you want of the foods that are allowed.

Still, it is far more restrictive than most people are used to. But the key to getting your head around an elimination diet is understanding that it's not forever.

Unlike most diets, even those that are less restrictive, an elimination diet is really designed not just to help you lose weight and feel better but also to help you understand which foods are "right" and "wrong" for you.

The modern diet is full of things that can wreak havoc on your hormones, leading to imbalances that leave you feeling weak, irritable and exhausted—not to mention leaving you with the unwanted weight gain that often accompanies hormonal dysfunction.

Sandy, like many women, had been depending on convenience foods, vending machine snacks, caffeine and sugar to get her through her days. At night, she said, the only way she could

wind down enough to sleep was with a glass of wine or two.

I listened to her fears and concerns about overhauling her diet, and then I told her what I tell all my patients: Trust me. I wasn't going to throw her into deep water when she didn't know how to swim. I'd be right there with her every step of the way. And, I assured her, there's more than one way to do an elimination diet. We could start with baby steps.

An elimination diet is one of the best approaches to identifying things you may be consuming that lead to hormonal imbalance. And because many of the symptoms women come to me about result from hormonal dysfunction, I often recommend we start here.

An elimination diet is designed not just to help you lose weight and feel better but also to help you understand which foods are 'right' and 'wrong' for you

What is hormonal imbalance?

Your body's systems are regulated by hormones. These chemical messengers help cells communicate and prompt many critical biological functions. From reproduction to metabolism, from mood to body temperature, and much more, your hormones have a direct impact on the way your body functions—for good or bad.

When hormones aren't in the proper ratios with one another, the messages they carry can become mixed up, prompting your body to produce more or less of a specific hormone, which only compounds the problem. Vital functions cease, and you end up with symptoms: chronic inflammation, autoimmune disease and other conditions that leave you feeling miserable.

Certain times in your life lead to natural hormone fluctuations, such as puberty, pregnancy, menstruation and menopause. While not as serious as in chronic imbalances, a range of symptoms can accompany these natural fluctuations as well. So supporting your body all the time is a great way to keep your hormones as balanced as you can and to keep your body working at optimal levels.

What leads to hormonal imbalance?

In addition to natural fluctuations, many lifestyle factors can lead to hormonal dysfunction. Medications, environmental toxins, dysfunction in one or more major body systems, processed foods, artificial sweeteners, poor sleep, lack of exercise—the list goes on and on.

Hormonal imbalance leads to symptoms like stubborn weight gain, headaches (including migraines), acne and other skin problems, bloating, stomach cramps and other gastrointestinal problems, *Candida* or other yeast infections, thyroid problems, extreme fatigue/exhaustion, and frequent colds, flu or infections, besides many more issues.

The diet fix

One of the most common root causes of hormonal imbalance (and one of the easiest to address) is food intolerances. When I say this, I'm talking about sensitivities, not full-blown food



allergies. If you've got one of those, you already know it.

With food intolerances or sensitivities, you won't land in the hospital immediately after ingesting the food; symptoms may appear slowly over time. And the more you eat the food you're sensitive to, the more uncomfortable your symptoms may get.

These symptoms include chronic conditions and concerns you may never connect to the food you're eating. This is why an elimination diet is so helpful—all your body's functions are interlinked. Food sensitivity changes the messages your hormones give and receive, and ratios of these hormones can quickly become skewed.

The good news is that once you identify the foods you're sensitive to, it's easy to change your habits and heal your hormonal imbalance. And one of the best ways to identify these foods is to try an elimination diet for a few weeks.

What's an elimination diet?

An elimination diet is exactly what it sounds like: You completely eliminate the most common foods that cause sensitivities from your diet and give your system a chance to clear out the toxins. Easy enough, right?

For most people, it isn't as simple as it sounds. The most common foods that people are sensitive to are also some of the most common foods consumed.

That means changing your habits, and we all know how difficult that can be. If eliminating all potential sensitivities at once is too daunting, you can choose one to start with.

I usually suggest gluten since so many women I've worked with have a gluten intolerance, though in some cases this may actually be a sensitivity to commercially processed wheat (see *WDDTY* January 2024).

Getting rid of all the most common problems at once will reduce symptoms faster since you won't be consuming the food that bothers you. You can still get good information by cutting out one category at a time; it just takes longer to gather all the pertinent information. Remember, you may be sensitive to more than one type of food, so it's wise to experiment with them all if your symptoms don't subside.

Simple recipes for your elimination diet

Getting started can be difficult, especially if you're choosing to eliminate all the foods with the most potential to cause a reaction. To help you on your journey, here are a couple of great recipes adapted from my book *The Core Balance Diet* (Hay House, 2013) that don't contain any of the potential triggers.

Quick and Easy Chicken with Edamame Mix

Ingredients

2 Tbsp olive oil
4 boneless, skinless chicken breasts
14.5 oz can Italian-style stewed tomatoes
 $\frac{2}{3}$ cup sliced black olives
1½ tsp grated lemon zest
 $\frac{1}{2}$ red bell pepper, chopped
1 cup yellow string beans, cut into thirds

1 cup shelled edamame
Juice of 1 lime
2 tsp dried oregano
 $\frac{1}{8}$ tsp sea salt
 $\frac{1}{4}$ tsp cayenne pepper

Method

1. Heat the olive oil on medium-high heat (Gas Mark 6) in a large skillet.
2. Cook the chicken breasts for several minutes on each side until lightly golden.
3. Add the tomatoes, olives and lemon zest and bring to a boil.

4. Cover, reduce heat, and simmer for 18–20 minutes or until chicken registers 160°F (71°C) on a meat thermometer.

5. In a bowl, combine the bell pepper, beans, edamame, lime juice, oregano, salt and cayenne and stir until evenly seasoned.

6. Top each chicken breast with the edamame mix and serve.

Dilled Salmon and Asparagus with a Zing

Ingredients

4 Tbsp butter, softened
Juice of one lemon
1½ Tbsp chopped fresh dill
4 salmon filets, about $\frac{1}{4}$ lb each
2 Tbsp olive oil
4 oz fresh asparagus spears
 $\frac{1}{2}$ cup chopped white onion
 $\frac{1}{4}$ cup finely chopped celery
 $\frac{1}{2}$ Tbsp balsamic vinegar

Pinch of cayenne pepper
Salt and pepper to taste

Method

1. Preheat the broiler/grill.
2. In a small bowl, combine the butter, lemon juice and dill. Mix well and chill for 2–4 hours.
3. Rub each side of the salmon with olive oil, salt and pepper and set aside.
4. Steam the asparagus until almost completely cooked.

5. Transfer asparagus to a skillet and add the onion, celery, vinegar, cayenne, salt and pepper.

6. Mix well, cover and cook on medium heat until asparagus reaches the desired doneness.

7. While the asparagus is cooking, broil or grill salmon on high heat for 5–6 minutes, or to your desired doneness.

8. Serve salmon atop the asparagus. Top with the compound butter and garnish with fresh dill, if desired.



Foods to avoid

Several food groups cause issues for many people:

- Gluten (found in many grains)
- Dairy (milk, yogurt, cheese)
- Eggs
- Soy
- Corn
- Sugar
- Alcohol

For many people, eliminating the above six groups will do the trick. They're certainly a great place to begin.

These are some other common foods that cause issues for some people:

- Nightshades (tomatoes, peppers, eggplant/aubergine, potatoes)
- Citrus fruit
- Nuts and seeds

I always suggest starting with the six most common, then moving on to the others if eliminating those doesn't make a difference in how you feel.

How to do an elimination diet

You can do an elimination diet one of two ways—all at once, or one group at a time. Let's take a quick look at how each method works.

The whole shebang. The fastest way to get the information you want and feel better sooner is to eliminate all six of the biggest potential sensitivities at once for two to three weeks. This can certainly be much more difficult than taking them one at a time, especially if your diet is heavy in packaged foods and simple carbs, like bread or pasta.

It takes a lot of preparation and commitment to rid your diet of all of these things at once. But for people who are ready to jump into the deep end, it can be a game-changer.

After two to three weeks of avoiding all six, choose one group to reintroduce. Eat small amounts of this food and observe for reactions. If symptoms return, you know that food is likely something you're sensitive to.

After three days, introduce another group and follow the same process. Wait three days before introducing each new group to get the most accurate information about what your body is (or is not) reacting to.

Slow and steady. Many people won't be ready to cut all six troublesome categories out of their diet in one fell swoop. That's okay! It's far better to start



For many people, eliminating the six types of foods that most commonly cause health issues will do the trick: gluten, dairy, eggs, soy, corn, sugar and alcohol

slowly and keep moving forward than to give up after a few days because you tried to do too much.

This type of elimination diet will take longer, but you'll get the same information in the end. Select the first group to eliminate and stop eating it for two weeks. Then reintroduce that food and wait two days to see if you notice any reaction.

For many people, the symptoms are far more obvious once their body has cleared the buildup, so you should notice a difference in how you feel fairly quickly if you have a sensitivity.

Take gluten, for instance, which is where I recommend you begin. For two weeks, read labels carefully and don't eat anything that contains wheat or other grains with gluten. Then add a little back in—maybe half a cup of pasta or a slice of toast with your breakfast.

Do you feel bloated soon after eating? Notice any stomach problems that haven't been present in recent days? Does your skin start to itch? All of these are signs that you have a gluten sensitivity.

Identifying sensitivities

You'll be able to tell if you have a food sensitivity in two ways:

1. You eliminate a food from your diet, and your symptoms begin to dissipate.
2. You notice improvement when avoiding the food, but your symptoms return after you reintroduce it.

If you cut out all six major groups at once, you'll likely feel a lot better after the initial two to three weeks. It's crucial to stay the course and reintroduce only one

at a time. That way, it'll be clear which foods don't agree with you.

If you go more slowly, eliminating one food group at a time, you may be able to spot your problem without having to cut out all the groups. If you stop gluten and feel fantastic after two or three weeks, you may not have to go any further.

However, you won't always hit it on the first try, and it's very possible that more than one of the groups is tough on your body. So unless you feel symptom free, I urge you to keep going with all of them.

Free yourself from reactions

Once you've gathered your information, it's time to commit to permanent change. If you know gluten will make you balloon up with bloating, make your joints ache and stiffen, or cause skin problems, it's much easier to make the decision to avoid it. It just isn't worth it!

Remember Sandy? She took my advice and started eliminating problem groups one at a time. After the first two weeks, she realized that gluten was a real problem for her. She continued to avoid it as she moved through the other groups, eventually identifying soy as another no-go.

Even without those foods in her diet, she realized there were plenty of amazing options out there—she even told me that she's started experimenting with spices and celebrating the flavor of real food.

Should you reintroduce everything?

I've mentioned eliminating a few specific foods and food groups, including gluten, dairy, eggs, alcohol and

sugar. When it comes to reintroduction, it's important to keep in mind that these categories aren't exactly the same.

For example, even though many women I work with are sensitive to dairy, some are not—and for those women, dairy (in moderation) can definitely be a component of a healthy diet. Sugar, on the other hand, isn't healthy for anyone. So the question is, should you even bother reintroducing sugar after your elimination period?

This is a valid question. And in an ideal world, I would say no—don't go back to eating sugar. However, I believe in practicing moderation and not being overly hard on yourself.

You don't want to cause yourself even more stress. This disrupts your hormones and your weight too.

If you feel like you can keep sugar out of your life for good, I definitely won't stop you. But if that seems a bit too daunting, I suggest doing whatever you can.

At the very least, use your elimination diet as an opportunity to update your relationship with sugar, be more conscious of where it's creeping into your diet and where you can cut back, and set some manageable limits or replace it with healthier substitutes, such as dates or berries. The same goes for alcohol.

Listen to your body

Ultimately, what I really love about the elimination diet is that it puts you in charge. By listening to your body and paying attention to how it responds to specific foods, you get to take control of your own well-being from the inside out. What could be more powerful than that?



Marcelle Pick (marcellepick.com), ob-gyn nurse practitioner, is passionate about transforming the way women experience healthcare through an integrative approach.

She cofounded the world-renowned Women to Women Clinic in 1983 with the vision not only to treat illness but also to support her patients in proactively making healthier choices to prevent disease. She has successfully treated thousands of individuals through her unique approach to wellness.

All about eyes

If you're prone to eye infections, keep these homeopathic remedies on hand to soothe symptoms fast, says homeopath David Needleman

Eye infections, especially conjunctivitis, blepharitis and styes, are among the top conditions I'm contacted about on the Homeopathic Helpline. If you're susceptible to eye infections, it's a good idea to see a qualified homeopath and ask for an individual, holistic prescription. But here are my most recommended remedies for quick relief from these common short-term eye problems.

Conjunctivitis

Conjunctivitis is an inflammation of the conjunctiva, which is the surface layer of the eye. It's also called red eye or pink eye due to the discoloration it causes.

There are three main types: bacterial (caused by bacteria) and viral conjunctivitis (caused by viruses) are highly contagious, while allergic conjunctivitis (caused by an allergic reaction) is not.

All three types of conjunctivitis can cause redness, itching, discharge and sensitivity to light. But there are different remedies for the different types.

In fact, there are over 140 homeopathic remedies relating to conjunctivitis, but here are the ones I find most useful—plus they're the easiest to get hold of.

Bacterial conjunctivitis

The bacterial type usually causes a thick green or sticky yellow discharge along with pain, itchiness and light sensitivity. Blurred vision is common, too.

It usually affects children, but anyone can suffer from it. The following are my top remedies:

Pulsatilla This is the best and most effective treatment for bacterial conjunctivitis. It's particularly good for children, who often become more needy when unwell or in discomfort.

Suggested dosage: 30C three or four times a day until symptoms are resolved

Euphrasia eye drops Combine this topical remedy with Pulsatilla for best results (see box, page 39).

Viral conjunctivitis

Symptoms of viral conjunctivitis are slightly different. There's usually a lot of clear discharge that needs to be wiped frequently and a sensation of grit or sand in the eyes. Often there is pain and blurred vision, too. Below are the best remedies:

Argentum Nitricum Arg Nit is the number one remedy for viral conjunctivitis.

Suggested dosage: 30C three times a day until symptoms are resolved

Euphrasia eye drops Combine this topical remedy with Arg Nit for best results (see box, page 39).

Allergic conjunctivitis

Allergic conjunctivitis is caused by allergens like pollen, dust and pet dander. Symptoms include redness, watery eyes, irritation and light sensitivity, and these can be confused with symptoms of the other types of conjunctivitis.

The most suitable remedy depends on the individual symptoms and the allergy, so it's best to consult with a qualified homeopath for this type of conjunctivitis. But see my article in the April 2025 issue for a variety of remedies that work for eye symptoms related to hay fever.

Euphrasia eye drops are also useful for allergic conjunctivitis (see box, page 39).

Styes

A stye is a small, red, painful lump on the edge of the eyelid, typically caused by bacterial infection of an eyelid gland or eyelash follicle. Styes are sometimes confused with chalazions, but these are often larger and painless and are usually caused by a blocked oil gland.

The treatment is the same for both, though. Following are my top three homeopathic remedies for styes:

Graphites This remedy is ideal for red, swollen and inflamed eyelids as well as for dry eyelids exacerbated by eczema.

Pulsatilla This remedy works well for styes and inflamed eyelids that are sticking together.

Staphisagria Choose Staphisagria if you suffer from recurrent styes or if your eye feels hot.

Suggested dosages: These remedies are best taken in 30C potency three times a day until the stye has resolved

Blepharitis

Blepharitis, often called "eye dandruff," is inflammation of the rims of the eyelids, leading to redness, itchiness and often a gritty feeling in the eye. Here are my tried-and-tested homeopathic remedies for blepharitis. But make sure to supplement them with good eyelid hygiene (see box, page 39) for both treatment and prevention:

Euphrasia Use this if your symptoms include watery eyes with discharge as well as swelling of the eyelids accompanied by a burning sensation.

Graphites Again, this is good for red, swollen, dry eyelids.

Staphisagria Choose this if your inflamed eyelids are accompanied by a hot feeling in the eyes.

Suggested dosages: Again, take these remedies in 30C potency, three times a day until symptoms are resolved; Euphrasia can also be used topically (see box, page 39)



David Needleman is one of the founding directors of the Alliance of Registered Homeopaths. Qualified as both a pharmacist and a homeopath, he has

worked in community pharmacies for most of his professional life and lectured on homeopathy in the US, the UK and Japan as well as treating clients in 24 countries.

In 1996, David set up the Homeopathic Helpline, a 15-hour-a-day, 365-day-a-year acute advice service manned by him and other qualified, experienced homeopaths. They have successfully helped 350,000 callers to date. You can reach the Homeopathic Helpline at +44 (0)9065 343404.

To have David answer a question in WDDTY, write to info@wddty.co.uk.

Euphrasia eye drops

Euphrasia can be very useful in the treatment of blepharitis when taken internally, but for conjunctivitis it's better to use it topically.

To make Euphrasia eye drops (make them fresh for each use):

1. Boil some water, then allow it to cool.
2. Fill an eye bath with the water.
3. Add one drop of Euphrasia mother tincture to the eye bath.
4. Use an eyedropper to apply to eyes, then discard the remaining water.

Alternatively, you can try a commercial Euphrasia eye drop formula. Two good ones are A. Vogel's Moisturising Eye Drops and Weleda's Euphrasia 3X Soothing Eye Drops.

For most eye infections, and even just for tired eyes, use Euphrasia eye drops as needed. But for styes, blepharitis and conjunctivitis, use them three or four times a day alongside the appropriate remedy to speed up recovery.

Eyelid hygiene tips

Any treatment for blepharitis should always be accompanied by a strict eyelid cleaning routine. Even better, combine it with gentle eyelid massage, which can help unclog any blocked glands.¹ Here are some tips:

1. Clear away oil and debris from around the eyelash line by applying warm compresses (using a cloth or cotton wool warmed with hot water) to the eyelids several times a day.
2. Immediately after this, use a clean finger and gently sweep the fingertip along the eyelid, starting at the inner corner and ending at the outer corner. Repeat this five to 10 times on both the upper and lower lids while keeping the eyes closed.
3. Following the massage, moisten a cotton bud with a solution of warm water and sodium bicarbonate (baking soda; 1 teaspoon in a cup of water will do) and use it to gently clean along the base of the eyelashes. Avoid touching the eye itself, and always use water that's been freshly boiled and cooled.

If you wear eye makeup, be sure to remove it completely and then follow the above cleansing steps before going to bed.

REFERENCE

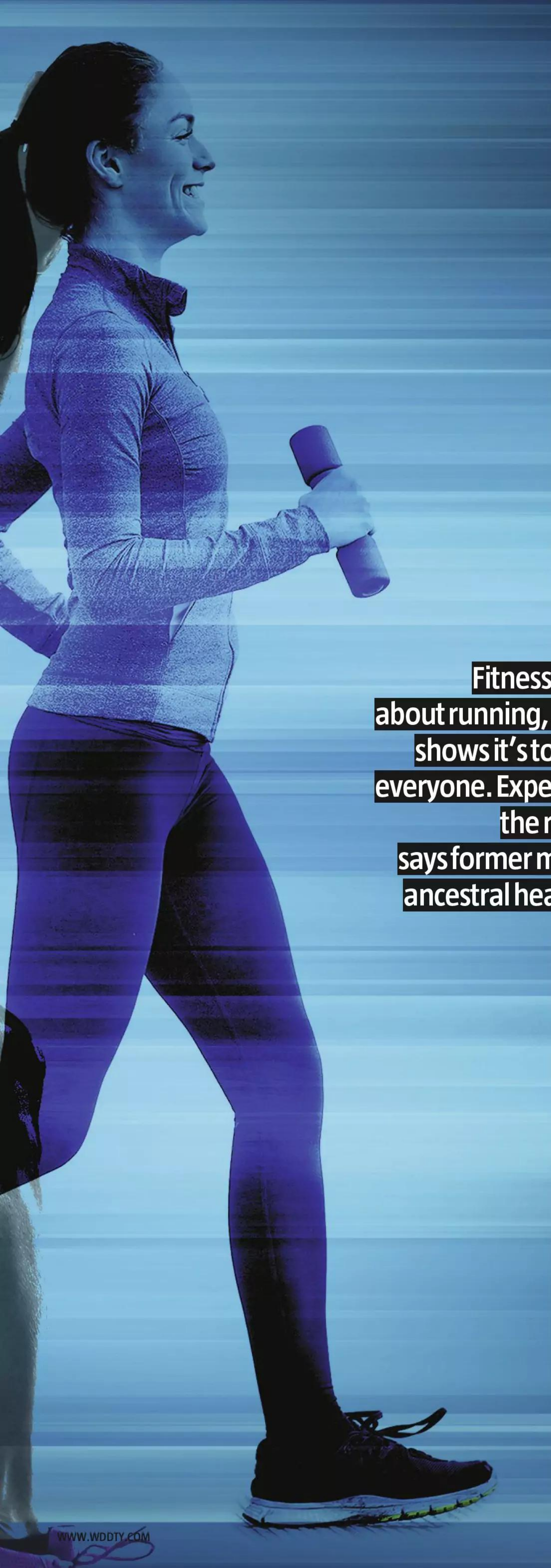
- 1 Clin Ophthalmol, 2012; 6:1689–98

Quick tip

Avoid wearing contact lenses while suffering from eye issues like styes, blepharitis or conjunctivitis. And if you wear glasses, remember to keep them clean to avoid contaminating your eyes.



RUNNING OUT OF STEAM



Fitness enthusiasts are crazy about running, but the evidence shows it's too strenuous for almost everyone. Experts should walk back the running recommendation, says former marathon runner and ancestral health leader Mark Sisson

The romanticized notion that humans are “born to run” has buoyed the running boom of the past 50 years. Well-intentioned fitness enthusiasts lace up their cushioned shoes and plod down roads and trails in pursuit of the runner’s high, a trim physique and the fountain of youth.

Unfortunately, the idea that we’re born to run is a big, fat ruse—not only a marketing gimmick but also a gross misappropriation of evolutionary biology. While any movement away from a sedentary lifestyle is laudable, the truth is that humans are born to walk, not to run.

Fitness enthusiasts may remember the bestselling book *Born to Run*, by Christopher McDougall (Profile Books, 2009). It romanticized the endurance exploits of the primitive-living Tarahumara peoples of Mexico, the elite Western ultrarunners who traveled there to compete and the proven insights about

Homo sapiens’ many genetic endurance attributes. The book was credited with providing another boost to the decades-long running boom and the popularity of minimalist, barefoot-style running shoes.

It’s true that humans possess numerous highly evolved genetic attributes that enable them to perform feats of endurance superior to those of any other animal on earth. Our upright stature,

long limbs, narrow pelvis and slender frames, in contrast to the physiognomy of our ape cousins, allow incredibly graceful bipedal locomotion.

We have efficient thermoregulatory mechanisms that adapt to prolonged exercise in the heat. Our springlike ligaments and tendons in the toes, arches, Achilles tendons and calves are designed for optimal impact absorption and the use of kinetic energy for forward propulsion.

Unlike our ape cousins, we possess a large and powerful gluteus maximus that is designed particularly for running. We have short toes, which greatly improve the mechanical efficiency of the foot in comparison to other animals’ longer toes. We even have a nuchal ligament, which connects the base of the skull to the spine and prevents excessive head bobbing while running.

In fact, the fittest humans can outlast cheetahs and antelopes and even fare well against horses, especially when temperatures are warm or hot. The documentary *The Great Dance: A Hunter’s Story* (Earthrise Productions, 2000) captures a persistence hunt—humans’ most ancient and elementary form of hunting—on film for the first time.

In the film, San hunters in the 110 degree Kalahari Desert track a kudu antelope for four hours, driving it to its ultimate demise by exhaustion. The endurance running hypothesis that many evolutionary anthropologists advance asserts that persistence

ATTENTION, *WDDTY* SUBSCRIBERS!
EXCLUSIVE OFFER

Take *WDDTY* with you wherever you go!

As a valued *WDDTY* subscriber, we are delighted to announce that, along with the many benefits of your subscription, you now have access to the *WDDTY* app on your smartphone or digital device.

Every issue is available to read via the app, and you can also download each issue to read offline. Now you can take *WDDTY* with you everywhere you go by downloading the app to your smartphone or tablet.

Follow these four simple steps to download the app:

- 1 Search “*WDDTY*” in your app store (iOS or Google Play)
- 2 Install the *WDDTY* app (WDDTY Publishing Ltd)
- 3 Tap “Next” through the welcome screens. On the final welcome screen, tap “I’m an existing subscriber.” (Or, if you’re already through the welcome screens, tap Options > Restore Purchases).
- 4 Tap “I have a subscription from the publisher which entitles me to app access” and enter your email address.

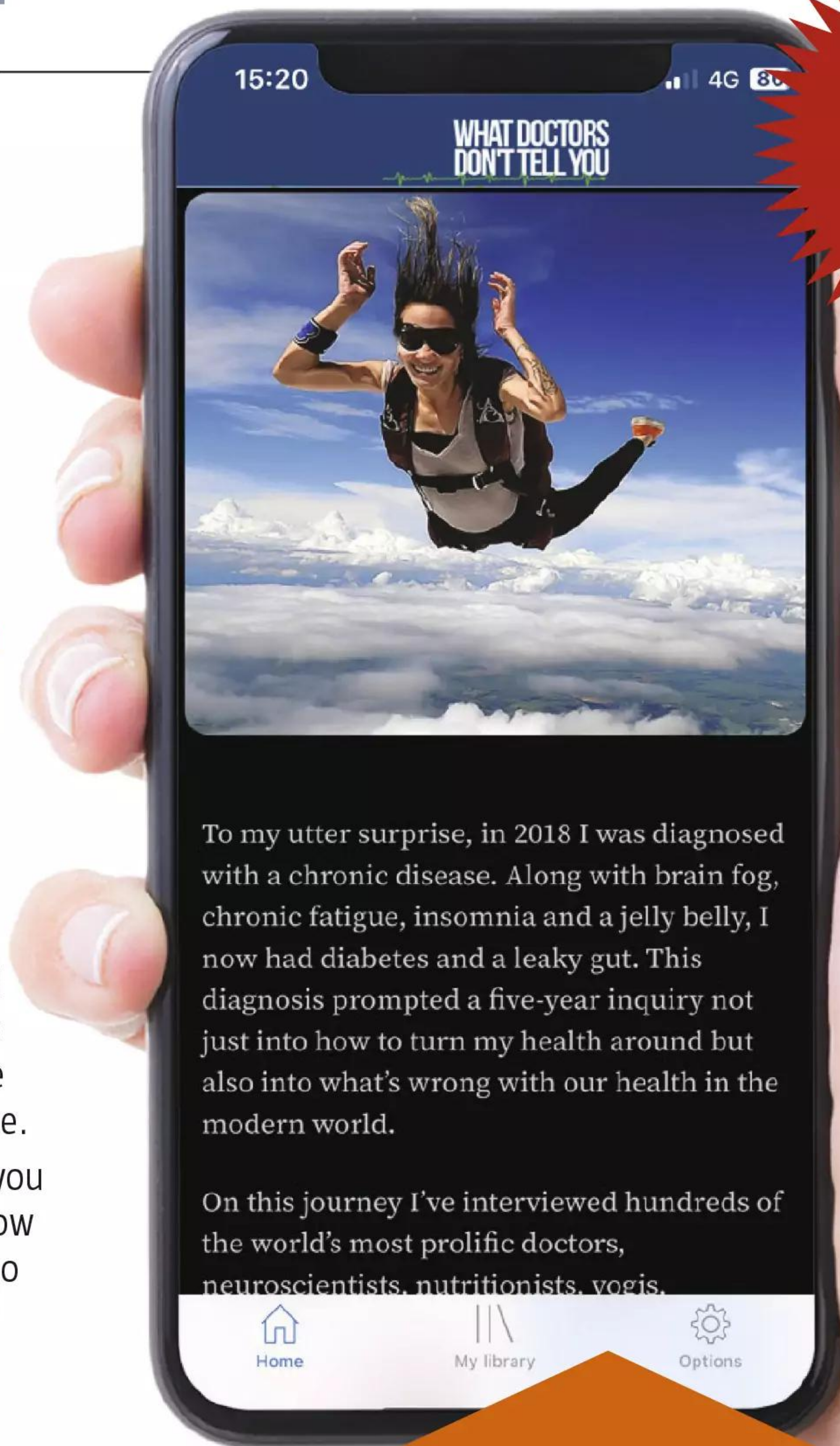


Please use the email address linked to your subscription when logging in to the app.



To update your email address, please log in to your account on wddty.com.

For any assistance, please email info@wddty.co.uk.



NOW INCLUDED
WITH YOUR
SUBSCRIPTION!

Enjoy our new mobile experience!

Goodbye to pinch-and-zoom: ‘Article view’ gives a responsive, scrollable version of each article, alongside traditional ‘page view’ — perfect for reading on any screen.

Article audio: Enjoy your articles on the move, with podcast-like convenience.

Comfort controls: Choose light, dark and sepia modes and adjust text size, creating your ideal, personalized reading environment.

Our new digital reader goes beyond “just” a print replica, offering a mobile experience tailored to modern reading habits and easy to enjoy on any device.

hunting is a key reason humans ascended to the top of the food chain. Contrast our graceful locomotion with that of the plodding, waddling, easily overheated great apes for further evidence of our evolutionary endurance superiority.

Run off our feet

These scientific insights, combined with a hefty dose of modern fitness-industry marketing hype, have led us to celebrate the idea that humans are natural runners—that training for marathons is one of our birthrights. And as a result, for the past half century, we have laced up our cushioned shoes and headed off down roads and trails searching for the promises of the runner's high, a trim physique and protection against the diseases caused by a sedentary lifestyle.

We've been buoyed by culture-shaping ad campaigns from Nike (before the epic "Just do it" campaign launched in 1988, Nike fueled the running boom with 1977's "There is no finish line") as well as by dreamy quotations from scientific experts, elite athletes and journalists alike.

But the truth is as simple as this: Endurance running—anything beyond a mile or two—is too physically stressful for most enthusiasts. Attempting a 5k or 10k run (never mind a marathon), even at a modest jog, will cause most people to quickly transition from burning predominantly fat for energy to burning predominantly glucose.¹¹

This results in a stressful, exhausting, depleting workout. It's not an effective way to become fit or healthy. And this idea is supported by the embarrassing rate at which recreational runners are injured.

Numerous studies from all over the world suggest around half of all regular runners are injured every year.¹² Even *Runner's World* magazine, the go-to community resource for training and lifestyle guidance, admits 46 percent of its readers are injured annually.¹³ One study reports 25 percent of all runners are sidelined by injury at any given time.¹⁴

The reality is that most runners (except highly conditioned and genetically gifted front-of-the-pack athletes) lack the baseline metabolic, musculoskeletal and cardiovascular health to attempt an activity as strenuous as running. Mind you, this is not about training for marathons or ultras, simply about trying to run nonstop for as little as 10–15 minutes.

After only a few minutes of running, your heart rate can easily drift outside the comfortable aerobic

zone, prompting increased stress-hormone production, elevated glucose burning, lingering muscular soreness and fatigue, and prolonged recovery time. A pattern of too-strenuous workouts can lead to exhaustion, depletion, brain fog, difficulty dropping excess body fat

and an assortment of genetically programmed survival compensations that will make you generally *less* active in daily life.

And yet these workouts are the default recommendation of most popular books, magazine articles, coaches, personal trainers, expert-guided group running programs and fitness-minded peers.

Running propaganda can take a hike

By studying evolutionary biology, we understand that humans are genetically hardwired to engage in near constant low-level movement throughout the day, because this promotes optimal cognitive, hormonal, metabolic and immune function. It's how our ancestors lived for 2.5 million years—hunting, gathering, foraging, wandering, scouting and migrating all day, every day.


Because of the disastrous unintended consequences of running and the tremendous upside of a walking-centric lifestyle, I hereby declare an end to the running boom. Humans are born to walk, not run.

I will stand my ground against any evolutionary biologist who refutes this contention. It's clear that *Homo sapiens* has the genetic capability to perform amazing endurance-running feats driven by the fight-or-flight instinct, but that doesn't mean those feats should be a norm.

Furthermore, as we marvel at our genetic capacity for endurance, we must also acknowledge that nearly all modern humans have completely squandered these gifts in the incessant pursuit of convenience and luxury. Raise your hand if you've tracked any antelopes for hours in hundred-degree temperatures recently, and you may be excused from class to go train for your next half-marathon.

Otherwise, let's reflect on the fact that our amazing locomotive talents have been buried under collective tons of excess body fat; weak and atrophied musculature and connective tissue; diminished aerobic capacity (use it or lose it!); dysfunctional feet resulting from a lifetime of wearing elevated, restrictive shoes; and distracted, hyperconnected brains primed to receive sedentary instant gratification.

We've also been lured into running by profit-seeking marketing forces glamorizing ridiculously unhealthy events like the marathon as the ultimate endurance



**Runner's World magazine,
the go-to community resource
for training and lifestyle
guidance,
admits 46%
of its readers are injured
annually**

INTENTION ESSENTIALS

Intention is a powerful, life-changing force with the potential to transform your life—and the lives of those around you. In Intention Essentials, Lynne McTaggart will teach you the key principles for using intention to transform your health, finances, relationships, and life's purpose.

What You'll Learn:

In this six-part course, Lynne will guide you through the essentials of using intention effectively in your life, ensuring you start on the right path from the very beginning.

Here's what's included:

- **Five Recorded One-Hour Sessions**
Discover the 7 essential tools to separate success from failure.
- **Weekly Exercises, Practice and Homework**
Immerse yourself in the core principles, focusing your thoughts with laser-like efficiency.
- **In-Depth Intention Guidance**
Learn the most effective language to use, how to focus your heart and counter self-doubt.
- **Bonus Live Session with Lynne**
Join Lynne for a live, interactive session for direct mentoring to practice what you've learned.
- **Your Own Community**
You'll get access to a private online Community to connect with classmates and work in pairs.



LAUNCHES JUNE 14, 2025
BOOK YOUR PLACE NOW:

[www.lynnemctaggart.com/
courses/intention-essentials/](http://www.lynnemctaggart.com/courses/intention-essentials/)



running achievement (Note: I was an elite marathon runner for many years, so I get to throw a little shade here). It might be instructive to realize the 26.2 mile event is based on a fabrication, not on a glorious ancient running achievement.

Most runners are familiar with the story of Pheidippides, a Greek foot messenger (*hemorodromus*) who is the inspiration for the marathon distance today. As the legend goes, Pheidippides ran 26 miles from the city of Marathon, Greece, the site of the historic battle of Marathon, to carry a message to the assembled leaders in the capital, Athens.

He arrived to announce victory in battle (*Nike! Nike! Nenekiam!*, “Rejoice, we conquer!”) and then dropped dead. The marathon race, which was first presented in the modern Olympic Games in 1896, was contemplated for modern athletes to honor his heroic feat.

One problem: The story is a complete fabrication originating from an 1879 poem by Robert Browning, who took poetic license with Greek history. Pheidippides was indeed a historical figure and military hero. The *hemorodromoi* were able to travel faster than horses over rugged terrain and communicate key military strategy.

But the historical truth is that Pheidippides ran 153 miles in 36 hours, traveling from Athens to Sparta to request the Spartans’ help in the important battle of Marathon. Upon learning they were on holiday and couldn’t help right away, he quickly returned to Athens to convey the important news—running a superhuman 306 miles in four days.¹

If we really want to honor Pheidippides, marathons should be 153 miles, not 26.2. If the marathon distance is truly random and whimsical, might the running community be better off—fitter, healthier and happier—if the “marathon” were 13.1 miles?

Fat max for max health

If you want to have a long, enjoyable, sustainable fitness journey, let’s back away from the hype and formulate a plan to do things correctly. Endurance exercise is not inherently unhealthy; it’s only unhealthy when you do it in an overly stressful manner.

A simple way to avoid this is to conduct the vast majority of your cardiovascular exercise at comfortable “aerobic” heart rates that emphasize fat burning, minimize glucose burning, are minimally stressful, and leave you refreshed and energized instead of slightly or significantly exhausted, depleted and craving a quick pint of Ben & Jerry’s afterward.

These are workouts conducted at or below your “fat max” heart rate—the point at which you burn the maximum number of fat calories per minute. When you speed up beyond fat max, you of course burn more total calories per minute, but you start burning less fat in favor of a spike in glucose burning.

This makes the workout more stressful and more difficult to recover from. A pattern of workouts that are slightly to significantly too strenuous to emphasize



The myth of weight loss through running

The most egregious broken promise of the running boom is also the most obvious: Endurance running does not help you lose excess body fat. It’s likely that the most common goal of recreational joggers is to drop excess body fat, but their workouts are too strenuous and exhausting to be effective in that way.

Yes, you burn calories logging the miles, but a pattern of workouts that are slightly to significantly too stressful prompts an increase in appetite, especially for quick-energy carbs, which you deplete during sugar-burning workouts.

Endurance running also leads to a reduction in general everyday movement and resting metabolic rate. Perhaps most important, it prompts your hormones to signal the body that it needs to shed lean muscle mass and hoard body fat.

These observations led scientists to develop the compensation theory of exercise. In essence, when you push your body too hard with exhausting, depleting workouts, it engages in an assortment of hardwired compensations to conserve energy—to preserve stored body fat and signal the body to become consciously and subconsciously lazy in everyday life.

Dr Herman Pontzer, author of the books *Burn* (Allen Lane, 2021) and *Adaptable* (Avery, 2025) and one of the world’s leading experts on energy expenditure by humans and other primates, explains that “reproduction, repair, growth, and locomotion are a zero sum game.” We have an upper limit on our daily caloric expenditure, so if excess energy is devoted to endurance training, the body will turn down other important dials in a genetically programmed response to conserve energy.

Exercises to do instead of running

Jogging 2.0

Instead of a humdrum steady-state session, you can make jogging the baseline form of locomotion for the workout, but sprinkle in brief periods of medium-to-high-intensity running technique drills, dynamic stretches, jumping drills, balance and agility drills, or core- or leg-strengthening movements. Visit the Peluva YouTube channel (youtube.com/@wearpeluva) for instructional videos of basic, intermediate and advanced running technique drills, such as the popular “skipping” drills and many variations performed by track and field athletes.

Skipping drills emphasize certain segments of the running stride to help reinforce correct technique or exaggerate range of motion to improve your mobility and force production. Most of them are low-impact and easy to learn, even for those without racing experience.

Walkabouts

Instead of staying on the beaten trail or path, do some off-roading to purposely negotiate rough, varied and/or uneven terrain. Even the most urban-dense pedestrian trails offer opportunities for brief detours onto varied terrain.

The idea here is to purposely challenge your proprioception (awareness of the body’s position in space) and foot functionality by walking on a rock bed or natural debris, up or down steep slopes, diagonally across a steep incline, or any other variation you can find in your environment.

Even if you’re confined to an urban setting not intended for fitness or adventure, you can find ways to sprinkle in variation. For example, try walking a few strides with one foot on the sidewalk and another at street level before returning to a level surface. Hop onto a bus bench, jump back down and resume your walk. Grab a sign pole and do a set of single-leg Romanian deadlifts with each leg before resuming your walk.

Walk-jog fat max workout

Instead of pegging your heart rate at fat max for the duration of your aerobic workouts, consider starting at your typical jogging pace, then slowing to a walk when your heart rate reaches fat max. After a few minutes of walking, your heart rate should drop significantly and you can break into a jog once again. Then repeat the cycle, always slowing when your heart rate reaches fat max.

Uphill backward walking

Weighted backward uphill (or backward on an incline treadmill) walking delivers an excellent strengthening effect to the arches, calves, quads and glutes in a way that forward walking doesn’t. The quads in particular get loaded much more than when walking forward. This exercise also offers a great way to improve your balance and proprioception.

It’s important to use minimalist shoes (or just socks on a treadmill) to get full muscle activation without interference from landing on an elevated-heel shoe. I typically walk for three to five minutes, take a short break for forward walking and then repeat for a few sets.

fat burning leads to breakdown, burnout, illness and injury. On the other hand, when you honor your fat max heart rate during endurance sessions, you become more efficient at using fat for fuel, which is the essence of endurance competency.

It’s called the development of an aerobic conditioning base and is the single most important ingredient for success. Your aerobic base allows you to absorb and benefit from occasional faster workouts that prepare you for competition.

You can identify your fat max heart rate with sophisticated laboratory testing, or you can use the widely recommended “180 minus age” formula developed by endurance coaching pioneer Dr Phil Maffetone. Simply subtract your age from 180 to identify your fat max heart rate in beats per minute. For example, a 40-year-old person will have a fat max of 140 beats per minute. It’s critical to carefully monitor your heart rate during all workouts to ensure you remain below fat max and achieve the desired benefits of an aerobic workout.

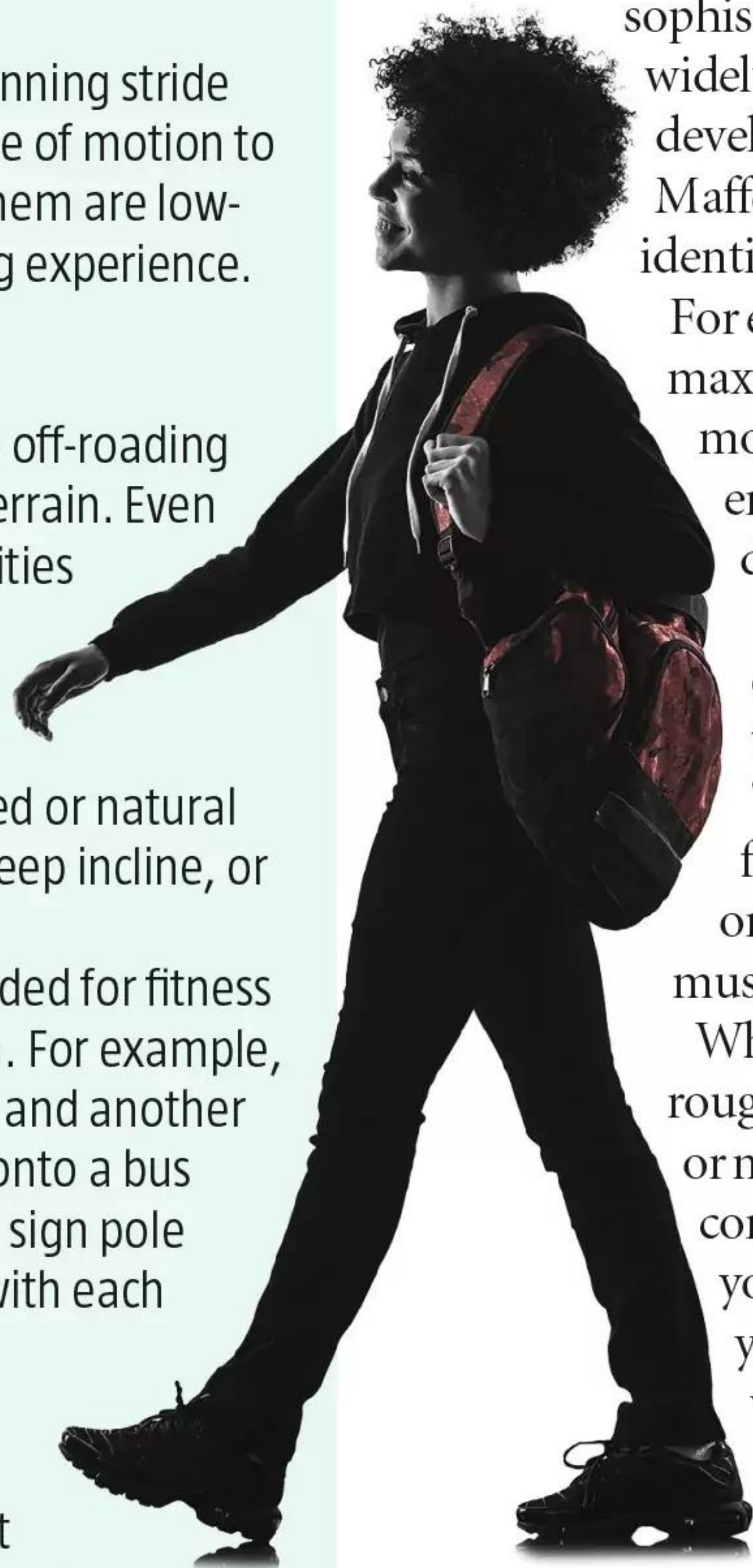
What’s shocking to many exercisers is how comfortable fat max pace feels. It’s well below the exertion level at which people feel like they’re “getting a workout.” Instead, exercising at fat max feels extremely comfortable, like you can carry on indefinitely without suffering any breathing or muscle discomfort.

While a heart rate monitor is best, you can also roughly estimate fat max pace by using the “talk test” or monitoring your nasal breathing. If you can easily converse without getting winded while exercising, you’re likely at or below fat max. If you can close your mouth and breathe through your nose only without having to open it and gasp for air, this also suggests you’re at or below fat max.

And now for the kicker: Most runners, even experienced runners, are doing most of their training mildly to significantly above fat max. Again, they’re not feeling immediate strain and pain from drifting above fat max, but over time they’re training the wrong energy systems for endurance and raising the risk of overtraining. The heart rate monitor doesn’t lie, so it follows that slowing down to a walk will help many runners properly develop the aerobic system.

It’s known in exercise physiology that the human gait pattern typically switches from a jog to a walk at a pace of 14 minutes per mile. Hence, if you can’t go faster than that without exceeding fat max, your training pace becomes a walk or perhaps a blend of walking and jogging for the desired duration of the workout.

Carefully regulating training pace according to heart rate, and needing to slow from a jog to a walk accordingly, is not as immediately gratifying as taking off down the road or the trail for a vigorous workout after a stressful day in the confines of the office. But it is scientifically validated as the correct way to train the body into a fine-tuned endurance machine—instead of a tired, fat, frequently injured, sugar-burning,



Negative effects of running on the heart

Just as too much exercise stress can cause a tear in the biceps or a stress fracture in the tibia, an overtrained heart can sustain serious and irreversible damage.

Scientific research reveals that serious heart conditions are occurring with shocking regularity among longtime competitive marathon runners, ultramarathon runners, triathletes, racing cyclists, long-distance cyclists and cross-country ski racers. Medical experts are now referring to these heart troubles as runner's cardiomyopathy and Pheidippides cardiomyopathy.

Engaging in chronic cardio for years and decades can prompt an assortment of pathological structural and electrical changes to a healthy heart:

- Stiffening of the atria, right ventricle and major arteries
- Scarring and thickening (fibrosis) of the heart muscle
- Accumulation of calcified and noncalcified plaque in the arteries
- High blood pressure
- Singeing and searing of artery walls from repeated overstress with insufficient recovery time

That's right: This is the same high blood pressure and hardening of the arteries that you think you're running away from with your devotion to endurance training. Alas, if you keep running long enough and keep pushing the pace, you may complete a loop that lands you on a couch next to your lazy, junk-food-eating next-door neighbor.

A study of longtime marathon runners—those who finished a minimum of 25 marathons over the previous 25 years—showed an average calcified plaque volume, also known as a coronary artery calcium (CAC) score or Agatston score, of 274. In the sedentary control group, the average score was 169.¹

For reference, a CAC score over 300 indicates a very high risk of heart disease. A score of 100 suggests an elevated risk, below 50 is considered safe, and zero is a great score—clean pipes from clean living and sensible fitness pursuits.

The right ventricle is particularly vulnerable to damage from chronic cardio because it typically pumps against the low-resistance lungs and is far less muscular than the left ventricle. When the delicate right ventricle has been repeatedly stretched and scarred from overuse, it can no longer contract efficiently—like a worn-out rubber band.

While a scarred hamstring is a bummer for your fitness goals, scarred heart tissue can disrupt the electrical impulses that flow through it and cause arrhythmias. Endurance athletes are particularly susceptible to atrial fibrillation as well as premature ventricular contractions, atrial flutter, ventricular fibrillation, ventricular tachycardia, atrial tachycardia and hypertrophic cardiomyopathy.

In the worst cases, athletes experience sudden cardiac death during exercise, even when their blood work and routine screenings such as EKGs show no evidence of atherosclerosis or other risk factors. Many athletic types have gone in for routine screenings to discover significant blockages of the major arteries despite their impressive fitness credentials.



sugar-chomping machine. Although this is a harsh characterization, it's an accurate description of the physiological state of most recreational runners.

In contrast, we can reference the training habits of the world's greatest endurance athletes in every sport for the past 60 years—all of whom spend the vast majority of their training time in comfortably paced aerobic heart rate zones and add impressive high-intensity training sessions only as icing on the cake.² Even these sessions, which many recreational runners try to integrate in the name of getting "faster," are beneficial only because the elites have done the hard work to absorb and benefit from them.

If you care about your physical health, including your immune, metabolic and hormonal function, and about making sure your training efforts support longevity rather than compromise it, you will be well served to slow down and patiently build that aerobic base. This applies even if your ultimate goal is only to get faster, and even if it entails trading in your slightly too stressful typical jogging pace for brisk walking or alternate jogging and walking.

REFERENCES

- 1 Biomolecules, 2020; 10(12): 1699; Lawrence L. Spriet and Rebecca K. Randell, "Regulation of Fat Metabolism During Exercise," July 2020, gssiweb.org
- 2 Yale Medicine, "Running Injuries," accessed Apr 23, 2025, yalemedicine.org
- 3 Elizabeth Millard, "Almost Half of Recreational Runners Get Injured, According to New Research," Apr 23, 2021, runnersworld.com
- 4 Curr Sports Med Rep, 2010; 9(3): 176-82
- 5 Dean Karnazes, "The Real Pheidippides Story," Dec 6, 2016, runnersworld.com
- 6 Front Sports Act Living, 2023; 5: 1258585

Adapted from *Born to Walk* by Mark Sisson and Brad Kearns (Primal Blueprint Publishing, 2025). Former endurance athlete Mark Sisson is a pioneer of the Primal/Paleo lifestyle and is known for his best-selling books and top-ranked health blog.



REFERENCE

- 1 JACC, 2010; 55(10 suppl A): A173.E1624

CLAIM BIG DISCOUNTS ON HEALTH PRODUCTS

HOW TO CLAIM YOUR DISCOUNTS

These member discounts are available only to print and digital subscribers. If you're a print-only subscriber who doesn't have a login to the *WDDTY* website, you can't claim—so you need to upgrade your account to both print and digital.

Go to the offers page at wddty.com/exclusive-member-offers to read more about the offers and upgrade your subscription. These offers will pay for any upgrade in the first month and then carry on saving you money for the rest of your subscription.

WHAT DOCTORS DON'T TELL YOU

We're all worried about cost-of-living price rises right now—but *WDDTY* subscribers can perhaps worry a little less. As a subscriber, you can claim big savings on vitamins, supplements and other health products you need.

Our Members' Offers—which you can also find on the *WDDTY* website (wddty.com)—always include great deals across a range of health products. It's worthwhile to check the page frequently for new offers that are always being added.

These offers are available to every subscriber. You can log in by using your unique subscription number. If you don't know it, just click the link beneath the login area, and your details will be emailed to you.

Here's a taste of what's currently on offer:

There are many more offers on the website! To find out more and access ALL the offers, visit:

wddty.com/exclusive-member-offers



PHOTIZO LIGHT THERAPY

50% off our online Photobiomodulation CPD

Want to know more about photobiomodulation (PBM) and how to use Photizo devices for best results? Check out our online PBM Continuing Professional Development (CPD) for a better understanding of this fabulous modality.

CODE: WDDTY-PBMCPD50



HEALTHARENA®

20% off everything

Healtharena specializes in pure, clean, premium collagen formulations to improve skin and joint health. Made in the UK with natural ingredients backed by independent research, the products are available in bovine, marine and vegan collagen options.

CODE: WDDTYDIG25



THE SCHOOL OF HEALTH

10% off all online courses in natural medicine

The School of Health offers courses in nutrition, homeopathy, herbal medicine, yoga and naturopathy (which covers Ayurveda, Chinese medicine, Tibetan and Unani medicine, naturopathy, homotoxicology, psychosocial approaches, iridology, hydrotherapy and oral health). Anatomy and physiology as well as pathology and disease courses are also available.

CODE: WDDTY10SOH



FIRZONE

£25 off all infrared saunas and blankets

Firzone is the UK's leading brand of far infrared sauna equipment for home use. The company has over 16 years of expertise and stocks FIR sauna tents, blankets and domes at affordable prices.

CODE: WDDTY25



PURE BIO LTD

10% off all supplements with phone orders

Pure Bio is a leading UK supplier of the highest quality pure nutritional supplements. Competitively priced 100 percent pure supplements — no nasties added. Vegan and vegetarian friendly.

CODE: WDDTY2025



FLEXXICORE

20% off all FlexxiCore products

FlexxiCore's versatile exercise equipment is designed for all ages and fitness levels, allowing you to enjoy the benefits of a stimulating yet stress-releasing workout in the comfort of home.

CODE: WDDTY-NY2025



ALTRIENT

15% off Altrient — the original evidence-based liposomal supplements

Altrient liposomal supplements outperform other traditional supplements and offer visible results in a measurable time, including the astounding 61 percent increase in skin elasticity with Altrient C, which also recently won "Best Vitamin and Mineral Supplement Product" at the IHCAN magazine awards.

CODE: WDDTY15



OMNIA RADIATION BALANCER

18% off all Omnia EMF protection products

Omnia Radiation Balancer stickers and pendants contain a unique energy imprint that meets the EMF and changes its vibration so it becomes in harmonic resonance with the body's electrical field.

CODE: WDDTY



PRAVERA LTD

20% off your online order

GSE Organic Supplements is a range of 100 percent organic plant-based supplements — no junk, no synthetics. GSE's number one priority is to bring all-natural and organic products to everyone.

CODE: WDDTY20



HELLO WELLNESS

30% off your first pot of Hello Wellness herbal supplements

Hello Wellness offers 100 percent natural solutions for modern health challenges, including poor digestion, sleep, cognition and energy, plus balancing formulas for hormones and immunity. HW products are blends of herbs in vegan capsules.

CODE: WDDTY30



POTYQUE CBD

20% off all Potyque CBD oils and Calming Cream

Potyque harnesses the power of natural wellness, calming your mind, body and soul. Potyque CBD has been naturally formulated to help with menopause, sleep, anxiousness and aches.

Rest. Recover. Repeat.

CODE: WDDTY20



DR JESS, THE NATURAL DOCTOR

15% discount off your first pot of Ultimate Pro multivitamin and mineral supplement, exclusively for WDDTY subscribers

Formulated by Dr Jess, The Natural Doctor, this premium, custom-blended multivitamin delivers highly bioavailable nutrients for maximum absorption and real results. Backed by science.

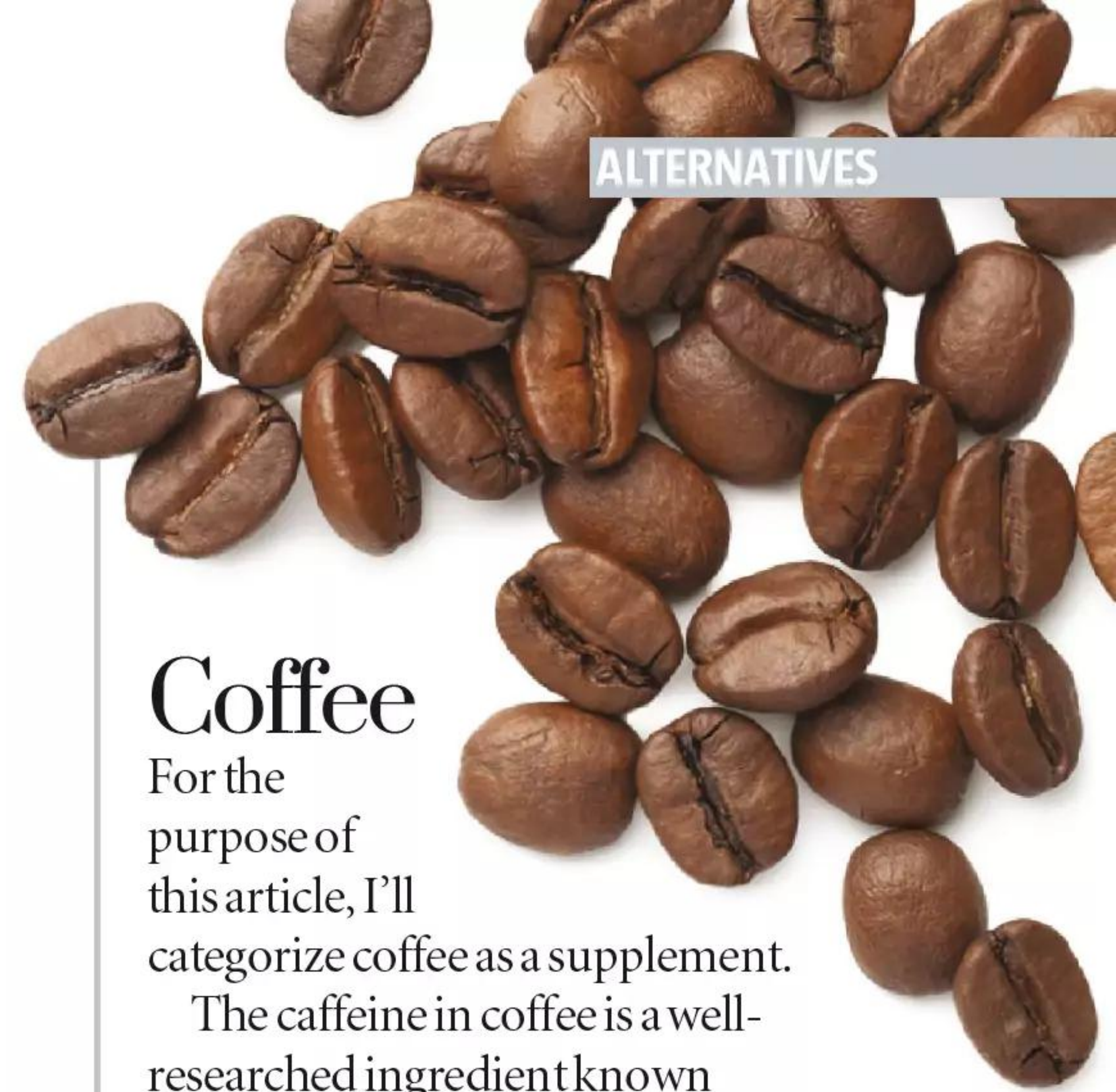
Powered by nature. Designed for you.

CODE: WDDTY15



Biohack
your
weight loss





Coffee

For the purpose of this article, I'll categorize coffee as a supplement.

The caffeine in coffee is a well-researched ingredient known for its ability to boost metabolism and increase fat oxidation. Studies have shown that caffeine can enhance energy expenditure (what we typically call "burning calories," or using up the energy we've made from food) and promote weight loss by increasing fat breakdown and improving exercise performance.¹

Coffee's most powerful polyphenol, chlorogenic acid (CGA), instructs your body's fat cells to burn their fatty acids for fuel. This is the same mechanism that statin drugs use to lower your cholesterol, without the side effects.

CGA cuts cravings, suppresses appetite and activates the liver to produce more bile, aiding in detoxing your cells. It helps the liver to process fats and glucose more efficiently by lowering triglyceride levels and stabilizing blood sugars. This blood sugar balancing act decreases your risk of metabolic syndrome and diabetes while inhibiting the growth of new fat cells.

Studies suggest CGA reduces abdominal fat in overweight adults by working with the caffeine in coffee to increase the number of fat cells that are burned for energy. It even works while you're sleeping.²

CGA has been associated with antioxidant, antiviral, antibacterial, anticancer and anti-inflammatory activity as well as other actions that reduce the risk of cardiovascular disease, type 2 diabetes and Alzheimer's disease (see box, page 53, to learn the key benefits of CGA).

However, the biological activities of CGA depend on its stability. The compound is sensitive to pH, temperature and light as well as to individual differences in humans.

We all have our own internal chemistry, biology and functionality of our many glands, organs and moving parts, and we each metabolize CGA our

Functional diagnostic nutrition practitioner, metabolic health expert and *Metabolic Freedom* podcaster Ben Azadi has over 17 years' experience helping thousands reclaim their health. Here are his top 11 anti-inflammatory supplements to biohack weight loss and help reset your metabolism

Many people fed up with the status quo, medical "sick care" system are taking matters into their own hands

by researching biohacks. Biohacking is the practice of making small, incremental lifestyle or dietary changes to improve health, well-being and performance.

When I speak with scientists and practitioners who research biohacking on my podcast, a topic that comes up again and again is supplements for weight loss. They're no substitute for the right diet and lifestyle (a ketogenic diet and fasting are among the proven strategies for restoring metabolism that I have used to help tens of thousands of people thrive). But if you want to lose weight, certain natural supplements can help you double your results in half the time.

Here's a list of my favorite supplements that can help you biohack fat loss and reset your metabolism.



Next Gen



range



featuring

BioSNEDS™

MAXIMUM CELLULAR DELIVERY TECHNOLOGY

A revolution in bioavailability.



- Superior absorption and bioavailability
- Validated by pharmacokinetic & PAMPA studies
- Direct delivery of actives into cells
- Optimal distribution through lymphatic system
- Protects and stabilises sensitive actives
- Avoids 'first-pass' liver degradation of actives
- Extended release of actives for greater efficacy
- Water-dispersible and self-emulsifying
- Clean, vegan-friendly technology

BioSNEDS™ is a trademark of Verdant Nature, Inc.

www.terranovahealth.com



25 times more bioavailable*



40.2 times more bioavailable*



15.3 times more bioavailable*



43.3 times more bioavailable*



44.4 times more bioavailable*

**compared to the standard form; results based on independent pharmacokinetic (PK) and PAMPA studies*



Available in Independent Health Food Stores

Distributed in the UK by Bio-nature Ltd

For details call 01535 611 446

or email: info@bionature.uk.com



own way and tolerate it differently. See the box below for a few tips for using coffee as a supplement.

How to get the most from your coffee

Here are three tips to maximize coffee's benefits and minimize potential side effects.

Choose a lighter-roast organic bean

Brew a light or medium roast as opposed to a dark one. Once the beans are roasted beyond medium, they've lost a whopping 75 percent of their fat-blasting polyphenols. Also, coffee plants grown in high altitudes that undergo extreme temperature changes produce the most polyphenols.

Make sure your coffee is organic and that it's been tested for contaminants such as mold, heavy metals and pesticides. My personal favorite brands include Purity Coffee, Camano Island, Danger Coffee, Bulletproof, Lifeboost Coffee and Regalo Coffee. See page 64 for *WDDTY's* guide to choosing the healthiest coffee.

Set a coffee curfew

Set a coffee curfew of 10 a.m. to ensure the caffeine doesn't impact your sleep. The half-life of caffeine in the body varies widely depending on several factors, including age, body weight, pregnancy status, medication intake and liver health.

However, in most adults, the half-life is generally estimated to be four to six hours.¹ This means if you consume 100 mg of caffeine (the amount in about a cup) at 2 p.m., after four to six hours, at 6–8 p.m., 50 mg will remain in your system.

After another four to six hours, at 12–2 a.m., only 25 mg will remain, and so on. Some people, especially those sensitive to caffeine, may experience its effects for longer, even days.

Follow the 90-minute caffeine rule

Wait 90 minutes after waking up to have your coffee. Consuming

caffeine on waking can interfere with the natural rhythm of cortisol, a hormone promoting alertness. Delaying caffeine lets your body use this natural energy boost first, potentially leading to sustained energy and reducing your reliance on caffeine.

Enhanced effectiveness of caffeine is another benefit. Adenosine, a neurotransmitter promoting sleepiness, builds up while you're awake. Waiting 90 minutes allows its levels to rise, making caffeine more effective at keeping you alert.

Experiment to find what works best for you, paying attention to your body's response to caffeine at different times.

REFERENCE

- 1 Institute of Medicine Committee on Military Nutrition Research, *Caffeine for the Sustainment of Mental Task Performance: Formulations for Military Operations* (National Academies Press, 2001), ncbi.nlm.nih.gov

CGA benefits

Chlorogenic acid (CGA) is a powerful polyphenol found in coffee.

Decades of peer-reviewed scientific research suggest CGA has the following benefits:

- **Helps prevent cardiovascular disease.** Consuming high-CGA coffee may improve blood flow and blood vessel lining function after meals, meaning it may reduce some of the risk factors for cardiovascular disease and atherosclerosis.¹
- **Reduces inflammation.** CGA may help lower inflammation and, over the long term, prevent chronic disease.²
- **Improves glucose regulation.** A diet rich in CGA sources may help regulate blood sugar levels, which can be beneficial for losing weight and reducing the risk of diabetes.³
- **Lowers blood pressure.** CGA may moderately lower blood pressure during the time it's consumed.⁴

REFERENCES

- 1 *Prog Cardiovasc Dis*, 2018; 61(1): 38–42
- 2 *Nutrients*, 2015; 8(1): 16
- 3 *Evid Based Complement Alternat Med*, 2013: 2013: 801457
- 4 *Clin Exp Hypertens*, 2006; 28(5): 439–49



MCT oil

Particularly rich in caprylic acid, medium-chain triglyceride (MCT) oil offers remarkable benefits for metabolism and mitochondrial uncoupling—like running a car engine without engaging the gears.

Normally, the engine (mitochondria) burns fuel (glucose or fat) to produce power (ATP) efficiently. In mitochondrial uncoupling, the fuel is still burned, but the energy is released as heat instead of stored as fat.

This uncoupling process can increase metabolism, much like an idling car engine burns fuel without moving the car. It can help regulate body weight and protect against metabolic diseases by burning more calories.

Caprylic acid, an MCT known for its health benefits, is rapidly absorbed and converted into ketones, providing a quick and efficient energy source. This process enhances metabolic rate and supports weight management.

The dual action of boosting metabolism and enhancing mitochondrial function makes MCT oil a powerful ally in achieving optimal metabolic health. Caprylic acid shows the most promising research as it relates to these benefits.¹

You can take MCT oil as a supplement (see page 65 for some top brands to try) or add it to your diet through natural sources like coconut oil, sheep and goat dairy, butter, and ghee. These foods provide a convenient and natural way to boost your intake of MCTs, including caprylic acid.



Vinegar

A ton of research shows apple cider vinegar (ACV) boosts metabolism, suppresses appetite and reduces fat storage. It has three major benefits:

1. Weight loss. ACV contains acetic acid, which ramps up metabolism, curbs cravings by up to 600 calories per day and inhibits fat storage. This also

helps people lose weight even when they're having trouble.

2. Digestion. Most of us have some nutrient deficiencies and gut dysfunction. Because ACV is so acidic, it can help restore stomach acidity, prevent heartburn, aid protein digestion, assist bile/enzyme release and so much more.

3. Blood sugar stabilization. Numerous studies show ACV mitigates blood sugar spikes in people with normal blood sugar, prediabetics and even diabetics. It can also help reduce sugar spikes (even with foods like bread), which can be difficult to avoid.

In one study, 12 healthy volunteers ate bread with varying amounts of vinegar. Results showed that higher vinegar consumption led to lower glucose and insulin responses and increased feelings of fullness.^[1]

Another study examined the effects of vinegar on obesity. In a 12-week, double-blind trial, obese participants were given drinks with either 0, 15 or 30 mL of vinegar. Results showed the vinegar groups saw bigger decreases in weight, visceral fat, waist circumference and serum triglyceride levels than the placebo group. This suggests daily vinegar intake could help prevent metabolic syndrome by reducing obesity.^[2]

See the box below to learn how to use vinegar for fat loss.

The best times to use vinegar for fat loss

Before meals. Take three capsules (or 1 tablespoon diluted with water) 15–20 minutes before each meal to improve digestion and mitigate blood sugar surges. This is one of the best ways to balance blood sugars.

After meals. Taking vinegar or ACV after you eat can do wonders if you

experience bloating or gas or if you eat more carbs than you expected to. It can also assist in controlling post-meal glucose levels. A study showed ACV improved insulin sensitivity after a high-carb meal by up to 34 percent.^[1] Bonus points if you go for a 15-minute walk, too.

First thing in the morning. Set yourself up for daily success by reducing cravings throughout the day, which can help you push further into your fast.

REFERENCE

1 Diabetes Care, 2004; 27(1): 281–28

African mango

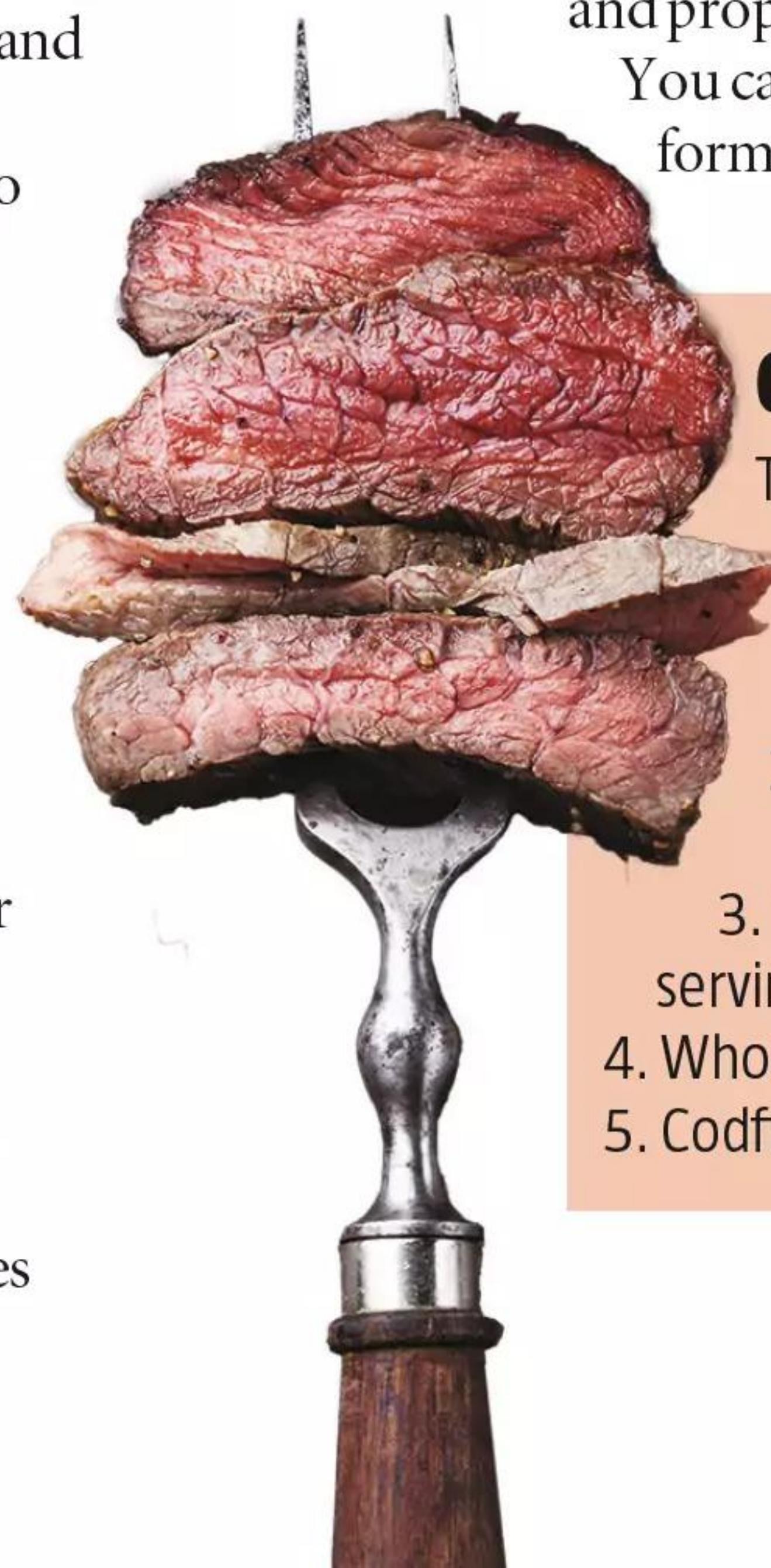
African mango (*Irvingia gabonensis*) can promote weight loss, especially around your waist and hips. One of the most

significant studies on its use for fat loss in humans is a review that found its extract significantly reduced body weight, body fat percentage and waist circumference over four to 10 weeks.

In the most notable clinical trial, 102 overweight volunteers were given 150 mg of the extract twice daily before meals for 10 weeks. They enjoyed an average weight loss of 28 lb (13 kg), a decrease in waist size by 6 in. (16 cm), and improvements in cholesterol and blood glucose levels.^[1]

Another study of African mango showed significant reduction in body weight, body fat and waist circumference in overweight people. It also found the fruit improved all of the following metabolic markers:

- Total cholesterol
- LDL cholesterol
- Blood glucose
- C-reactive protein (a marker for inflammation)
- Adiponectin (a hormone that increases insulin sensitivity and reduces inflammation)
- Leptin (a hormone that regulates appetite and body weight)^[2]



L-carnitine

A naturally occurring amino acid derivative, L-carnitine is widely recognized for its potential fat-loss and health benefits. It plays a crucial role in energy production by transporting long-chain fatty acids into the mitochondria, where they are oxidized to produce energy. This process helps reduce body fat, enhance exercise performance and increase muscle mass.

Studies have shown supplementing with L-carnitine can improve fat metabolism, particularly during physical activity, leading to more effective weight loss. L-carnitine has been linked to improved heart health, reduced muscle soreness and enhanced recovery after exercise.

One of the most comprehensive studies on L-carnitine for fat loss was conducted by researchers at the US National Institutes of Health (NIH).

Over 12 weeks, participants took L-carnitine supplements with a high-carbohydrate beverage twice a day.

They also did 30 minutes of low-intensity exercise, such as walking or jogging, four days a week. The study found that those taking L-carnitine burned more calories during exercise, had higher muscle carnitine levels and maintained their weight, while the non-L-carnitine group gained weight and burned fewer calories. These results suggest L-carnitine can enhance fat metabolism and support weight loss when combined with regular exercise and proper diet.^[1]

You can get L-carnitine in supplement form and from food (see box below).

Carnitine-rich foods

These are the top five foods rich in carnitine:

1. Beef steak (56–162 mg per 4 oz serving)
2. Ground beef (65–74 mg per 3 oz serving)
3. Pork (20–30 mg per 3 oz serving)
4. Whole milk (8 mg per 8 oz)
5. Codfish (3–5 mg per 3 oz serving)

Green tea leaf extract

Rich in antioxidants like epigallocatechin gallate (EGCG), green tea leaf extract has been widely studied for its health and fat-loss benefits. EGCG helps boost metabolism and increase fat oxidation, particularly during exercise. Studies have shown it can enhance thermogenesis, the body's process of burning calories to produce heat, which contributes to weight loss and improves body composition.

Green tea extract has also been linked to lower appetite and better fat distribution, making it an effective supplement for weight management. Beyond weight loss, it offers benefits such as improved heart health, better blood sugar regulation and a lower risk of certain cancers due to its high antioxidant content.

Research in the *International Journal of Obesity* revealed it significantly increased calorie burning and fat oxidation in humans.¹² Catechins like EGCG in green tea can target belly fat, especially in overweight and obese adults.

One study looked at how a green-tea-based catechin drink affected body fat levels in overweight adults as they exercised to lose weight. Participants were randomly assigned to receive a drink containing 625 mg of catechins with 39 mg of caffeine or a control drink with only caffeine for 12 weeks. The researchers asked them to maintain constant energy intake and do at least 180 minutes/week of moderate exercise.

The catechin group saw greater changes in abdominal fat and blood triglyceride levels.¹³



Forskolin extract

From the root of the *Coleus forskohlii* plant, forskolin extract has been studied for its potential benefits in fat loss and weight management. Forskolin is known to stimulate the production of cyclic adenosine monophosphate (cAMP), a molecule that helps regulate metabolism and energy production.

By increasing cAMP levels, forskolin can enhance the breakdown of stored fats and boost fat oxidation. Research shows it may help reduce body fat percentage and increase lean body mass.

One of the most notable studies of forskolin involved 30 overweight and obese men who were given either 250 mg of a 10 percent forskolin extract or a placebo twice daily for 12 weeks. The forskolin group experienced a significant reduction in body fat percentage and an increase in lean body mass compared to the placebo group.

They also had higher testosterone levels, which may have helped them lose more fat and retain more muscle mass during the study.¹⁴

Grains of paradise

Aframomum melegueta, a plant related to ginger that produces seeds often called grains of paradise, has proved useful for fat loss. A study of non-obese female volunteers who took 30 mg of its extract daily for four weeks began to burn far more calories and lost more fat around their organs and belly (visceral fat).

The study concluded the extract could be a safe and effective method of reducing body fat, primarily by preventing the buildup of visceral fat.¹⁵ Another study in both men and women also showed similar results.¹⁶



A major study in the *British Journal of Nutrition* focused on the effects of grains of paradise on brown adipose tissue (BAT, a type of fat linked to a lower risk of chronic disease) and energy expenditure. Nineteen healthy men took an ethanolic extract of grains of paradise, and it led to greater calorie burning by activating BAT, which burns calories to produce heat.¹⁷



Garcinia cambogia

A tropical fruit known as Garcinia cambogia or Malabar tamarind has gained attention for its potential weight-loss benefits. The active ingredient in the fruit's rind, hydroxycitric acid (HCA), is believed to inhibit an enzyme that the body uses to make fat.

By blocking this enzyme, HCA is thought to prevent fat storage and reduce appetite by increasing serotonin levels in the brain, which can reduce cravings and emotional eating. Some studies suggest garcinia cambogia can also enhance fat metabolism and increase exercise endurance. A meta-analysis in the *Journal of Obesity* concluded that garcinia cambogia extract can result in short-term weight loss.¹⁸





Introducing the *WDDTY* Community!

Community matters

WDDTY proudly presents the launch of its brand-new online community hub. This is going to be an incredible space to connect with like-minded people from all around the world. It consists solely of *WDDTY* subscribers, and you can join the discussion about health queries, treatments and recommendations. It will also serve as a community notice board where you will find updates on *WDDTY* Webinars, Talks and Special Reports.



Attend live webinars and Q&As where you can get your questions answered by leading health experts.

Connect online with other *WDDTY* members, including health practitioners, and share your experiences.



Join or start your own conversation on any health-related topic on our brand-new purpose-built online forum.



Stay in the know about the latest alternative health information with our free Special Reports available to download.

GET INVOLVED WITH THESE 4 SIMPLE STEPS

1. SCAN THE QR CODE ON THE RIGHT OR VISIT THE URL SHOWN BELOW
2. LOG IN WITH YOUR SUB ID (LOCATED ON MAGAZINE ENVELOPE)
3. CREATE YOUR OWN DISPLAY NAME
4. CLICK ON "ASK A QUESTION" AND JUMP RIGHT INTO THE CONVERSATION





Conjugated linoleic acid

Conjugated linoleic acid (CLA) is a type of polyunsaturated fatty acid that has been studied for its potential health benefits, particularly weight loss and fat reduction. Research suggests it may help reduce body fat by inhibiting fat storage and promoting the breakdown of existing fat stores.

CLA is also believed to increase calorie burning and lean body mass. The *Journal of Nutrition* published a study showing that CLA supplementation reduced body fat in overweight and obese individuals.¹⁵ Other studies also revealed the benefit of CLA for fat loss in rats, which may translate to humans.¹⁴

You can get CLA from a supplement, but it's also found naturally in meat and dairy products such as heavy cream, butter, ghee, cottage cheese, sheep dairy and cow cheese.

Capsaicin

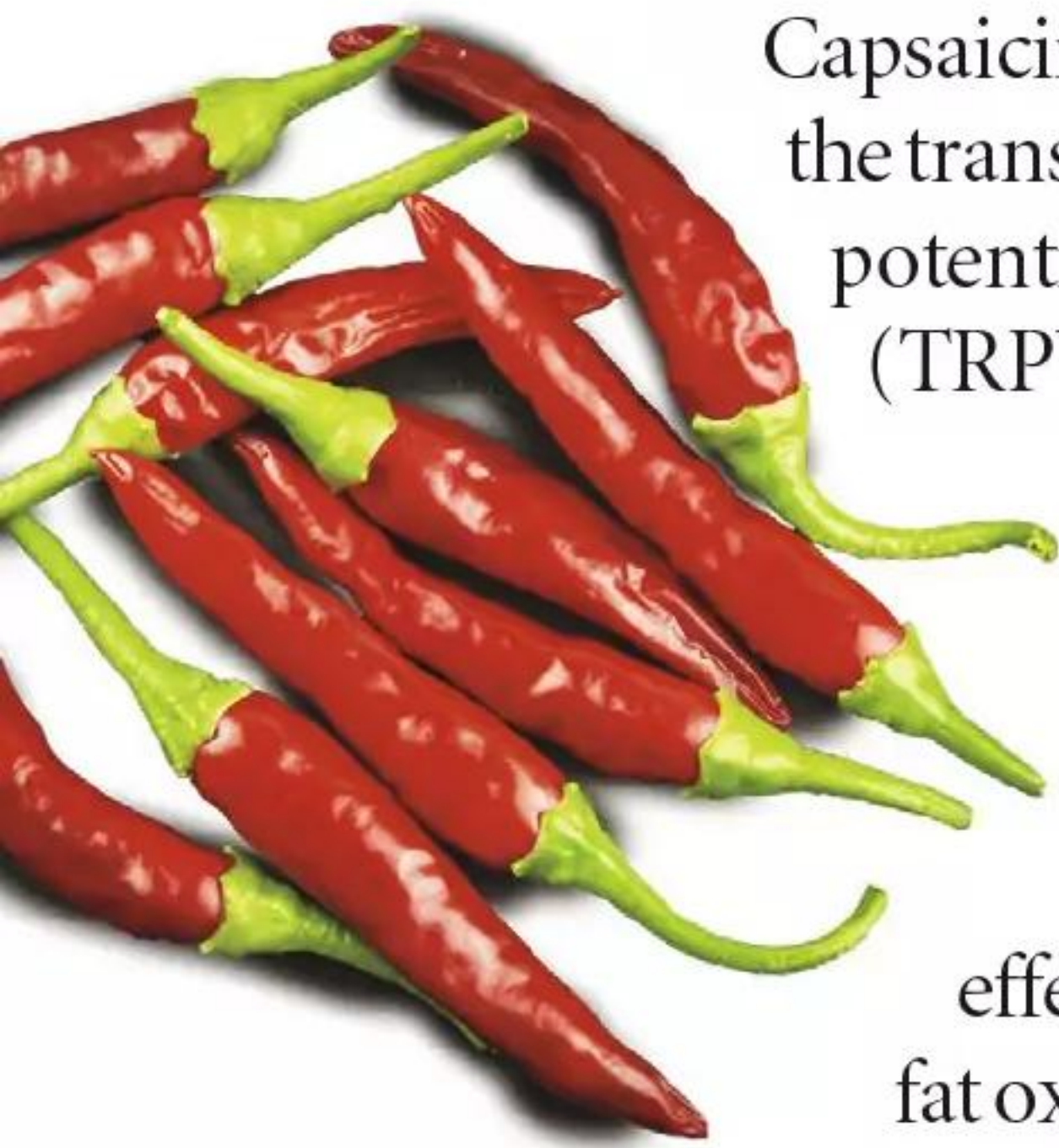
Capsaicin, the hot component in chili peppers, is renowned for its thermogenic properties and potential benefits for fat loss.

Capsaicin works by activating the transient receptor potential vanilloid 1 (TRPV1), which increases the body's heat production and energy expenditure—this thermogenic effect can enhance fat oxidation and boost metabolism. Studies show

it can greatly reduce belly fat and overall body fat by increasing calorie burn and promoting fat breakdown.

It's also been shown to suppress appetite, leading to lower calorie intake and supporting weight-loss efforts. A study in the *European Journal of Nutrition* highlighted that capsaicin intake increased heat production and fat oxidation, lowering body fat.¹⁶

As with all supplements, check for contraindications and speak to your healthcare practitioner before taking these to be sure you're doing so safely.



Selecting your supplements

Not all supplements are created equal—in fact, many result only in expensive urine. The key is to use high-quality supplements derived from whole foods versus synthetic supplements made in a lab.

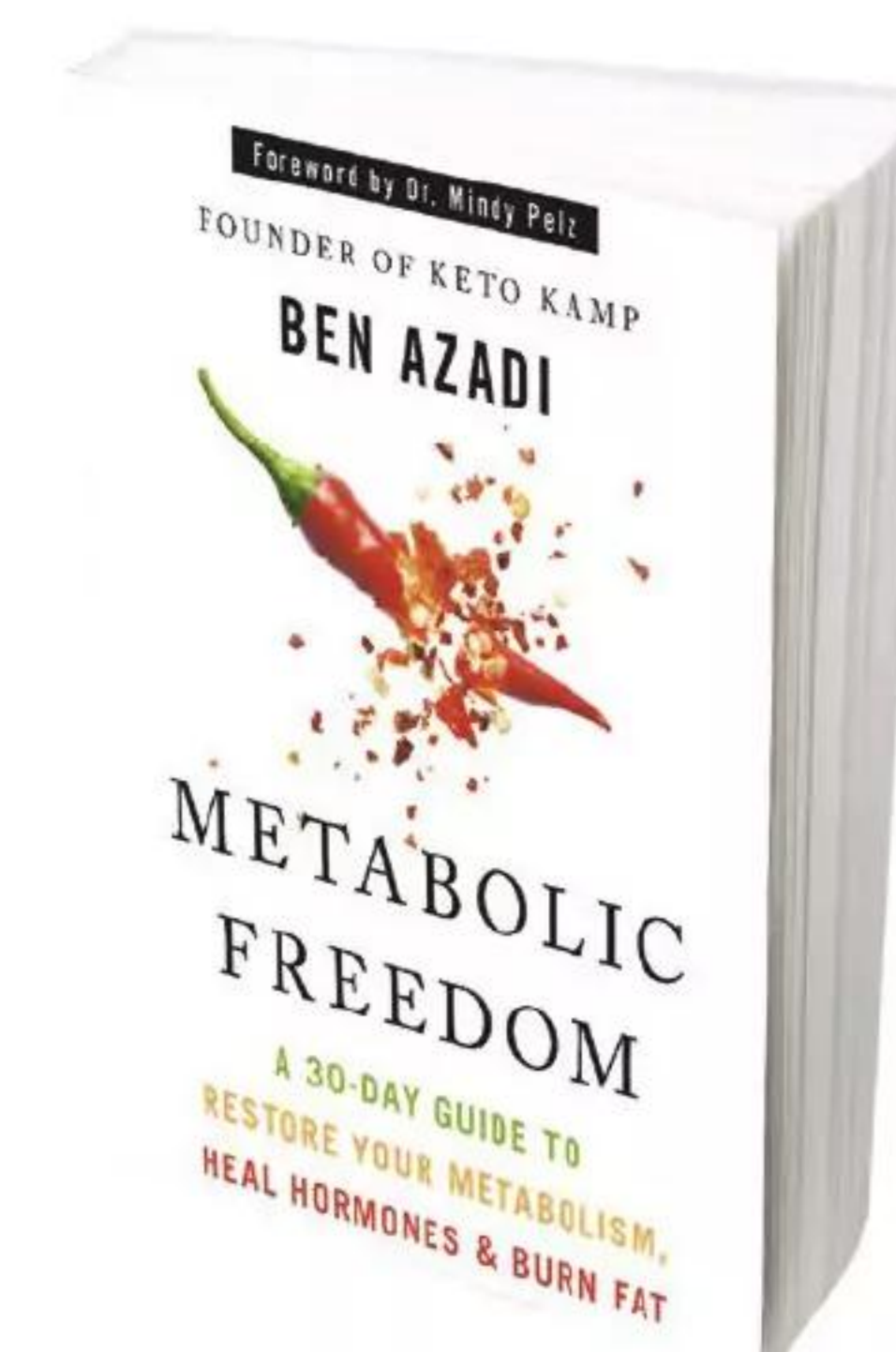
When you take synthetic vitamins, the human body recognizes them as drugs. But it recognizes real food supplements as nutrition. What results is “selective absorption”—the body fills any nutritional gaps and excretes the rest.

Real food supplements are derived from concentrated, dehydrated forms of fruits, vegetables and other natural sources, providing a complex blend of vitamins, minerals and phytonutrients as they occur in nature.

To identify these supplements, look for labels that list whole foods like “organic spinach,” “kale,” “berries” or other recognizable plants as primary ingredients. And check for terms like “cold-pressed” or “raw” processing, which preserve nutrient integrity.

In contrast, synthetic supplements often list isolated nutrients, such as “ascorbic acid” for vitamin C or “dl-alpha-tocopherol” for vitamin E, indicating that these nutrients were manufactured in a lab rather than derived from a natural source. These products may lack the co-factors and other beneficial compounds found in whole foods that aid in nutrient absorption and efficacy.

When selecting supplements, prioritize products that clearly state their whole-food origin and have undergone minimal processing. Avoid fillers, additives and artificial ingredients to ensure you're getting the best support for your health.



Adapted from *Metabolic Freedom* by Ben Azadi (HayHouse, 2025), \$23.99/£24.99

19 REFERENCES

- 1 J Basic Clin Physiol Pharmacol, 2017; 28(1): 1–10; J Int Soc Sports Nutr, 2021; 18(1): 1
- 2 Nutrients, 2019; 11(7): 1617
- 3 Br J Pharmacol, 2002; 136(2): 280–6; Front Nutr, 2019; 6: 46; Curr Dev Nutr, 2017; 1(4): e000257
- 4 Eur J Clin Nutr, 2005; 59(9): 983–88
- 5 Biosci Biotechnol Biochem, 2009; 73(8): 1837–43
- 6 J Nutr Therapeutics, 2(1): 53–58; Joe Schwarcz, “The African Mango: Can Its Seeds Really Help You Lose Weight?,” Mar 20, 2017, mcgill.ca
- 7 Lipids Health Dis, 2009; 8: 7
- 8 J Int Soc Sports Nutr, 2020; 17(1): 49; Biochim Biophys Acta, 2016; 1863(10): 2422–35; Mol Aspects Med, 2004; 25(5-6): 455–73
- 9 Am J Clin Nutr, 1999; 70(6): 1040–45
- 10 J Nutr, 2009; 139(2): 264–70
- 11 Obes Res, 2005; 13(8): 1335–43
- 12 J Nutr Sci Vitaminol (Tokyo), 2014; 60(1): 22–27
- 13 Drug Des Devel Ther, 2022; 16: 3777–3791
- 14 Br J Nutr, 2013; 110(4): 733–38
- 15 J Obes, 2011; 2011: 509038
- 16 Nutrients, 2020; 12(7): 1913
- 17 Nutrition, 2001; 17(5): 385–90; J Nutr Sci Vitaminol (Tokyo), 2002; 48(5): 405–9
- 18 Eur J Nutr, 2009; 48(4): 229–34

Toxic signals

EMFs could be causing cancer, fertility problems and more, says Dr Leigh Erin Connealy. Here's what you need to know about this pervasive pollutant and how to protect yourself

Smartphones, Wi-Fi routers, electrical power lines, 5G towers, smart meters, microwaves... what do they all have in common? These modern conveniences—ubiquitous in our everyday lives—all pose an invisible threat: constant exposure to electromagnetic fields. In our hyperconnected world, they certainly make our lives easier, but at what cost?

Emerging research links EMFs to a multitude of health concerns, ranging from transient inconveniences like headaches to serious illnesses such as cancer. So, can we coexist safely with these ever-evolving innovations and still protect ourselves from the dangers they pose?

Electromagnetic fields 101

As the name suggests, electromagnetic fields are created when electric and magnetic fields are combined. Electric fields are created by voltage and are always “on,” while magnetic fields are typically produced only when a current flows through devices or wires.

EMFs produce varying degrees of electromagnetic radiation and can be classified into two basic categories: ionizing and non-ionizing. High-frequency EMFs are in the ionizing

radiation portion of the electromagnetic spectrum. Examples include x-rays and gamma rays. They've been proven to cause cellular disruption along with DNA alteration and damage.

Low-to-mid-frequency EMFs, also called non-ionizing radiation, are emitted from power lines, radio waves (used in Wi-Fi), smartphones and tablets, appliances, computers, routers, and microwaves, to name a few. They surround us 24/7—in our workplaces, vehicles, homes and schools as well as just about everywhere else you can think of. And though we're often told it's harmless, this onslaught of round-the-clock, low-grade exposure is doing more damage than we could have imagined.

“Constant exposure to EMFs makes the cells vibrate, rapidly divide and mutate. These cellular disruptions set the stage for serious health problems like cancer”

Constant exposure to EMFs makes the cells vibrate, rapidly divide and mutate. These cellular disruptions set the stage for serious health problems like cancer.

The late Robert O. Becker, MD, an orthopedic surgeon and researcher often called the “father of electromedicine,” is credited with coining the term *electromagnetic pollution*. Dr Becker also cautioned decades ago that electromagnetic pollution is the greatest danger to society today. Unfortunately, his predictions were correct.

EMR syndrome

In a press release from January 2025, the OneName Project announced a new name for the “disease of the digital age”: electromagnetic radiation (EMR) syndrome.¹ Previously, symptoms and problems associated with EMF exposure were given confusing and inaccurate names, such as radiation sickness, electrohypersensitivity, microwave syndrome and electromagnetic sensitivity. The One Name Project aimed to end the stigma surrounding this condition and confer clarity.

EMR syndrome is characterized by a variety of health symptoms, from ADHD to tinnitus (see box, page 63). But these are just the tip of the iceberg.

As the OneName Project explains, electric and magnetic fields are part of the electromagnetic spectrum, whose frequencies can disrupt human physiology through radiated field effects. The term *EMR syndrome* includes all EMF-related illness in all biological systems affected by electromagnetic fields and their sources.

So, the potential health issues stemming from EMF exposure are vast and varied. (You can learn more by visiting emr-s.org.)

EMFs and cellular issues

We know high-frequency EMFs produce ionizing radiation that has been proven to cause DNA and cellular damage. But how does long-term, nearly constant exposure to low-to-mid-frequency EMFs negatively affect us?

Martin Pall, PhD, professor emeritus of biochemistry and basic medical sciences at Washington State University, is a world-renowned expert in EMFs and their detrimental effects. In a 2017 letter to California governor Jerry

**INCLUDED WITH
YOUR SUBSCRIPTION**

THINK LIVING A LONG, HEALTHY LIFE IS ALL ABOUT LUCK OR GENETICS? THINK AGAIN.

Our exclusive Longevity Report reveals the 7 proven secrets to living longer, staying healthier, and thriving at every age—all backed by cutting-edge research. From simple lifestyle changes to surprising tips your doctor might not tell you, this report is your ultimate guide to a long, vibrant life.

WHAT'S INSIDE:

- The best foods for a sharp mind and strong body
- Simple ways to detox your home and yourself
- Health risks you may not realize you're taking
- Why it's never too late to start making changes

**DOWNLOAD FOR FREE AS PART OF
YOUR SUBSCRIPTION**



WWW.WDDTY.COM/PRODUCT/7-SECRETS-TO-LONGEVITY

Brown, Dr Pall explained that EMFs activate channels in plant and animal cell membranes called voltage-gated calcium channels (VGCCs).²

These channels are like electrically controlled gates that let calcium in and out of our cells. But EMFs exert 7.2 million times greater forces on these gates than the forces on other charged groups in the cells.

When VGCCs are forced to open or stay open abnormally, excess calcium pours into the cells, potentially causing a range of systemic problems:

- Oxidative stress (production of free radicals)
- Inflammation
- DNA alteration and damage
- Mitochondrial dysfunction
- Neurological or cellular damage

In a 2022 study, Dr Pall revealed the very likely link between increased intracellular calcium (spurred by EMFs) and the extremely early onset of Alzheimer's disease. He pointed out that data from thousands of studies provides "powerful evidence" that EMFs cause the disease.³

Studies funded by the tech industry show that EMFs are harmless, but that's because they look only at how much EMFs heat the body tissues. Technology-caused EMFs can do far more than this, and far more than natural EMFs like those we receive from the earth and sun, because they're "coherent"—they exert force in a specific direction with a specific frequency, unlike the more chaotic natural EMFs (to learn more, see *WDDTY* February 2020 and January/February 2025).

EMFs and cancer

A body out of balance is a breeding ground for cancer and other serious diseases. And constant, low-grade exposure to EMFs disrupts the homeostasis (balance) of our cellular terrain. Excess calcium in the cells, increased inflammation, more free radical generation—all these adverse effects build up over time and may well set the stage for tumor formation.

Children are particularly vulnerable. A 2021 meta-analysis of 33 studies and 186,223 participants looked at the link between extremely low-frequency EMFs and childhood cancer. Its authors concluded there was a connection to

Are these household appliances flooding your home with EMFs?

Check this at-a-glance list to see which appliances are likely irradiating your home.

Bluetooth devices
Clock radios
Computer monitors
Drills
Electric cookers
Electric blankets
Electric water heaters
Hair dryers
Halogen lamps
Hand blenders
Irons
Microwaves
Refrigerators
TVs
Vacuum cleaners
Washing machines

The good news? You can simply unplug them to reduce exposure. Taking proactive steps to reduce EMF levels in your home is vital to maintain a healthy environment for you and your family. In this case, getting unplugged is the perfect solution.

“A 2021 meta-analysis found a link between childhood leukemia and low-frequency EMFs that may increase with greater exposure”

childhood leukemia that may have increased with greater EMF exposure.⁴ Children's brains are still developing, and they're exposed to low-grade EMFs at ever younger ages, making them even more susceptible than adults to potential health issues stemming from EMF pollution.

EMFs and fertility problems

Not surprisingly, EMFs have also been shown to negatively impact the reproductive system. In a landmark 2012 study, researchers found EMFs changed reproductive hormone levels. They also affected ovarian and testicular function, pregnancy and fetal development.⁵

The researchers expressed concern that humanity's "reproductive potential" could be compromised if we don't find a way to lower our EMF exposure. The bottom line is that we must be proactive to protect ourselves from this invisible—yet very real—danger.

How to limit your EMF exposure

While it's true that EMFs are everywhere all the time, your best defense is to take whatever measures you can to limit your exposure. Earlier this year, my friend August Brice, founder of Tech Wellness, joined us on an episode of *Perfectly Healthy* (formerly *Cancer Conversation*; find us on YouTube) to discuss the best ways to protect yourself from the dangers of EMFs. Here are some of her top recommendations.

Hardwire everything Instead of relying on Wi-Fi, hardwire every device you can with an Ethernet cable. This includes computers, laptops, tablets, baby monitors, smart TVs and anything you can plug into your router. Taking this step will eliminate the Wi-Fi connection altogether.

Use speakerphone One of the worst things you can do is hold your smartphone up to your ear while you're talking. This close proximity puts all those damaging EMFs right next to your brain.

Instead, put your phone on speaker mode and distance yourself from your device. Better still, switch off your phone or turn it on airplane mode during times you won't need to use it.



WISE TRADITIONS IN FOOD, FARMING AND THE HEALING ARTS



The Weston A. Price Foundation teaches about healthy foods of the **past** and how to incorporate them in the **present**. We explain the science of **why** certain foods are healthy, **where** to get them and **how** to prepare them.

Request a free copy of our 28-page booklet about Dr. Weston A. Price's research: westonaprice.org/infopack

Become a member: ~~\$50~~ \$40/year
for our quarterly journal and more. Use code **wapf30**

Timeless
Principles
of Healthy
Traditional Diets



THE WESTON A. PRICE
FOUNDATION®

for
Wise Traditions
IN FOOD, FARMING AND THE HEALING ARTS

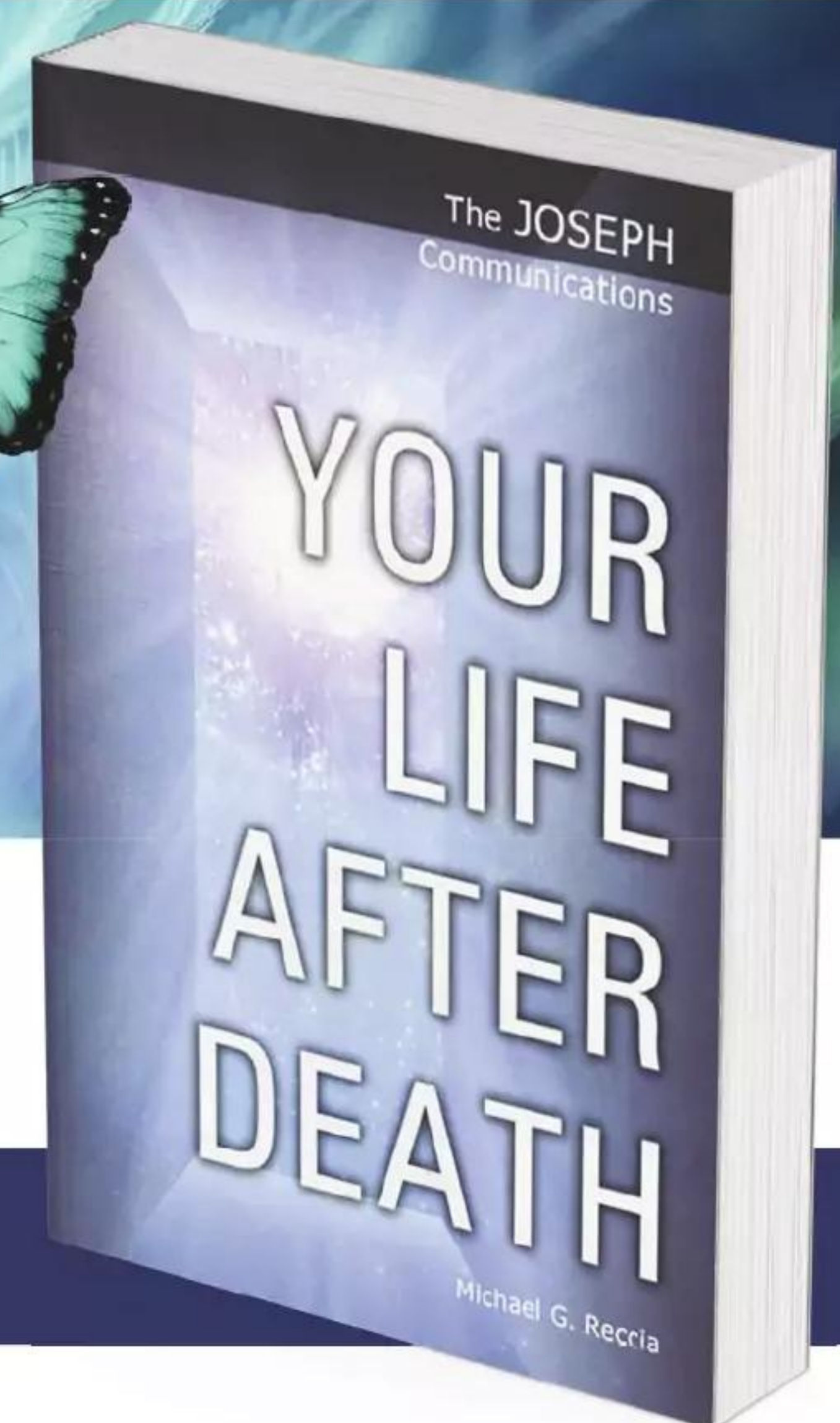
Education • Research • Activism

Over
1 MILLION
printed!

westonaprice.org
(703) 820-3333

(703) 820-3333 westonaprice.org

OPENS DEATH'S DOOR AND REVEALS YOUR INCREDIBLE AFTERLIFE JOURNEY...



"Gave me the strength to cope."
TERESA M DORRICOTT

THE INTERNATIONAL BEST-SELLING BOOK GIFTED FROM THE AFTERLIFE BY
SPIRIT COMMUNICATOR 'JOSEPH'

*"Given me so much comfort
and understanding - I didn't
know what to expect ...and
now I do."*

MARGARET SOWDEN

*"Truly amazing book - has
helped me to deal with
the death of my husband
more easily."*

FLOSSIE

*"Reinforced my belief
that death of the
physical is not the
end."*

PAT BALL

*"A great relief to know
there is nothing to fear
when the time comes to
pass over."*

EDDIE BEARNE

*"It blew my mind
- in a wonderful
way."*

SARA PERRY

Paperback, e-Book and audiobook available from: www.thejosephcommunications.co.uk

FOR UK RESIDENTS ONLY: paperback version can also be ordered by sending a £16.95 cheque payable to Band of Light Media Ltd to: 10 Sparrable Row, Briercliffe, Burnley, BB10 3QW

Ditch wireless earbuds The same goes for AirPods or wireless earbuds. Inserting these Wi-Fi-emitting devices into your ears right next to your brain is a bad idea. Instead, opt for air tube headphones, which use hollow tubes instead of wires to transmit sound, stopping EMF radiation from being transmitted to the ears. Several online retailers carry air tube headphones, or you can visit [techwellness.com](https://www.techwellness.com) to purchase a pair and learn more.

Keep phones distant Many people store their phones in their pockets or slip them into their sports bras or exercise belts while working out, which can also create problems. For young men, putting a phone in the front pocket next to the testes could lead to fertility issues. Women who store their phones in their bras could be increasing their risk of breast cancer.

Play it safe and keep your phone as far from your body as possible when you're not using it. And this includes while you're sleeping.

Turn off Wi-Fi at night Since you can't use Wi-Fi while you're sleeping, your best bet is to turn it off at night. Proximity is key when it comes to EMF exposure, so rather than walking over to your router to switch it off every evening, consider purchasing a Wi-Fi kill switch.

These remote-control devices allow you to instantly switch off Wi-Fi-powered devices and give you and your family peace of mind. Multiple online retailers sell them.

Say no to smart meters Many utility companies have installed "smart meters" to reduce staffing hours spent checking meters. You can call your local utility company and ask for an old meter. They may charge you extra for it, but it's worth it to reduce your EMF exposure.

Purchase an EMF meter Are you curious about areas in your home, office, school or elsewhere that may be saturated with EMF pollution? You can purchase an EMF meter and see for yourself where these invisible dangers lurk. There are even wearable EMF meter watches you can take with you on the go.

EMF meters allow you to make conscious choices about which environments you spend your time in. They can even help with big purchase decisions. My friend August brought her EMF meter with her when test-driving

Symptoms of EMR syndrome

ADHD

Burning/tingling skin

Cognitive impairments

Dizziness

Fatigue

Headaches

Heart palpitations

Sleep disturbances

Tinnitus



new electric vehicles and chose the car with the lowest EMF output.

Get grounded Grounding, sometimes called earthing, is a therapeutic way to reconnect with the earth's natural energy. Directly connecting with the surface of the planet can help balance your body's electrical charge, which promotes overall health and well-being. It may also help you ward off the many adverse effects of EMF exposure.

Because the earth's surface carries a negative electric charge, physically connecting to it allows our bodies to absorb these electrons, potentially neutralizing harmful free radicals and stabilizing the body's biological systems. In addition to EMF protection, studies suggest grounding may reduce inflammation,³ improve sleep, decrease stress and enhance mood.⁴

One of the easiest ways to practice grounding is to walk barefoot on natural surfaces such as grass, sand or soil. Spending time at the beach is particularly effective due to the combination of sand and saltwater, which are both excellent conductors of the earth's energy.

Other options include lying on the ground, swimming in natural bodies of water or using grounding equipment like conductive mats or sheets indoors. To achieve optimal results, make sure you have direct skin contact with the earth for at least 20–30 minutes each day.

Live mindfully

The reality is, we've opened Pandora's box. Unfortunately, the convenience and sometimes even necessity of Wi-Fi, smartphones, 5G, electric vehicles and the like is just too difficult for most of us to back away from.

In a world where electromagnetic pollution is at an all-time high, limiting EMF exposure whenever possible and being mindful of the many ways you can protect yourself and your family are crucial. Learning to thrive and stay healthy while coexisting with modern technology may be challenging, but things worth doing are rarely easy.

Now put down that smartphone and go for a walk outside. Just make sure to take off your shoes.

REFERENCES

- 1 OneNameProject, "New Unifying Name for a 21st-Century Health Crisis: EMR Syndrome," Jan 28, 2025, childrenshealthdefense.org
- 2 Martin L. Pall, "Re: Please VETOSB 649," Sept 20, 2017, electromagnetichealth.org
- 3 Curr Alzheimer Res, 2022; 19(2): 119–132
- 4 PLoS One, 2021; 16(5): e0251628
- 5 Clin Exp Reprod Med, 2012; 39(1): 1–9
- 6 Biomed J, 2022; 46(1): 11–16
- 7 Psychol Rep, 2015; 116(2): 534–42

Leigh Erin Connealy, MD, is the medical director of the Cancer Center for Healing and the Center for New Medicine in Irvine, California. Dr Connealy's multidisciplinary treatment protocols, team of healthcare professionals, and holistic approach to health and healing have made the Centers the largest integrative/functional medicine clinic in North America, visited by more than 70,000 patients worldwide.

Author of *The Cancer Revolution* and *Be Perfectly Healthy* and a sought-after speaker who has appeared on numerous TV and radio shows, webinars and podcasts, Dr Connealy has been named one of the Top Functional & Integrative Doctors in the US.





HEALTHY SHOPPING

Joanna Evans helps you find the healthiest coffee, the best MCT oils and EMF protection products

Magic beans

In “Biohack Your Weight Loss” (page 50), metabolic health expert Ben Azadi recommends drinking coffee to lose weight, rev up your metabolism and boost your overall health. But not just any coffee.

To maximize benefits and minimize side effects, he suggests seeking out the healthiest coffee you can find. That means coffee with high levels of health-promoting polyphenols like chlorogenic acid (CGA) and no potentially harmful contaminants like pesticides, mold and mycotoxins.

Here are five pointers on what to look for plus three top organic coffee brands to try.

What to look for

Organic If you don’t want a mouthful of pesticides with every cup, go for organic coffee. Organic beans also have a higher content of bioactive compounds than conventional coffee beans.¹ Look for organic certification on the product label.

Testing Is the product tested, ideally by a third party, to ensure it’s free of harmful contaminants like pesticides and mold? If you can’t tell by looking on the company’s website, get in touch with them to check.

A lighter roast Go for a light or medium roast over a dark one. Once beans are roasted beyond medium, they’ve lost 75 percent of their polyphenols, says Azadi. A medium roast can offer a good balance between antioxidants and flavor.

Growing conditions The way coffee beans are grown affects their polyphenol levels. Those grown in high altitudes with extreme temperature changes produce the most polyphenols, says Azadi. This is due to the environmental stress on the plants, which forces them to become more resilient (for more on this, see “What Doesn’t Kill You” in *WDDTY* April 2025).

Freshness Polyphenol levels decline over time, so look for companies that prioritize freshness via their packaging, storage and shipping practices. Go for whole bean over ground coffee for maximum freshness and goodness.

Brands to try

These companies all offer top-quality organic coffee available to buy in the US and UK.

Purity Coffee

From \$26/£28.99 (12 oz / 340 g)

US: puritycoffee.com

UK: healf.com

Health-focused Purity Coffee uses regeneratively farmed, USDA organic and handpicked, specialty-grade arabica coffee beans that undergo a customized roasting process to optimize levels of antioxidants, bioactive compounds and micronutrients. The beans are also rigorously third-party tested for mold, mycotoxins, pesticides and other contaminants.

Try the company’s flagship blend, Flow, a medium-roast coffee formulated for all-around health. Or there’s the Sacred Cups Collection, which is grown organically in the shade at high altitudes to achieve maximum polyphenols.

Exhale

From \$15.24/£12.50 (8 oz / 225 g)

exhalecoffee.com

International shipping available

Exhale uses independent labs across the UK and Europe to offer coffee with “more of the good stuff and less of the bad.” The company’s unique process involves nine different tests to check for levels of antioxidants, polyphenols, CGA and vitamins (the good stuff) as well as pesticides, heavy metals, yeast, mold and mycotoxins (the bad stuff).

There are three different coffees available — all are certified organic — including a decaf produced using the Mountain Water Process rather than nasty chemicals. But the one with the most polyphenols is the Organic House Roast. One cup is claimed to contain the antioxidant power of 4 lb (1.8 kg) of blueberries.

Tropeaka

\$21.70/£18 (7 oz / 200 g)

US: tropeaka.com

UK: tropeaka.co.uk

Australian brand Tropeaka has recently added Premium Organic Clean Coffee to its wide range of health and nutrition products.

Available ground or as whole beans, the coffee is sourced from organic, specialty-grade, defect-free, high-altitude green coffee beans that are then carefully roasted to retain more antioxidants while providing a balanced, smooth taste.

The last stage in the process is independent lab testing to ensure the coffee is free of pesticides, mycotoxins, molds and yeasts. The coffee is also free of acrylamide, a chemical linked to cancer, thanks to a smokeless roasting process.

Other options

Other good options include the US brand Lifeboost Coffee (lifeboostcoffee.com) and the UK brand First Light Coffee (firstlightcoffee.co.uk).

REFERENCES

1 | *Eur Food Res Technol* 246, 33–39 (2020)



The MCT edit

MCT (medium-chain triglyceride) oil is another biohack that Ben Azadi recommends to boost metabolism and support weight loss. In particular, he advocates C8 MCT oil, which is high in caprylic acid, an MCT that's rapidly absorbed and converted into ketones (a process that enhances metabolic rate and supports weight management).

So look for MCT oil with high C8 purity—denoted by the percentage of caprylic acid in the oil (95–100 percent is ideal for metabolic benefits).

Also opt for an oil that's:

Certified organic

Third-party tested for purity

Non-GMO

Free of fillers such as artificial ingredients and unnecessary additives

Cold-pressed or steam-distilled (also look for "hexane-free" or "solvent-free")

Sustainably sourced (coconuts are considered a better source than palm oil)

Packaged in a glass bottle rather than plastic to prevent microplastics leaching into the oil

Products to try

Here are a few products that fit the bill. All contain just one ingredient: 100 percent organic MCT oil from coconuts.

Hunter and Gather

Thrive Fuel® Pure C8 MCT Oil, \$30.55/£23 (17 oz/500 mL)

US: healf.com

UK: hunterandgatherfoods.com

Supplying over 98 percent caprylic acid (C8), this oil is triple steam-distilled from hand-picked coconuts and contains no hexanes or solvents. It's third-party tested and comes in a clear glass bottle.

KIKI Health

Organic C8 MCT oil, \$34/£25 (17 oz/500 mL)

kiki-health.com

International shipping available

Containing a minimum of 96 percent C8, this lab-tested MCT oil is made from cold-pressed, non-GMO coconuts and comes in an amber glass bottle. It's also hexane- and solvent-free.

Natural Force

Organic Pure C8 MCT Oil, \$59.99/£72.08 (32 oz/946 mL)

US: naturalforce.com

UK: ninelifelife.uk

This 100 percent pure C8 oil is lab-tested for potency, purity and freshness and sourced from USDA organic, non-GMO and sustainably harvested coconuts. It's produced using steam distillation rather than chemicals and comes in a triple-sealed clear glass bottle.

Other options

Other good organic C8 MCT oil brands to try include US brand Sports Research (sportsresearch.com) and UK brand Stirling Nutrition (sterlingnutrition.co.uk), although their MCT oils don't come in a glass bottle.

Safer signals

In "Toxic Signals" (page 58), Dr Leigh Erin Connealy recommends air tube headphones, Wi-Fi kill switches and EMF meters to help you minimize your exposure to EMFs. Here are a few online retailers selling these and other EMF protection products. All of them offer international shipping.

Safe Living Technologies

safelivingtechnologies.com

Safe Living Technologies boasts a wide range of EMF meters and testing kits, including its own product line—the Safe and Sound series of radiofrequency (RF) meters and accessories, all tested and backed by scientific research. A Remote Cut Off Switch Kit, EMF-shielding fabrics and Faraday bags are available too.

Conscious Spaces

consciouspaces.com

Conscious Spaces sells the DefenderShield Air Tube Over-Ear Headphones as well as the earbud version, both of which are built with professional-grade stereo-quality speakers. The company also offers a variety of EMF meters to suit different budgets along with protective clothing, textiles, paint, phone accessories and portable devices for the home, the workplace or on the move.

Tech Wellness

techwellness.com

Tech Wellness offers Safertech Airtube Headphones, which are designed in the US and created by the holder of the very first airtube patent. They come with five sets of earbud tips plus a linen storage case and have over 100 five-star reviews. The Safertech Wi-Fi Kill Switch is also available as well as Faraday bags and EMF meters.



Nobody's buying the super Polypill

Three's a crowd

Bryan Hubbard

If one pill can make you well, what can three pills do? Make you even weller, of course! Yes, welcome to the world of the polypill, the three-in-one power punch that delivers a knockout blow to heart disease.

It's so good, everyone over the age of 50 should be taking it, or at least its manufacturers say so. And why not? It would virtually wipe out heart disease—or 88 percent of cases, anyway—and 80 percent of strokes according to the 2003 study that launched the polypill.¹

The polypill is a “super pill,” the pharmaceutical equivalent of the supergroup of old, that includes a statin, aspirin and an ACE inhibitor for lowering blood pressure.

If you want to head off to your shed and make your own, here are the exact ingredients and doses: Mix a statin, such as 10 g of atorvastatin or 40 g of simvastatin, with three blood-pressure-lowering drugs. You might try a thiazide, a beta blocker and an angiotensin-converting enzyme (ACE) inhibitor, each at half the standard dose. Then sprinkle in 0.8 g of folic acid and add a pinch of aspirin (75 mg) for flavoring.

On second thought, don't. The polypill is now Polypill, a licensed brand that was patented in 2000, three years before the effusive study was published, and is owned by Polypill Ltd. You can buy a 20-week course for a mere £235 (\$310) and a year's supply for just £611 (\$807) from the Polypill website.

Polypill Ltd's director and principal shareholder—with at least a 75 percent holding—is Sir Nicholas Wald, honorary professor of preventive medicine at University College London.

Sir Nicholas was one of the authors of the 2003 paper, and it seemed the world would beat a path to the Polypill door—but it didn't. According to Companies House, the UK registry of companies, Polypill Ltd had net

liabilities of around £425,000 (\$563,000) as of December 2023.

Undaunted, Sir Nicholas recently wrote a letter to *The BMJ* reminding everyone of the cardiovascular disease-beating capabilities of the Polypill. “We have the means of preventing most heart attacks and strokes, many more than are currently being prevented. All that is required is to translate what we know into action,” he wrote.²

That action is to get the Polypill adopted by the UK's National Health Service and offered to everyone older than 50 or so. Yes, it would cost a few billion pounds a year, but it would surely be worth it, argued Sir Nicholas.

To say the least, this was all very odd. A director and major shareholder of a private company was allowed to advertise the company's product in an open letter to doctors, which was picked up by the international media who were all paying lip service to him, telling their audiences that, yes indeed, they should be taking his product—if they want to save their lives, that is.

A director and major shareholder of a private company was allowed to advertise the company's product in an open letter to doctors



As one doctor told *The BMJ*, “It is difficult to imagine a more blatant conflict of interests, with obvious financial links to industry.”

It certainly went against the journal's own editorial guidelines, which state that articles are not suitable for publication “when professional judgment concerning a primary interest (such as patients' welfare or the validity of research) may be influenced by a secondary interest (such as financial gain or personal rivalry).”

What the eagle-eyed fact-checkers at *The BMJ* failed to spot, Sir Nicholas's fellow doctors didn't. Although the individual drugs have been approved, Polypill has not been licensed. It hasn't gone through safety trials, but it's already known to trigger a host of side effects, one doctor pointed out, from diarrhea, dizziness and nausea to rarer but serious outcomes like muscle toxicity and skin cancer.

For the minority with previously unidentified higher cardiovascular disease risk, the benefits would outweigh the potential harm. But roll that out to nearly 16 million people in England—about half of whom would be otherwise unlikely to ever require statins or antihypertensives—and the downsides outweigh any benefits.

Another doctor questions the 88 percent effectiveness rate of the Polypill. Independent studies have reduced it to around 35 percent, and anyway, the Polypill focuses on only some of the causes of heart disease—high blood pressure, raised LDL cholesterol levels and the like—while ignoring other factors that are just as important, such as obesity and smoking.

If you believe in the drug-based approach to preventing cardiovascular disease (diet and exercise, anyone?) then the Polypill sounds like a great idea. Except it's not.

REFERENCES

- 1 *BMJ*, 2003;326(7404):1419
- 2 *BMJ*, 2025;388:r208



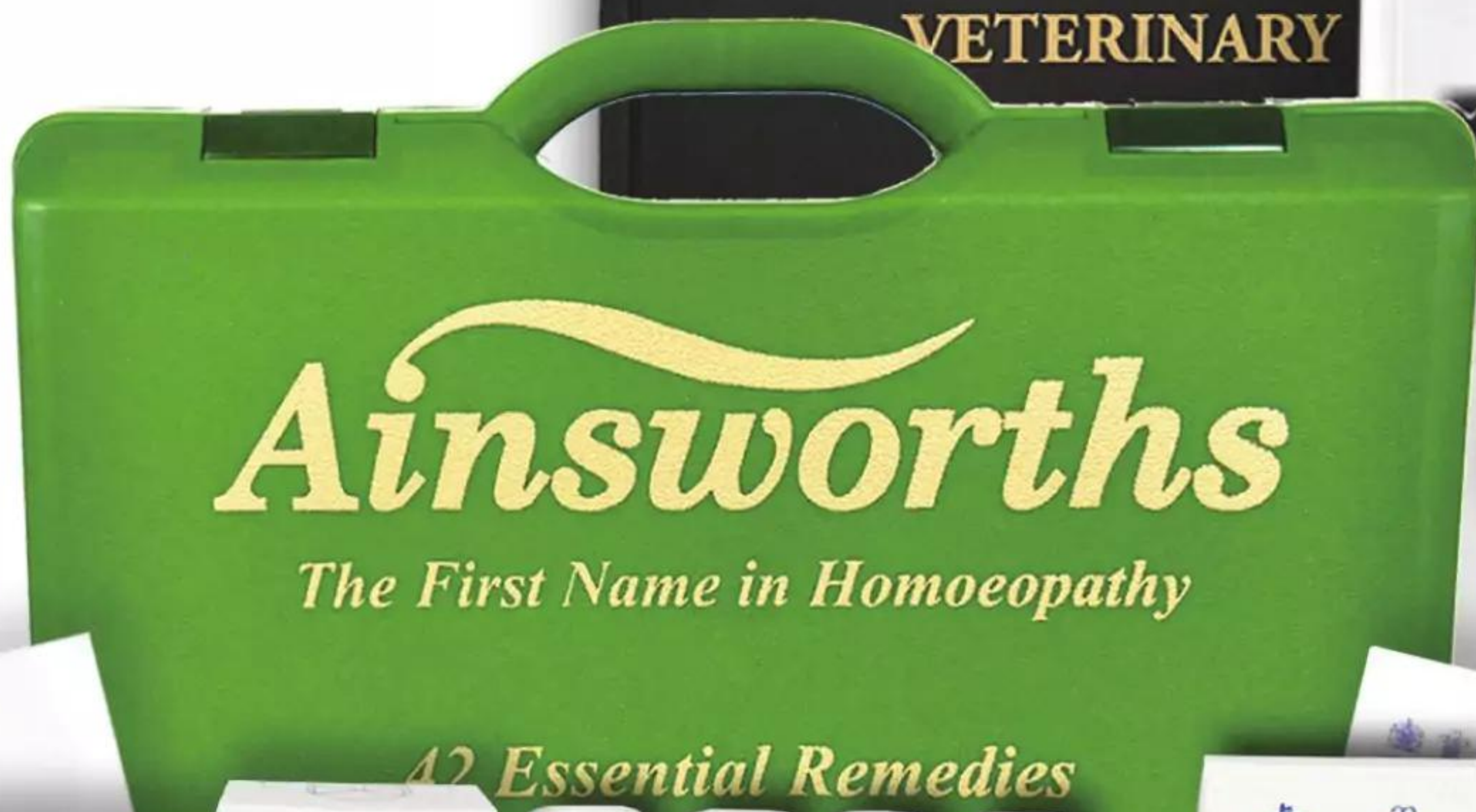
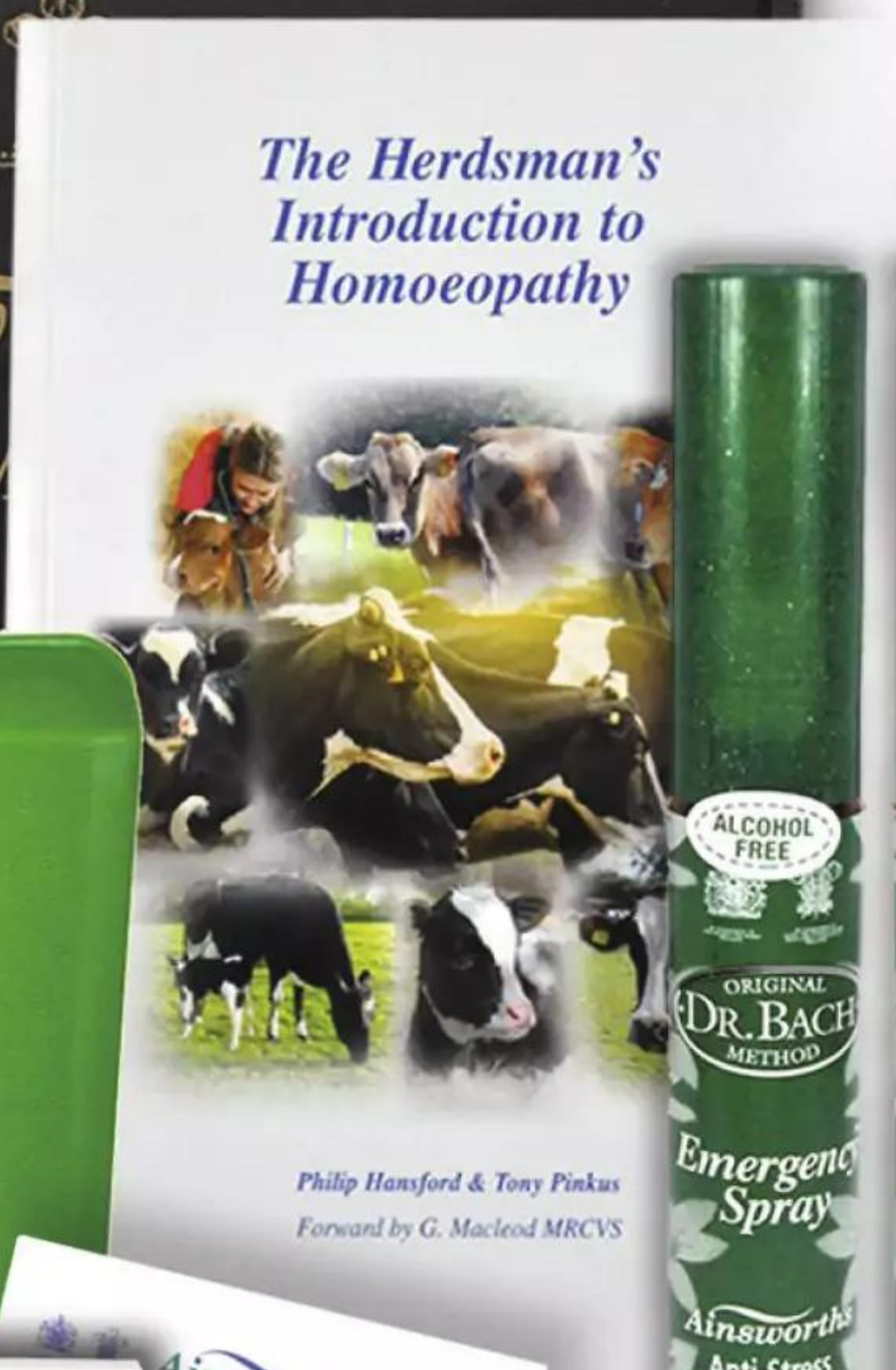
BY APPOINTMENT TO
HER MAJESTY THE QUEEN
CHEMISTS



BY APPOINTMENT TO
H.R.H. THE PRINCE OF WALES
SUPPLIERS OF HOMOEOPATHIC
MEDICINES

Ainsworths

The first Name in homoeopathy



www.ainsworths.com





Be trained by the UK's top health coaching team

Become a Professional Health & Wellness Coach

Would you love a career helping people transform their health while enhancing your own wellbeing too?

With preventable diseases like heart disease, obesity, and cancer on the rise, the need for meaningful lifestyle changes has never been greater. Health Coaches are stepping up to meet that need by supporting individuals to transform their lives by adopting healthier habits, leading to improved health, diet, energy, sleep, fitness, stress management, life satisfaction, and overall wellbeing.

Join the UK's biggest Health Coach training academy

- **No healthcare background needed** – If you love helping others and are fascinated by nutrition, wellness and natural ways to be healthy, this career is for you.
- **Diverse job opportunities & earning potential** – Health coaching offers a wide range of career paths to explore including working in corporate wellbeing, collaborating with professionals and specialising in key areas such as weight loss and obesity, hormonal health, stress and many others.
- **Work your way** – Online or in-person, one-to-one or in groups, full-time or part-time - the choice is yours.
- **Qualify in just 12 months** – Gain a globally accredited Level 5 qualification and start making a difference.

Begin your health coaching journey

The HCA Health & Wellness Coaching Diploma offers flexible, part-time training that equips you to become a professional Health & Wellness Coach in just 12 months. Study online with live training opportunities including in-person 3 day events, receive support into professional practice, and gain a globally accredited Level 5 qualification.



HCA
Health Coaches Academy

Next
12 month
Diploma starts
16th July &
1st October
2025.

Join a **FREE** Introductory Webinar

Discover what a career in health coaching could look like for you. Join a free introductory webinar with the HCA senior training team. There are 3 to choose from, running regularly:

Discover the MAGIC of Health Coaching

Transform Your Nutrition & Lifestyle As a Health Coach

Job Opportunities & Earning Potential

Scan the QR code or visit:
www.healthcoachesacademy.com/events



HCA Graduate Health Coach, Nicki



"Health coaching has opened up a whole new world for me; I have learnt so much at such an in-depth level about health and wellbeing for the whole body. My own health has improved massively. I'm graduating with paying clients and have launched health coaching at my existing Aromatherapy business to complement my clients health journeys!"

For more information, please visit www.healthcoachesacademy.com