Healthy Minds, Healthy Bods

Inspiring; Encouraging; Motivating

Health Pack: Number 44

Focus on Mind-set, Nutrition, Exercise, Health

The Original and The Best

Plus: quiz, recipe, news, game, fitness classes and more.

Prepared by: Lazza, and Dean: Monday 15th February 2021

www.hmhb2016.org.uk
Welcome to the 44th of Healthy Minds, Healthy Bods’ weekly Mental Health Packs (MHP).

If you missed any of our first forty-three (where were you?) please go to our website, or ask someone to do that, and download PDF copies from our MHP page - www.hmhb2016.org.uk - all the packs are there.

HMHB is a mental health project that is looking to shake up intervention through our own pioneering, unique fresh approach. Mentor led by people who have experienced some very tough times, come through recovery, and now want to help others who may themselves be struggling, HMHB looks to prevent people from experiencing depression, stress and anxiety, and show that a healthy lifestyle is the way forward, as well as guide people who may be currently having a tough time.

Life should be fun, with us focusing on responsibility, change, choice and being proactive.

We thank our local MP, Jeremy Corbyn, and Councillors, Osh Gantly, Sue Lukes and Caroline Russell for being so supportive about Healthy Minds, Healthy Bods. Thanks also to our partners Highbury Grange Medical Practice and Better Gyms.

PRINTED COPIES CAN BE POSTED TO YOU

We are delighted to say we can print and post copies to people who would like a paper copy. Due to Islington Giving Funding, and the National Lottery, we can do this, for a limited number. So you need to speak with us as soon as possible.

Please connect through our website contact page.

Thanks to everyone who reads these packs.

Currently, we do our various work as volunteers. HMHB really needs seed funding to cover salaries and overheads.

If you are or know a business to help sponsor, or know grants to cover this, please get in touch.

If you can, share on social media our fundraiser www.gofundme/hmhb2016

“Stay on track, don't look back. You have come too far not to finish what you started. You can improve, you can change, you can progress, you can make a difference. You can do it, if you stay on track.”

Photo was only taken on Monday 2nd February 2021.

But I could not allow the snow to escape a mention. I am not a snow person, but it had settled nicely in Highbury.

Certainly made my weekly walk chilly!!

We thank our local MP, Jeremy Corbyn, and Councillors, Osh Gantly, Sue Lukes and Caroline Russell for being so supportive about Healthy Minds, Healthy Bods. Thanks also to our partners Highbury Grange Medical Practice and Better Gyms.
Coffee is an intricate mixture of more than a thousand chemicals. The cup of coffee you order from a coffee shop is likely different from the coffee you brew at home. What defines a cup is the type of coffee bean used, how it is roasted, the amount of grind, and how it is brewed. Human response to coffee or caffeine can also vary substantially across individuals. Low to moderate doses of caffeine (50–300 mg) may cause increased alertness, energy, and ability to concentrate, while higher doses may have negative effects such as anxiety, restlessness, insomnia, and increased heart rate.

Still, the cumulative research on coffee points in the direction of a health benefit. Does the benefit stem from the caffeine or plant compounds in the coffee bean? Is there a certain amount of coffee needed a day to produce a health benefit? A large body of evidence suggests that consumption of caffeinated coffee does not increase the risk of cardiovascular diseases and cancers. In fact, consumption of 3 to 5 standard cups of coffee daily has been consistently associated with a reduced risk of several chronic diseases.

However, some individuals may not tolerate higher amounts of caffeine due to symptoms of jitteriness, anxiety, and insomnia. Specifically, those who have difficulty controlling their blood pressure may want to moderate their coffee intake. Pregnant women are also advised to aim for less than 200 mg of caffeine daily, the amount in 2 cups of coffee, because caffeine passes through the placenta into the foetus and has been associated with pregnancy loss and low birth weight.

Because of the potential negative side effects some people experience when drinking caffeinated coffee, it is not necessary to start drinking it if you do not already or to increase the amount you currently drink, as there are many other dietary strategies to improve your health. Decaffeinated coffee is a good option if one is sensitive to caffeine, and according to research it offers similar health benefits as caffeinated coffee. It is also important to keep in mind how you enjoy your brew. The extra calories, sugar, and saturated fat in a coffee house beverage loaded with whipped cream and flavoured syrup might offset any health benefits found in a basic black coffee.

Coffee beans are the seeds of a fruit called a “coffee cherry”. Coffee cherries grow on coffee trees from a genus of plants called “Coffea”. There are a wide variety of species of coffee plants, ranging from shrubs to trees. There are two main types of coffee species, “Arabica” and “Robusta”.

The Arabica originates from Ethiopia and produces a mild, flavourful tasting coffee. It is the most popular type worldwide. However, it is expensive to grow because the Arabica plant is sensitive to the environment, requiring shade, humidity, and steady temperatures between 60-75 degrees Fahrenheit.

The Robusta coffee plant is more economical to grow because it is resistant to disease and survives in a wider range of temperatures between 65-97 degrees Fahrenheit. It can also withstand harsh climate changes such as variations in rainfall and strong sunlight.

Several observational studies indicate that coffee drinkers have a lower risk of death. In two studies, drinking coffee was associated with a 20% reduced risk of death in men and a 26% decreased risk of death in women, over 18–24 years.
Lazza’s Fiendishly Hard Quiz Spectacular!!!
It’s meant to take some time, and make you think.
Answers are on page 25 this week (no peeking)

### Geography
Of the 49 European Capital Cities, 21 one of them start with letters in the first half of the alphabet.
Name the 21 starting with A-L.

### Pop Music:
Who sang these upbeat dance songs, and which year were they released?

<table>
<thead>
<tr>
<th></th>
<th>Song</th>
<th>Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>a</td>
<td>U Can’t Touch This</td>
<td>1990</td>
</tr>
<tr>
<td>b</td>
<td>Last Dance</td>
<td>1984</td>
</tr>
<tr>
<td>c</td>
<td>Rhythm Is A Dancer</td>
<td>1988</td>
</tr>
<tr>
<td>d</td>
<td>Titanium.</td>
<td>1983</td>
</tr>
<tr>
<td>e</td>
<td>Hey Ya!</td>
<td>2001</td>
</tr>
<tr>
<td>f</td>
<td>Take On Me</td>
<td>1985</td>
</tr>
<tr>
<td>g</td>
<td>Twist And Shout</td>
<td>1985</td>
</tr>
<tr>
<td>h</td>
<td>All Night Long</td>
<td>1982</td>
</tr>
<tr>
<td>i</td>
<td>Stayin’ Alive</td>
<td>1980</td>
</tr>
<tr>
<td>j</td>
<td>Justified And Ancient</td>
<td>1985</td>
</tr>
<tr>
<td>k</td>
<td>Can You Feel It</td>
<td>1985</td>
</tr>
<tr>
<td>l</td>
<td>The Only Way Is Up</td>
<td>1985</td>
</tr>
</tbody>
</table>

### Literature
In which books did these famous characters first feature? Also, give the year it was published.

<table>
<thead>
<tr>
<th></th>
<th>Character</th>
<th>Book</th>
<th>Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Philip Pirrip (Pip)</td>
<td>Great Expectations</td>
<td>1861</td>
</tr>
<tr>
<td>2</td>
<td>Elizabeth Bennett</td>
<td>Pride &amp; Prejudice</td>
<td>1813</td>
</tr>
<tr>
<td>3</td>
<td>Tintin</td>
<td>The Adventures of Tintin</td>
<td>1929</td>
</tr>
<tr>
<td>4</td>
<td>Holly Golightly</td>
<td>Breakfast at Tiffany's</td>
<td>1955</td>
</tr>
<tr>
<td>5</td>
<td>Patrick Bateman</td>
<td>American Psycho</td>
<td>1991</td>
</tr>
<tr>
<td>6</td>
<td>Lisbeth Salander</td>
<td>Millennium</td>
<td>1988</td>
</tr>
<tr>
<td>7</td>
<td>Tyrion Lannister</td>
<td>A Song of Ice and Fire</td>
<td>2000</td>
</tr>
<tr>
<td>8</td>
<td>Hercules Poirot</td>
<td>Murder on the Orient Express</td>
<td>1934</td>
</tr>
<tr>
<td>9</td>
<td>Bilbo Baggins</td>
<td>The Lord of the Rings</td>
<td>1954</td>
</tr>
<tr>
<td>10</td>
<td>Dorothy Gale</td>
<td>The Wizard of Oz</td>
<td>1900</td>
</tr>
<tr>
<td>11</td>
<td>Big Brother</td>
<td>The Grapes of Wrath</td>
<td>1939</td>
</tr>
<tr>
<td>12</td>
<td>Hannibal Lector</td>
<td>The Great Gatsby</td>
<td>1925</td>
</tr>
<tr>
<td>13</td>
<td>James Bond</td>
<td>Casino Royale</td>
<td>1953</td>
</tr>
</tbody>
</table>

### Film:
These songs all won the Oscar for Best Original Song. Can you name the film they appeared in?

<table>
<thead>
<tr>
<th></th>
<th>Year</th>
<th>Film</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>1997</td>
<td>My Heart Will Go On</td>
</tr>
<tr>
<td>2</td>
<td>1992</td>
<td>A Whole New World</td>
</tr>
<tr>
<td>3</td>
<td>1986</td>
<td>Take My Breath Away</td>
</tr>
<tr>
<td>4</td>
<td>1969</td>
<td>Raindrops Keep Falling On My Head</td>
</tr>
<tr>
<td>5</td>
<td>1961</td>
<td>Moon River</td>
</tr>
<tr>
<td>6</td>
<td>1976</td>
<td>Evergreen</td>
</tr>
<tr>
<td>7</td>
<td>1985</td>
<td>Say You, Say Me</td>
</tr>
<tr>
<td>8</td>
<td>2017</td>
<td>Remember Me</td>
</tr>
<tr>
<td>9</td>
<td>1994</td>
<td>Can You Feel The Love Tonight</td>
</tr>
<tr>
<td>10</td>
<td>1964</td>
<td>Chim Chim Cher-ee</td>
</tr>
<tr>
<td>11</td>
<td>1982</td>
<td>Up Where We Belong</td>
</tr>
<tr>
<td>12</td>
<td>1989</td>
<td>Under The Sea</td>
</tr>
<tr>
<td>13</td>
<td>1939</td>
<td>Over The Rainbow</td>
</tr>
<tr>
<td>14</td>
<td>2019</td>
<td>(I'm Gonna) Love Me Again</td>
</tr>
<tr>
<td>15</td>
<td>1940</td>
<td>When You Wish Upon A Star</td>
</tr>
<tr>
<td>16</td>
<td>2018</td>
<td>Shallow</td>
</tr>
</tbody>
</table>

### Nature
Around 79 organs have been discovered in our bodies, so far.
Can you name the 10 heaviest organs of the human body, and put them in order?

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

How can Mind-set help with Anger?

*Healthy Minds, Healthy Bods (HMHB)*, promotes a Growth Mind-set mentality. It means you see things as a challenge, don’t allow issues and situations to overwhelm, and are proactive in finding solutions to life problems. It something we can all do, but it takes effort.

What is our view of anger? Someone with a red face, maybe, yelling at the top of their voice, threatening all kinds of action against us? Or maybe going to make a cup of coffee and realising that someone has used up all the milk and not replaced it? Or possibly anger at yourself for not achieving a target you really wanted to achieve?

We can experience anger across a range of situations: at school or college, where we work, at home, when we are shopping, when we are driving, when we line up in what appears to be the slowest queue at the supermarket. Even when we are on our own!!

Let’s look at three main reasons for anger:

**Fairness and Justice.**

I can talk from personal experience about how on a couple of occasions I have definitely been let down by others unfairness, and I have not received justice. It can be really hard to digest and understand.

You might find yourself asking these questions:

- How dare he …..?
- Who does she think she is ….?  
- What gives them the right to ….?  
- It’s not my fault that .....?  
- Don’t they know what the rules are?

It all feels so unfair. You might know you are in the right, and people might not believe you. This will naturally get you severely irritated and angry.

**We can’t seem to reach our goals**

This can definitely rankle, and it isn’t always your fault. You might get interrupted when you are trying to complete a deadline. The latest lockdown has prevented a lot of people from doing things, and of course we all know that people are getting upset and angry at the situation.

There is, as we said above, a natural reaction to have a go at ourselves and think we are letting people down, which broods bad feelings.

**We use the word “should” too much**

- “Why should I have to do that?”
- “That’s not how my life should be.”
- “They should know better than that.”
- “If they cannot be bothered to listen, then why should I try and help them?”

All of these create resentment. I am sure I speak for us all when I say we know anger is an unhealthy emotion that we need to try and master. And part of that is using the growth mind-set mentality to promote a better feeling, a more positive vibe. It can be done.
MIND-SET:
Anger can cost you a lot

Anger persists because there are some positives associated with it. It can motivates us to take action, and it can get us what we want when others back down in a confrontation. However, anger also comes with several costs and we can think about these along the physical, behavioural, and emotional lines.

Physical:
Anger has been linked with cardiovascular disease, with a higher risk of heart attacks, strokes, and irregular heartbeats in the two hours following anger outbursts.
Anger can absolutely harm you or even kill you due to the wear and tear it has on your body. When we are angry, it takes three seconds for our body to go into full fight or flight mode, which means our body is ready to take on an attack. When angry, we stay in this state for approximately 30 minutes each time we are mad throughout the day. This creates exhaustion and wears on our bodies causing immune systems to decrease, which means we become sicker more often. Having our body in attack mode can increase blood pressure and rapid heart beating, which can ultimately cause heart attacks or a stroke. Many people report feeling exhaustion and headaches when having anger issues. While anger is an extremely important emotion to have as it alerts us when something is wrong and change needs to happen, health-wise it can be dangerous if it occurs frequently and/or lasts for too long.

Behavioural:
Feeling angry can lead to making riskier choices when driving and giving up sooner when attempting a difficult task. Consider, also, the impact of anger on your relationships. How does it affect your relationship with your partner? With your kids? With your colleagues? With your friends? With yourself?
What impact does your anger have on the mood at home or in the office? While anger may get you what you want in the short term it can also lead to retaliatory behaviours by others in subtler ways such as withholding resources, creating obstacles for you.
How many of the stabbings that happen in London are down to people acting out of anger, pulling out a blade, and destroying many lives in just a few seconds. The person may die, the stabber will go to prison, and both families are brought to their knees. All for what?

Emotional:
What is the cost of feeling angry? What does it take away your attention from? What does it stop you from doing? What does it stop you from feeling?
Say you’ve been cut off by a driver who has been carelessly weaving in and out of traffic. Thoughts that you may experience include:

- Get in line like the rest of us buddy! What makes you so special?
- Show some decency and follow the rules. You're no better than the rest of us!
- What an idiot, putting the rest of us at risk by driving like that.

How long will those emotions stay with you?
Will it affect your mood for the next hour or the rest of the day?
Will it make you more prone to snap at others, and potentially snowball into greater anger?
How affected do you think the other driver is? Who is the one who actually ends up suffering by holding on to the anger?

So what tricks and skills can our mind-set help us use?
Think before you speak
Why ‘think before you speak’? Because while most of us are pretty careless with the words we choose, words are just so powerful. They can be helpful or hurtful, and can have a direct influence on the outcome of a situation, creating a positive or negative reaction in our world. Words define our identity and reveal our attitudes and sensitivities, reflecting who we are. Our choice of words gives listeners an indication of our intelligence or ignorance. And when continually reinforced and turned into habitually negative thought patterns, they have the power to create a bad habit of dwelling on the negatives in life.

The problem is, once words exit our mouth, no amount of apologies will make them magically go back in: blurting something out and then trying to retract it is like shutting the gate after the horse has bolted. On the other hand, thinking before we speak allows us the time to consider the effect of the words we are choosing.

Thinking before you speak is a really good habit to develop, to avoid causing trouble in your life, whether in your relationships, career or elsewhere. When you don’t think before you speak, you’re more likely to make badly informed statements and reduce your credibility, let alone hurt someone by ‘putting your foot in your mouth’, even if your intentions were genuinely harmless.

Other times, particularly when feeling defensive, we tend to be very reactionary and quick to answer back without proper thought. For most of us, when we’re in an argument, our ego rises up to defend its position. Becoming more self-aware of the power of the ego makes it easier to manage it. And if it’s unavoidable to say something negative, thinking before we speak helps us be more tactful and understand how to offset negativity with something positive.

Another great tool for helping to train yourself to think before you speak is to use the “THINK” acronym. THINK can help you take control, make good decisions, talk less and listen more.

T: **True**: Is what you are saying actually true, or is it ‘fake news’? Lies and misinformation hurt others and reflect the liar as someone untrustworthy.

H: **Helpful**: Are your words helpful? Assisting others to make better decisions through offering good advice is also important.

I: **Inspiring**: Are others inspired by what you are saying? People are greatly inspired by words which have the influence to prompt others to do amazing things.

N: **Necessary**: Do your words really need to be said? Useless chatter is annoying, while language that actively hurts others is wholly unnecessary.

K: **Kind**: Is what you want to say kind? We all know the saying “if you don’t have anything nice to say, say nothing at all”. Unkind sentences obviously have the power to hurt people.

**Relax: Take Your Time**
MIND-SET:
Mind-set can help you solve anger issues

Look for possible answers
Instead on concentrating on being angry at the situation, look for solutions that can actually create a better resolution. There are no promises, but focusing on the anger is definitely not going to be any good.

1. **Identify the actual problem.** Remember different people will have varying views of the issue.
2. **Understand all the interests:** The best resolution is one where everyone is happy - which is much easier said than done. But this is the time for “active listening”. This is where we do not listen as we have already formulated a response before anything is said, but where we must wait to hear what people have to say, and then we decide on the appropriate response.
3. **List possible solutions:** Actually write them down. Brainstorm. Even make outlandish suggestions, as they can actually lead to further discussions. Weigh up the pros and the cons of all the possible ways the situation can be resolved.
4. **Write down the solution that people agree on:** Don’t rely on someone saying that something was said, if it is written down and all agree then there can be no comebacks in the future. This is particularly prominent if someone is borrowing money, as I found out to my gain. A friend of mine conned me out my life savings back in 2013 and, although I should have done better checks, I did write everything down and made him sign it, so when I inevitably had to take him to court in 2014 he could not deny the legalities of the situation (I am getting the money back each month directly from his employer). If I had not got signatures, it may have been harder to prove.
5. **Stay calm:** Anger is inevitable in some situations, and can be healthy. It can help you release the feelings of frustration and even despair. But staying calm will be of much more help.

Understand the anger trigger
Your physical reactions can help you to identify when you are feeling angry. This is important since ongoing anger can lead to severe health problems, such as ulcers, slow wound healing, heart attack, and stroke.

Some physical signs of anger include
- Heavy or fast breathing.
- Sweating.
- Flushing.
- Increased blood flow to muscles

If you are aware of how the people around you are feeling, you will know when tension is rising, in them and in you. You will also be able to tell if using humour is the right way to try to decrease the anger the people around you are feeling.

Listen to what people are saying when they are talking to you. Their words will either let you know directly how they feel or give you clues.

Look for hints in their body language. Does their body seem tense?
Are they pacing? Do you do things in a similar way?
There is a difference between our “diets” and our “nutrition”. Our diet is what we consume on a daily basis (solids and liquids). Our nutrition is the nutrient content that is essential to keeping our bodies healthy, and us alive.

HMHB has to thank the British Medical Journal, where we have gratuitously lifted several sections. Well, they had already done most of the work, and it is fascinating.

Although food and nutrition have been studied for centuries, modern nutritional science is surprisingly young. The first vitamin was isolated and chemically defined in 1926, less than 100 years ago, ushering in a half century of discovery focused on single nutrient deficiency diseases. Research on the role of nutrition in complex non-communicable chronic diseases, such as cardiovascular disease, diabetes, obesity, and cancers, is even more recent, accelerating over the past two or three decades and especially after 2000. We have often commented in these packs how a healthy diet can be beneficial for your overall health.

Let’s look at how nutrition has developed.

1910 to 1950: The time of Vitamin discovery.

The first half of the 20th century witnessed the identification and synthesis of many of the known essential vitamins and minerals and their use to prevent and treat nutritional deficiency related diseases including scurvy, beriberi, pellagra, rickets, xerophthalmia (the eye fails to produce tears, and can lead to night blindness), and nutritional anaemias.

Casimir Funk in 1913 came up with idea of a “vital amine” in food, originating from the observation that the hull of unprocessed rice protected chickens against a beriberi-like condition. This “vital amine” or vitamin was first isolated in 1926 and named “Thiamine”, and subsequently synthesised in 1936 as Vitamin B1. In 1932, Vitamin C was isolated and definitively documented, for the first time, to protect against scurvy, some 200 years after ship’s surgeon James Lind tested lemons and limes for treating scurvy in sailors.

By the mid-20th century all major vitamins had been isolated and synthesised. Their identification in animal and human studies proved the nutritional basis of serious deficiency diseases and initially led to dietary strategies to tackle: beriberi (Vitamin B1), pellagra (Vitamin B3), scurvy (Vitamin C), pernicious anaemia: - not enough red blood cells are produced (Vitamin B12), rickets (vitamin D).

However, the chemical synthesis of vitamins quickly led to food based strategies being supplanted by treatment with individual vitamin supplements. This presaged modern day use and marketing of individual and bundled multivitamins to guard against deficiency, launching an entire vitamin supplement industry.

This new science of single nutrient deficiency diseases also led to fortification of selected staple foods with micronutrients. These approaches proved to be effective at reducing the prevalence of many common deficiency diseases, including goitre (iodine), xerophthalmia (vitamin A), rickets (vitamin D), and anaemia (iron). Foods around the world have since been fortified with calcium, phosphorus, iron, and specific vitamins (A, B, C, D), depending on the composition of local staple foods.
NUTRITION:
More History of Nutrition

How did “Recommended Daily Allowances” (RDAs) start?
As one of the great accidents of nutrition history, this new science, detailed on previous page, and focus on single nutrients and their deficiencies coincided with the Great Depression and second world war, a time of widespread fear of food shortages. This led to even further emphasis on preventing deficiency diseases.

For example, the first recommended dietary allowances (RDAs) were a direct result of these concerns, when the League of Nations, British Medical Association, and the US government separately commissioned scientists to generate new minimum dietary requirements to be prepared for war. In 1941, these first RDAs were announced at the “National Nutrition Conference on Defence”, providing new guidelines for total calories and selected nutrients including protein, calcium, phosphorus, iron, and specific vitamins. These historical events established a precedent for nutrition research and policy recommendations to focus on single nutrients linked to specific disease states.

1950 to 1970: we start looking at fat and sugar
During the next 20 to 30 years, calorie malnutrition and specific vitamin deficiencies fell sharply in high income countries because of economic development and large increases in low cost processing of staple foods fortified with minerals and vitamins. At the same time, the rising burdens of diet related non-communicable diseases began to be recognised, leading to new research directions.

Attention included two areas: dietary fat and sugar.

Early ecological studies and small, short term interventions, contributed to the widespread belief that “Fat” was a major contributor to heart disease. At the same time, other research implicated excess sugar in coronary disease, hypertriglyceridemia, cancer, and dental cavities. Ultimately, the emphasis on fat won scientific and policy acceptance, and in the 1977 US Senate committee report “Dietary Goals for the United States”, they recommended low fat, low cholesterol diets for all. This was not without controversy: in 1980, the US National Academy of Sciences Food and Nutrition Board reviewed the data and concluded that insufficient evidence existed to limit total fat, saturated fat, and dietary cholesterol across the population.

Some interpret these controversies as evidence of industry influence, and others as natural disagreement and evolution of early science. More relevant is that both the dietary fat and sugar theories relied on a nutritional model developed to address deficiency diseases: identify and isolate the single relevant nutrient, assess its isolated physiological effect, and quantify its optimal intake level to prevent disease. Unfortunately, as subsequent research would establish, such reductionist models translated poorly to non-communicable diseases.

In less wealthy countries, the main objectives of nutrition policy and recommendations during this period remained on increasing calories and selected micronutrients. In many ways, foods became viewed as a delivery vehicle for essential nutrients and calories. Accordingly, agricultural science and technology emphasised production of low cost, shelf stable, and energy dense starchy staples such as wheat, rice, and corn, with corresponding breeding and processing to maximally extract and purify the starch. As in high income nations, these efforts were accompanied by fortification of staple foods, as well as food assistance programmes to promote survival and growth of infants and young children in vulnerable populations.
Recent History
After decades of focus on simple, reductionist metrics such as dietary fat, saturated fat, nutrient density, and energy density, the emerging true complexities of different foods and diet patterns create genuine challenges for understanding influences on health and wellbeing.

For several categories of foods, meaningful numbers of prospective observational or interventional studies have become available only recently. Growing realisation of the importance of overall diet patterns has stimulated not only scientific inquiry but also a deluge of empirical (based on evidence and not logic), commercial, and popular dietary patterns of varying origin and scientific backing. These range, for example, from flexitarian (vegetarian but occasionally eats meat and fish), vegetarian, and vegan to low carb, paleo, and gluten-free. Many of these patterns have specific aims (e.g., general health, weight loss, anti-inflammatory) and are based on differing interpretations of current evidence.

In lower income countries, concerns about vitamin supplementation have emerged, such as harms associated with higher dose vitamin A supplements, risk of exacerbating infections such as malaria with iron, and safety concerns about folic acid fortification of flour, which might exacerbate neurological and cognitive deficits among people with low vitamin B12 levels.

In addition, a precipitous rise in non-communicable diseases in these countries has led to new focus on the “double burden”: both conventionally conceived malnutrition (insufficient calories and micronutrients) leading to poor maternal and child health and modern malnutrition (poor diet quality) leading to obesity, type 2 diabetes, cardiovascular diseases, and cancer. These dual global burdens are increasingly found within the same nation, community, household, and even person.

Yet, after decades of focus in the international nutrition community on vitamin supplements, food fortification, and starchy staples to provide calories, the necessary shift towards diet quality is slowed by considerable inertia. This is seen, for example, in the reductionist, single nutrient focus of many of the UN sustainable development goals. Even when non-communicable diseases are considered, the predominant focus is on obesity rather than the diverse risk pathways and conditions affected by nutrition, facilitating a misleading concept of “overnutrition” rather than unhealthy dietary composition as the root problem.

For weight loss and glycaemic control, decades of emphasis on low fat diets were questioned by the results of a series of prospective cohort studies, metabolic feeding studies, and randomised trials, which showed that foods rich in healthy fats produced benefit, while foods rich in starch and sugar caused harm. This progress was extended to recognition of the relevance of diet patterns such as traditional Mediterranean or vegetarian diets that emphasised minimally processed foods such as fruits, vegetables, nuts, beans, whole grains, and plant oils and low amounts of highly processed foods rich in starch, sugar, salt, and additives.

In our packs, we have constantly promoted the benefits of “clean foods”, and how vegetables and fruits, as well as complex carbohydrates, proteins, and unsaturated fats, all contribute to a healthy diet.
What may we be eating in ten or twenty years time?
Before 1928, no one had tasted bubble-gum. In the late 1930s, frozen cream desserts threw off their reputation for being as hard as rock with the invention of soft-serve ice cream. In the late 1990s, Red Bull showcased a strange medicinal flavour that’s since become synonymous with energy drinks. The foods we eat are always evolving and new tastes are being created. So in the near future you can expect to be tucking into foods unlike anything you’ve experienced before.

In the next 10 years, the emerging field of “Personalised Nutrition” will use genetic tests to fill in those gaps to offer healthy eating guidance tailored to the individual. Some companies, so-called ‘nutrigenetics services’, already test your DNA and offer dietary advice, but the advice can be hit-and-miss. By 2028, we will understand much more about our genetics. It is thought that DNA testing will unlock personalised nutrition. They will be able to tell you what kinds of fruits, what kinds of vegetables and what kinds of wholegrains you should be choosing, or exactly how often. Isn’t that amazing?!

‘Natural’ is a buzz term food marketers love to use, but barely any of our current produce ever existed in the natural world. The fruit and vegetables that we enjoy today have been selectively bred over thousands of years, often mutated out of all recognition from the original wild crop.
- Carrots weren’t originally orange, they were scrawny and white.
- Peaches once resembled cherries and tasted salty.
- Watermelons were small, round, hard and bitter.
- Aubergines used to look like white eggs.

But the selective breeding for bulky and tasty traits, combined with intensive farming practices, has sometimes come at a nutritional cost. Protein, calcium, phosphorus, iron, riboflavin (vitamin B2) and vitamin C have all waned in fruit and vegetables over the past century, with today’s vegetables having about two-thirds of the minerals they used to have.

By 2028, genetics and biomolecular science should have redressed the balance, so that DNA from one organism is inserted into another, eliminating the need to undertake generations of selective breeding to acquire desirable traits.

Just last year, researchers from Australia showcased a banana with high levels of provitamin A, an important nutrient not normally present in the fruit. To create this fruit, the researchers snipped out genes from a specific type of Papua New Guinean banana that’s naturally high in provitamin A, then inserted them into the common banana variety.

It appears that we may be creating nutrition to fit our lives and our needs. But, paramount to all this, we have to start changing our diets to become healthier. We need to cut down on saturated fats and added sugars (I know I have to do this myself), and concentrate on ensuring our bodies get all the right nutrients, so we can stay healthy, fight viruses and bacteria, and live longer lives.

It has been interesting looking at how nutrition has developed over the years. Ultimately, we now live in a time where we understand its importance. That counts for nothing if we do not use that knowledge ourselves. Think about what you eat and drink. Make good choices.
Essential Nutrition:  
HMHB look at Vitamin E

In earlier packs we looked at the various vitamins.  
Here we add more information about these essential nutrients.

Vitamin E is a lipid (fat) soluble vitamin. How vitamin are soluble determines how each vitamin acts within the body. The fat soluble vitamins are soluble in lipids. These vitamins are usually absorbed in fat globules (called chylomicrons) that travel through the lymphatic system of the small intestines and into the general blood circulation within the body.

Some early research suggests that dietary intake of vitamin E is linked to a lower chance of developing Alzheimer disease. But not all research agrees. Taking vitamin E supplements doesn't seem to prevent Alzheimer disease from developing. In people who already have Alzheimer disease, taking vitamin E along with some anti-Alzheimer medicines might slow down the worsening of memory loss. Vitamin E might also delay the loss of independence and the need for caregiver assistance in people with mild-to-moderate Alzheimer disease.

Taking vitamin E for 2 days before bleeding and for 3 days after bleeding starts seems to decrease pain and reduce menstrual blood loss. Taking vitamin E with fish oil might provide even more pain relief than taking vitamin E alone.

There is some evidence that taking vitamin E by mouth might improve kidney function in children with glomerulosclerosis (scarring or hardening of blood vessels in the kidney).

Some research shows that taking vitamin E by mouth, alone or together with selenium, might benefit people with an inherited disorder called G6PD deficiency - an inherited disorder that causes red blood cells to break down in response to stress.

Natural vitamin E (RRR-alpha-tocopherol) can improve symptoms in people with early Huntington disease. This is an inherited brain disorder that affects movements, emotions, and thinking. However, it doesn't seem to help people with more advanced disease.

People who get more vitamin E in their diet might have a lower risk of Parkinson disease. However, taking supplements containing vitamin E doesn't seem to benefit people already diagnosed with Parkinson disease.

Taking high doses of vitamin A along with vitamin E (alpha-tocopherol nicotinate) daily seems to improve healing and vision in people undergoing laser eye surgery. I was actually advised of this at Moorfields, as I went through six eye surgeries in the last four years.

Micronutrients, often referred to as vitamins and minerals, are vital to healthy development, disease prevention, and wellbeing. With the exception of vitamin D, micronutrients are not produced in the body and must be derived from the diet. Though people only need small amounts of micronutrients, consuming the recommended amount is important. Micronutrient deficiencies can have devastating consequences.
Lazza is still trying out new recipes
Today - he makes his first ever Ginger Cake from scratch

This cake is actually a British cake that got it’s name from using Jamaican ginger. Jamaica was one of the first British Caribbean colonies to produce ginger for export to Britain and Europe. Jamaican ginger became popular and was known for its medicinal properties. It was used to treat stomach or gastrointestinal conditions.

Preheat oven to 170C/340F. Grease an approx. 7in square tin and line base with baking parchment. (I am proud to be using that now, as nothing sticks).
Place the flour, bicarb, spices in a large bowl and mix these together. (dry mix)
In a saucepan, heat the butter, syrup, sugar, milk, and ginger syrup, until the butter has melted. Take off heat and leave to cool for around 5 minutes.
Pour the wet mix on top of the dry mix in the bowl and whisk together using a balloon whisk preferably.
Stir in the finely chopped preserved ginger, and the beaten egg, and whisk in. Pour batter into the tin and cook for 35-45 minutes until skewer in middle comes out clean.
Leave to cool in tin. Turn out onto rack. Enjoy anyway you wish. :-)

I recall getting Jamaica Ginger Cake with custard at home when I was little. I always loved it.
Thanks to a recipe from our wonderful Izzwalkz friends, Rob and Win, here is a homemade version from scratch.
Smelt great in the oven. Tasted divine!! You must make this.

During this pandemic I decided to try a new hobby - cooking. Something I have never really experimented with. And it is going so well. Why not try out some new recipes and foods yourself? This was a great and very tasty cake to prepare. I stun myself every week. If I can do it, so can you. Try something new!!!
HMHB’s Name Game Page - trickier than you think.
Name these animated characters from the pictures below.
Answers at bottom of quiz page answers (page 25)
Healthy Minds, Healthy Bods was conceived to actively support and encourage an active lifestyle, with exercise. It is vitally important, at this time of sedentary lifestyles, that people practice movement and flexibility exercises, where they push themselves outside their comfort zone. It can significantly improve your health; both short-term and long-term.

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

We have restarted our Highbury Gym sessions on Tuesdays. Thanks to Mark and his team at Better. However, we guide our users to do some of their own sessions, either on their own or in a group.

Be active, be safe, and go for it.

I know not everyone feels safe to go outdoors, and in fact some are self-isolating due to age or vulnerability, but this entry is aimed at the many who can go out, and probably need to. We have covered walking a couple of times, and the many many benefits around walking outdoors, but amazingly we have only briefly mentioned running before. So we will take a bigger look at this topic.

Running

We all know running is good for us. It improves the way we feel and look. Our hearts get stronger, our mind clearer, and it’s great for weight control. Its benefits, however, go far beyond the obvious. In fact, there isn’t a system in the body that doesn’t benefit from running. From the top of your head to the tip of your toes, running will give you a total body workout and improve all aspects of your health!

Joints

There have been suggestions that, because of the high impact, running is not good for your joints. However, research appears to suggest that “running won’t ruin your knees”. In fact, three large studies show long-term endurance running doesn’t seem to damage joint health. It is said runners may have healthier joints than inactive people. Running strengthens bone and muscle, and it’s thought it may do the same for cartilage, which cushions joints. And strong muscles, built by running and strength-training, support joints, so they are less vulnerable to injury.

But there’s a condition called ‘runner’s knee’ for a reason. “Patellofemoral” pain (knee pain) is the most reported injury in the sport. Hip, ankle, and foot injuries happen, too, not because someone is running, but because he or she is running with poor form or muscle imbalances.

I would like to thank everyone for their continuing support.
This week has gone fairly well again. I think mentally I am stronger.
I pulled a muscle in my back doing Zumba on Sunday, so that doesn’t help.
If you are finding targets difficult, do keep going and persevere.
I will discuss actual weight amounts at the end of each month.
EXERCISE/FITNESS:
Running has many benefits

Muscles
As they say on shampoo commercials, here comes the science bit.
“Muscle building occurs when muscle protein synthesis (MPS) exceeds muscle protein breakdown (MPB).”

Protein is an important component of muscle that may be added or removed based on factors like diet and exercise. If you think of protein as individual bricks, MPS is the process of adding bricks to a wall, while MPB is the process of taking them away. If you lay more bricks than you take away, the wall grows larger, but if you take more away than you lay, the wall shrinks. (are you following me?). In other words, to build muscle, your body must make more protein than it removes.

Exercise, primarily weight based, is a strong stimulus for MPS. Although exercise also causes MPB, the increase in MPS is greater, leading to net muscle gain.

In one study, 12 recreationally trained college students completed high intensity interval training (HIIT) involving 4 sets of running at near maximum capacity for 4 minutes followed by 3 minutes of active rest. After 10 weeks of HIIT workouts 3 times per week, they showed close to an 11% increase in the muscle fibre area of their quadriceps (located at the front of the thigh), compared with the control group. As such, workouts like sprinting may benefit muscle growth.

Aerobic exercise like running is thought to build muscle by inhibiting proteins that interfere with muscle growth and decreasing muscle protein breakdown (MPB). On the other hand, long-distance running can significantly increase MPB and thus hinder muscle growth.

For example, in a study in 30 male amateur runners who ran 6.2 miles, 13 miles, or 26.1 miles (10km, 21km, or 42 km), all of the groups experienced significant increases in markers of muscle damage. Levels of these markers rose in tandem with the distance and remained elevated even 3 days afterward.

These results suggest that high intensity, short duration running builds leg muscles, while long distance running causes significant muscle damage, inhibiting muscle growth.

Heart Health
Running lowers your blood pressure and cholesterol levels:
Running 30 minutes a few times per week helps reduce low density lipoprotein (LDL), the “bad” type of cholesterol, and increases the high density lipoprotein (HDL), the “good” type of cholesterol. High blood pressure also becomes normalized through consistent physical activity.

Running helps you maintain a healthy weight: Those who are overweight or obese are at a higher risk for heart disease. Running is a highly effective exercise for those who need to shed a few extra pounds. If you are not use to it, ease into running gently. Build up your stamina and distance, otherwise you could develop an injury. Maybe look about for when the pandemic is over by joining a local group.
EXERCISE/FITNESS:
Many reasons for running

Heart - Continued
Running strengthens your heart muscles: Think of it this way, the more you do bicep curls, the bigger and stronger your biceps will be. The same thing happens when you work out your heart, which is the most important muscle in your body. Overtime, running strengthens the walls of the heart, which increases its overall efficiency.

Running minimises your heart’s workload: Because runners have stronger hearts, they typically have a lower resting pulse rate and intake a higher amount of oxygen. As a result, the organ can handle pumping a larger amount of blood per beat, which helps the heart perform its job with ease.

Running reduces your risk of heart disease: Those who start running on a regular basis decrease their risk for heart disease by 35 to 55 percent, say experts. Running helps prevent blood clots in the arteries and blood vessels. It also supports healthy blood flow, blood pressure and cholesterol.

Skin
Running, and any kind of exercise, releases endorphins, feel-good chemicals in your brain, that not only improve your mood, but are excellent at helping to control cortisol. If endorphins are the good guys, cortisol is the wicked villain. The hormone is released when you’re stressed, triggering a cascade of negative effects on your skin, everything from increased inflammation to more breakouts to increased dullness to dryness. Keep that cortisol in check with a regular running and not only will you feel better, mentally, but your skin will thank you, too. Aerobic exercise is also a great way to increase circulation and blood flow throughout your body, including to your skin, which translates to a more glowy, radiant complexion.

While obviously working up a sweat is the sign of a good run, it’s important to remember that you want to get it off your skin as soon as possible post run. Runner’s skin can be susceptible to breakouts; when sweat sits on your skin, it can mix with the oil and any products, like sunscreen, on there, creating an unwanted mixture that can ultimately end up clogging pores and leading to blemishes.

Bowels
Exercise can reduce stress by stimulating the release of endorphins, leading to a greater sense of calm and well-being. From a more general perspective, regular physical activity also can increase strength and cardiovascular fitness, leading to improvements in overall health and longevity. This increased fitness may help runners feel stronger and more capable of handling painful IBS flares. In addition, studies have shown that exercise can improve overall IBS symptom severity. In a study, a group of IBS patients who increased their exercise levels experienced a significant decrease in IBS symptoms, while the control group experienced worsening of symptoms.

The type, duration, and intensity of exercise depend on individual clients and their overall state of health and fitness. For those in good general health, IBS imposes few limitations. However, during a period of intense abdominal discomfort, high impact and high intensity exercise, such as running, football, CrossFit, or heavy weight lifting, may cause greater discomfort and is best avoided until the client is feeling better.
Brain
One particular area of the brain where a wealth of research has established the potential benefits of running is the hippocampus, which is associated with learning and memory. One such study, conducted by Japanese researchers and published in the International Journal of Sports Medicine, showed regular moderate exercise improved hippocampus-related memory in rats.

Running does more than keep your existing grey matter well oiled; it could also trigger the growth of new brain tissue. Exercise drives the growth of new nerve cells (neurogenesis) and blood vessels (angiogenesis), which combine to increase brain tissue volume. This is crucial, as research has shown that we begin to lose brain tissue after our late 20s. More specifically, a study published in the Proceedings of the National Academy of Sciences found regular exercisers increased the volume of their hippocampus by two per cent, compared with their inactive peers. That’s big news, as it was previously thought that this region of your grey matter couldn’t grow at all after childhood.

A growing body of research is showing that the long-term mental return on your investment in running may be to reduce your risk of suffering from dementia. One study, published in Medicine and Science in Sports and Exercise, found regular treadmill running early or late in life slowed cognitive decline and improved brain function in mice with a type of Alzheimer’s. Research presented at the 2015 Alzheimer’s Association International Conference also found physical exercise may be an effective treatment for Alzheimer’s and also reduces psychiatric symptoms of the disease. A study published in The Lancet found physical inactivity was the strongest modifiable risk factor for Alzheimer’s in the UK, Europe and the US.

Eyes
Cardiovascular exercises such as aerobics have the ability to lower “intraocular pressure”, which is pressure in your eyes. This helps to keep the retinal ganglion cells protected. These cells are responsible for collecting visual information and creating the images that you see every day.

Glaucoma affects the optic nerves in the eyes and causes them to not function properly. The optic nerve is what transmits visual images to the brain. When the nerve becomes damaged, it can cause a variety of vision problems, such as peripheral vision loss on the milder end of the spectrum all the way to blindness on the severe end. The optic nerve can become damaged in a number of ways, such as from lack of blood flow, the deteriorating effects of diabetes, arteriosclerosis, or many others.

Cardio exercise increases the flow of blood to the optic nerve and the retina. Because of these effects, activities like running or biking can improve your overall eye health and vision. It’s also important to note that cardiovascular exercise is especially beneficial to people with glaucoma.

Just a simple thing as running is so beneficial for our whole bodies.
Another reason to get outdoors and push yourself.
Just keep moving. Keep going. Make 2021 the year you really improve.
It feels strange that we have waited to issue 44 before we have covered the subject of Cancer on our health pages. We, at HMHB, have had several of our users affected by various cancers, and we want to wish every one of them the very best during this time of pandemic, as we know this may have affected some of their treatments.

Cancer is a condition where cells in a specific part of the body grow and reproduce uncontrollably. The cancerous cells can invade and destroy surrounding healthy tissue, including organs.

Cancer sometimes begins in one part of the body before spreading to other areas. This process is known as “Metastasis”.

1 in 2 people will develop some form of cancer during their lifetime.

In the UK, the 4 most common types of cancer are:
- Breast,
- Lung,
- Prostate,
- Bowel.

But there are more than two hundred different types of cancer, and each is diagnosed and treated in a particular way.

Cancer is the name given to a collection of related diseases. In all types of cancer, some of the body’s cells begin to divide without stopping and spread into surrounding tissues.

Cancer can start almost anywhere in the human body, which is made up of trillions of cells. Normally, human cells grow and divide to form new cells as the body needs them. When cells grow old or become damaged, they die, and new cells take their place.

When cancer develops, however, this orderly process breaks down. As cells become more and more abnormal, old or damaged cells survive when they should die, and new cells form when they are not needed. These extra cells can divide without stopping and may form growths called tumours.

Many cancers form solid tumours, which are masses of tissue. Cancers of the blood, such as leukaemia, generally do not form solid tumours.

Cancerous tumours are malignant, which means they can spread into, or invade, nearby tissues. In addition, as these tumours grow, some cancer cells can break off and travel to distant places in the body through the blood or the lymph system and form new tumours far from the original tumour.

Unlike malignant tumours, benign tumours do not spread into, or invade, nearby tissues. Benign tumours can sometimes be quite large, however. When removed, they usually don’t grow back, whereas malignant tumours sometimes do. Unlike most benign tumours elsewhere in the body, benign brain tumours can be life threatening.
How are Cancer cells different?
Cancer cells differ from normal cells in many ways that allow them to grow out of control and become invasive. One important difference is that cancer cells are less specialised than normal cells. That is, whereas normal cells mature into very distinct cell types with specific functions, cancer cells do not. This is one reason that, unlike normal cells, cancer cells continue to divide without stopping.

In addition, cancer cells are able to ignore signals that normally tell cells to stop dividing or that begin a process known as programmed cell death, or “Apoptosis”, which the body uses to get rid of unneeded cells.

Cancer cells may be able to influence the normal cells, molecules, and blood vessels that surround and feed a tumour, an area known as the “Microenvironment”. For instance, cancer cells can induce nearby normal cells to form blood vessels that supply tumours with oxygen and nutrients, which they need to grow. These blood vessels also remove waste products from tumours.

Cancer cells are also often able to evade the immune system, a network of organs, tissues, and specialized cells that protects the body from infections and other conditions. Although the immune system normally removes damaged or abnormal cells from the body, some cancer cells are able to “hide” from the immune system.

Tumours can also use the immune system to stay alive and grow. For example, with the help of certain immune system cells that normally prevent a runaway immune response, cancer cells can actually keep the immune system from killing cancer cells.

Cancer is genetic
Cancer is a “genetic disease”. This means it is caused by changes to genes that control the way our cells function, especially how they grow and divide.

Genetic changes that cause cancer can be inherited from our parents. They can also arise during a person’s lifetime as a result of errors that occur as cells divide or because of damage to our DNA caused by certain environmental exposures.

Cancer-causing environmental exposures include substances, such as the chemicals in tobacco smoke, and radiation, such as ultraviolet rays from the sun.

Each person’s cancer has a unique combination of genetic changes. As the cancer continues to grow, additional changes will occur. Even within the same tumour, different cells may have different genetic changes.

In general, cancer cells have more genetic changes, such as mutations in DNA, than normal cells. Some of these changes may have nothing to do with the cancer. They may be the result of the cancer, rather than its cause.
There are over 200 recognised types of cancer. Types of cancer are usually named for the organs or tissues where the cancers form. For example, lung cancer starts in cells of the lung, and brain cancer starts in cells of the brain. Cancers also may be described by the type of cell that formed them, such as an epithelial cell or a squamous cell. There are several recognised categories, but we will just look at a three - you can research others yourself.

**Leukaemia**
Cancers that begin in the blood-forming tissue of the bone marrow are called leukaemia. These cancers do not form solid tumours. Instead, large numbers of abnormal white blood cells (leukaemia cells and leukemic blast cells) build up in the blood and bone marrow, crowding out normal blood cells. The low level of normal blood cells can make it harder for the body to get oxygen to its tissues, control bleeding, or fight infections. There are four common types of leukaemia, which are grouped based on how quickly the disease gets worse (acute or chronic) and on the type of blood cell the cancer starts in (lymphoblastic or myeloid).

**Lymphoma**
Lymphoma is cancer that begins in lymphocytes (T cells or B cells). These are disease-fighting white blood cells that are part of the immune system. In lymphoma, abnormal lymphocytes build up in lymph nodes and lymph vessels, as well as in other organs of the body.

There are two main types of lymphoma:
- **Hodgkin lymphoma**: People with this disease have abnormal lymphocytes that are called Reed-Sternberg cells. These cells usually form from B cells.
- **Non-Hodgkin lymphoma**: This is a large group of cancers that start in lymphocytes. The cancers can grow quickly or slowly and can form from B cells or T cells.

**Carcinoma**
Carcinomas are the most common type of cancer. They are formed by epithelial cells, which are the cells that cover the inside and outside surfaces of the body. There are many types of epithelial cells, which often have a column-like shape when viewed under a microscope. Carcinomas that begin in different epithelial cell types have specific names:
- **Adenocarcinoma** is a cancer that forms in epithelial cells that produce fluids or mucus. Tissues with this type of epithelial cell are sometimes called glandular tissues. Most cancers of the breast, colon, and prostate are adenocarcinomas.
- **Basal cell carcinoma** is a cancer that begins in the lower or basal (base) layer of the epidermis, which is a person’s outer layer of skin.
- **Squamous cell carcinoma** is a cancer that forms in squamous cells, which are epithelial cells that lie just beneath the outer surface of the skin. Squamous cells also line many other organs, including the stomach, intestines, lungs, bladder, and kidneys. Squamous cells look flat, like fish scales, when viewed under a microscope. Squamous cell carcinomas are sometimes called epidermoid carcinomas.

HMHB has a Health Blog, with entries covering many subjects on mind-set, health, nutrition, and exercise. www.healthy minds healthybods.blogspot.com
We try and add entries every week. Please log on to have a read. We will be adding information as often as possible.
Why not try an exercise class!!!

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

HMHB is partaking on Sundays, so why not join us.

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

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

ACTIVE WITHIN

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

www.activewithin.com

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

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

Check out their website for more information.

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

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

www.walkwithadoc.org

PILATES

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

Monday 10-11am: Pilates for strength
Tuesday 6.30-7.30pm: Pilates evening flow
Wednesday 10-11am: Personal Training for over 50’s
Friday 9.30-10.30am: Pilates for over 50’s

Contact her
hello@emmaahlstrom.com
www.emmaahlstrom.com

TIME TABLE
MON/18.30/YOGA
TUES/11.00/YOGA
TUES/18.30/BOOTCAMP
WEDS/18.30/YOGA
SAT/10.00/YOGA
SUN/10.00/ABT
Mind-set:
Anger is an emotion we all experience many times in our lives. On occasions, it can actually help us, but it also destructive. It can also be one that clouds our thinking, makes us act impulsively, and can cause us more even more problems. Learning how to deal with it is a skill we all need to discover. How do you manage it? Do you find you get irrationally angry? Communication is crucial. Why not think about your own behaviour, and if you possibly need to do more.

Nutrition.
This week we thought we would take a walk through the history of nutrition, and how our knowledge has developed over quite a short period of time. It is only in the last one hundred years we have come to realise it is the make up of our foods, and not the foods themselves, that is crucial to a healthy life. Our bodies rely on us to provide it with all the nutrients, and knowing how the body works with nutrition is vital.

Exercise
Running can significantly improve physical and mental health. As a form of aerobic exercise, running can reduce stress, improve heart health, and even help alleviate symptoms of depression. Some researchers think running may be so good for us because it's something we evolved to do. Cardio exercise like this is free, available to all ages and abilities, and is something we can outdoors. What is not to like?

Health.
We have only touched the briefest edges of the subject of Cancer this week. It is an illness that half of us will probably experience in our lives. It is sheer pot luck. The biggest changes you can make to give yourself the best chance of preventing it include: don’t smoke (any tobacco is bad): maintain a healthy weight: consume a healthy diet: be physically active a lot: get vaccinated against diseases, including Covid (pls do not avoid this opportunity): avoid risky behaviours (including drug dependency, too much alcohol, comfort eating): use sunscreen for protection from UV. And to anyone going through Cancer, our very best thoughts are with you.

**Start thinking about setting weekly goals yourself on these topics. A small difference every week will grow into significant change over time.**
Quiz Answers from Page 4 + characters from Page 15
See if you can beat your family and friends

Pop Music:
The singers for those dance songs, and the year they were released.
a. UCTT: 1990: MC Hammer
b. LD: 1978: Donna Summer
c. RIAD: 1992: Snap
d. T: 2011: David Guetta / Sia
e. HY: 2003: OutKast
f. TOM: 1985: A-Ha
g. TAS: 1963: The Beatles
h. ANL: 1983: Lionel Richie
i. SA 1977: Bee Gees
j. JAA: 1991: The KLF
k. CYFI: 1980: The Jackson 5
l. TOWIU: 1988: Yazz (plastic popul)

Literature
In which books did these famous characters first feature? Also, give the year it was published.
1. PP 1861: Great Expectations
2. EB 1813: Pride & Prejudice
3. T 1929: Tintin In the Land of Soviets
4. HG 1958: Breakfast At Tiffany’s
5. PB 1991: American Psycho
7. TL 1996: A Game Of Thrones
8. HP 1920: The Mysterious Affair Styles
9. BB 1937: The Hobbit
10. DG 1900: The Wonderful Wizard Oz
11. BB 1949: Nineteen Eighty-Four
12. HL 1981: Red Dragon
13. JB 1953: Casino Royale

Film:
These songs all won the Oscar for Best Original Song. Here are the names the film they appeared in?
1. 1997: MNWGO: Titanic
2. 1992: AWNW: Aladdin
3. 1986: TMBA: Top Gun
4. 1969: RKFOMH: Butch Cassidy / Sundance Kid
5. 1961: MR: Breakfast at Tiffany’s
7. 1985: SYSM: White Nights
8. 2017: RM: Coco
9. 1994: CYFTLT: The Lion King
10. 1964: CCC: Mary Poppins
11. 1982: UWWB: An Officer And A Gentleman
13. 1939: OTR: The Wizard Of Oz
14. 2019: (IG) LMA: Rocketman
15. 1940: WYWUAS: Pinocchio

Geography
The 21 European Capital Cities between A-L.
Andorra La Vella: Baku: Brussels: Copenhagen:
Helsinki: Berlin: Athens: Budapest: Dublin:
Luxembourg City: Chisinau: Amsterdam: Lisbon:
Bucharest: Belgrade: Bratislava: Ljubljana: Bern:
Ankara: Kiev: London

Nature
The 10 heaviest organs of the human body in order:
1 Skin: 2 Liver
3 Brain: 4 Lungs
5 Heart: 6 Kidneys
7 Spleen: 8 Pancreas
9 Thyroid:
10 Prostate Gland

List of animated characters - from Page 15
(it’s meant to be tricky - how well did you do?)
1 Obelix 2 Betty Boop
3 Top Cat 4 Shaun The Sheep
5 Postman Pat 6 Captain Pugwash
7 Ermintrude 8 Scott Tracy (Thunderbirds)
9 Pingu 10 Bob The Builder
11 Rhubarb 12 Daphne Blake (Scooby Doo)
13 Penelope Pitstop 14 Dangermouse
15 Barney Rubble (Flintstones)
We hope you have enjoyed this pack. HMHB is trying to keep people active, motivated and guiding people to a healthier regime.

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

You can contact HMHB:

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

**Please follow and like us on Facebook** if you are on it: www.facebook.co.uk/healthymindshealthybods

**Please follow us on Twitter** if you use it: @hmhb2016

**Please follow PT Dean on Twitter** if you use it: @zombie_pt

**Please follow us on Instagram:** heathymindshealthybods2016

**Please follow and like our blogs:**

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

www.healthymindshealthybods.blogspot.com our health blog

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

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

All copies of our Mental Health Packs can be downloaded from our website. And we can post copies to you. Please get in touch.

We thank the wonderful Cripplegate, Islington Giving Covid 19 Fund who helped to sponsor early packs. With their help, we established the Packs.

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