



The Hippocratic Post

BLOGGING ON THE WORLD'S MEDICAL STORIES

Established 2016



Who we are



The World's first global blogging site for medical content

Connecting healthcare professionals across international boundaries

Curating and publishing blogs from some of the World's most eminent medical professionals

Working with universities and researchers to deliver premium, trusted and peer reviewed healthcare information to our audience

Outstanding expertise in journalism - our founding directors



Carole Stone CBE was the producer of BBC Radio 4's 'Any Questions?' Since leaving she has worked as a journalist and media consultant.

She is a former governor of the Tavistock and Portman NHS Foundation Trust and a patron of the mental health charities SANE and TOP UK.

She chairs the external advisory board of the YouGov Centre for Public Opinion and Policy Research based at the Cambridge University Department of Politics and International Studies.

Carole has established her own scholarship for the international charity One Young World. Carole is a senior fellow of Regent's University London.



Jane Johnson has been an executive on six national newspapers including Saturday Editor of The Sun, Executive Editor of the Sunday Mirror, Assistant Editor of The Scotsman and Woman's Editor of the Daily Mirror.

She launched Closer magazine, which won seven awards during her five years as its editor.

As Director of Sky Living, she ran a female-focused entertainment channel - as well as overseeing the digital operation for all the Sky entertainment channels including Sky Atlantic and Sky Arts.

Jane is currently Editorial Director of The Times and The Sunday Times newspapers.



Thea Jourdan has been a health journalist and medical editor for the last 20 years writing for publications ranging from the Daily Mail, Harpers Bazaar, The Economist and the Evening Standard. She has also written for the Daily Telegraph and Vice Media.

In 2005, she launched her own content agency in the UK and the US and clients include the Telegraph Group, the BBC, Fox News and AARP in the States.

She also edits Apothecary, the journal of the Worshipful Society of Apothecaries and is a Liveryman of the City of London. For the last 6 years, she has sat on the Executive Committee of the MJA.

Our unique website

An interactive site where visitors can post comments, submit blogs for consideration and take part in online polls

Featuring healthcare stories from over 500 bloggers

Keeping you up to date with the latest developments in medical research



1 IN 5 HAVE HAD TO USE THEIR ANNUAL LEAVE TO ATTEND A CERVICAL SCREENING APPOINTMENT

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JoTrust.org.uk



Top Spot



Generational damage from second-hand smoke

BY HIPPOCRATIC POST

Second-hand smoke a possible asthma risk for future generations, study finds: Children are more likely to develop asthma if their father was exposed to second-hand smoke when he was a ...



Australian lab grown milk

VS.



Pioneering bacteria research

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HEART & LUNG, INTEGRATIVE, LIFESTYLE, PAEDIATRICS, TOBACCO

Generational damage from second-hand smoke

Second-hand smoke a possible asthma risk for future generations, study finds: Children are more likely to develop asthma if their father was exposed to second-hand smoke when he was a ...

AUSTRALASIA, GLOBAL REACH, INFECTION/DISEASE, INNOVATION

Australian lab grown milk

Australian lab grown milk : A new animal-free milk that emulates the natural fermentation process in cows could hit supermarket shelves in the next two years. The lab-grown milk promises ...

GENETICS, GLOBAL REACH, INFECTION/DISEASE, INNOVATION

Pioneering bacteria research

Pioneering research using bacteria brings scientists a step closer to creating artificial cells with lifelike functionality. Scientists have harnessed the potential of bacteria to help build advanced synthetic cells which ...

CARDIOLOGY, HEART DISEASE

Heart health and emergencies

Everything you need to know about heart health from cardiac arrest and CPR, to heart attacks and high blood pressure. The heart is one of our most vital organs and ...

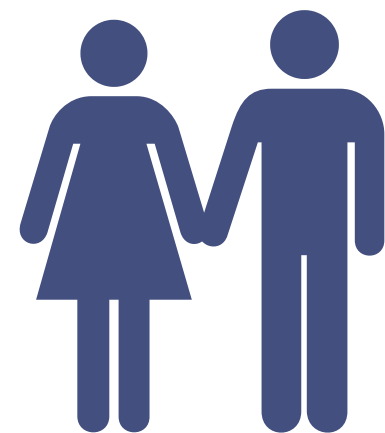
AUSTRALASIA, INTEGRATIVE, LIFESTYLE, MENTAL HEALTH

Teen substance use influenced by

Audience statistics



Monthly audience*
20,200 sessions
18,600 users
22,700 page views



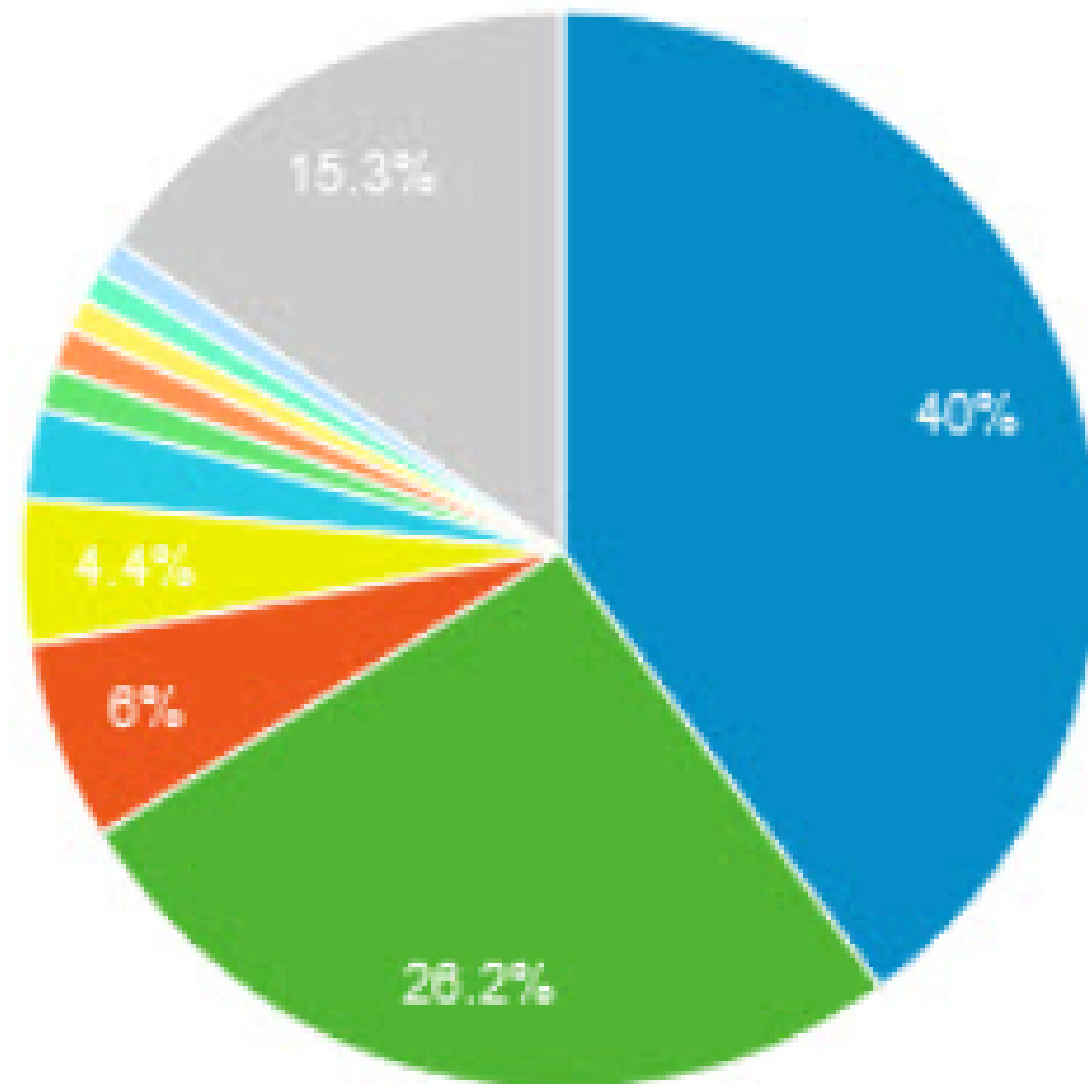
Women 54%
Men 46%

Age:

65+	10%
55-64	10%
45-54	15%
35-44	20%
25-34	25%
18-25	20%

***Rounded average based on 12 months ending November 2022**

Audience by nationality

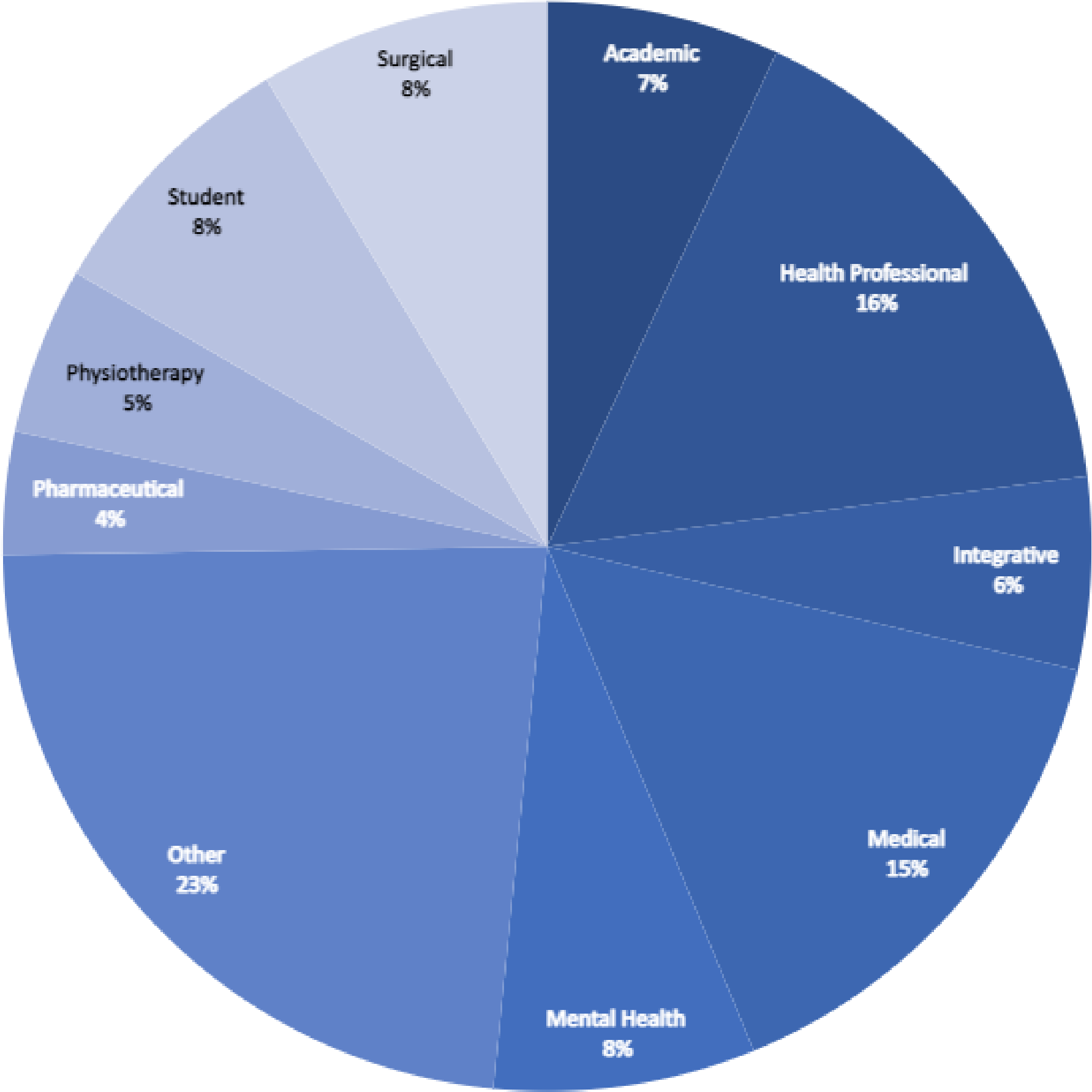


1.		United States
2.		United Kingdom
3.		Australia
4.		Canada
5.		India
6.		Ireland
7.		China
8.		Philippines
9.		Netherlands
10.		Norway



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Registered users by specialism



■ Academic ■ Health Professional ■ Integrative ■ Medical ■ Mental Health ■ Other ■ Pharmaceutical ■ Physiotherapy ■ Student



Connecting with our peers



The 2016 Inaugural Hippocratic Post Debate in association with London Press Club and Novo Nordisk

TV Doctoring: Upholding the Hippocratic Oath? A topical debate bringing together experts and decision makers from around the world



Hippocratic Post Awards for Student Medical Journalism at City, University of London 2017

Dr Paul McMaster, President of Medicins Sans Frontieres UK, was one of three distinguished speakers at the inaugural Hippocratic Post Awards for Student Medical Journalism at City, University of London



The Hippocratic Post 2018 debate at Apothecaries Hall in Blackfriars

The End of HIV was debated among Professor Jane Anderson from the Worshipful Society of Apothecaries, Dr Huda Taha from the Royal Society of Medicine, Dr Michael Brady from the Terrence Higgins Trust and Dr Yusef Azad from the National AIDS Trust

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Top Spot



Taking control in uncertain times

BY BUPA UK

Taking control in uncertain times: In these uncertain, somewhat turbulent times, Glenys Jackson, Clinical Team Manager for Mental Health, for Bupa UK, comments on our collective mental health for World ...



The STI info you need to know for sexual health week 2002

BY BUPA UK

Today marks the start of Sexual Health Week. Dr Navveen Puri, Associate Clinical Director at Bupa Health Clinics comments on recent Bupa UK research on sexual health based on internal ...



Climate change through a disaster medicine lens

BY HIPPOCRATIC POST

Australia is heading for a "perfect storm" as climate change ramps up the frequency of disasters and as the population is fatigued, vulnerable and less resilient thanks to almost three ...

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AUSTRALASIA, GLOBAL REACH, MENTAL HEALTH, POVERTY

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LIFESTYLE, SEX, SEXUAL HEALTH

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INTEGRATIVE, LIFESTYLE, MENTAL HEALTH

Taking control in uncertain times

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DIABETES, INFECTION/DISEASE

3D bandage treatment could revolutionise diabetes treatment

Researchers at Queen's University Belfast have designed a new bandage treatment, known as a scaffold, to treat diabetic foot ulcers, which is cost-effective while improving patient outcomes. Produced by 3D ...

CARDIOLOGY, EVENTS

BMS/Pfizer Alliance 4th Annual Advocacy Summit Collaborator ...

Arrhythmia Alliance is the recipient of the Bristol Myer Squibb (BMS)/Pfizer Alliance 4th Annual Advocacy Summit Collaborator Award. The award recognizes an advocacy organization that worked effectively with others to ...

Lifestyle medicine



TAKING CONTROL IN UNCER...

BY BUPA UK

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BACK PAIN PROGRAMME HAS...

BY MICHAEL FATICA

Taking control of back pain offers long-lasting results with 'Back in Shape' programme: writing exclusively ...



5 TIPS TO AVOID BACK PA...

BY BUPA UK

Rachel Murray, Head of Employee Wellbeing, at Bupa UK shares 5 tips to avoid back ...



The Royal Society of Medicine blogs

Video



17th Scientific Conference
21-23 September 2022
Dublin, Ireland

Home | Integrative | Immune/Health: The benefits of vitamins

Immune boost: The benefits of vitamins

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Credit: Pexels

Immune boost: The benefits of vitamins for your immune system: If you're one of those people who frequently gets colds or the flu, your immune system may be out of balance. The immune system's primary role is to fight disease. If we eat badly, are excessively stressed, and never exercise, the immune system can't hope to perform optimally. It's why we have to help the immune system so that it can do its job properly.

Lifestyle choices are important to build up our natural resistance to disease and infection, but we can't deny the influence of vitamins on the immune system.

A dependable IV dose of vitamins

The stresses and strains of modern living can cause us to have a nutrient deficiency. Unfortunately, most of us aren't consuming a well-balanced diet and then a supplement is required in order to make sure we get the daily vitamins we need. An immune boost IV in Portland is the perfect solution as it offers a blend of B-complex vitamins, vitamin B12, vitamin C, and glutathione.

This blend of carefully selected vitamins and antioxidants ensures good health and works to supercharge your immune system. Oral consumption of vitamins is slow, and it's why healthcare companies like Good IV, Drop Hydration and The Wellness Center in Portland can help you get the vitamins you need quickly. A mobile IV hydration company plays an important role in providing people with essential fluids and IV infusions right in your home.

This type of supplementation can provide a remedy for a host of conditions.

Zinc eliminates bacteria

Why should we supplement our diets with vitamins? If you eat junk food or are under stress, you may not be getting adequate nutrients and this is why you will require vitamin supplementation. Prevention is key to a fighting-fit immune system. Research shows that nutritional supplements, including vitamins and minerals, have wonderful immune-enhancing abilities.

Did you know that it can take as little as one month for you to look and feel more energetic and frequent colds and flu can also become a thing of the past? With vitamins and minerals, you will be moving towards your immune system cure.

Zinc is one of these highly important vitamins as it helps the immune system eliminate bacteria. Low zinc levels are associated with systemic bacterial infections. Those deficient in zinc can take a supplement containing 15 to 50mg of zinc daily and a couple of hours after meals to improve the immune system's antibacterial ability. Many over-the-counter supplements also provide zinc.



Vitamin E increases resistance to infection

Vitamin E is a potent immune protector, increasing the resistance to infection. It also reduces damage caused by stress. Vitamin E is known as the fountain of youth and is an antioxidant with many protective benefits. Not only is vitamin E an immune booster, but

it also has a benefit in reducing cardiovascular disease, cancer, diabetes, and inflammation.

The effect of vitamin E and vitamin C is of special importance as vitamin C transforms oxidized vitamin E, making its benefits available. Vitamin E is difficult to obtain from the foods we eat today because of food processing methods. You will need to take a vitamin E supplement to ensure you are adequately protected. The body needs Vitamin E to support the immune system and help the cells regenerate.

Getting enough Vitamin E is essential for general everyday health. You'll find that vitamin E in its raw state is an oil and you can drink the soft gel capsules with water or in powder form. You can also get vitamin E by using Vitamin E moisturizing cream.

Vitamin C provides protection from viral infection

Research reveals that vitamin C is antiviral, anticancer, and also antibacterial. There are many factors that can lower the body's defenses, making vitamin supplements so important. Vitamin C is one of the most important vitamins and the body doesn't store it. It is found in a number of fruits and vegetables. Some of these are oranges and strawberries.

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Queen Elizabeth II remembered: A constant presence ...

Queen Elizabeth II, the UK's longest reigning monarch, has died. Her reign saw the world change dramatically, but she remained a constant presence in the lives of the people of ...

FOODS

A Matter of Life and Death

Rebecca Wallerstone looks at Anthony: A Matter of Life and Death, a major exhibition at the National Museum of Scotland, in Edinburgh, until 30th October 2022, studying the machine art ...

CLINICAL, NURSING, STUDENT, NURSE

Facing the future – from sixth form ...

I've always known I wanted to be a doctor, from the time I was in primary school and felt compelled to rush up any child who had fallen over ...

ACADEMIC, PREVENTION, NURSING

Million new mums miss out on free ...

Mums new mums miss out on free access to NHS dentistry: The British Dental Association has said 1.6m of new mums miss out on free access to NHS dentistry, as ...

CLINICAL, SURGERY

Overcoming hurdles to train doctors in Palestine

Overcoming hurdles to train doctors in Palestine: In collaboration with House for Health and Social Development and the Palestine Medical Council, we trained 34 surgeons in Ramallah, Palestine, in July ...

The Royal Society of Medicine blogs



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Meet our team



Tomek Wojcik began his career in technology over 20 years ago, as a web developer at the former search engine and portal Lycos. He continued working in the digital sphere, gaining a broad range of technical and digital marketing skills with companies including AOL, ITV, 7digital and RNID. He and his business Sumobaby have been with The Hippocratic Post since its inception. They continue to host and expertly support the website.



Elizabeth Yorke has a background in administration, conference & event management within a wide range of industries, including fashion, health & beauty (ELLE Magazine); Restaurants (Noble Rot.), Corporate & Public Affairs (Burson-Marsteller) and Private Equity (TDR Capital). She has worked with The Hippocratic Post since inception.

Joined Hippocratic Post 17/2017



After nearly ten years working as a commercial law solicitor at a US law firm in London, Alexandra Abbott made a career change into digital marketing. She is a freelance digital media consultant with over 8 years experience as a digital editor, social media manager and outreach consultant. Alexandra has been working with the Hippocratic Post since 2016.

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