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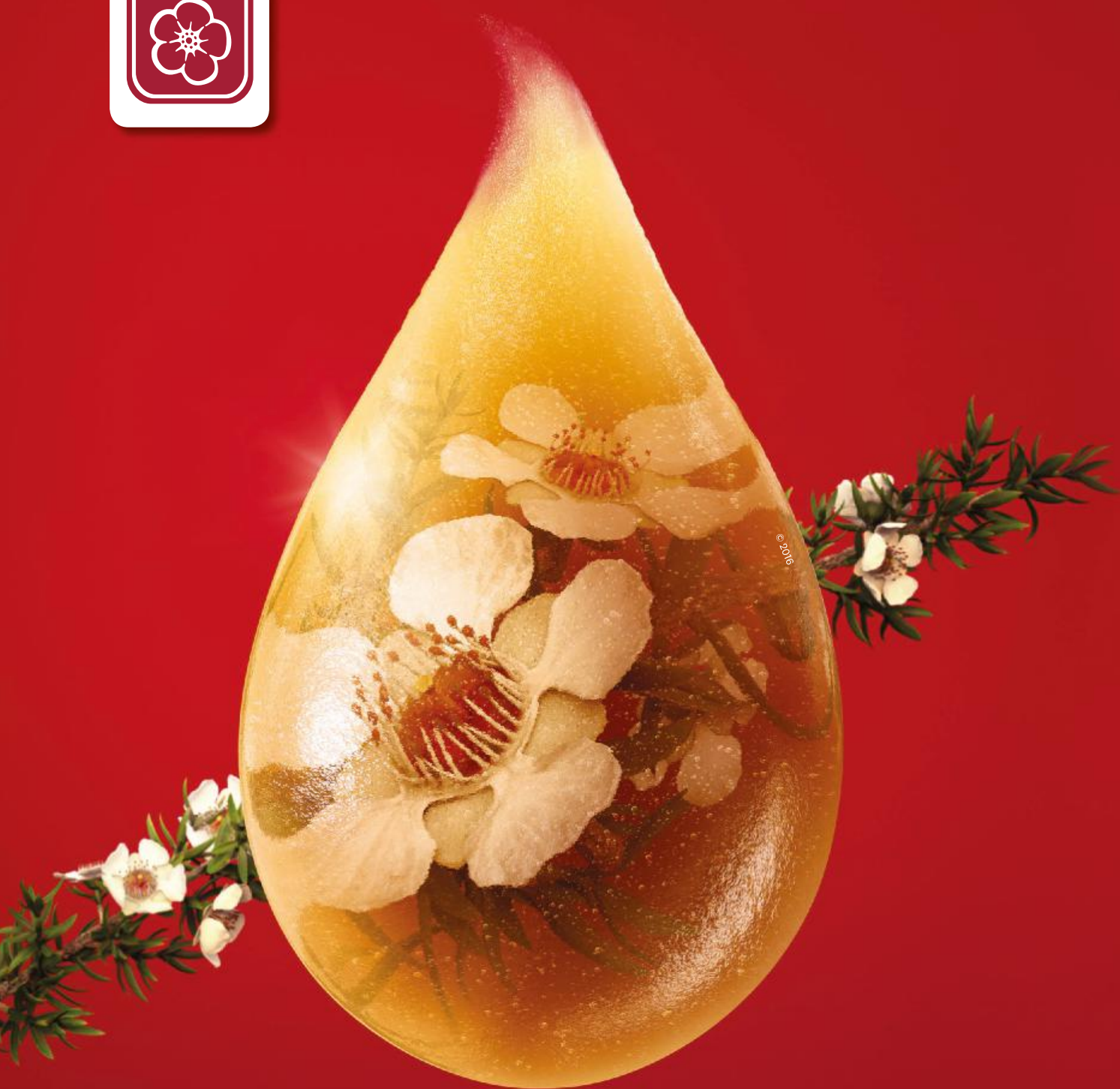
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Switch on to superfoods (page 30), and learn why team sports can be better (page 124)

The idea of a fresh start – the first page in a lovely new notebook, clean, crisp white linen bedsheets – never loses its appeal. And while the *healthy* team make it our mission to inspire you every issue with simple little ways you can make your life happier and healthier, at this time of year these ‘mini life lifts’ feel particularly appealing. We’re through the roller-coaster hype of New Year and feeling more realistic, and settled, about what we can – and really want to – do differently this year.

My favourite easy changes this issue? Stop checking work emails when I’m trying to help my son with his maths homework – a recipe for frustration and shouting all round (see *Time To Try Solo Tasking*, page 57). Strip chemicals out of my beauty regime with our gorgeous DIY recipes (see *Clean Up Your Beauty Style*, page 38). And find some way to add a team element to my fitness regime for added enjoyment and motivation (see page 124). Tricky considering I generally run, swim and cycle – so perhaps it is time to join our local tri club after all.

Elsewhere, we investigate the seemingly unstoppable superfoods trend with our must-read investigative piece (*So, Just How Super Are Superfoods?*, page 30), and showcase the delicious superfood recipes (*Every Day Superfoods*, page 98) that really will deliver on their feel-better promises.

Enjoy the issue and, as always, do let me know what you think.

Editorial director  
@elliehughesUK



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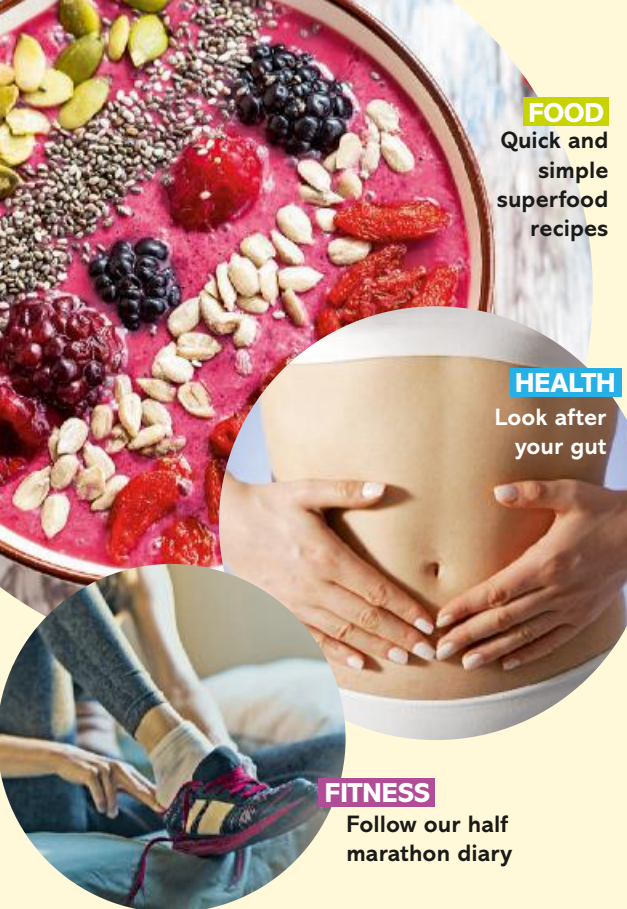


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# WHO'S IN YOUR HEALTHY

Our contributors reveal  
the fresh starts they'll  
be making this spring

**B**

## PORTIA HICKEY

Psychologist Portia helped us understand the health benefits of talking to strangers (page 48). 'My passion is swimming, so I'll be developing my skills in mindful swimming as part of long-distance training for a swim-trek holiday in the Montenegro Fjords. I went on a similar one last year in Croatia. You swim about 5-6km a day for a week – it's exhausting, but spectacular.'



**S**

## MELANIE RENDALL

Registered dietician Melanie joined our debate on the merits of superfoods (page 30) and whether they're worth the hype. 'I'm looking forward to using the new season's fruits and vegetables to try out some exciting new recipes. I'm also hoping to get away for a break in one of my favourite places in the south of Spain to enjoy some sun and delicious Mediterranean cuisine.'

**E**



## JOHANNES HINRICH VON BORSTEL

Paramedic and prospective cardiologist, Johannes explained how to keep our hearts in tip-top condition (page 79). 'Last year was a busy time for me, but 2017 is all about returning to a healthier work-life balance. Less work and more time travelling, reading, writing and improving my cooking skills – the perfect way to reduce stress.'

**B**

## EMMA KENNY

Psychologist Emma revealed how starting a ritual can help bring positive changes to our lives (page 45). 'This spring, I'm taking up yoga after promising myself I would for the past decade and going to start climbing with my two kids. I've also given up alcohol and don't intend to drink again, so I'm making sure I have lots of water!'

**B**

## JOANNA ADAMS

CEO of England Netball, Joanna, persuaded us to erase memories of school PE classes and give team sports a go (page 124). 'My fresh start is to drink more water, cut down on coffee and get back to netball sessions more regularly. I want to go for a run (well, more like jog) every week to give me some me-time.'





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## STAR LETTER

### Pay it forward

*Why We Volunteer* (Feb) was an inspiring article. I was filled with admiration for Lynne, who offers free crafts classes for the elderly, Alison, who gives free treatments to cancer patients and, last but not least, Hannah who volunteers with the Brownies. These three wonderful women have an extraordinary impact. They think less about what they can get from the experience of volunteering and more about what they can contribute. I'm also reminded that, without volunteers, it wouldn't be possible to keep so many valued services going. I was very moved by their stories, which motivated me to contribute more to society. I am looking for ways in which to do this in future.

**Daisy, Barnet**



### Under pressure

*Are We Working Ourselves Sick?* (Feb) made me sit up and take notice. I knew I pushed myself too hard in my career. Sometimes it crossed my mind that all those hours of unpaid overtime would be better spent with my family, friends, my partner, or simply relaxing alone. After all, no one looks back at their life and wishes they'd spent more time in the office. It was time to change, and the information in this article confirmed it. With this in mind, I organised my disorganised list of tasks. I now spend 10 minutes at the end of the day reviewing my task list for the next day, creating a hierarchy I'll be more excited about come the morning. Now, I no longer feel like I'm at the office when I'm sitting at home.

**Kendra, Prenton**

### Bright new future

I have just read *healthy* for the second time and can honestly say I have enjoyed every minute of my reading. The research behind the writing is

second to none and is something *healthy* should be proud of – I love it so much, I have now chosen to subscribe. As a result, I am now reaping the rewards of a healthy regime

and looking forward to a happy and healthy 2017. I know with your support I will become a fitter, lighter person as I have already lost 12lb since 23 November. Keep up the good work and I look forward to the next issue.

**Jayne, Shropshire**

### Home comforts

My husband and I recently relocated to Dublin. Due to the change in country, climate, new job, new house, new everything, I was feeling lost. Reading *healthy* has helped me enjoy some me-time while soaking up inspirational articles such as one of my favourites, *Don't Sweat New Exercise Habits* (Feb). I'm feeling far more at ease with my new life. Thank you *healthy*!

**Chels, Dublin**

## ON TWITTER

**@catsheerin**

After a crazy first week back ... Finally getting around to catching up with my favourite magazine @healthymag #NewYearNewYou #bliss

**@AngTherese**

In the launderette feeling exhausted so reading @healthymag and hoping for enrichment from the pages

**@KarenKi93637013**

Love reading through this month's mag, as always!

## ON INSTAGRAM

**@bbgwelshy**

Bought some goodies to keep my healthy eating on track! Including @healthymagdaily #treatyourself

## WRITE TO US

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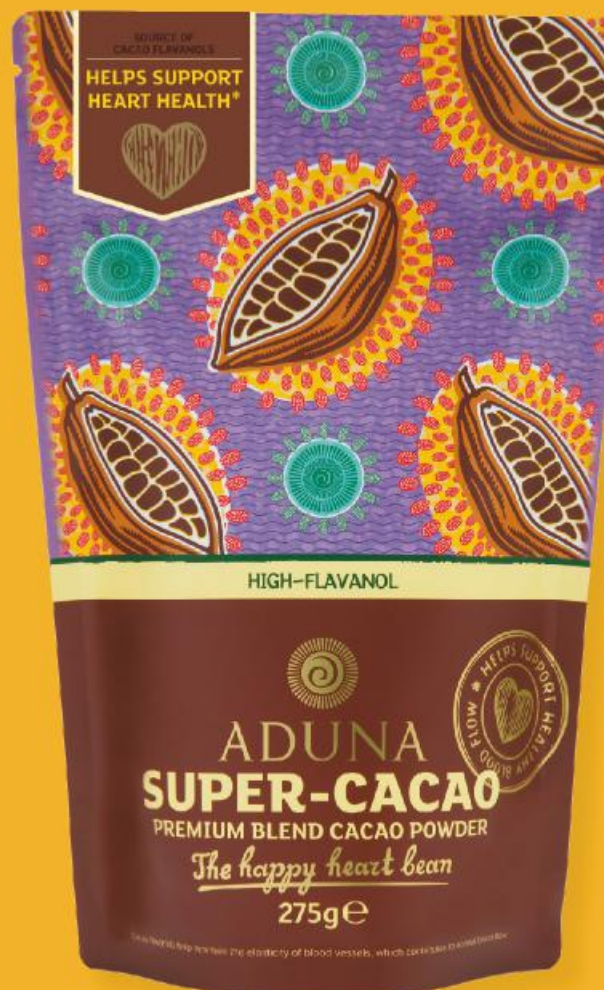


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→ Valentine's, Easter, er... Friday? There are plenty of occasions that call for chocolate, and the good news is that research supports a healthy appetite for the dark stuff. Researchers reviewed 19 trials involving 1139 volunteers and found that eating flavanol-rich cocoa reduced levels of fat in the blood, insulin resistance and inflammation – all major risk factors for heart disease, diabetes or stroke. Those who ate the optimum amount – 200 to 600 milligrams a day – also enjoyed an increase in good cholesterol. It's virtually medicinal!

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## Alcohol: the sobering facts

Stats from a review of the evidence on alcohol harm and its impact in England are difficult to ignore. More reason to make sure you keep two back-to-back booze-free days a week, and stay within 14 units. Here are the biggest findings from the Public Health England report:

**2X** We drink twice as much as we did 40 years ago

**1 million+** That's how many alcohol-related hospital admissions there are per year

**10 million+** Over 10 million drink at levels that increase the risk of harming their health

**Number 1** Alcohol is the biggest cause of death among 15-49-year-olds

## → DEMENTIA FIGHT HOTS UP

Here's a reason to book that spa weekend. A Finnish study shows that regular saunas could reduce your dementia risk. More than 2000 men were followed for 20 years and those who used saunas four to seven times a week (phew!) were 66 per cent less likely to be diagnosed with dementia, compared with those who had one once a week. The heat is thought to improve circulation and reduce blood pressure, which may explain the brain benefit.



# THE BIG D-BATE

We all know that we need plenty of the sunshine vitamin, but how much exactly? Last year, Public Health England (PHE) said that everyone should consider taking a daily 10 microgram vitamin D supp in winter. Now, *British Medical Journal* research has refuted that, arguing that most of us should just eat a healthy diet with oily fish, egg yolk, red meat, liver and fortified cereals and spreads, and get regular short bursts of sun. Louis Levy, head of nutrition science at PHE, disagrees, stating that their advice is backed by a Scientific Advisory Committee on Nutrition review of the evidence. But Tim Spector, professor of genetic



epidemiology at King's College London, said that, high-risk groups aside, we 'should avoid being "treated" for this pseudo disease and focus on a healthy diet and lifestyle, and getting some sun.'

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**ADSORB IT** In spring and summer, spend 15 minutes in the sun without sun block. But stop sooner if your skin is fair and could start to burn.  
**EAT IT** Linwoods Milled Flaxseed with Biocultures & Vitamin D, £6.99 for 360g\*.

**SWEET SUCCESS** With a year to go until sugary drinks face extra taxes, researchers at Oxford University say the move could slash obesity rates among young children by 10 per cent. They predict that drinks manufacturers will respond by cutting sugar to minimise taxes – this will help cut cases of type 2 diabetes and improve dental health.



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# ONE IN A MELON

We can't get enough of the Insta-trend for #watermelonpizza – thick slices of watermelon topped with ingredients like fruit and yoghurt for a great breakfast or prosciutto, rocket and feta as a healthier alternative to pizza. And that's not all. Ever more popular watermelon juice makes a great post-workout drink as it's hydrating, packs in heart-healthy antioxidant lycopene, and an amino acid called citrulline – good for muscle strength. Then there's crunchy, moreish watermelon seeds for healthy snacks. Holland & Barrett nutritionist Elizabeth Wall says they're higher in protein, but lower in calories than pumpkin seeds and almonds – and they contain a handy boost of iron, magnesium and potassium too.

- **What A Melon Watermelon Water** (£2.29 for 330ml)
- ▼ **Mello Watermelon Seeds** – Lightly Salted Roasted (£3.49 for 125g)\*



## OH CRUMBS

Looks like Rich Tea biscuits just don't cut it anymore. Tea dunkers are upgrading to healthier alternatives, according to data published in *The Grocer*. It found that sales of everyday biccies have plummeted by £25.7 million, but healthier versions are up by £5.6 million. To give your biscuit tin a nutritious (and in vogue) update, think oats, nuts and shaved coconut. Here are three of our favourites:



Nairn's Stem Ginger Oat Biscuits (£1.65 for 200g)

Free'ist Sugar Free Choc Striped Peanut Cookies (£1.75 for 150g)



Mrs Crimble's Large Choc Macaroons (£1.69 for six)



## Hone your technique

Want to make over your diet? Help is at hand with this new book from healthy favourite Dale Pinnock, aka The Medicinal Chef. *How To Cook Healthily* (Quadrille, £20) explains the basics of preparing and cooking healthy food, and the benefits of ingredients like wholegrains and oils. Plus, you'll find 80 easy recipes to help improve your long-term health.



## PLANT POWER

Last year's trend for plant-based eating goes on. Market researchers Mintel predict a growth of these alternatives to animal products including milk, yoghurt and mayonnaise. It also says that veggie product launches are up by 25 per cent and vegan by 257 per cent! For a simple plant-swap, switch whey protein for Pulsin Pea Protein (£8.99 for 250g).



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### → BRING OUT YOUR SUPER YOU

Get your body ready for spring with the help of Naturya nutrient-packed superfoods. Their Organic Greens Blend (£19.99 for 250g) is the perfect way to shake off winter sluggishness with a super hit of not one but five supergreen heroes; loaded with vitamins B12, C and E, plus zinc, iron, fibre and protein – simply whizz into your smoothie!

Top up your superness with chia. Naturya's Organic Chia Seeds (£6.99 for 300g) are rich in omega-3, calcium, iron, magnesium, phosphorous, protein, fibre and potassium. Super-easy to use, sprinkle on yoghurt, cereals, salads, soup – just about anything to feel the goodness.

Naturya's Organic Virgin Coconut Oil (£15.99 for 500ml) is perfect for cooking and makes a delicious addition to your bakes. It contains lauric acid, known to help the immune system stay strong – and you can also use it as a wonderful organic skin moisturiser and hair oil.

Naturya's superfoods really do make it super easy to love your body – inside and out!



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↓ TREND TO TRY

# BESPOKE BOXING

Think boxing is a man's game? Think again. Boxing clubs have spotted the Nicola Adams effect and are running ever more women-only classes. Drills-based sessions, where you get fit, not hit, are popping up all over the place, including at London's swanky Total Boxer Studio ([totalboxer.com](http://totalboxer.com)). Then there's boxing yoga, which merges boxing technique together with yoga postures, HIIT boxing (again, non-contact and including intense pad work and cardio drills), and small group, personal training centred around boxing skills going on everywhere from the gym to the local park. It's a calorie and fat-torching workout, but it also exercises your brain, as it constantly requires you to think, change your position and posture. It increases upper-body strength, and works your core, back, and legs, too. Better box clever then.



## Make a racquet!

On grass, clay or wood – take your pick – new research shows that all racquet sports keep you healthy. A UK study looked at data from 11 annual health surveys and 80,306 adults. Each participant was tracked for an average of nine years, and compared with non-sporty people. Racquet sport players' risk of death from any cause was 47 per cent lower. They also had a 56 per cent lower risk of death from heart disease and stroke. Ace!

### PICK YOUR WAY TO PLAY!

**Badminton** burns up to 507 calories per hour. Great for any fitness or skills levels; [badmintonengland.co.uk](http://badmintonengland.co.uk).

**Squash** is a faster, more intense game, burning up to 870 calories an hour; [englandsquash.com/get-involved](http://englandsquash.com/get-involved).

**Tennis** burns up to 580 calories an hour. Easier to start by playing doubles as you don't need to cover the whole court; [openplay.co.uk](http://openplay.co.uk).



## TIME TO TRY CROSS COUNTRY?

Spring is officially springing – so it could be wise to take your exercise outdoors. Studies show that being physically active in greenery reduces risk of death from respiratory-disease and cancer for women. Plus, trail-running challenges muscles more than the road or treadmill because you have to keep adapting your footing to the uneven surfaces. New US research found that cross country runners have better connections between brain regions, including areas that are important for planning, decision-making and switching between tasks.

**KEEP HIIT UP** If you want to stick with an exercise regime, fun is a key factor, and high intensity interval training (HIIT) seems to deliver. A Canadian study pitted moderate exercise against HIIT for non-active young adults. To start, both groups enjoyed it equally. But over time, the HIIT group grew to enjoy it even more, while the other group stayed constant.





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# CULTURE SHOCK

We're all accustomed to using probiotics – either in supplement or food form – for gut health, but the latest beauty products employ their benefits as part of our skincare regime. Nutritionist Cassandra Barns explains: 'The skin is closely connected to the gut, so supporting its function can help to reduce skin outbreaks. Recent studies link the use of oral probiotics to positive outcomes for eczema, acne, rosacea and anti-ageing.' And there's a new wave of topical, probiotic-enriched products designed to 'offer an antimicrobial and anti-inflammatory effect,' says dermatologist Dr Ross Perry. Try Andalou's Apricot Probiotic Cleansing Milk, £8.99 for 178ml\*.



\*All products available from Holland & Barrett stores and online at hollandandbarrett.com. Words Francesca Spector. Photographs Gallery Stock, iStock, Shutterstock



## Unisex beauty



It's the hot beauty trend, says trend forecasting agency JWT Intelligence. Unisex products take up less space in a shared bathroom cabinet, after all. And could this be the end to gender pricing? Consumer groups have long campaigned about the 'pink premium' – higher prices for female-targeted everyday products. Sukin skincare has gender-neutral packaging and their Foaming Facial Cleanser (£8.49 for 125ml) is great for all skin types.

**57** That's the percentage of consumers who say fresh or natural ingredients would influence them to buy a health or beauty product. Turn to page 38 to learn more about clean beauty.

## MAKE THE CUT

Coco Chanel famously said that a woman who cuts her hair is about to change her life. So, if you're looking for a new beginning, a snip could be a great start. Organic hairdresser Karine Jackson gives her tips:

- 1 If you're reacting to a life change (a break-up, new baby) think it through carefully first.
- 2 Take 10 images to the

consultation, not just ones you think will suit you but ones you like. Your hairdresser can see the shapes you prefer and use elements to create a style for you.

- 3 Short hair needs cutting more regularly, so be aware you'll be at the salon more often.
- 4 Don't go for a high-maintenance style if you're time poor.
- 5 Remember that hair will grow!





# “WE’RE ALL STRONGER THAN WE THINK”

Despite ‘retiring’ nearly 10 years ago, Darcey Bussell reveals just how much a career in ballet continues to shape her

WORDS **FRANCESCA SPECTER**

It’s nice to learn that retired ballerina Darcey Bussell and I have something in common.

Early on in our interview, she admits – with genuine indignation – ‘Oh God, there’s one thing I hate saying, and that’s “My mother was right!”’ But few could fault the decision of Darcey’s mother Andrea Williams, a former model, to steer her young daughter towards a career in dance. ‘I didn’t know what my real interests were, so my mum decided I should go to stage school. I’m grateful to her for putting me on the right path.’

Promoted to principal dancer at the Royal Ballet by age 20, Darcey performed in more than 80 different roles before she retired from ballet in 2007. However, ‘retirement’ is a relative term for her. From penning a series of children’s books, *Magic Ballerina* (Harper Collins, £6.99), despite being dyslexic – to being a judge on *Strictly*, Darcey has been busier than ever over the past decade.

Perhaps this eclectic list of achievements has more to do with her former ballet career than it

would seem. ‘The discipline I learnt from training – repetitiveness, sticking with something and not giving up – has carried me through everything I’ve done since I stopped dancing. I have the willpower, strength of mind and confidence to step into things I wouldn’t have dreamt of doing when I was younger.’

Darcey’s dance background influences her

judging style of *Strictly*, too. ‘As a professional, I have empathy. I know how difficult dancing is – and can you imagine how much more difficult it is for somebody who has never experienced that amount of training and concentration?’

Darcey admires all of her contestants, but she does have favourites. Last series, it was *Birds Of A Feather* actress Lesley Joseph, who turned 71 during the competition and was the oldest contestant yet. ‘She was extraordinary! I’ve always been a big fan, but I think the joy that she got from it was wonderful.’

Although Darcey is quick to sentimentalise former *Strictly* contestants, she reflects on her own professional dance career with pragmatism. ‘People

“I’M GRATEFUL TO MY MUM FOR PUTTING ME ON THE RIGHT PATH”



**Darcey in a 1998 Royal Ballet of *Raymonda* Act III. Right: With fellow *Strictly* judges in 2016**



look at classical ballet and say, “Oh, it’s so romantic”. But as a dancer you have to be realistic in assessing your strengths and weaknesses, to see what you need to work on. If you can recognise those things, and improve, then it helps to give your career longevity.’

While blessed with height (tipping 5ft 7in), an athletic physique and – courtesy of her mother – timeless good looks, Darcey stresses that hard work, rather than genetic endowments, formed the basis for her professional success. ‘I looked at my company of talented dancers, and thought, “How am I going to get noticed?” The answer was to get up earlier, to study more and to spend more time at rehearsals than the average person.’

Nowadays, Darcey’s fitness is less to do with following a strict regime, and more about ‘having a positive outlook for my family [husband Angus Forbes, a hedge fund manager, and their two teenage daughters, Phoebe and Zoe]. If I’m full of energy and endorphins, I can do more for them.’ This hasn’t been without its hurdles: last year, she had a hip resurfacing operation after damaging the joint cartilage during a performance at the 2012 Olympics. ‘I feel like the bionic woman now – but the difference is amazing. I was in pain for two years.’

Despite her ‘bionic’ enhancements, Darcey still maintains a fitness regime that would put most of us to shame, walking her dogs Lolli and Pop for 40 minutes daily and teaching twice-weekly dance fitness classes as part of her workout programme, Diverse Dance Mix. ‘I love teaching,’ she says, ‘It motivates me to help people learn a new skill and keep fit.’

Yet it is motherhood, rather than dance, that has taught Darcey the most in the last 15 years. ‘You learn patience, understanding and being a good listener.’ Will Darcey be encouraging her daughters to follow in her twinkle-toed footsteps? Not necessarily, she says. ‘They’re two very different individuals with different strengths.’ But whatever the girls do, one thing’s for sure: they have an excellent role model in Darcey, who says, ‘Everyone is stronger than they believe. That’s important to know in life. It’s all about your mental resilience.’ **h**



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# SHOULD WE WEIGH OUR KIDS?

It's a controversial topic – some professionals argue putting children on the scales is essential to their health; others believe it's harmful. Our experts battle it out

## YES



**says Tam Fry,**  
from the **National Obesity Forum and Child Growth Foundation**

**W**e measure animals in the zoo to see that they're growing, we measure our cars

with an MOT, but in 1989 we stopped measuring our children. The result was that on a yearly basis they got fatter. Now 22 per cent of four-year-olds and 33 per cent of 10-year-olds are overweight or obese.

'Weight is a delicate thing, but if we weighed our children regularly, nobody would care. You'd get on the scales, your weight would be jotted down and you'd get on with your day. Some mothers may say, "You'll upset my little treasure", but we're pussyfooting around while obesity is costing £24 billion each year.

'We've lost sight of what a healthy child looks like. Our chief medical officer says, "Overweight is the new normal", but there *is* a healthy weight and it's governed by body mass index (BMI). It should be checked yearly, and if it's not in the healthy range, children should see a doctor just as they would for a wart on their nose. However, BMI as a single measure tells you little, so it needs to be done sequentially. It can be measured at age one, again six months later, and after another six months, to see if a child is growing normally. If all three are on the same centile, it's fine; if they suddenly edge up, the child is putting on too much weight.

'Your scale at home isn't accurate, so take your child to the doctor's surgery to be weighed. It was decided, wrongly in my view, that The National Child Measurement Programme would record children's weight at four and 10. Children don't get obese overnight – it happens at some point between birth and four, or four and 10. People can opt out of having their children being weighed, and that's a tragedy. We should all be required to have our children weighed, as we're required to have them immunised.

'We've got one-year-olds in hospital being treated for obesity. But most parents don't understand the devastating consequences: early death, amputations, blindness, cancer. Enough is enough.'



## NO



**says Dr Richard Sly,**  
medical adviser  
for **Beat, the UK's eating disorder charity\***

**T**here's always been pressure on young people when it comes to body image, but with the rise of social media it has exploded. Children as young as three now worry about being fat. I'd be concerned if we routinely weighed

children, especially very young ones who don't understand that there isn't a link between weight and success or weight and happiness. Even sophisticated adults can get muddled about that.

'BMI is a blunt instrument, and we shouldn't make a diagnosis based on it. It's the same with weight; health isn't the number on the scales, and wellbeing isn't about body shape. As we can easily measure weight, we cling to that, but it's an oversimplification. We should target feelings instead; much more likely to have an impact.

'Weighing kids won't fix the obesity crisis. The argument seems to be: if we put them on the scales, we'll be able to spot a problem and solve it. The reality is overeating, lack of exercise, binge eating or any disordered eating is down to psychological pressures. A child might be unhappy or anxious, and use food to cope. Weighing them and sending a letter home saying they're overweight stigmatises them. It makes parents think doctors are doing something about the problem – but it could exacerbate it.

'Puberty is a confusing time. Regularly weighing young people when they're going through changes, alongside the pressures associated with social media, could send negative messages to those who are vulnerable. We should absolutely have a narrative about doing exercise and having a healthy diet, but when you add layers that confuse weight with success or failure, it gets dangerous.

'As a parent, you're probably a good judge of your child's health. Notice how they look, talk and behave. Eating disorders are incredibly serious and most likely to develop in childhood. Close to a million people in the UK have one, and once an eating disorder takes hold, it's hard to treat. This isn't it about political correctness. Mental illness can last a lifetime or, sadly, end a life.' **h**





# SO, JUST HOW SUPER *are* SUPERFOODS?

→ Few health trends have enjoyed the same stratospheric rise as superfoods, but with some nutrition experts still questioning the hype and a lack of concrete legislation, are they really worth the money?

WORDS VICTORIA JOY

Most of us want to be successful in life, whether it's acing tests at school or winning employee of the month. So it's no wonder that, when it comes to healthy eating, we want to reach our peak potential, too. It isn't enough to eat tasty, satisfying or healthy food – these days, we want *superfoods*.

The term has fast become synonymous with eating for optimum nutrition and, as a result, safeguarding ourselves against illness, disease and even excess weight gain. It's mentioned on a daily basis – on food packaging, the Twitter feeds of healthy-eating influencers, and in newspaper articles celebrating nutritional breakthroughs.

That said, how many of us know what the word superfood actually means? According to the *Oxford English Dictionary*, it's 'a nutrient-rich food considered to be especially beneficial for health and wellbeing.' When it comes to the monitoring of nutritional claims made for food and drink, the Department of Health has responsibility. However, their rules around the use of the term superfood aren't as clear-cut as they are for other claims. Take



'low fat', for example. The EU Register says this claim can only be made of solid products containing no more than 3g of fat per 100g, or liquids containing no more than 1.5g of fat per 100ml.

So how do superfoods match up? A minimum requirement of antioxidants? A set number of minerals per product? In fact, legislation regards 'superfood' as a non-specific health claim, and as such it can stand alone without any evidence, as long as the same product lists another health claim, such as high-fibre or low-sugar, which *can* be authorised.

For the uninitiated, these rules seem about as clear as mud, so we asked Andrew Hunt, the co-founder of healthfood brand Aduna, how they define the term. Aduna stocks healthfood shops with products such as Baobab Superfruit Energy Bars and Super-Cacao Powder. Hunt explains: 'Any of our products that uses the term superfood, superfruit or superleaf is an exceptionally nutrient-dense wholefood which, in a single serving, delivers at least one other claimable benefit.'

'When we first launched our baobab and moringa powders in the UK, the ingredients were virtually unheard of, so it helped to use the "super" term to signal their exceptional nutritional profiles and to flag that they were wholefoods the consumers could use to boost their smoothies or sprinkle on their cereal.'

## Growing demand

What is clear is just how in-demand superfoods (and the products that contain them) have become. The numbers speak for themselves. The most recent figures from Mintel show that 2015 saw a global rise of 36 per cent in food and drink launches featuring the terms superfood, superfruit and supergrain. And with this hike in superfoods on our shelves has come an increase in the interest of consumers in how super their powers really might be. A YouGov survey shows 61 per cent of Brits reported buying foods because they were hailed as superfoods. Meanwhile, if you google the term, you'll find just

powders packed with foods that deliver high levels of vitamins, minerals and antioxidants said to hold health-boosting clout – and lab-based studies to prove their worth have spiked in the last five years.

In March 2016, scientists presented research to the American Chemical Society that suggested blueberries (or, more specifically, the flavonoids found in them) could fight Alzheimer's disease. A 2014 study found that female participants who added one and a half teaspoons of moringa leaf powder to their daily diet for three months demonstrated an increase in their antioxidant levels, while journal reviews investigating the benefits of superfood favourite spirulina promote the antioxidant and anti-inflammatory properties of this naturally occurring algae.

## Not so super?

But peer a little deeper and there's a risk of major buzz-kill around superfoods and their powers. According to the British Dietetic Association, most studies taken to prove the miraculous benefits of superfoods are small in scale, focus on animals rather than humans, and use highly concentrated, potent extracts of the food.

The European Food Information Council's warnings follow the same lines, stating: 'One major characteristic of research in this area is that very high levels of nutrients tend to be used, which are usually not realistically attainable in the context of a normal diet. On top of this, the physiological effects of many of these foods are often short-term, meaning people would need to consume them often in order to reap their health benefits. This could be counter-productive, especially for certain foods – frequently consuming cocoa in the form of chocolate, for example, would boost intakes not only of cocoa's health-promoting flavonoids but also of other nutrients of which we are recommended to consume less.'

Another criticism of superfoods surrounds their cost; the more headlines grabbed ►

Google 'superfoods' and you'll get 20 million results: top 'superfoods for weight loss'

under 20 million results – the highest ranking of which is 'superfoods for weight loss'.

However, while talk of superfoods has become more common – with moringa, baobab, chia and goji staking their claim on our plates and in our smoothies – the controversy around whether these ingredients can truly live up to the mighty claims made about them grows ever stronger.

Brands and health bloggers alike are keen to extol the virtues of products and



# We should eat a 'superdiet' – veg, fruit, good carbs, lean protein

by foods such as wheatgrass and chia seeds, the higher their price seems to be. Part of the issue is that many of these wonder foods are grown in far-flung regions of the world so we're paying for the price of harvesting and transportation. And many nutrition professionals have aired their displeasure at the rising costs around the concept of eating well.

## In the balance

Considering the nutritional profiles of these foods as well as the increasing research to suggest that high levels of these nutrients can have a positive impact on our bodies, few could argue that the influx of superfoods is a bad thing. However, experts *do* warn us not to get too hung up on the idea of miracle foods, especially if it leads us to overlook the importance of a balanced diet.

'It's tempting to think researchers have hit upon foods that hold all the magic answers to make our bodies tick and that, by eating them, good health is guaranteed. But there's no proof that upping our intake of these foods has any more beneficial an effect than eating a balanced diet of fresh, wholesome foods,' says Melanie Rendall, registered dietician and co-founder of R&M Dietetics.

Indeed, nutrition experts favour the idea of a 'superdiet', where we eat a wide, balanced variety of vegetables, fruit, high-fibre carbohydrates and lean protein. 'The hope is that the growing interest in superfoods will make consumers more aware of what they're putting in their body, and encourage them to think about how diet plays a role in maintaining good general health. In which case, superfoods are a positive thing,' adds Rendall. 'But no single food, no matter how many antioxidants or minerals it contains, can undo the effects of a bad diet. So it's key we see these foods as an added bonus to existing healthy diets, rather than assume that making regular unhealthy choices can be negated by eating a handful of goji berries every morning.'

Interestingly, the most prolific superfood brands agree. 'We do our best to communicate to customers that our superfoods are best used as part of a healthy, varied diet, rather than being seen as a kind of golden bullet,' says Hunt.

## JUST AS SUPER

The food alternatives that will boost your body without breaking the bank

### KALE

This leafy green is full of essential minerals like copper, potassium, iron and phosphorus. Its main claim to fame, however, is its vitamin C content, which at 120mg per 100g is more than double the daily quota.

### → You could also have... SPINACH

Just as tasty in salads and smoothies, spinach carries a much friendlier price tag and boasts more magnesium, potassium and sodium than the equivalent amount of kale.

### QUINOA

A gluten-free grain, quinoa is high in protein and delivers all nine essential amino acids, making it a winning tummy filler. It's high in fibre, magnesium and B vitamins.

### → You could also have... CHICKPEAS

The humble chickpea contains nearly double the protein of that provided by quinoa and costs just half the price.

### GOJI BERRIES

Research shows the high levels of vitamin C, B12, iron, selenium and other antioxidants in goji berries can boost the immune system and protect against heart disease.

### → You could also have... RASPBERRIES

Coming in at a lower price when in season, these have an impressive amount of fibre, vitamins and minerals, with nearly 90 per cent less sugar than dried gojis.

### CHIA SEEDS

It's the incredibly high levels of heart-healthy, blood lipid-boosting omega-3 fatty acids that have put these seeds on the map, as they contain an impressive 17g per 100g.

### → You could also have... SARDINES

OK, you won't want them in your smoothie, but a tin of sardines contains over 50 per cent of your daily omega-3 and is easily absorbed.

### BLUEBERRIES

Low in calories and high in nutrients, blueberries contain antioxidant compounds which have been shown to reduce blood pressure.

### → You could also have... BLACKBERRIES

In comparison, these berries contain more vit C and A, betacarotene and catechins, while costing 17 per cent less. **1**



We squeeze all this  
Superfood goodness



into this



## SUPERFOODS CAPSULES

Bioglan Superfoods capsules contain all the goodness of fruits, vegetables, herbs and superfoods all squeezed into a capsule. Easy to swallow, Bioglan Superfoods capsules are a great way of topping up your daily nutrition without any fuss.

Take 2-3 capsules per day and feel the benefits of Bioglan Superfoods Capsules for yourself.



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# DEEP ROOTED CARE FOR YOUR HAIR

For gloriously healthy locks, Avalon Organics can make every hair type look amazing



**A**valon Organics is the natural beauty brand that continues to raise the bar for effective products crafted from pure, botanical ingredients. Studies show that chemicals can be absorbed through the skin into our bodies. So, Avalon's experts seek out plant-based organic ingredients from trusted sources that are not only safe for us to use, but are safe for the planet, too. Combining modern science with centuries of study into the rich botanical world, Avalon perfect each formula, to deliver innovative products to care for every strand of your crowning glory.

## ➔ To restore natural shine

Does your hair look dull or lacklustre? Clarifying Lemon Shampoo contains lemon essential oils, quinoa protein, aloe

and vitamin E to clarify and brighten, and remove excess oils and dulling product build-up.

**THE RESULT** Natural highlights, colour and shine are restored. Follow with Clarifying Lemon Conditioner to provide the best results.

## ➔ To calm irritated scalps

Is your scalp dry and itchy? Tea Tree Mint Scalp Normalizing Shampoo has a blend of tea tree, mint, eucalyptus and chamomile to relieve the discomfort of a dry scalp; cleanse and restore hydration levels in the scalp and hair; and energise your scalp for healthy circulation and restored comfort.

**THE RESULT** Hair that's soft, shiny and manageable, and a scalp that feels comfortable and balanced. Follow with Tea Tree Mint Scalp Normalizing Conditioner for best results.

## ➔ To give volume

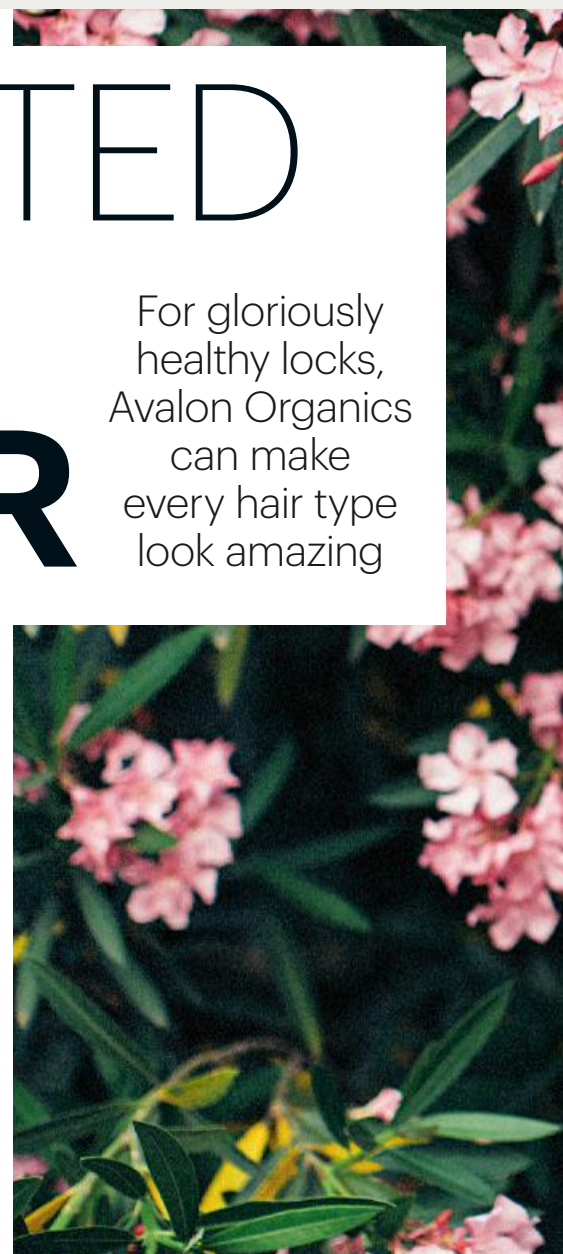
Disappointed by your hair's lack of body? Volumizing Rosemary Shampoo is especially for hair that's thin and limp. With rosemary essential oil, quinoa protein, calendula, aloe and vitamin E to cleanse while building volume from root to tip. Massage into wet hair for a rich, creamy lather.

**THE RESULT** Thicker, full-bodied hair, and a healthy shine. Follow with Volumizing Rosemary Conditioner.

## ➔ To build strength

For hair that is brittle or weak, their Strengthening Peppermint Shampoo is a medley of peppermint essential oil, quinoa protein, calendula, babassu oil, aloe and vitamin E to strengthen elasticity and help prevent future breakage. Plus, the soothing scent helps to relax and calm you. Gently massage into wet hair to produce a rich, cleansing lather.

**THE RESULT** Stronger hair, with renewed bounce and length. Follow with Strengthening Peppermint Conditioner for best results.







## THE NATURAL CHOICE

Founded on the belief that all beauty comes from the earth, Avalon Organics' philosophy stems from a deep reverence for our planet and a respect for all creatures.

All their products are not only certified organic, they are also cruelty-free and vegan. They never test products on animals, and only source ingredients from suppliers that can document this. This commitment to kindness is represented by the Leaping Bunny logo that appears on product labels.

Avalon Organics believe in using certified organic ingredients because they are better for the body *and* the

Earth. Organic agriculture reaches the highest ideal of sustainability – delivering benefits to the soil, to farmers, the environment and to customers. To minimise the footprint of its products on the planet, Avalon Organics' packaging is made from high 'post-consumer' recycled material content and sustainably sourced paperboard, and is recyclable after use.

Searching out the beautifying benefits hidden within each plant, combined with a dedication to organic agriculture, Avalon Organics thoughtfully develops formulas that not only nourish the body, but also nourish the mind and the soul.



**AVALON  
ORGANICS®**



## GREAT GIVEAWAYS

# WIN! OUR GREAT GIFTS

→ For your chance to win these fab wellbeing goodies, enter by 3 April

### Cool kit

British sportswear brand Tribe Sports make beautifully crafted clothing from the finest Italian performance fabrics. This is luxury gear at its best, that wicks away sweat, is quick-drying and antibacterial – all to keep you at optimum comfort as you work out. Two readers will receive a seamless bra and pair of high performance running tights, worth £115 each.



CODE:  
HEALTHWIN5

### NATURAL LIFT

An award-winning natural supplement, Bee Energised provides energy and focus without the jitters, and benefits build over time to help fatigue. It combines nutrients with proven benefits including organic bee pollen, matcha, ginseng, and B vits. Two readers will each receive six boxes of supplements (worth a total £73) and a fab Asquith top made from the softest bamboo (RSP £52).



CODE:  
HEALTHWIN6



### Brighter smile

This non-peroxide teeth whitening kit by Mr. Bright uses the latest LED light technology to give you whiter, brighter teeth (up to seven shades whiter) in just two weeks. Clinically approved and certified, it can help reduce tooth decay, stains and discolouration. With three whitening gels, one LED light, a mouthguard, an instruction manual and a zip case to carry all the kit. We have two kits to give away, worth £49.95 each.

CODE:  
HEALTHWIN7

### HOW TO ENTER

To apply **ONLINE** go to [healthycomps.co.uk](http://healthycomps.co.uk).

**POST** your name, address, phone number and entry code (eg HEALTHWIN5) to the address on page 150.

### Super seeds

Boost your nutrition with chia seeds, full of omega-3, fibre, protein, vitamins and minerals. Five lucky winners will each win a year's supply of Chia Bia products, worth £200, including Whole, Milled and Flavoured seeds, tasty Chia Bars, and Chia Oil omega-3 capsules.



CODE:  
HEALTHWIN8

## THE POWER OF OPTIMISM

➔ If you're the type who bounces out of bed each day, radiating positive vibes, you'll love the latest discovery that looking on the bright side of life could help you live longer. Harvard researchers monitored the emotional and physical health of 70,000 women over eight years and found that those who were optimistic about life were far healthier. The most optimistic had a 16 per cent lower risk of dying from cancer, 38 per cent lower risk from heart disease, 39 per cent lower risk from stroke, 38 per cent lower risk from respiratory disease, and 52 per cent lower risk of early death from infection, compared with the least optimistic women. The co-authors believe their research demonstrates that higher optimism directly impacts our biological systems, possibly boosting immunity and lowering inflammation. That's plenty to feel glass half full about!





# CLEAN UP YOUR BEAUTY STYLE



→ Following on from clean eating, the new trend is clean beauty – which is all about ditching chemicals for natural, homemade alternatives



Natural beauty queens:  
Dominika (left) and Elsie

How does nutmeg bronzer grab you? Or what about a chamomile hot-cloth cleanser or coconut shaving foam? These are just some of the hero recipes/beauty products invented by beauty obsessives – and clean beauty advocates – Elsie Rutterford and Dominika Minarovic, of the Clean Beauty Co blog. The pair met in 2013, and instantly bonded over their shared love of all things healthy, and their obsession with beauty products.

‘We had a lightbulb moment when slathering on one of our favourite moisturisers. What was in it? And was it being absorbed into our bodies? We began to pick apart the labels,’ says Elsie.

‘It was difficult to know where to start at first. We weren’t sure which

brands were sticking to completely natural ingredients or which ones were using greenwashing claims.’

To better understand beauty formulations, Elsie and Dominika slowly started experimenting with making their own products at home and shared their DIY beauty journey on Instagram and their Clean Beauty Co blog. ‘We built a small, but engaged audience who tried out the recipes and asked for advice,’ says Dominika. Fast forward to 2017 – in addition to their new book, *Clean Beauty Recipes To Manage Your Beauty Routine, Naturally* (Square Peg, £18), they sell their products online, hold regular workshops and are planning a new skincare range.

‘The first recipe we made was a replica of a high-street brand’s shower moisturiser. It’s a great product, but full

of questionable ingredients; we recreated it with coconut, jojoba and rosehip oils and still use the recipe today,' adds Elsie.

For the first year of their journey, they were mostly self-taught and turned to Dominika's mother, who already practises DIY beauty. But in 2016, the pair took a diploma in natural skincare.

'Making your own beauty products is incredibly rewarding and better for the environment. We've never looked back – and our skin and hair has never looked better,' says Dominika.

'We get a lot of inspiration for ingredients from recipes created by our favourite food bloggers, Deliciously Ella, Madeleine Shaw and the Hemsley Sisters. Like cooking, the possibilities for DIY beauty are endless, so get experimenting and have fun!'

Here we share three recipes from their new book.

## HOT CLEANSE

If your skin looks grey, soak a hot flannel in this mixture and use as a compress to help bring back your glow. The chamomile soothes, soya milk is rich in firming phytoestrogens, ginger helps to bring oxygen-carrying blood to the surface, while honey locks in moisture.

**Makes:** One use.

**Helpful hint:** Straight after, apply a refrigerated toner to close pores and tighten skin.

**120ml chamomile tea**

**1 tbsp honey**

**1 tbsp grated ginger**

**120ml soya milk**

- 1 Add the honey and ginger to the tea and leave for 10 minutes.
- 2 Stir in the soya milk.
- 3 Submerge a cotton flannel in the mix, wring out and place over your face. Repeat three times.
- 4 Remove immediately, or leave on your skin overnight. ►







Raid your spice rack for DIY clean make-up

## BRILLIANT BRONZER

Use ingredients from your spice drawer for a summer glow. Quantities are approximate as you'll need to adjust the shade depending on your skin tone. Nutmeg and cinnamon create a warm-brown glow, while arrowroot ensures the ingredients combine and spread evenly. You don't need to include cocoa if you have a lighter skin tone, as this gives depth and darkness. Apply with a brush, not fingers!

**Makes:** 15g

**Shelf life:** Three months

**Helpful hint:** You can add mica powder for a subtle shimmer.

**1 tsp cinnamon**

**1 tsp cocoa powder**

**1 tsp nutmeg powder**

**2 tsp arrowroot powder**

- ➊ Mix the powders well in a small bowl, breaking up any clumps.
- ➋ Transfer to an empty make-up compact.
- ➌ Apply when needed.

## ➔ SIMPLE TIPS FOR CLEAN GODDESSES

- Don't trash all your existing beauty products – they're expensive to replace. Make simple changes at first and focus on body wash and creams – to use on the largest surface area of skin – then move onto face and hair products.
- All bodies are different. Focus on creating one product at a time so that you know which ingredients are doing the trick.
- Be prepared for breakouts as your skin adjusts to the natural beauty products, which contain pure, unprocessed ingredients in large quantities. But stop using them immediately if your skin becomes sore, itchy or inflamed.
- Don't stress if you want to finish your expensive base or use regular shower gel at the gym. It's not always easy to find non-toxic alternatives to readily available products.
- Once you've gained confidence, go off-piste. You'll soon know which butters your skin loves, which essential oils make you smell divine and which carrier oils give you goddess hair.

Visit [cleanbeautyco.com](http://cleanbeautyco.com) or share your creations on Instagram using the hashtag #cleanbeautycrew

## SHAVE THE DAY SHAVING FOAM

Shaving can be dehydrating, leaving pores exposed to reactions and infections. This natural version has vitamins A, C and E-rich mango butter, to help keep skin strong and fight any infection. The castor oil is antibacterial and moisturising, and adds shine. Dr Bronner's soap gives the foamy texture.

- ➊ Melt the coconut oil and mango butter in a bain-marie.
- ➋ Add castor oil and stir well.
- ➌ Place in the fridge and allow to cool until almost solid.
- ➍ Add Dr Bronner's soap and use an electric whisk for a few minutes for the foamy texture.
- ➎ Put in an airtight container. **h**

**Makes:** 50g

**Shelf life:** Six months in an airtight container

**Helpful hint:** You can also use jojoba oil instead of castor oil in this recipe

**20g coconut oil**

**10g mango butter**

**10g castor oil**

**10ml Dr Bronner's Pure-Castile Soap**



# Smooth operator

Want glowing and younger-looking skin? Take a closer look at the Snail Gel range from Dr. Organic

**E**ver since it first hit the shops, Dr. Organic's Snail Gel has been a bona fide sensation. Its celebrity following includes stars such as Kimberly Wyatt and Britney Spears, and across the world women have discovered its amazing ability to transform their skin. Made ethically, using the silvery secretion left by snails, it's been shown to leave complexions more hydrated, smoother, firmer and looking more youthful. If you haven't yet caught on to what the fuss is about, it's time to give it a try.

## Face time

If your skin is feeling dry, crepey or dull, the original Snail Gel is a great place to get started. As well as the amazing component harvested from snails, *Helix Aspersa Muller*, the key ingredients include glycolic acid, allantoin, collagen, natural antibiotics and elastin, plus proteins and vitamins to give your skin the TLC it deserves. This amazing moisturising, anti-ageing formula also contains aloe vera leaf juice, hydrating hyaluronic acid and carob extract, to soften wrinkles and smooth skin.

In addition to the original formula, there's a host of gorgeous options to pick from. For a rich moisture surge, there's Snail Gel Cream, with shea butter and argan oil to hydrate, firm and tone. To help keep crow's feet at bay, Snail Gel Eye

Serum works on the delicate eye area. Snail Gel Facial Serum has a non-greasy formula that nourishes skin – and has been shown to improve skin hydration by 32 per cent after four weeks.

For a brilliantly restorative skin treatment, there's Snail Gel Moisture Mask. It detoxes and rejuvenates, with added coconut, macadamia and jojoba seed oils – use once a week to retrieve your glow. Finally, don't forget Snail Gel Hand & Nail Elixir. Our hands are often one of the first body parts to show their age. This lovely cream revitalises, soothes and softens. So next time you're in the garden, remember those squidgy little guys have more to offer than munching through your cabbages!



## THE SNAIL GEL STORY

It all began in Chile, where snail farmers realised their hands were extra soft, and small cuts were healing fast. After clinical research, scientists discovered it was down to the snail's 'slime' – a substance containing a unique component called

*Helix Aspersa Muller*, which the snails use to protect and regenerate themselves or their shells.

And so Snail Gel was born. Rest assured that no snails are harmed in making Dr. Organic's products, they simply slide over glass plates and their secretion is collected.





# SUPERCARGE YOUR DAY

Looking to raise your nutrition levels every day? These trending superfoods hit the spot



## TOP SEED

Chia Bia is the store-cupboard essential that will leave you feeling happy and healthy from the inside out. High in omega-3, fibre and a source of protein, vitamins and minerals, these tiny

subtle-tasting seeds will add a dash of goodness to all your favourite foods – from stir-fries and stews, to bakes and puds. Why not try it today!

## ➔ BRILLIANT BLEND

Love seeds? Then you'll love this tasty superfood mix of Milled Flax, Sunflower, Pumpkin and Sesame Seeds and Goji Berries from Linwoods. It has all the nutrients, vitamins and essential fatty acids to support a balanced lifestyle. Ideal sprinkled on porridge, cereal or yoghurt.



## MORNING GLORY

Can't face the day without breakfast? It's about to get even better for you. Naturya's breakfast boosts are made so you can supercharge the start of your day. Choose from Super Berries, Seed Crunch or Cacao Crunch – one spoonful contains at least seven amazing superfoods for an early morning boost of vital vitamins and minerals.



## FABULOUSLY FRUITY

Did you know the African baobab fruit is rich in vitamin C? As it's natural, we can absorb it more easily than synthetic supplements. To support a healthy immune system, add Aduna Baobab Powder to smoothies, juices or breakfasts (you'll love its citrus flavour), or snack on a Baobab Energy Bar.



## ➔ PROTEIN POWER

Tapping into the growing popularity of plant-based protein is easy with Naturya's Hemp Protein Powder. Hemp is one of the most amazing sources of plant proteins on the planet, and is packed with a range of vitamins and minerals, including 20 amino acids. So versatile, it can be added to shakes, smoothies or granola – perfect for a nutrition hit.



# FACIAL OILS MASTERCLASS

→ Nourishing and hydrating, oils are key to radiant skin

If your grandma used almond oil as her moisturiser, she was ahead of the curve. Facial oils are firmly on trend, thanks to the likes of the Duchess of Cambridge and model Miranda Kerr, who are said to be big fans.

And how's this for a comeback? In 2012, six in 10 of us said we were unsure about facial oils. Yet, in just four years, the sector doubled from £2.3m in 2011 to £4.9m in 2015. 'Consumers used to think that oils meant greasy skin and breakouts, but we're now more open minded,' says facialist Michaela Bolder. 'There's a facial oil for every skin type, and they have the edge over moisturisers because they have smaller molecules and penetrate the skin more deeply, whereas creams sit on the surface.'

Facial oils are best applied after your evening cleanse, so they have time to nourish and hydrate your skin overnight, and can be used on their own or underneath moisturiser. Bolder combines different oils when she does facials, however she recommends single-ingredient oils for personal use. See *Which Facial Oil Is For You?* below, to discover the ones best suited to your skin type.

## HOW TO USE YOUR OIL

The way you apply oil is as crucial as the product you use, says Bolder. Try her daily facial massage:

- 1 Massage a smidge of the oil into your skin using your fingertips in circular motions.
- 2 Aim to move the muscles under the skin, rather than the skin itself.
- 3 Push the muscles upwards and outwards, never inwards. The aim is to lift the face.



## WHICH FACIAL OIL IS FOR YOU?

Facialist Michaela Bolder explains

**ALMOND** Good for eczema and psoriasis, but avoid if you have nut allergies.

**ARGAN** A hydrating oil that is good for normal skin types.

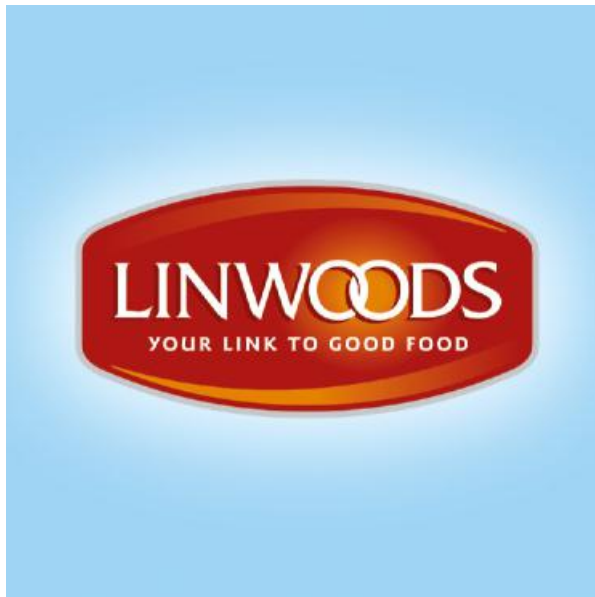
**ABYSSINIAN** Beneficial for ageing skins, thanks to its fatty acid content.

**COCONUT** Antibacterial and antifungal, so helps prevent breakouts.

**JOJOBA** Fast-absorbing – best for greasy or acne-prone skin.

**ROSEHIP** Use on sensitive skins (it rebuilds your skin barrier) or to even out pigmentation. **h**





We believe healthy eating shouldn't be any hassle.

That's why with the Linwoods range, all the hard work is done for you - like sourcing the finest organic ingredients and unlocking their goodness with our special milling process. So to enjoy all their awesome benefits, all you have to do is decide what to sprinkle them on.



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# THE POWER OF RITUALS

→ If you're looking to cut stress and boost wellbeing, the answer could be as simple as adding a meaningful habit to your daily routine

WORDS **FRANCESCA SPECTER**

Arianna Huffington famously follows an elaborate four-step bedtime wind-down every day. Tennis lovers will know the intricacies of Rafael Nadal's 19-step court ritual before a game. But it's not just celebrities who like a good ritual. Even among us regular folk, more and more of us are making like civil servant Jeannine Ritchot, who religiously starts every day at 5.30am running with her sheepdog Fergus, before heading into the office. You'd think she'd be exhausted by the time she gets there, but this morning ritual is, in fact, her secret weapon. 'I clear my head and map out how I'm going to tackle the day's challenges,' she says. 'It makes me feel a million times better.'

And she's far from alone. While hurtling through a park at dawn may not be everyone's cup of tea, Jeannine's daily run reflects a growing interest in the power of rituals to help us cope with and improve our lives. Recent years have seen many bestselling titles offering rituals that promise to transform our lives – including Hal Elrod's *The Miracle Morning* (John Murray, £10) and Arianna Huffington's *The Sleep Revolution* (Harmony, £8.99). There are also mobile apps, including *Rituals* (free; iTunes or Google Play), which helps you take moments of 'me-time', and *Fabulous* (free; Google Play) for reaching your fitness, diet, sleep and motivation goals.

## Ritual vs routine

Starting a ritual is a chance to introduce positive change to your lifestyle, says media psychologist Emma Kenny. 'Unlike routine behaviours like brushing your teeth, they're meaningful processes that you do with

intent. Rather than just going through the motions, you consciously choose to make a ritual part of your life.' You don't necessarily have to do them daily: 'It could be something you do on the weekend, or at a certain time of year – like a spring clean,' she adds.

While routines might have a neutral or even negative effect on our health (like an excessive wine habit), rituals are, by definition, good for us. Coaching psychologist Jessica Chivers ([jessicachivers.com](http://jessicachivers.com)) explains, 'Rituals are nourishing, whether that's in ►

Laying out your kit is an easy way to elevate exercise from a daily chore into a positive action







## Jessica Chivers' tips on creating your own ritual

**FIND BALANCE** 'A ritual can act as a counterbalance to a busy life. 'For instance, if you're a mother looking after young children, then a ritual might be based on self-care'

**THINK ABOUT THE END GOAL** 'Ask yourself, "What outcome do I want?". This might be joy or relaxation. Mine is the latter so for 10 minutes a day, I listen to Tibetan singing bowls and breathe deeply.'

**KEEP REPEATING** 'The "right" ritual is one you'll want to do over and over.'

a literal sense, like eating a healthy breakfast every day, or a psychologically enriching activity, such as keeping a gratitude journal.'

## Why now?

Far from just a 21st-century fad, the notion of 'ritual' has its roots in traditional religious ceremonies like the Catholic Mass. According to Kenny, wellbeing rituals function in a similar way: to give our lives a deeper meaning. 'As we become more secular as a society, our personal rituals help create order and purpose. The difference is that we focus on ourselves as individuals, rather than as part of a religious group.'

Rituals are also closely connected to another growing macro-trend: mindfulness. Kenny says, 'It's a practice that's full of rituals, from mindful breathing and eating to walking and gratitude – it's about being in the moment. This helps us to feel like we're living with purpose, not just existing.'

Chivers agrees. 'At its most simple, mindfulness is about focusing on one thing at a time. If you've committed to a ritual, you're likely to be doing it in a mindful way,' she explains.

## Make your own rules

While there's no shortage of highly publicised rituals to follow, Chivers stresses that it's important to create your own: 'Take celebrity rituals as your point of inspiration. But remember they have a different body, mind and set of resources. Choose

something that works for you.' (Check out her tips above for creating your own rituals.) Beginning a ritual is much like setting up a healthy eating regime or an exercise plan, adds Kenny. 'The biggest lie you can tell yourself is that you will start tomorrow. Start small, but start now.' And if you miss a day or two, don't worry. While rituals are, by nature, repeated behaviours, Chivers says that a 'degree of flexibility' is important. 'Don't be too hard on yourself – the world won't end if you miss it.' The trick, she says, is to remember why you are doing the ritual. 'Say you're learning to play the piano to bring some beauty into your life, and you can't play one day. If you go to a concert, or listen to music, you've achieved your goal in a different way.'

So why not harness the power of a ritual this year and see what it can do for you?

## 'THE RITUAL THAT CHANGED MY LIFE'

'Every evening, wherever I am, I stare at a wall for 10 minutes – preferably a white one. My husband thinks it's hilarious, but it helps me to be mindful.'

**Emma Kenny, psychologist**

roles. When I get home from the office, I immediately change into my "Mum" clothes.' **Olivia Horne, happiness coach**

'As a working mum, wearing different "uniforms" helps me to put up boundaries between my professional and private

'After my morning coffee, I go for a jog – even if only for 10 minutes. This centres me all day, and I'll get writing ideas.'

**Jill Weisenberger, dietician**

Don't let thinning  
hair get you down  
– Viviscal can help

# Feel like you again

**H**air loss can be devastating – and it can happen to any one of us. The top causes vary, and include menopause, post-pregnancy changes, poor diet, stress, over-styling and illness.

For Suzi, 34, from Hertfordshire, the trigger was a combination of hormonal causes and stress. And the effects quickly began to impact her confidence. 'It might sound vain, but a woman's hair is part of her femininity. When you start losing it, you feel like part of you is being lost as well,' she says.

Concerned by her excessive shedding and thinning around her temples and crown, Suzi decided to try hair supplement Viviscal – the UK's most clinically researched hair growth supplement, containing the exclusive marine protein complex AminoMarC.

Six months on, she's delighted with the results. 'Viviscal is fantastic. The shedding has slowed, not completely, but it's better. There's no hair on my pillow any more.' She's even seen improved growth. 'I can feel spiky hairs coming through. The change has been gradual, but worth it,' she says. 'First, my skin got better, then my nails, then less hair fell out. I'd recommend it to anyone.'



Trish's hair is now  
better than ever

## 'I CAN FEEL THE DIFFERENCE'

Post-partum hair loss is also a common trigger for thinning hair. Trish, left, turned to Viviscal for help after having two children in her 40s led to thinner locks. She says: 'It's amazing. My hair's so much thicker and healthier. I can really feel the difference when I pull it into a ponytail.'

Try taking Viviscal supplements for three to six months to see

a change to *your* hair. And while the tablets get to work, there's the Viviscal Gorgeous Growth Densifying range, including shampoo, conditioner and elixir – all designed to make your hair instantly look thicker and fuller. The ingredients include proprietary complex AnaTel, plus biotin, keratin and zinc, to reduce hair fall. Take the time to boost your confidence.

## ➔ BECOME A VIVISCAL AMBASSADOR!

Have you, like Suzi or Trish, experienced hair thinning and shedding? Viviscal, in collaboration with *healthy*, are looking for six new ambassadors to come on a journey to thicker, fuller hair this year.

All you have to do to enter is head to [healthy-magazine.co.uk/viviscal](http://healthy-magazine.co.uk/viviscal), upload some photos of your hair, and tell us why you'd like to enter. Those chosen will receive a six-month supply of Viviscal, alongside Viviscal Densifying Shampoo, Conditioner and Elixir\*.



**Viviscal®**



# → How to TALK TO STRANGERS

Brits are famous for being reserved, but chatting with people we don't know can leave us feeling happier, less stressed and inspired

WORDS KATHRYN BLUNDELL

Small talk isn't just a little diversion from the tediousness of a commute or a way to avoid being the wallflower at a party. Did you know it could boost your intelligence and improve your mental and physical wellbeing?

'On a basic level, it provides us with a connection to other humans, which helps to reduce stress hormones such as cortisol,' says psychologist Portia Hickey. 'Positive conversations with others, even strangers, can also release oxytocin in our brains, which helps us feel good and sleep better.' Again, this hormone helps reduce stress – and let's remember that, according to the latest statistics, stress accounts for 45 per cent of all working days lost to ill health, and can impair memory function.

A few minutes spent chatting with strangers also offers another brain boost, according to a University of Michigan study, which found that those who engage in friendly conversations are better at problem solving. 'Taken together with earlier research, these findings highlight the connection between social intelligence and general intelligence,' says psychologist Oscar Ybarra, who worked on the study. And no matter how fleeting or mundane, the University of British Columbia found that when we approach strangers with kindness, we tend to be happier and less moody with loved ones than if we're just going about our day, says

Elizabeth Kuhnke, author of *Body Language: Learn How To Read Others And Communicate With Confidence* (Capstone, £10.99). She has discovered the rewards for herself. 'I moved recently and those spur-of-the-moment conversations with people have been a great way to connect with my new community.'

The value of these connections – even when temporary – lies in feeling acknowledged, rather than in the content of our conversation, according to Kio Stark, author of *When Strangers Meet: How People You Don't Know Can Transform You* (Simon & Schuster, £8.99). But even so, in today's political climate, both Stark and Hickey highlight how talking to strangers

can keep us engaged with society. 'We're discovering that our information is increasingly curated and homogenous, so when things happen that completely take us by surprise we start to believe we're living in a bubble,'

says Hickey. 'Engaging in conversations with people we don't know can counter this, providing fresh insights and inspirations.'

Like any conversation, it has to be a two-way street and social norms can vary. 'For example, in crowded areas of cities, people are often less open since they're protecting a feeling

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**“A CONNECTION  
TO OTHERS HELPS  
REDUCE OUR STRESS  
HORMONES”**

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## TOO *SHY*? TRY THESE TOP *TIPS*

- **Give someone a compliment** – people take pleasure in receiving them, making conversations more positive.
- At events, **use open questions**. Asking things like *where* someone has travelled from, or *what* they've done that day, allow you to find a common ground.
- **Practise on people whose job is to make you feel comfortable**, such as waiters or receptionists. Aim for nice – you don't have to be witty or impressive to have a positive conversation.
- To **boost your confidence, recall conversations** with strangers that have gone well – your friends were strangers once; they liked and engaged with you, and so will others.

of personal space,' says Stark. 'If you're unsure what the conventions are, observe how people are interacting as a guide.' Knowing whether someone's open to being approached – and showing *you* are – is a physical exercise. 'Much of the rapport we build with others comes from subtle changes in body language, such as maintaining eye contact and mirroring [subconsciously imitating another person's gestures and expressions],' says Hickey. Kuhnke adds: 'Smiling and looking at the other person shows you're approachable. In conversation, keep your arms in an open position, with palms forward. Lean in slightly, although not so much as to invade their space. Tilting your head indicates that you are interested in hearing what the other person has to say.' But if it turns out that, actually, you're not, or the conversation is *not* positive, 'you can excuse yourself at any time,' says Hickey.

'You're not expecting them to be your best friend and probably won't see them again so you're free to be more open,' adds Stark. 'I advocate this, but if you're uncomfortable or you suffer with anxiety, I would never say, "you must do this".' Chatting to new people isn't for everyone. 'Some of us don't need to connect as much as others,' says Hickey.

Still, talking to strangers can be to our benefit at times; think parties or networking functions. But this can feel pressured, so if you're shy, take time to relax ahead of the event and plan some questions. 'Ask people what they've done that day,' suggests Stark, 'instead of what they do for a living. It gives people an opportunity to be specific about themselves, to let you get to know them as an individual.' **B**



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# “I could never be someone I’m not”

→ **Lorraine Kelly** on the overarching importance of authenticity

## Age is just a number

It’s all about your attitude. I’ve spoken to teenagers who act like old women, but I’ve always had a young outlook on life. It’s the key to keeping young and active. That’s why, even approaching my 57th birthday, I still feel the same as I did in my 20s.

## Stay curious

My nickname when I was younger was ‘But why?’ because I asked my parents questions all the time. That’s why being a journalist is my perfect job as I’ve always wanted to find things out. Everyone in the world has got a story.

## Believe in yourself

Back in the ’80s, the head of BBC Scotland told me I’d never make it in television with my Scottish accent. I was absolutely crushed because changing my accent would mean pretending to be someone I’m not. Thankfully, I ignored his advice. A week later, I was asked to stand in on a new ITV show [*Good Morning Britain*] and I’ve been working in TV ever since.

## Social media is a double-edged sword

Twitter and Facebook are brilliant tools, but social media also has a dark side. The worst was when I interviewed Madeleine McCann’s parents on *GMTV* and they were attacked afterwards by internet trolls. I can’t imagine anything worse than losing a child, then to receive all that vitriol... it doesn’t make sense.

## We need space to learn from mistakes

When I started on TV, social media didn’t exist, so I could make errors without everyone tweeting. It was a steep learning curve, but it would be even harder these days.

## Being a mother is my best job

I love my professional life, but motherhood has given me more satisfaction than anything. Being a working mother was difficult at times – especially leaving the house at 4am when I was doing *GMTV* – but I always

attended parents’ evenings and school plays. Anything like that, I was there.

## Marriage is about respect and communication

The secret to my marriage? Never take each other for granted [Lorraine has been married to cameraman Steve Smith since 1992]. We share all the household jobs like the washing. We talk all the time and still make each other laugh. I think it’s really sad when you see couples at restaurants on their phones, ignoring each other.



## LORRAINE: THE TIMELINE

### When? 1976

**What?** Lorraine turns down a university place, aged 17, to read English and Russian in favour of a job at her local newspaper, the *East Kilbride News*.

### When? 1984

**What?** She joins TV-am’s *Good Morning Britain* as Scotland correspondent, at 25. Then presents *GMTV*, ITV’s *Breakfast*, *Daybreak*, and the *Lorraine* show.

### When? 1992

**What?** Lorraine marries her husband, cameraman Steve Smith. She gives birth to their daughter, Rosie, two years later.

### When? 2012

**What?** At Holyrood, the Queen awards Lorraine with an OBE in the New Year’s honours list for her services to charity and the armed forces.

### When? 2015

**What?** At 55, Lorraine releases her first Zumba DVD, *Lorraine Kelly: Living to the Max*. Her new fitness DVD *Lorraine: Brand New You* is out now. **h**



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# WOULD GETTING A TATTOO MAKE YOU HAPPY?



→ From giving a sense of permanency in a changing world to taking control of our bodies, **Kathryn Blundell** explores the allure of inking

When Cheryl Cole showed off her new roses tattoo a few years ago, the critical backlash against the singer's vast inking was so huge, she felt the need to defend her choice on Twitter. And nowhere are tattoos more controversial than on a woman – compare the reaction to Cheryl Cole's with the adoration of David Beckham's inkings.

But things are changing. Now more women than men are having them, says a US poll, and a fifth of Brits have been inked. The effects of having a tattoo are also being reported – in the US survey, 33 per cent said their tattoos made them sexier and 32 per cent said it made them feel attractive. A fifth also felt that body art made them more spiritual and there appears to be evidence that it can improve self-image. 'I've tattooed many people who have low self-esteem, and seen firsthand the

incredible impact it can have,' says tattoo artist Dominique Holmes ([dominiqueholmes.com](http://dominiqueholmes.com)), whose studio is based in east London.

'I tattooed a woman with extensive scars across her chest and upper arms from a childhood accident. She spent 40 years concealing them, until her husband suggested a tattoo. Now she shows her chest and she feels attractive and unique.'

Margot Mifflin, author of *Bodies Of Subversion: A Secret History Of Women And Tattoo* (Powerhouse Books, £15.90) sees a correlation between tattoos and women taking control of their bodies. 'The "norms" have favoured restraint in the past, but today women are more able to show their bodies and express themselves through it.' And according to the Italian London-based tattoo artist Claudia de Sabe ([claudiadesabe.com](http://claudiadesabe.com)), 'Women are becoming braver and I'm being commissioned to create ►



bigger pieces in more visible places.' If body art can improve self-image, can it affect your wellbeing in other ways? 'It's a complicated question because tattoos are so individual – from the reason for having one to its design and placement,' says Dr Richard Sherry, consultant clinical psychologist and iCAAD\* presenter who specialises in body image.

'There's usually a narrative for a first tattoo. Many get them to commemorate an experience, say, to mark a death. The symbolisation can reflect anxieties about lack of permanency, but a tattoo helps to "fix" a greater sense of control. It will be drawn on your body creating a concrete memory.'

## NO PAIN, NO GAIN

This permanency, then, can be reassuring as life changes. 'I tattooed a woman in her early 30s, who'd given birth to her first child the year before,' says Holmes. 'It was a way of reclaiming her body. It had been a tool for conceiving, growing and giving birth to, and then for feeding her child. She wanted to make a statement, to remind the world, and herself, that she was a woman in her own right.'

Dr Sherry says that tattoos help us explore our limits. 'The process tends to hurt and takes time. Deciding to undertake it, having it done and looking after it requires commitment – it makes us patient and is a transformative experience. In general, these aspects are healthier expressions for us. We're required to maturely hold our fear to see something through.'

'The danger is when the lows of the pain and the euphoric highs people can feel when the tattoo is complete become addictive.'

Dr Sherry also says that tattoos are primarily a communication tool



## NO-REGRETS TATTOO TIPS

- Research the history behind the tattoo design. This allows you to understand the symbolism, and will also help you spot fads.
- Don't just turn up in a tattoo shop – actively look for an artist whose work appeals to you, who you feel comfortable with, and who understands how the image fits the aims of the tattoo and your body.
- Get an image of your idea on paper and keep it for a month to see if you tire of it.
- Wear a similar temporary or henna tattoo of your proposed design to see if you like it and how people respond.
- Tattoos are talking points – are you happy to repeat the story over and over?
- A dermatological reaction is possible. You must care for your tattoo as skin recovers.

## CASE STUDY

### 'I wasn't very good at making decisions back then'



**Michelle Madden, 32, is an NVQ assessor from Rhos on Sea**

'When I was 17 my friends were getting tattoos, so I decided to have one for my 18th. Friends paid for it as a gift, but I didn't decide what to have until the day before. My friends had 'cute' characters – so I chose a cartoon penguin for my left hip. At the time, I thought it was sweet and enjoyed it, but after having two children, it's gone out of shape and seems childish. I wish I'd had something more classic.'



### 'Tattoos have helped me accept myself'

**Alice Snape, 33, is the editor of Th-ink\*\* and curator of #100hands at the National Maritime Museum, Falmouth**

'I got my first tattoo at 21. I love all of my inkings as I now see *them*, rather than my perceived imperfections, but also consider myself a tattoo collector. I struggled with body confidence in my teens and have always hated my thighs, but now they're covered in artwork I like them.'

that can convey what 'tribe' we belong to.

'People use tattoos as both a right of passage and as a mark of committed social belonging,' he says. 'Ideally, the tattoo should be meaningful and permanent. Becoming disaffected with it can raise anxiety, and may contribute to body-image issues.'

The latest statistics show that 14 per cent of tattooed people have regrets, and laser removal is up – by an estimated 440 per cent in the past decade in the USA. The top two reasons to regret relate to getting inked when young, or a change of outlook and lifestyle. 'Tattoos have an anti-conformity edge to them,' says Dr Sherry. 'Judgments can be made – especially if they're on your face or neck.' While 44 per cent of Brits say their attitude to someone wouldn't change if they found they had a large tattoo, 36 per cent said they were more likely to see it negatively. This can be especially tricky at work.

'There's a class divide,' says Mifflin. 'Tattoos are more accepted in moneyed professions, but can hurt people in the service industry, like waitresses, or in "blue collar" roles such as a secretaries.'

To Holmes, this is another barrier to conquer. 'There is still a stifling level of control exerted over women by the media, creating certain standards of how women should look and feel. But as more women get tattoos, it raises levels of acceptance.' **B**

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# TIME TO TRY SOLO *tasking*

For years we've been told that multi-tasking is the way forward. But what if it's not?

WORDS **ERIN KELLY**

**L**ast night I cooked dinner while helping my child learn the three times table, then loaded the dishwasher with the phone wedged under my chin, on hold to a company. Then I 'relaxed' by watching TV while ironing, with one eye on my Twitter feed. I went to bed wired and couldn't sleep till 1am. Sound familiar? This is classic multi-tasking. If you're doing a million things at once, you might have noticed that your concentration is shot, you're snappy and tired and, despite all the juggling, nothing ever actually gets done properly.

Multi-tasking is nothing new, but the rise of smartphones and tablets mean that we rarely do just one thing; many of us check our mobiles up to 110 times a day. The irony is, it's not even efficient. 'We think of the brain as having limitless capacity, but actually it can be used up, just like the storage on a computer,' explains psychologist and life coach Jonathan Lipitch.

'Your brain's resources are depleted every time you switch between tasks. People who think they're good at multi-tasking are really just good at ►





switching quickly, but even they will start to find themselves overloaded. Doing two things at once will save you less time than you think – and it will be at the expense of your energy, your patience and your ability to concentrate. Flitting between tasks, screens and conversations all day, you’ve literally used up your brainpower. It’s the opposite of the efficiency that you were hoping for.’

Studies back this up. Experiments show people who regularly multi-task fail basic tests of spatial perception, memory, and selective attention. Research shows even three-second interruptions doubled the number of errors participants made on a task. And a recent study by the Institute of Psychiatry at King’s College, London, found that it shrinks your IQ more than smoking marijuana or losing a night’s sleep. Multi-tasking is not only making us stressed, it’s making us stupid.

Lipitch warns it can have a knock-on effect on your relationships, too. ‘There’s a thing we call emotional contagion, where others pick up on your frustration. If you’re trying to talk to a child while texting a friend, the child will pick up on your distraction and “catch” your stress.’ And finally, it’s bad for our health. Multi-tasking contributes to the release of stress hormones and adrenaline which cause long-term health problems as well as short-term anxiety.

## Switch to solo

It’s clear that we have to stop overloading our systems. But smartphones aren’t going away, and life isn’t getting any easier. So how can we break the multi-tasking habit?

Psychologist Kim Stephenson advises starting with your computer. ‘Only have one tab open at a time. If you’re Facebooking, close down your email. If you’re emailing, shut down Word. If you need to talk to someone, look at their face, not a screen. Bring your complete focus to every conversation you have. Pause your chore to talk to your partner. Pay attention to their face and tone of voice. And if you’re genuinely busy, it’s far better to say, “I want to have this conversation. Give me five minutes to finish this job first,” than it is to attempt both, which means doing neither. Multi-tasking is a misnomer really, as you can’t truly do it.’

Stephenson warns that your natural instinct

## HOW TO SOLO TASK

Dr Sandra Bond Chapman, author of *Make Your Brain Smarter: Increase Your Brain’s Creativity, Energy And Focus* (Simon & Schuster, £13), advises:

- **Give your brain some downtime.** You will be far more productive if, several times a day, you step away from mentally challenging tasks for five minutes. Get some fresh air or simply look out of the window.
- **Don’t check email first thing in the morning.** The same rule applies last thing at night. Email first thing destroys your focus, and at night causes sleeplessness.
- **It’s not impossible to do one thing at a time.** Start with 15-minute intervals, then try and work your way up to longer time periods.
- **Make a to-do list.** Then identify two priorities. Don’t do anything else until these are done.
- **Schedule blocks of time for social media.** Ten minutes, three times a day won’t overload you.
- **Only have one computer programme open at a time.** And keep your phone or tablet out of reach, too.

“EVEN A MUNDANE TASK IS IMPROVED BY GIVING IT YOUR FULL ATTENTION”

will be to resist this level of focus. ‘It can feel scary at first because there’s so much pressure in today’s world to feel – and look – busy,’ he says. ‘Doing just one thing almost feels like doing nothing! But even a mundane experience like cooking is improved by paying full attention to it, being mindful and focusing on the colours, sounds and textures it involves. Giving our attention to only the task at hand enables us to do things properly while feeling less anxious. Think of it as a long-term investment in yourself. The habit will take a few weeks to form.’

Those with the ability to tune out distractions will be calmer, more efficient, and less likely to feel life is whizzing by. In a world of people juggling, doing things well one by one is almost a superpower. **h**





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# WHAT'S A DIGITAL DETOX REALLY LIKE?

→ Is your smartphone running your life? With increasing numbers of us feeling stressed about the amount of time we spend plugged in, three women went tech-free – and told *healthy* they felt all the better for it

WORDS **KATREEN HARDT**



## “I wanted a simpler, calmer family life”



**Jane Vanroe, 35, is a luxury compact mirror designer, from Bradford, West Yorkshire**

‘My husband Alistair and I had been wanting to create a more peaceful home environment for our children, Billy, six, Joey, five, and Callum, two. We read the book *Simplicity Parenting* by Kim John Payne (Ballantine, £11.99), and decided that the answer was to reduce the amount of technology in our home. We stopped turning on the radio, got rid of the TV and desktop computer, and began reading more books to the boys. Almost immediately, we noticed how much calmer they were and the older boys’ reading levels soared.

‘It was a change for the better, not having a constant stream of news, adverts and music blaring – even I began to feel less anxious! Then in May, my iPhone broke and I replaced it with my old Nokia handset. It meant that I couldn’t use my usual apps, which took some getting used to. Previously, I was addicted to eBay and would often spend hours browsing for clothes and home goods. Before I knew it, I’d wasted chunks of time without having anything to show for it.

‘When our Ford Focus needed to be serviced, we asked ourselves if we really needed a car. The

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## “NOW, IF I WANT TO KNOW WHAT’S GOING ON, I’LL READ A NEWSPAPER”

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answer was no, as we both work from home, my studio space is located just around the corner, and the boys’ school is a 15-minute walk away. So we sold the car, thinking we can always hire one if we need to. Instantly, the stress that comes with owning a car, from paying for services to worrying about it being stolen, was lifted.

‘All I have now is my laptop, which I use for work. And when I do go online, I’m very conscious of it, as I now have to log on to websites, like Amazon, as opposed to simply quickly opening an app. I still have Facebook, but it’s now become a family photo-sharing tool, rather than a platform for heated political discussions. Those online interactions used to leave me feeling grumpy, like during the US elections, as there was nothing I could say or do to change things. Now, if I want to know what’s going on, I’ll read a paper. But

I don’t need a 24-hour pipeline of news events causing me unnecessary worry.

‘Now I sleep better, as my evening routine involves either painting, something I started doing again after almost 20 years, or reading. I used to read books from whatever bestseller list the media was promoting, but now it’s psychology titles, or Ernest Hemingway, having discovered what I’m truly interested in. I’ve felt my confidence soar, knowing I’m following my passion. Alistair has also become more creative with his free time, exercising more, and our conversations are more relaxed. We talk about what we love to do, which has brought us closer. As a family, we’re spending more time outdoors, going for walks or taking the kids to the woods to play. Because we’re so proactive about how we spend our time, we’ve taken charge of our own happiness. And it’s helped me find out who I really am, which is so empowering.’

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## “Being ghosted made me stressed”



**Tania O'Donnell, 42, is a journalist and author, from London**

‘Six years ago, I was fed up with online dating after a man I was texting didn’t reply to confirm a date we’d arranged. He just went silent, which I found rude. I took it personally and it only contributed to the anxiety I was already feeling every time I logged on to social media or a website, where I’d see things I thought were offensive or immoral. As a result, I suffered from high blood pressure. It was then that I decided to embark on an experiment to go tech-free for one year. I got rid of my smartphone – which freaked everyone out!

‘Friends and family panicked not knowing how they’d contact me. I also put away my Blackberry, desktop computer, television, as well as my microwave, which I’d never felt comfortable using anyway because of the radiation. Not being online made an immediate difference. I was a lot calmer, as I was having less intrusive thoughts about how people might upset or disappoint me. I also felt less judgemental, as I was now meeting proper human beings in the real world, engaging in face-to-face conversation, where no one was passing judgement in a curt or dismissive way, as is often the case online.

‘Not surprisingly, within two weeks, my blood pressure normalised. Without a mobile, I was sleeping peacefully. Before, I’d toss and turn, constantly checking my phone while ►





I was in bed. Afterwards, I was sleeping through the night without its blinking light disturbing me. My mornings were quieter too, as I used to watch television during breakfast, which would leave me screaming at the news. Suddenly, I had so much time on my hands, I found myself reading novels again and going for walks. I was leading a healthier life, as I'd manage to replace the negative activities, such as getting into arguments on Facebook, with positive ones.

'When the year was up, still not having found a partner, I returned to online dating and the first man I met was Gary, who's now my husband. Since living together, we've moved my home office out of the bedroom and banned electricals from the bedroom entirely. We did a TV-free month and we listened to so much more music, read books, chatted to each other and even played cards one night. I thrashed him at Rummy! Life seemed better and I found that I got loads more done working from home. We hope to do TV-free months now on a regular basis.

'The downside to being without technology is that I find it hard to keep in touch with family living outside the UK. Writing letters and the odd phone call just isn't enough. It's the main reason why I got sucked back in to the digital world, as I want to interact with loved ones abroad more often. And with authors I admire using Twitter. The challenge for me is to stay away from the stuff that makes me crazy. As a journalist, I can't work without my laptop, but I do wonder if social media providers could improve the system somehow, to help stop the feelings of anger that often come from being online.'

## "I didn't feel in charge of my own life"



**Smita Joshi, 52, is an author, life coach, yoga instructor and wellbeing expert, from London**

'My work involved international travel with demanding deadlines, where I was constantly glued to my iPhone or laptop. It left me feeling stressed and miserable and I didn't feel as if I was in charge of my own emotions – I just reacted to things that needed to be done. My thinking became soggy as I was checking messages first thing and before bed. So I began weaning myself off technology. I turned my mobile off for 20 minutes a day, building to 30

minutes until I was able to stay away for up to two hours.

'I replaced that time with daily yoga sessions. I learnt transcendental

## "SUDDENLY, I HAD SO MUCH TIME, I READ NOVELS AND WENT FOR WALKS"

meditation (TM), which taught me to be more present and relaxed. Now I have a meditation room at home.

'I sleep better when my phone's on silent and in a cupboard. I'm more lucid, as I know the world isn't going to crumble if I can't be reached. I've always exercised and eaten well, but now I'm less stressed, my body can function better and I've lost weight.

'I still have technology in my life, but I refuse to be a slave to it. On holiday, I'm tech-free. And at home, I don't look at a screen after 9pm.

'Switching off digital devices gives rise to a deep calm and peace. As an author, I need to source my creativity and I can only do that in an environment free of distractions. Then the words pour out and the books practically write themselves.' **h**



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# HEALTH SEXISM HAS TO STOP!

→ Gender inequality is rife in hospitals, research labs and GPs' surgeries throughout the UK. Here at *healthy*, we want more done to redress the balance

WORDS LAURA POTTER

Women wait longer in A&E than men. The UK is no longer one of the top 20 places globally to give birth. Endometriosis takes an average seven years to be diagnosed. It's a topic that we at *healthy* have been concerned about for ages, but after several alarming stories about the gender disparity in health over the last 12 months, we're lobbying Whitehall to finally address the issue. The good news is that last June saw the launch of a new All-Party Parliamentary Group on Women's Health to help women get the best treatments for them. But why is women's health still suffering in the first place? 'The 2006 Equality Act means public bodies have a duty to promote gender equality,' says Sam Smethers, chief executive of the Fawcett Society, which campaigns for women's rights. 'That includes health, but nobody's taken that duty seriously and it's not enforced, so we're relying on those who run services day-to-day to improve health outcomes. But doctors and nurses are already fire fighting under pressure. Change needs to come from the top.'

In December 2016, research from University College London found that women with dementia



receive worse medical treatment than men. Women are monitored less and prescribed more potentially harmful drugs like anti-psychotics. Plus, a worrying report revealed that when women and men present in A&E with the same severity of abdominal pain,

men wait 49 minutes to be treated, women 65 minutes. Women were also far more likely to be misdiagnosed with mental health problems and perceived as irrational and emotional. 'That's a clear example of falling back on lazy stereotypes,' says Smethers. 'If you're a 50-something woman presenting in tears, you're "menopausal" or "it's just your hormones". Those stereotypes need to be challenged.'

We couldn't agree more, particularly as in 2016, it was also reported women with brain tumours were being dismissed as 'attention seekers' or 'tired'. A report by the *BMJ* found women 'are more likely than men to require three or more pre-referral consultations with a GP, and to experience longer intervals between presentation and hospital referral'. In 2015, 21-year-old Kirstie Wilson died from cervical cancer after her stomach cramps were dismissed repeatedly. It's just one example of how dangerous delays can be.

Endometriosis is another case in point – it affects one in 10 women of reproductive age (similar numbers to those affected by diabetes), takes on average seven years to be diagnosed, and is barely researched. 'Women's gynaecological health issues are not taken as seriously as other medical problems,' says Tina Weaver, chief executive of Wellbeing of Women, a UK

charity dedicated to improving the health of women and babies. 'Conditions such as endometriosis, severely heavy periods and polycystic ovaries can cause debilitating pain, and in some cases infertility. They cause some women to drop out of the

workforce, but these conditions have been underfunded in terms of research to find better cures.'

Smethers agrees: 'I've seen the pain women go through and how long they suffer before anyone takes them seriously, and it's shocking. The treatment

available isn't good enough either, as there's so little research. If it's a gynaecological problem, it's on the shelf marked "women's problems", and not prioritised.' Conditions like chronic fatigue syndrome, fibromyalgia and painful bladder syndrome disproportionately impact women, but they are often neglected, dismissed or patronised, with a worrying lack of research. 'Anything where you've got lack of visibility, including chronic pain conditions, have a lack of funding so it's vital that changes,' says Smethers.

Then there are the troubling figures associated with pregnancy. Save the Children's *State Of The World's Mothers* report shows the UK falls outside the top 20 places globally to give birth; women are twice as likely to die in pregnancy and childbirth than in other developed countries. The UK hasn't made the top 10 since 2012, and it's easy to see why. 'Only 2.48 per cent of publicly funded research is devoted to reproductive health and childbirth,' says Weaver. 'That's why our work to fund doctors, scientists and midwives to carry out research to find cures and treatments is vital.' UK research in 2009 concluded the reasons for this underspend included

'the low political priority given to women's health'. The same applies to gynaecological cancers – each year 21,000 women are diagnosed, and 7700 die from these conditions, yet only 0.4 per cent of research funding is invested in obstetrics and gynaecological conditions.

Finally, for years research has focused on men, and doesn't consider body or brain differences. It often involves male subjects with scientists simply calculating variabilities for female hormones, but the Institute of Medicine says that every cell in our bodies has a sex. A 2014 report by the Brigham and Women's Hospital, USA, stated: 'The science that informs medicine routinely fails to consider the impact of gender. This hampers our ability to identify important differences.'

Weaver agrees: 'We believe research is the key to improve treatments. We're funding 35 pieces of research to improve the health and wellbeing of women and babies.' We're grateful for the work Wellbeing of Women do, but we think it's time the government started fighting for these issues, too. **b**

## “WOMEN ARE MORE LIKELY TO BE SEEN AS IRRATIONAL AND EMOTIONAL”

**Good Health**  
**The women left in agony for years by doctors who say it's just their periods**

**Women suffering worse dementia care than men**

**Brain tumour? You're just tired, women told**

## THE FIGHTBACK STARTS HERE

With cold, hard research proving male patients are given more attention for the same symptoms; women's health problems routinely written off as 'in our minds'; and underfunding leading to loss of lives, we're lobbying the All-Party Parliamentary Group on Women's Health to address: pain, reproductive and gynaecological conditions, mental health and medical research. Download our letter at [healthy-magazine.co.uk](http://healthy-magazine.co.uk) and send it to chair Paula Sherriff MP; also tweet using hashtag #feelourpain.



**GLOW TIME**

Discover Beauty Kitchen's magical Seahorse Plankton range for radiant skin. Each product contains a unique plankton microalgae, which is common in the diet of seahorses and sustainably sourced. It's packed full of omega fatty acids, key vitamins and antioxidants, and increases the production of collagen in the skin by 19.3 per cent in just 24 hours – making skin firmer and plumper with a slightly magical glow!



# Looking good

Here are our top picks to treat and protect your body from top to toe

**HAIR HERO**

Are you having one too many bad hair days? Naturtint's Anti-Ageing CC Cream is a leave-in intensive, anti-ageing and restorative treatment for your hair. Formulated with natural and organic plant and seed oils and extracts, it helps to combat the main signs of hair ageing, and offers seven benefits including enhancing shine, softening and moisturising.

**SKIN SAVIOUR**

It's never too early to prepare to guard your skin against the sun's harmful rays, say the experts at Jāson, who've been developing natural products for over

50 years. Their natural Family Sunscreen SPF 45 is a non-greasy, tear-free, water-resistant sunscreen formula that provides broad-spectrum UVA/UVB protection for your whole family. Enriched with vitamin E, shea butter and antioxidant green tea extract, it also nurtures and moisturises the skin.

**HANDS UP**

Don't let the skin on your hands go uncared for. Harnessing the benefits of Helix Aspersa Muller snail secretion, and combining it with a proprietary blend of bioactive, natural and organic ingredients, Dr. Organic Snail Gel Hand & Nail Elixir effectively soothes and moisturises the skin, leaving a restored and deeply hydrated feeling that lasts up to 24 hours.

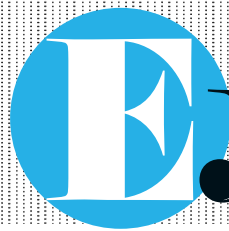
**YOUR RADIANT BEST**

Is your complexion in need of a little TLC, or do you simply fancy relaxing with a pampering treatment? This 100 per cent organic, vegan and cruelty-free Facetox face mask uses a blend

of clay and rose water to pull toxins and impurities from the skin, leaving a radiant complexion. With its devoted fan base and celebrity following, the results speak for themselves.



healthy



Experts

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# THE 10 GOLDEN RULES FOR TAKING

## VITAMINS

Most of us have some supplements lurking in the cupboard, but how much do you really know about why you may need them? Dietician **Dr Carrie Ruxton** has these simple tips to help you and your family

**DR CARRIE RUXTON** is a registered dietician and spokesperson for the Health Supplements Information Service ([hsis.org](http://hsis.org))

**1 FORM DOESN'T MATTER**  
Don't worry about whether a vitamin comes in a hard tablet, gummy chew, or a spray – there's very little evidence to show any one format is 'better' than another\*. One study did find that vitamin D in oil capsules was more easily absorbed than pressed powder tablets or liquids, but another comparing swallowing vitamin B12 tablets with a pill under the tongue found no

difference at all. So just choose the type you feel most comfortable with.

### **2 You should take some vitamins with food**

Fat-soluble vitamins, such as A, D, E, and K, are best taken at the same time as food that contains fat, as this improves absorption. In fact, US

researchers discovered taking vitamin D with your evening meal, which may contain the most fat, boosted vitamin D levels by 50 per cent! For other supplements, follow the instructions on the label.

### 3 FOOD COMBINING TIPS

Dietary fibre, such as wholegrains and beans, can stop minerals being absorbed, so plan your supplements around meals. But some foods do the opposite. For example, iron from plants is more easily absorbed alongside vitamin C, so try a glass of orange juice with a spinach salad.

### 4 CHECK YOU'RE NOT TAKING TOO MUCH

You can't overdose on most vitamins and minerals, as any excess is flushed out of the body. Plus, the safe levels set by the European Food Safety Authority are far beyond what you'd normally take in a daily supplement. But watch out for vitamin A, a fat-soluble vitamin that's stored in the body. Taking too much over a long period could lead to headaches and nausea, or even osteoporosis and skin problems. So if you take a daily multivitamin, check you're not taking other products, such as cod liver oil, which also contain vitamin A.

### 5 IT'S WORTH STOPPING UP ON VITAMIN D

Some vitamins are essential, such as vitamin D, which is critically low across the UK, particularly in winter and spring. Our bodies produce vitamin D by converting sunlight on our skin, but the British climate means many of us are deficient. I recommend at least 10 micrograms of vitamin D every day – the same amount suggested by a recent government review into low vitamin D levels.

### 6 How often you need to take them varies

Most multivitamins and minerals can be taken just once a day, but something like cold-busting echinacea should be taken two to three times a day to spread out the effect. There's no evidence to show whether taking vitamins in the morning or at night is more effective, but try to take them at the same time each day to get into a regular routine.

### 7 KNOW YOUR DAILY DOSE

The recommended daily amount (RDA) for vitamins has now been replaced by nutrient reference values (NRV), but they are exactly the same amounts. NRVs are set by the EU to meet the health needs of most people, but some groups will need larger amounts of nutrients. For example, 400 micrograms of folic acid is recommended for pregnant women to prevent birth defects such as spina bifida, while the general population has an NRV of 200 micrograms. ▶






## 8 THEY CAN BE A GOOD INSURANCE POLICY

The biggest argument against taking vitamins is we should get everything we need from our food. But if you have an erratic diet, eat a lot of processed food, or worry about declining nutrient levels – studies have found falling mineral levels in our soil have led to lower vitamin levels in our fruit and veg – a daily multivitamin and mineral is a good insurance against the risk of low intakes. But a supplement is only meant to bridge the gap between the nutrients we get from our food and what we need, not replace food altogether.

## 9 CHECK IF YOU'RE IN A GROUP WITH A HIGHER DEFICIENCY RISK

Women and girls need extra iron and iodine, younger children need zinc and fish oils, and teenagers need a range of minerals as they're not getting enough from their diets. Elderly people need more B vitamins, calcium and magnesium as they absorb fewer nutrients from their food, a fish oil to help lower the risk of cognitive impairment, and extra vitamin D because they may not get outside that often. If you're vegetarian or vegan, the Vegan Society recommends taking B vitamins, vitamin D, iodine and selenium (B vitamins are mainly found in animal sources). And if you're pregnant, or planning to be, you need folic acid, vitamin D, and a pregnancy-specific fish oil (see point 7), as there is evidence to show marine omega-3 fats are vital for a baby's brain and eye development.

## 10 Don't buy from just anywhere

There is no 'kitemark' for vitamins but all those sold in Europe, either in shops or on websites belonging to European companies, must meet tough safety and quality standards. Avoid buying supplements over the internet from countries outside Europe, as they cannot be guaranteed. At best, you'll lose money on a fake website, but at worst, they could be harmful to your health. 

**“VITAMIN LEVELS IN OUR FRUIT AND VEG ARE GETTING LOWER”**

## CASE STUDY

### ▶ 'Now I'm firing on all cylinders!'



**Nikki Cooper, 35, from Surrey, upped her vitamins when diagnosed with relapsing remitting multiple sclerosis in 2009**

'I always ate well, exercised and took vitamin D – but when I was diagnosed, I thought "What can I do to be as healthy as possible?". I researched which vitamins and minerals could help, and now every day I take a multivitamin, high-strength omega-3, a probiotic and co-enzyme Q10 – I feel like I'm firing on all cylinders! When I don't take them, I notice a difference. I get a real slump at 3 o'clock and my body generally feels fatigued and sluggish. I don't believe vitamins will cure me, but they do give me more energy. Everyone should take supplements, not just if you're ill. A stressful lifestyle increases your body's nutrient demands, but only 15 per cent of us eat our five-a-day. And as a busy mum with two under-fives, I know how hard it is to eat properly! But supplements can help us gain optimum health.' Nikki founded her own supplements company, Inner Me, in 2011 ([innerme.co.uk](http://innerme.co.uk)).

\*If you are pregnant, breast-feeding or under medical supervision, consult your doctor before taking supplements. Compiled by Rosalind Ryan. Photographs: Gallery Stock, iStock

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# THE ZIKA VIRUS

## YOUR NEED-TO-KNOW GUIDE

The epidemic isn't going away, so if you're planning on travelling to high-risk parts of the world, here's how to protect yourself

**PROFESSOR  
JIMMY  
WHITWORTH**  
is professor of  
International Public  
Health at London  
School of Hygiene  
& Tropical Medicine

### Exactly what is Zika?

It's an illness caused by a flavivirus, similar to the dengue, yellow fever and West Nile viruses, all of which are spread by the *Aedes aegypti* mosquito. Most people will have little or no symptoms (only around one in five notices mild symptoms, such as a slight fever and headaches), but the telltale sign is an itchy rash, although that could have other causes.

There's no specific treatment for Zika – it's just a question of managing symptoms, if necessary. Also, the virus can't be contracted from mosquitos in the UK as we don't have the type that carries it. But more than 60 countries worldwide have reported cases, most of them in South and Central America, the Caribbean and South-East Asia, so you're potentially at risk if you travel to any of these areas. To date, only a small number of people have had the virus in the UK and, apart from one suspected case of sexual transmission from a traveller, all contracted it while they were abroad.

### When Zika is a worry

For most people, it is just a mild virus they may not even notice. However, it's a potentially serious

problem for pregnant women, or for couples trying to conceive. A woman who contracts the virus can pass it on to her unborn child and it can also be sexually transmitted.

It has now been scientifically proven that the Zika virus can cause a range of birth defects including microcephaly, where a baby's head is abnormally small because the brain hasn't fully developed. The effects of Zika infection can occur at any time throughout pregnancy, but they are probably at their worst in the first trimester.

Pregnant women should postpone non-essential travel to high-risk areas until after they've given birth

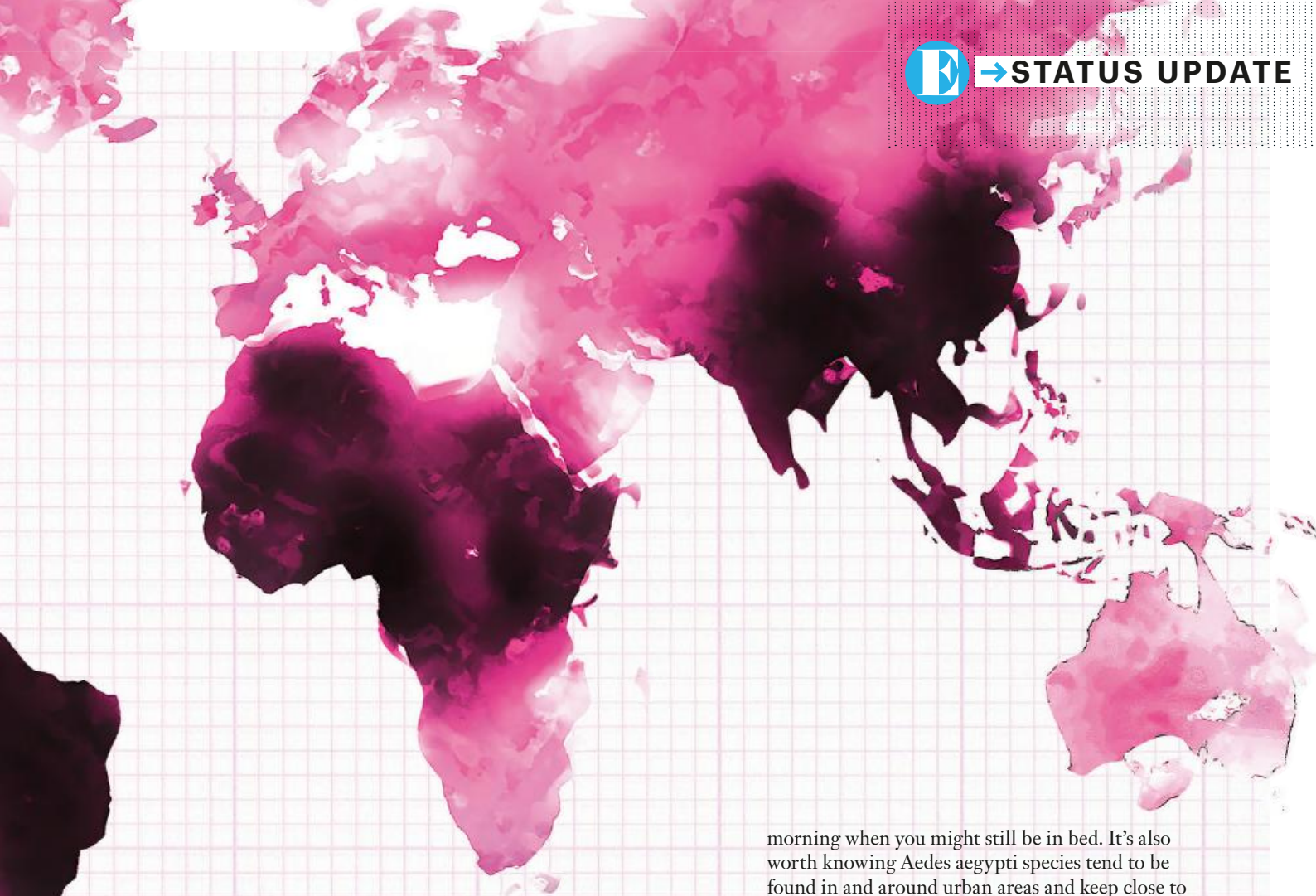
and consult a health care provider if they have to travel anywhere with active Zika transmission. The best way to safeguard against the

disease in pregnancy is to avoid unprotected sex while travelling and after being in an infected area – men should wait for six months and women, eight weeks. That's based on the period of infection and the length of time it can be passed on sexually.

If you have an unplanned pregnancy after being in a Zika-affected country, you should contact your doctor. However, it's only worth having a blood test

**“FOR MOST PEOPLE,  
ZIKA IS A MILD VIRUS  
WITH NO SYMPTOMS”**





if you're a returning traveller and have had symptoms suggestive of Zika for two to three weeks. Any effects of Zika on a pregnancy can, in most cases, be detected through antenatal monitoring, which involves scans to check on the baby's development to assess if the head size has been affected, for example.

## Lower your risk

To avoid the virus altogether, the simplest advice is not to travel to seriously affected areas (you can find these at [gov.uk/guidance/zika-virus-travel-advice](http://gov.uk/guidance/zika-virus-travel-advice)). But it's not always possible. And as there is no vaccination at the moment, the next best thing is to protect yourself against being bitten.

The mosquitoes that carry Zika bite during the day, so that's when you need to be particularly careful. Apply your sunscreen, wear long-sleeved tops, and trousers rather than shorts, and regularly apply a repellent containing 50 per cent DEET. (It's very strong and can even melt plastic, so a 50 per cent formulation is sufficient.) Other effective repellents include Picaridin (20 per cent) and lemon eucalyptus extract (also known as para-Menthane or PMD).

Staying in air-conditioned properties helps as the air is too cold for mosquitos to survive, and bed nets are a good idea. Even though these mosquitos don't bite at night, it can get light early in the

The dark areas on the map show the regions that are affected by Zika

morning when you might still be in bed. It's also worth knowing *Aedes aegypti* species tend to be found in and around urban areas and keep close to houses – they're also distinctive in that they tend to be persistent and will keep coming back if you swat them away, usually attacking from behind.

None of this will give 100 per cent protection, but it's also important to remember there's no guarantee you'll come into contact with a Zika-carrying mosquito in an affected area anyway. So, if you are not pregnant, don't be put off from travelling because of the virus. Just take the recommended precautions.

## → BUG OFF

While our mosquitos don't carry Zika or any other serious diseases, bites are often uncomfortable and unsightly. But have you ever wondered why you're the one who gets nibbled while your friend escapes? A recent study from the London School of Hygiene & Tropical Medicine found some people are genetically programmed to release odours that act as natural insect repellents, while others produce

an odour that attracts mosquitos. Previous research has found that mosquitos tend to be attracted to people with a greater body mass index, but there's little evidence to suggest that eating foods such as garlic can keep them away. If you want a natural insect repellent, you could try citronella oil. While it's less effective than DEET and you shouldn't rely on it in areas where mosquitos carry disease, it might be helpful in the UK. **b**



# Live life in colour

Brighten up your day with a rainbow of nutrients from Naturya superfoods

**W**e all know eating a wide range of different fruits and vegetables is crucial to a healthy diet. But with today's busy lifestyles, we sometimes need a little help to get all the good stuff. Thankfully, the superfoods range from Naturya offers the full spectrum.

From dried red goji berries to purple acai powder, these products will help boost your daily nutrients, providing the vitamins and minerals you need.

Naturya have sourced the finest organically grown ingredients, so you can trust in the quality and expertise. And it makes superfoods super-easy: simply sprinkle or stir these delicious products into foods you already enjoy. Follow @naturya on Twitter or Instagram for inspiring recipe ideas.



## RED ALERT

Not only are goji berries packed with vitamin C, potassium and copper, they're also high in fibre and low in calories, plus a good source of vitamin A and iron. Try snacking on Naturya Organic Sun-dried Goji Berries as a tasty treat or bake them into snack bars. They also go surprisingly well in soups and curries!



## EARTHY OCHRE

Extracted from a small root vegetable native to the Andes, maca is loaded with thiamin (B1), riboflavin (B2), vitamin B6, calcium and iron, all of which



help to increase energy and stamina. Add Naturya Organic Maca Powder to smoothies, stir into hot chocolate, or use it to turbo-charge your baking.



## GOING GREEN

Naturya Blends Organic Greens features five superheroes in one powder, with wheatgrass, hemp, barleygrass, spirulina and chlorella. This blend helps you fight fatigue with iron, stay alert with vitamin B12 and boost immunity with zinc and vit C. Whizz into a morning smoothie.



## PURPLE POWER

Acai berries brim with healthy fatty acids and nutrients. Naturya Organic Acai Powder is high in vitamin A, potassium and calcium for healthy teeth, vision, digestion and immune system. Add to smoothie bowls or mix into pancake batter, adding a few blueberries, for a healthy indulgence.

# ARE YOU HAVING SAFE SEX?

Sexually transmitted infections are on the rise among 40-somethings. Surprised? Here are the reasons why, the symptoms to look for, and how to get checked

**MR PETER GREENHOUSE** is a sexual health specialist at Bristol Sexual Health and a spokesperson for the British Association for Sexual Health and HIV

Think sexually transmitted infections (STIs) only concern teens and 20-somethings? Time to think again. In 2015, the most recent year for which there are government statistics, more than 15,500 women over 35 were diagnosed with gonorrhoea, syphilis, chlamydia, herpes or genital warts. On top of this, one in six people newly diagnosed with HIV were aged 50 or over.

Experts believe the rise is happening for a number of reasons, but primarily because marriage is no longer forever. The most common age for divorce in the UK, for both men and women, is 40-44 – this means there's a lot of older men and women entering the dating market again.

How you deal with protecting yourself against STIs during this life stage is often age dependent. Women born after 1970 (so those younger than 46) would have started having sex at a time when there was a major health campaign around HIV and Aids – as a result they tend to be better at using condoms than older women.

Women over 46 – and the men they are sleeping with – started being sexually active when most

women were on the Pill and STIs just weren't something you thought about. As such, there was a high incidence of STIs in the 1970s, and that's reflected again now. As these people leave long-term relationships, they don't think STIs are a concern and don't protect against them – a major reason why the incidence in this age range is growing again.

A recent study from Glasgow Caledonian University also showed that older adults tend to associate STIs with casual sex, so don't think it's something they need to worry about when they are in a relationship with someone they love and trust – even if it's a relatively new one.

## How to protect yourself

Unprotected sex is the number one risk factor for transmission so using condoms is essential to protect yourself. Your risk also increases the more partners you have – if you're entering a new relationship, it's a good idea for both of you to get a sexual health check-up. And finally, there is some evidence in younger women using the contraceptive injection that vaginal dryness might increase risk ►



of STI transmission, as it leads to damage in the vagina that makes infection easier. This hasn't been investigated in older women, but I would suggest women around the age of menopause, where vaginal dryness can be common, start using a lubricant.

## Getting tested

If you have STI symptoms, it's recommended that you attend a sexual health clinic for diagnosis as they can offer treatment immediately. Clinics can also screen women who don't have symptoms, but just want to check their health. Don't let embarrassment stop you. Checks for HIV and syphilis are done by blood test, chlamydia and gonorrhoea use a swab taken from the vagina – but you may not even have to see a doctor for this. Changes in the way we test mean you can now take the swab yourself, if you prefer.

If you can't face a clinic, there are some online screening services you can use. The website SH:24.org offers free NHS-backed home screening tests for people in some areas around the UK. Other online tests are out there, but if you do get a positive diagnosis, it's important to visit a sexual health clinic for treatment. There have been cases of online pharmacies sending out the wrong antibiotics for gonorrhoea.

There are also now HIV self-testing kits you can do at home (approved kits carry a CE mark). When we couldn't treat HIV in any way, home testing wasn't recommended as it was important to have access to a counsellor if the diagnosis was positive. Now that HIV is treatable and those on medication can live a long healthy life, the diagnosis isn't as scary, although obviously it can still be a shock.

## “THERE ARE SOME ONLINE SCREENING SERVICES”

## → COULD YOU BE AFFECTED?

Some infections have clear symptoms, others like chlamydia or HIV can have no obvious ones so, you, or your partner could be infected without knowing it. This is why screening is so important. However, these are the symptoms that you, or your partner, really should get checked out.

### IN WOMEN AND MEN:

- Pain when you pass urine
- Itching, burning or tingling around the genitals
- Blisters, sores, spots or lumps around the genitals or anus

- Black powder or tiny white dots in your underwear – this could be droppings or eggs from pubic lice.

### IN WOMEN:

- Yellow or green vaginal discharge
- Discharge that smells
- Bleeding between periods or after sex
- Pain during sex
- Lower abdominal pain.

### IN MEN:

- Discharge from the penis
- Irritation of the urethra.

## CASE STUDY

### ▶ 'I went into a dark place'



**Marion Nicholson, 50, was infected by genital herpes when she was in her 30s**

'I got checked after I started to feel uncomfortable down below. I didn't want to believe them at first so I had a second test. My partner was unaware that he was infected. He got the odd sore patch on his genitals, but thought it was eczema – it was only when I was diagnosed that we realised.

When we split up, I went into a very dark place for two years. I thought that the sexual part of my life was over. Then I went to a support group run by the Herpes Viruses Association. People there said they were having normal sex lives most of the time – and I saw that it could be the same for me. I also learnt how to tell a partner that I have genital herpes.

Now I realise how common genital herpes is. Effectively it's just a cold sore, but on a different part of your body.'

For advice, visit [herpes.org.uk](http://herpes.org.uk). **h**

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# My doctor said high cholesterol

I said  **OatWell™**



I was one of the 6 in 10 UK adults who have high cholesterol\* so I took my doctor's lifestyle advice and also discovered OatWell. Unlike simple oats, a single serving contains the concentrated 3g of oat beta-glucan that's scientifically proven to lower blood cholesterol within weeks. So now I start my day by sprinkling OatWell Original Powder on my cereal, or I eat my OatWell Crispy Hearts, and I'm in a better place.

## A small change for a big difference



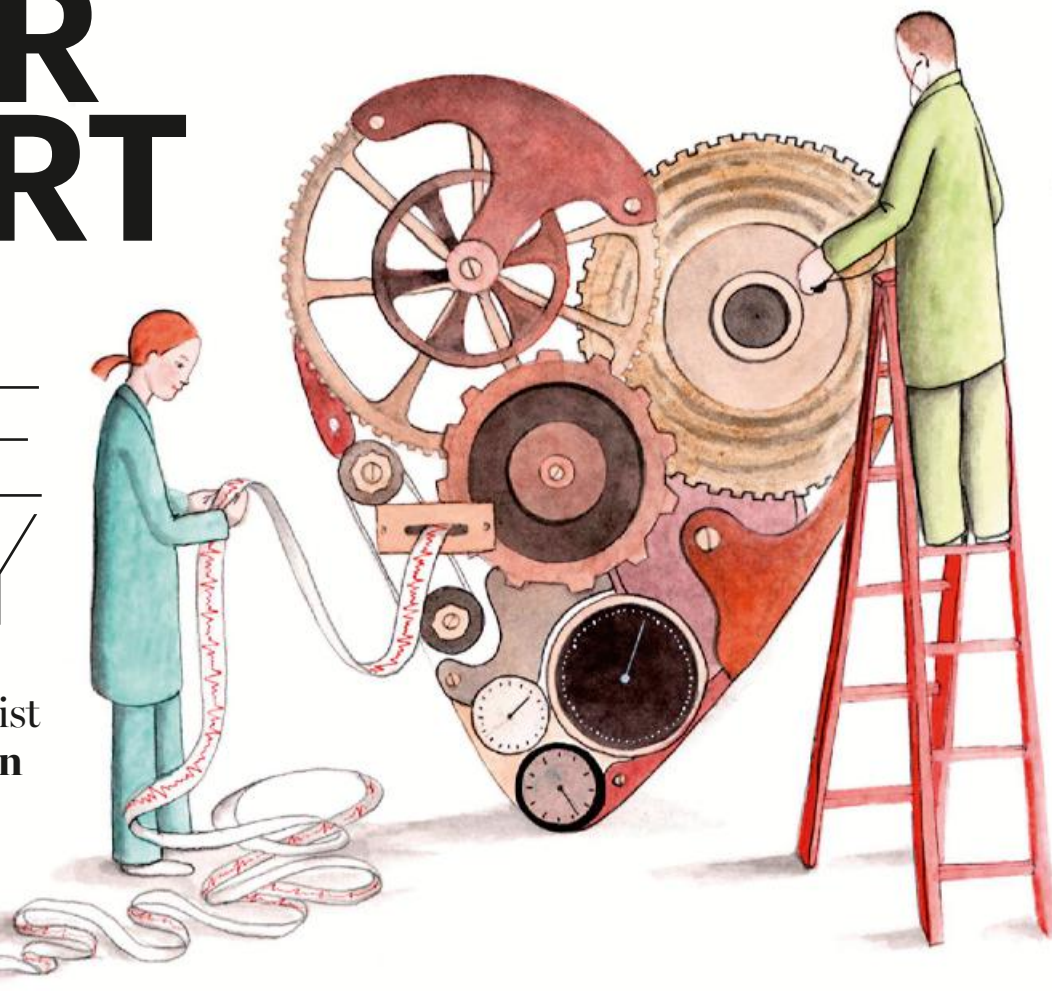
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[oatwell.co.uk](http://oatwell.co.uk)

# YOUR HEART

## THE INSIDE STORY

Paramedic and prospective cardiologist **Johannes Hinrich von Borstel** explains how to keep our most important organ in tip-top condition



### JOHANNES HINRICH VON BORSTEL

is studying to be a cardiologist in Marburg, Germany. Author of a new book, he regularly appears at German Science Slams, where young scientists present new ways of thinking

**A**round the world, scientists are working to discover the many secrets of this mysterious bundle of energy and to better understand its mechanisms. However, research has already taught us one fundamental thing: a healthy heart requires a healthy body *and* a healthy mind. Only then can it function perfectly.

### The role of fat

Fats can be divided into 'good', such as those found in flaxseed oil, or 'bad' (hydrogenated), such as those found in margarine. Unhealthy fats play a large part in making any inflammation in the body worse, putting our cardiovascular system under great pressure. Saturated fats mainly hide out in animal products, such as butter, cream, and bacon, and are famous for increasing blood cholesterol levels. One food that's low in saturated fat is lean meat, particularly poultry and turkey,

and also fish and seafood. Studies have shown coronary heart disease risk falls by 19 per cent if saturated fats are replaced with polyunsaturated fats, ideally by omega-3 and omega-6 fatty acids. They protect the heart, as they have a positive effect on cholesterol, blood pressure and sugar levels.

### Why blood sugar matters

In people whose sugar metabolism is working normally, blood glucose concentration always

fluctuates between 3.9 mmol/L and 7.8 mmol/L, despite the fact that we take in huge amounts of sugar when we enjoy a nice

piece of cake, and absolutely no sugar while we're asleep at night. To maintain this, the body stores glucose when levels are high, and releases those stores into the bloodstream when levels are low thanks to two important hormones: insulin and glucagon. Insulin is released into the bloodstream to make cells use up or store more glucose, ►

**“CONSUMING OMEGA-3 AND OMEGA-6 FATS PROTECTS THE HEART”**



or turn it into fat. Without insulin, our blood sugar levels would spike after every rich meal. Insulin protects us from this by making sure glucose is removed from our bloodstream and stored in the liver in the form of glycogen.

Although our bodies can protect themselves from excessively high blood sugar levels by secreting more insulin, when it occurs regularly in excessive amounts, our cells become increasingly insensitive to its effects. So, the next time we eat a high-sugar meal, we secrete more insulin to gain the same effect.

When cells become increasingly resistant to insulin, you are well on the way to developing type 2 diabetes. Patients who inject insulin may see their blood sugar levels fall, but their blood pressure, cholesterol levels, and percentage body fat rise. This, in turn, increases the risk throughout the body of serious vascular damage.

### Colour your heart healthy

Ideally, we should get most of our energy from fruit and vegetables. This is win-win because they also have positive effects on our hearts. One fruit is particularly close to my heart: blackcurrant. Its blue pigment, called anthocyanin, protects blood vessels from aggressive free radicals. One such anthocyanin is myrtillin, which increases the elasticity of the blood vessels. Watermelon and honeydew melon contain substances proven to reduce the risk of blood clots, and watermelon is also said to reduce high blood pressure. Carrots have a welcome influence on blood cholesterol levels; pomegranates contain blood pressure-lowering polyphenols; garlic has sulphides which help prevent thromboses; pulses have anti-inflammatory saponins; and almost all plants contain phytosterols, which reduce blood cholesterol levels.

Ginger and garlic help to thin the blood, which promotes blood flow through the vessels, improving blood supply to our organs and tissues. Garlic water, made with two to three teaspoons of grated garlic, will not only thin the blood, but will also have a positive effect on your cholesterol levels\* – if not on your social life! An almost odour-free alternative is garlic pills. And then there's the real panacea: the humble onion. They help thin the blood, reducing the risk of blood clots, and have a beneficial effect on cholesterol, metabolism and blood-sugar levels.

### More sex, doctor's orders!

Every time we jump in the sack, we are doing our health a huge favour; and the more often, the better! The hormones produced when we have sex protect us from all sorts of illnesses and diseases. Hormones flow at the first touch, and increase to become a hormonal firework display when we reach orgasm. Oxytocin, triggered by feelings of love, promotes wound healing and lowers blood pressure. When we produce dopamine, we get a pleasant feeling

of reward and contentment. Many dopamine triggers are bad for our health (alcohol, drugs, junk food). All the better, then, that sex – and, in particular, orgasm – causes dopamine to flood our system.

### And sleep well

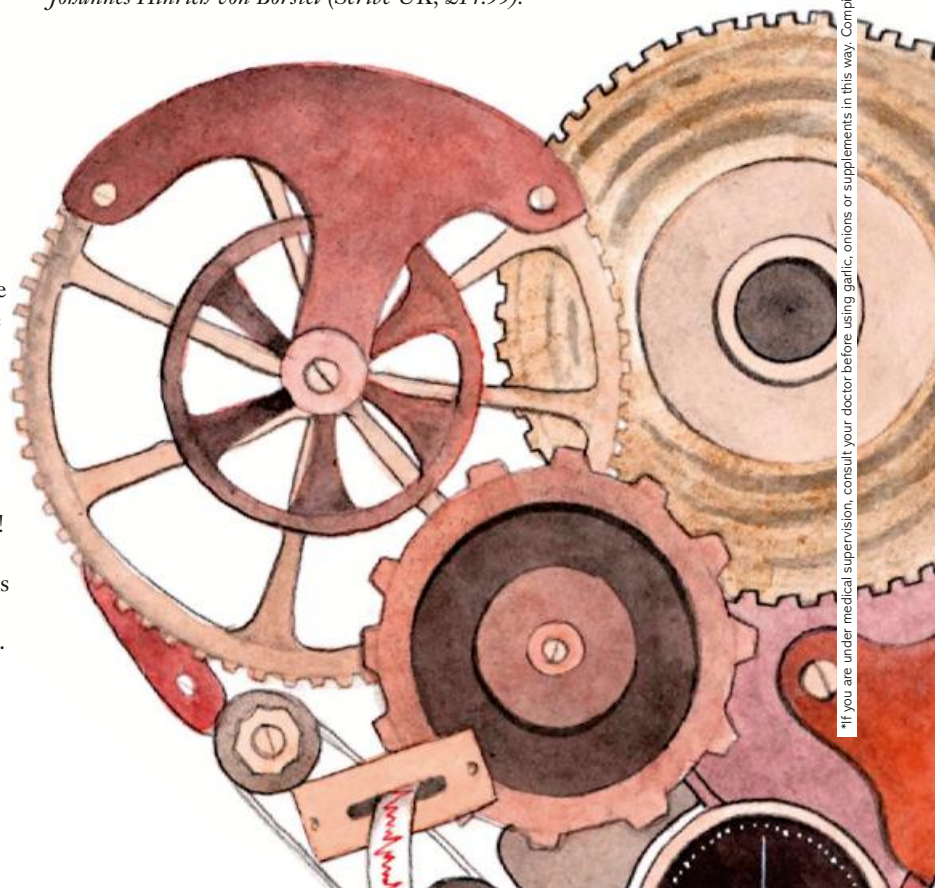
Insomnia is a source of stress, and stress hormones have a negative effect on the heart. Over the long term, that could contribute to chronic heart failure. As we drift from the waking world, our heart rate begins to slow, our blood pressure sinks, and our breathing becomes more regular. Brain activity is reduced further and our sleep becomes deeper and deeper until we enter absolute deep sleep. Our heart now beats as few as 50 times a minute, blood pressure is at rock bottom, and our immune system takes the opportunity to regroup. The deep-sleep phase lasts one-and-a-half and two hours, and is repeated several times a night.

Sleeping too much *or* too little can be harmful to our health. Researchers

at the University of West Virginia found that people who regularly sleep more than nine hours have an almost 50 per cent higher risk of having a heart attack, or other cardiovascular disease, than those who are less slumberous; while sleeping fewer than five hours can as much as double a person's risk of heart disease. For your heart, seven is the perfect number! **H**

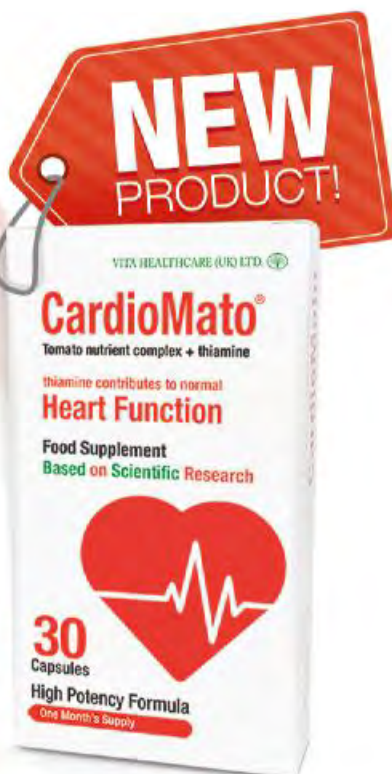
*This is an edited extract of Heart: The Inside Story Of Our Body's Most Important Organ by Johannes Hinrich von Borstel (Scribe UK, £14.99).*

**“HORMONES PRODUCED DURING SEX LOWER BLOOD PRESSURE”**





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# FOCUS ON CALCIUM

This key mineral does much more than keep your teeth and bones strong. Dietician **Carrie Ruxton** gives the lowdown

## CARRIE RUXTON

PHD is an award-winning dietician, health writer and TV nutritionist

## What is it?

Calcium is the most abundant mineral in our bodies, making up around two per cent of our body weight. It's mostly stored in bones and teeth where it acts as natural scaffolding, but calcium is also vital for muscle contractions, protein metabolism, blood pressure and clotting, and nervous function. If levels in the blood are too low, our bones are 'raided' to make up the deficit; this is why we need to keep it topped up. Teenagers and women often have poor intakes; experts think this may be because they're more likely to skip breakfast (which often contains milk). Worryingly, one in five teen girls don't get enough, putting them at risk of low bone density.

## What is it good for?

### LOWER CANCER RISK

There is evidence calcium protects against some cancers, particularly colon and breast. Cancer Research UK says 'several studies show a lower risk of breast cancer for women with high calcium intakes or calcium blood levels'. One such study, of nearly 50,000 Norwegian women, found those who drank milk as both children and adults had a lower risk of developing breast cancer. And in a Korean study, those with higher calcium intakes were 16 per cent less likely to develop colon cancer.

### STRONG BONES AND TEETH

By our early 20s, 90 per cent of our bone mass has been laid down, so our childhood diet is crucial. You build bone density by eating plenty of calcium-rich foods, alongside vitamin D, which helps calcium absorption and transportation into bones. Later in life, bone mass declines due to hormonal changes, and a good

calcium intake can mean the difference between healthy and fragile bones. Researchers reviewed 22 trials: in 16, combining calcium and vitamin D improved bone density. Calcium also combines with phosphate to make hydroxyapatite, the hard substance in teeth. Again, these nutrients are vital in early life as teeth form in the womb. In one study, by age 12, children whose mothers took calcium in pregnancy had a 27 per cent reduced risk of tooth decay compared to those whose mothers took a dummy pill.

### HEALTHY HEART

Studies show that higher calcium intakes (usually via low-fat dairy) may help reduce 'bad' LDL cholesterol levels. It may also have a beneficial impact on blood pressure, which reduces risk of coronary heart disease, while babies of pregnant women who consume calcium have been found to have healthy blood pressure in later life.

## How do I get it?

Rich sources include dairy, green leafy vegetables, fortified plant milks and canned fish containing bones, such as sardines. Or try supplements, usually around 800mg to 1200mg per dose. If you're taking calcium to help preserve bone mass, combine with vitamin D (10-25mcg daily) for optimal absorption.

**"GETTING ENOUGH  
CALCIUM CAN PREVENT  
FRAGILE BONES"**

## How much do I need daily?

Teen boys should have 1000mg a day, teen girls need 800mg. Younger children should have 350-525mg; adult men and women 700mg. Breast-feeding women should get 1250mg, as making milk depletes levels. **h**

If you're pregnant, breast-feeding or under medical supervision, consult your doctor before taking supplements. Photographs iStock, Shutterstock





WHAT IT FEELS LIKE...↓

# TO HAVE ANXIETY & DEPRESSION

After years with this condition, Laura Dernie, 33, from Cardiff, has her life back on track. Now she wants to change taboos and help others realise that anyone can be affected





“Those first weeks after my second child, Poppy, was born four years ago are a blur. I know that I wasn't eating properly and could hardly get out of bed. I wasn't particularly sad – I just didn't feel anything. I recall sitting on my bed holding my children and telling my husband Henry, ‘I love them with every fibre of my being, but I just feel hollow and empty’.

My pregnancy with my first child, Jack, now seven, was difficult – it felt like I was falling apart as I was fighting extreme morning sickness and my gallbladder was failing. (It was removed soon after Jack was born.) But the anxiety and depression continued. I felt like I had on a tight corset and couldn't breathe. I'd shake uncontrollably and would feel sick, dizzy and overwhelmed. I'd worry endlessly over what I was going to do the next day and, finally, my thoughts spiralled into the abyss.

I now know I had depression and anxiety. I felt constantly exhausted, but couldn't sleep or switch off my brain to relax. Coping with my job as a PA was hard and I'd often phone Henry in tears.

To be honest, I hated myself and, while I wasn't suicidal, I did wonder if my family would be better

off if I left. I'd snap at Henry as I felt that everything was his fault, but his kindness in response was amazing.

After three years of this, I broke down. The trigger was simply my mother-in-law going to make a cup of tea. I have no idea why it set me off but, in a sudden attack of panic, I couldn't cope. I jumped into my car and drove off. Henry followed and told me I had to get help. And after that, I started seeing my GP weekly. A mental health nurse stayed in touch regularly, too. Their support was



## LAURA'S HUSBAND HENRY SAYS:

'Laura would put on a brave face for friends and colleagues, but let her guard down with me. I never knew what I'd wake up to or come home to. To hear that she thought it would be best for me if she wasn't there anymore was awful.

'I haven't had depression and, if you haven't experienced what your partner is going through, it isn't easy to understand. It's hard not to say, "Why can't you snap

out of it?"'. I've learned to give Laura space and to just be there for her, rather than say, "Don't worry, everything will be OK".

'Thanks to medication and CBT, life has returned to normal and, while depression is something we live with, our family life is very happy. Laura is a great mum and wife and we wouldn't change her. She has such an infectious warm personality and is the most thoughtful person.'

## → THE EXPERT VIEW

**Psychologist Professor Anke Ehlers, co-director of the Oxford Centre For Anxiety Disorders and Trauma, says:**

'Data suggests around 20 per cent of women aged 30-50 have anxiety and/or depression. Symptoms include low mood, loss of interest, and problems concentrating and sleeping. In severe cases, there can be ideas of suicide.

'In clinical anxiety, fears are unrealistic, and people can become unable to work or socialise. Stressful life events play a role in triggering both anxiety disorders and depression. Psychological causes include certain thinking patterns, such as worrying, and behaviours like excessive avoidance of feared situations.

'Biological factors (neurotransmitter imbalance or regulation of stress hormones) may contribute. For anxiety disorders, the treatment is CBT, and sometimes SSRI antidepressants. For mild cases of depression, exercise, good sleep habits and guided CBT self-help via books or online can help. In moderate to severe cases, medication plus psychological therapy is recommended.'

brilliant. My doctor prescribed me SSRI antidepressants which evened out my feelings and reduced the daily panic attacks to one every few months. I practised cognitive behavioural therapy (CBT) so that if, say, I felt overwhelmed in a shop, rather than tell myself I was a waste of space, I'd walk down an aisle and tell myself 'well done'.

I still struggle, but it's nowhere near as extreme. I know antidepressants don't work for everyone, but for me, they do. Being outdoors also makes me feel better. The trigger for me was illness in pregnancy, but for others it could be any stressful event.

Last summer I launched My Discombobulated Brain ([mydiscombobulatedbrain.co.uk](http://mydiscombobulatedbrain.co.uk)), a charity to fight the stigma of mental illness. I used to worry that someone would take my children away if I admitted to my illness, but when I started talking about my experience, a lot of family and friends told me they'd also had depression and anxiety.

I want to change taboos. By talking openly about mental health, I can help people realise it affects 'normal' people. I tell Jack when I'm anxious and he tells me if he's sad or angry. On Facebook, people don't always share what's needed. No one posts 'I had a panic attack today', but it's vital to know you're not alone. ”

For more advice and support, log on to [mind.org.uk](http://mind.org.uk) or [samaritans.org](http://samaritans.org).





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## The Stomach Protector

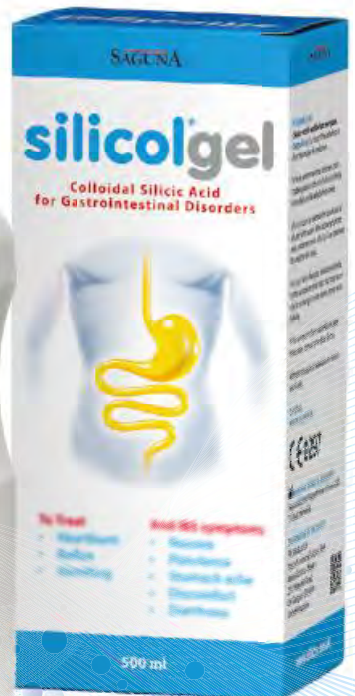
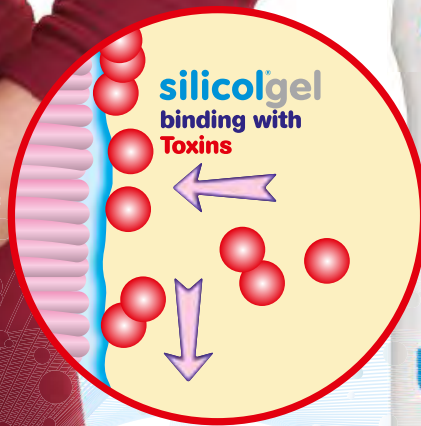
### Colloidal Silicic Acid for Gastrointestinal Disorders

- ✓ A tablespoon up to 3 times a day coats the stomach and intestine with a protective layer
- ✓ Binds with irritants, toxins and gases
- ✓ Making them harmless to pass naturally through the body
- ✓ Providing relief for gastrointestinal discomfort



“silicolgel has saved me and changed my life 100% for the better. I had got to a stage where I didn’t want to go out due to the anxiety of suffering an attack; I never felt right, and always worried about not

finding a toilet.”  
Helen Moore, 36





## MEET THE GOOD GUYS

**Lactobacillus helveticus** shown to reduce blood pressure and improve sleep quality  
**Lactobacillus acidophilus** alleviates diarrhoea and IBS symptoms  
**Bifidobacteria longum** helps to treat digestive conditions and boost immunity  
**Streptococcus thermophilus** reduces abdominal cramps, nausea and halitosis.

**95%**

OF OUR BACTERIA IS LOCATED INSIDE OUR DIGESTIVE TRACT

## ↓ THE LOWDOWN ON

# GUT BACTERIA

They impact everything from our digestion to our mood, but how much do we really know about the microbes in our tummy?

## PROBIOTIC VS PREBIOTIC

### PROBIOTIC

**The lowdown:** The 'good' bacteria that maintain a healthy digestive system by controlling growth of harmful bacteria.

**Find it in** Lacto-fermented foods including yoghurt, kefir, kombucha, sauerkraut, miso soup, sourdough bread.



### PREBIOTIC

**The lowdown:** A non-digestible fibre contained in certain foods that promotes the growth of good bacteria in the gut.

**Find it in** Asparagus, bananas, oatmeal, garlic, onion, avocado, legumes (beans, peas, lentils).



*Did you know?*  
 The gut, or digestive tract, is a long tube that starts at the mouth and ends at the anus.

## YOUR DIGESTIVE TRACT IN NUMBERS...

- Contains roughly **100** trillion bacteria
- Weighs **1.5kg**
- Is around **9m** in length (the same as a double-decker bus)

*Gut bacteria can influence*  
**METABOLISM**  
**RISK OF DISEASE**  
**DIGESTION**  
**MOOD**

**IRRITABLE BOWEL SYNDROME, A CONDITION LINKED TO AN OVERGROWTH OF HARMFUL BACTERIA IN THE GUT, AFFECTS...**

**1 IN 5 PEOPLE, AND 2 WOMEN TO EVERY MAN**



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# WHAT'S THE DEAL WITH... **CUPPING?**

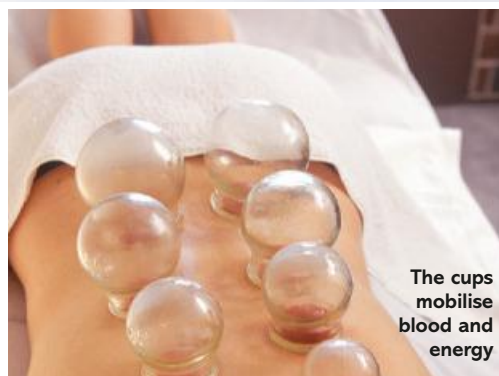
We take a look at this ancient practice that's become the favoured therapy of Olympians

## WHAT'S INVOLVED?

You'll discuss your medical history with the practitioner, then lie on a table and rubber cups will be applied to your skin. It may be two cups, or go into double digits, but four or five is the norm. The suction created by a vacuum within the cup causes the underlying tissue to rise partway into the cup, and this pressure draws with it blood and toxins. Cups are applied for up to 20 minutes – most people find the sensations of tightness and warmth soothing, while others find the sucking a little uncomfortable. You could think of cupping as the inverse of a massage – instead of applying pressure to muscles, a massage-like effect is created by suction and moving the lubricated cups around the back, legs, neck and chest.

## WHAT ARE THE BENEFITS?

Practitioners claim that it can help with muscular pain, inflammation, eczema, migraines and stress. By stimulating the flow of blood, lymph (the fluid in body tissues), and qi ('vital energy' in Chinese medicine) to the affected area the treatment should at the very least leave you feeling revitalised! However, it's best to consult your GP first – although the treatment is



The cups mobilise blood and energy



Swimmer Michael Phelps was cupping at Rio 2016

generally considered safe when carried out by a trained professional (ensure they are properly trained by visiting a British Acupuncture Council BAcC member), it isn't suitable if you have skin ulcers or are pregnant.

### THE DETAILS

If you decide to try the procedure, a session costs from £40-£60. Always book with an BAcC-accredited therapist ([acupuncture.org.uk](http://acupuncture.org.uk))

## ANY SCIENCE BEHIND IT?

A 2012 report, where researchers reviewed 135 studies on cupping, concluded that it may be effective, when used alongside other treatments, for shingles, acne, facial paralysis (Bell's palsy) and neck pain caused by wear and tear. More recently, research published in 2015 in the Journal of Traditional and Complementary Medicine, suggested that cupping could help with acne, shingles and pain management. **h**

## CASE STUDY

### We tried it!

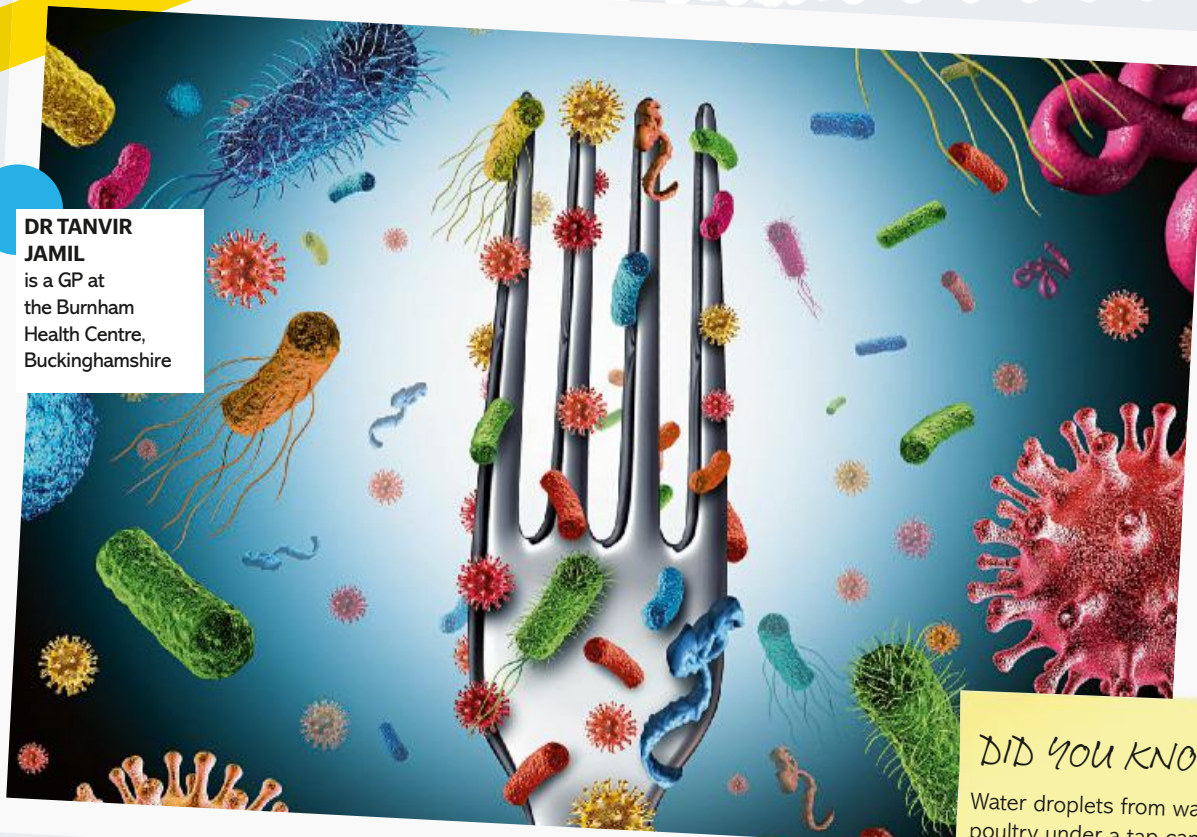


**Healthy intern Camilla Allen visited Stefan Chmelik at New Medicine Group, Harley Street, London**

'I lay face down on a heated bed with a towel over my lower back. Before Stefan placed 14 cups all over my back he said: 'It may feel like an encounter with an octopus!' There was a warming sensation and it felt as if my muscles were being worked on at a deep level. The treatment was far more enjoyable than I expected. The bruises faded after two days and I felt much looser afterwards. [Newmedicinegroup.com](http://Newmedicinegroup.com).



**DR TANVIR JAMIL**  
is a GP at  
the Burnham  
Health Centre,  
Buckinghamshire



#### DID YOU KNOW?

Water droplets from washing poultry under a tap can travel more than 50cm in every direction. And only a few campylobacter cells are needed for food poisoning.

# WHAT TO DO ABOUT FOOD POISONING

Whether it was down to that dodgy restaurant meal or a home-cooking disaster, our expert advises on the best treatments and how to prevent it

Food poisoning is caused by food contaminated by bacteria – the most common of which are campylobacter, which are usually found on raw or undercooked meat (especially poultry) and unpasteurised milk. The other main bacteria are salmonella – found in undercooked meat, raw eggs, milk and other dairy foods – and E. coli, found in undercooked beef, soil attached to vegetables and unpasteurised milk.

‘Most strains of E. coli bacteria are harmless – they’re present in our digestive systems – but some cause illness and are a common feature in urinary tract infections, too,’ says Dr Jamil.

Depending on which bacteria are responsible, food poisoning symptoms start within 12-72 hours (salmonella), two

to five days (campylobacter) and one to eight days (E. coli).

‘The main symptoms are vomiting and diarrhoea with stomach cramps,’ adds Dr Jamil. ‘You may have a temperature, too. The key to whether it’s food poisoning is if other people who ate the same food also feel ill.’

Norovirus, also known as the winter vomiting bug, is slightly different. Although it can be caused by eating contaminated food, this virus can spread like wildfire from an infected person, as breakouts in classrooms and cruise ships show. It tends to cause gastroenteritis, or produces similar symptoms to it.

#### Best treatments?

‘Stay at home and drink clear fluids,’ advises Dr Jamil. ‘A good rule is if you

can see through the glass, you can drink it. So try water or lemonade. Avoid orange juice as this can be too acidic and upset the stomach. Or, try oral rehydration salts (available from pharmacies) – these are absorbed more easily than water.

‘After 24 hours or so, if you’re feeling better, try plain toast or crackers. Any bland foods will be OK – little and often. And keep up fluid intake. Most cases get better on their own, but if you’re still vomiting after three days and can’t keep fluids down, see your GP. A stool sample can confirm the presence of bacteria for which antibiotics can be given. We also inform the



## ➔ NATURAL REMEDIES FOR CRAMPS AND NAUSEA

- Fennel tea with a couple of cardamom pods can help with tummy cramps. Just add ¼ tsp fennel seeds to hot water, drain and sip.
- An infusion of fresh ginger with honey is a good remedy for nausea.

public health authorities, as food poisoning is a notifiable disease.'

You should also consult your GP if you're pregnant, your baby or young child has also become ill, or you have a condition such as diabetes, as dehydration can affect kidney function.

### How to prevent it?

'Meticulous hygiene is vital,' advises Dr Jamil. 'That means washing – and drying – hands before handling food and after using the toilet. If you have food poisoning, use a separate towel, too, and don't prepare food for others.'

### Beat the bugs with good food storage and prep:

- Store food properly in the fridge, making sure that raw meat is on the bottom shelf so that it can't touch other foods or drip onto them.
- Use different preparation chopping boards for raw and cooked foods and wash well after use.
- Don't eat foods past their sell-by date.
- Cook food thoroughly and check it's steaming hot all the way through before serving.
- Cool leftovers quickly (within 90 minutes) and store in the fridge or freezer.
- Wash fruit and vegetables under running water.
- Never wash poultry as that can spread campylobacter in seconds.

# What happens when I... **CRY?**

Here's what's going on when your eyes begin to well up with tears

Whether the trigger is overwhelming sadness or uncontrollable laughter, we humans are unique in that we are the only species that has the capacity to cry when we're emotional.

Crying is dealt with by the limbic system in the brain, which manages our emotions. It's hard-wired into the autonomic nervous system (the part we don't have control over and governs your breathing and heart rate).

A signal is released in response to the emotion that prompts the lacrimal gland, which sits on top of your eyeball, to turn on the tap. The tear 'drainage system' can't cope with the flood, so the tears spill out down your cheeks.

'In fact, our eyes are covered with a tear film 24/7,' says Dr Susan Blakeney, clinical adviser to the College of Optometrists. 'This film helps keep our eyes lubricated and protects them, too.'

'The film is comprised of three layers. The bottom one, closest to the eye, is the sticky mucin layer,' explains Dr Blakeney. 'Next comes the watery layer, made by your lacrimal glands, which is the thickest layer. Last is the top oily layer, which helps to reduce evaporation.'

'Excess tears drain through two small holes (puncta) at the corners of each eye, which in turn drain into the tear duct and on into the nose.' This is the reason why your nose runs, too.

'The huge increase in the watery layer upsets the balance of the tear film, which is why your eyes feel dry and sore after a bout of crying,' says Dr Blakeney.

Your tears aren't merely made up of water, though. 'They contain an enzyme, lysozyme, which is antibacterial, and their composition



**DR SUSAN  
BLAKENEY**

is a clinical adviser to the College of Optometrists ([college-optometrists.org](http://college-optometrists.org))

makes them taste salty.' Although not caused by emotion, the same process occurs when getting rid of dirt in the eye. 'These are called reflex tears.'

## ➔ DOES A GOOD CRY DO US GOOD?

'Crying serves two psychological purposes,' says chartered psychologist Dr Angharad Rudkin. 'It's a release of emotions and is also a communication of distress.'

'It can act as a reminder of how hurt and upset we are,' says Dr Rudkin. 'Once the physical act of crying has stopped, we are left less full of feelings and can often move on quite quickly.'

'The other function of weeping is that it communicates to others how upset we are, more powerfully than just saying how we feel. So we're more likely to get support.'

'Crying is a physical illustration of an internal emotion and as a result can be extremely cathartic.'





# Keep on moving

Your body is designed to move – and with the help of Solgar you can continue to keep enjoying an active lifestyle

**O**ur bodies are precisely engineered, and one of the things they're designed to do is move. While age, modern lifestyles and genetics all impact on the health of our joints and muscles, there's lots of things we can do to improve movement and flexibility.

## 1 Eat foods rich in calcium, magnesium and vitamin K2

Did you know that cheeses such as brie and edam not only provide calcium, needed for bone health, but they're also a source of vitamin K2? This vitamin helps direct calcium to the bones where you need it. And pumpkin, sesame and sunflower seeds provide magnesium, which supports bone health, and may also be helpful for muscle cramping.

## 2 Stay supple

If your joints and muscles aren't supple, this will impact on your mobility, as they work together. Doing yoga and Pilates are great ways to stay flexible. Can't make it to class? There are lots of free

videos online that allow you to practise at home; a small amount of time invested each day can make a huge difference.

## 3 Soak up the sun – safely

Vitamin D (the sunshine vit) is required for calcium absorption and to support muscle strength. Getting 10-20 minutes of unprotected sun exposure around midday in spring and summer (while taking care not to burn) helps to keep

levels topped up. In autumn and winter, when there's less sun, the government advises that we all take a supplement of vitamin D3 to maintain adequate levels.

## 4 Get enough rest and sleep

Exercise is key for joint and bone health, but it's also important not to overdo it, and to get plenty of sleep to ensure that they can repair and grow back stronger. Aim for at least seven hours a night.

## NATURAL SUPPORT

Including supplements in your healthy, balanced diet and lifestyle may provide further joint health support. Check out these products from Solgar

### EXTRA STRENGTH GLUCOSAMINE CHONDROITIN MSM

A triple-action formula, with researched ingredients for joint support, essential during periods of stress caused by doing intense exercise.

### FULL SPECTRUM CURCUMIN

A unique formula with the power of turmeric

that provides fast absorption and long-lasting potency.

**SOLGAR 7** The next generation in joint comfort, mobility and flexibility, it targets the release of enzymes, supporting collagen building blocks and sensitive joint cartilage.

**ULTIMATE BONE SUPPORT** An advanced complex of highly absorbable nutrients, such as calcium, magnesium, vits D3 and K2, to support bone health.





## RAINBOW EATING

Carrots can help you see in the dark – according to the old wives’ tale – but now there’s evidence that they could sharpen your mind as well.

A University of Georgia study has linked brightly coloured vegetables, including carrots and tomatoes, with improved brain function. This is because they contain compounds called lutein and zeaxanthin – both types of carotenoids – which give vegetables their vibrant hues. Those who consumed higher levels of these nutrients required less brain activity to complete a cognitive training task. *Ratatouille*, anyone?



## THEY SAID IT

“I try to stay healthy but all in moderation, with no faddy or elimination diets. I’d rather be kicking a ball with my son! Besides, whenever I say, ‘I’m not eating sugar or drinking for a month’, I then go and have a glass of rosé and some cake”

KATE WINSLET

## THE EDIT

New studies and stats you need to know about

14



That’s the average number of occasions a day we say, ‘I’m fine’ – but only mean it 20 per cent of the time, says Mental Health Foundation research. Just under a third also said they’d like more supportive people in their lives. Other studies show that greater support leads to many health benefits, from a lower risk of obesity to a longer lifespan.

## IN A FIZZ

Would you drink a bath of cola? A Cancer Research study found that the average 11- to 18-year-old has 234 cans a year – enough to fill a tub! The research also found that, on average, teens consume 90g of sugar a day – three times the recommended amount. Wean them off with fizzy water infused with berries.

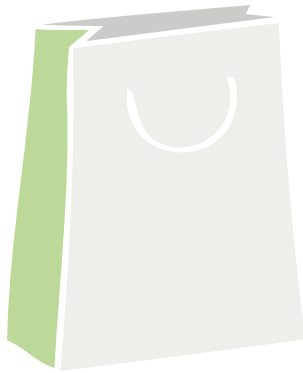
## WALK THIS WAY

Now that the evenings are starting to get longer, why not head out for a brisk walk around your park? It could mean serious protection for your heart. Researchers at Binghamton University, USA, found that walking briskly (think around three miles an hour) for a minimum of 150 minutes a week could make you significantly less likely to have a heart attack.





# THE SHOPPING LIST



From natural sweet treats to good-for-your heart cereal, here are our top picks. Find them in selected Holland & Barrett stores and online at [hollandandbarrett.com](http://hollandandbarrett.com)



**Become a rewards for life card holder**

and turn your purchases into points – see page 146

## Comvita

Immune support



The perfect natural remedy with manuka honey to coat your throat. Manuka Honey & Propolis Elixir is specially formulated with propolis, and selected herbal ingredients, plus zinc to support the normal function of the immune system, when it may be at its lowest.

**£15.99**

## Natures Aid

Cholesterol maintenance

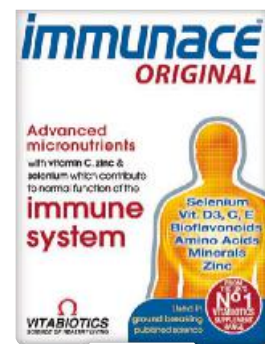


Fermented red yeast rice has been used for centuries in Asia in cooking and traditional remedies. Natures Aid Red Yeast Rice provides a daily dose of 1800mg of red yeast rice extract and contains 10mg of monacolin K, which contributes to the maintenance of normal cholesterol levels\*.

**£17.99**

## Vitabiotics

Daily support



Immunace has been developed to give you advanced, nutritional support for all-round vitality. Vitamin D, zinc and selenium contribute to the normal function of the immune system, folate contributes to normal blood formation, and vitamins E and C contribute to the protection of cells from oxidative stress.

**£7.99**

## Cisca

Breathe easy



If you have asthma, bronchitis, or sinus problems, harness the benefits of natural salt therapy with Cisca Easy Saltpipe. As you breathe in, air is drawn over salt crystals, helping restore the transport of mucus, thus unclogging the lungs. With eight months' worth of salts, you're all set.

**£14.99**

## BlueberryActive

Fruity force



Blueberries are rich in anthocyanins and antioxidants, and you can enjoy the benefits with BlueberryActive Concentrate and Capsules. Made with 100 per cent blueberries and no preservatives or additives, dilute the juice to make a delicious drink, or take the capsules for an easy boost.

**From £10.99**

## Nākd

Naturally delicious



We've all been there. Picked the healthy option knowing it won't taste as nice. That's where Nākd's wholefood bars and snacks are different. They taste delightful, are made from 100 per cent natural ingredients, with no gluten, wheat, dairy, or added sugar – most count as one of your five a day, too!

**From 49p**

## Ideal health

A new you!



Give your diet a boost with this gentle, natural herbal infusion. There's green tea, to detoxify and cleanse; ginseng to support your energy and stamina; refreshing rosehips, packed with vitamins and minerals; and turmeric with powerful anti-inflammatory properties. Time for a cuppa!

**£2.29**

## Real Health

The power of honey



Did you know that Australia can naturally produce manuka honey that's three times more potent than that from New Zealand? Consider adding a spoonful of Real Health 100% Pure Australian Manuka Honey to hot drinks, it's packed with antioxidants to help fight colds.

**From £24.99**

## Betavivo

Heart-healthy breakfast



A crispy oat cereal full of heart-friendly beta-glucan fibre, proven to lower cholesterol and regulate blood sugar in a natural and side-effect free way. Each serving has the amount of beta-glucan required for health benefits, and is ideal if you want to maintain a healthy heart.

**From £15.99**



# Listen up

Look after your hearing for life with the help of targeted supplement Ear Tone from New Nordic

Is your hearing not what it once was, or are you concerned about keeping it sharp as you get older?

If so, you're not alone. Hearing unaccustomed noises and sounds – such as high pitched ringing, whining or buzzing – are typical signs of age-related hearing loss. We're all exposed to noise during our daily life, whether it's loud music, traffic, noise from machines or even other people – and often it's out of our control.

However, New Nordic's Ear Tone supplement can help you protect your precious hearing – and feel reassured you're doing all you can to keep your ears healthy, so you can carry on enjoying sparkling music and conversation for life.

## Natural ingredients

The specially targeted Ear Tone formula contains magnesium, which contributes to the normal functioning of the calcium channel in the fine hair cells in your ears. These tiny hairs register sound frequencies in the inner ear – but a lack of magnesium can damage the function of these hair cells and your hearing nerve. You also have less magnesium in your body as you age – so it's vital to ensure you stay topped up.

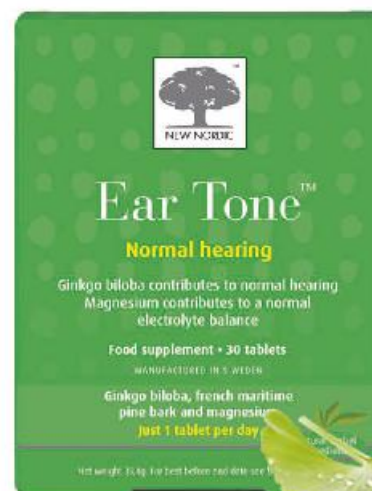
In fact, magnesium has been used for years to treat ringing in the ears – soldiers

in the Swedish army use it when exposed to gunfire and explosions. Magnesium also helps reduce tiredness and fatigue, another plus.

Ear Tone combines magnesium with plant molecules to further protect your hearing. There's ginkgo biloba, which helps contribute to normal hearing function – by promoting a healthy blood circulation – and the extracts used in this supplement are the finest quality. Plus, it also contains French maritime pine bark. Ear Tone comes in packs of 30 tablets; simply take one a day with a glass of water to get the full benefit.

After all, we only get one pair of ears, so it makes sense to look after them.

*Remember, food supplements are intended to supplement the diet and should not be a substitute for a varied diet. Do not exceed the stated dose. Caution: seek professional advice before using if you are pregnant or breast-feeding. Warning: not suitable for children under 12 years of age. Keep out of reach of children.*



# healthy **Food**



## JUST NUTS

➔ Researchers have analysed all current studies on nut consumption and disease risk and found that nut munchers who nibbled at least 20g (a handful) a day cut their risk of coronary heart disease by nearly 30 per cent, risk of cancer by 15 per cent, and risk of premature death by more than a fifth. Risk of dying from respiratory disease was halved, and diabetes risk dropped by nearly 40 per cent. The studies involved more than 800,000 participants from all over the world. This impressive roster of benefits is no doubt linked to the fact that nuts are packed with healthy fibre, protein, magnesium, antioxidants and polyunsaturated fats. Time to get cracking!





# EVERY DAY SUPERFOODS

→ Power up every meal with these simple, tasty dishes guaranteed to boost your health

## BRIGHT GREEN BREAKFAST BOWL

Makes 2

1 ripe avocado  
2 ripe bananas, peeled  
100ml almond milk  
Handful of spinach  
Juice of 1 lime  
2 tbsp manuka honey  
5 basil leaves  
5 ice cubes  
Chia seeds  
**Optional toppings:**  
Pumpkin or sunflower seeds  
Almonds, walnuts or pecans  
Shredded coconut  
Fresh berries

- 1 Scoop out the avocado flesh into a blender. Add the bananas, milk, spinach, lime juice, honey and basil.
- 2 Blitz until smooth, add the ice cubes and purée again until smooth.
- 3 Divide between 2 bowls and top with the chia seeds and your favourite extras.

CALS	PRO	FAT	SAT FAT
325	4g	16.5g	4g
CARBS	SUG	FIB	SALT
38g	34g	6g	0.1g

Chia seeds are a rich source of omega oils and a great alternative to fish oil for vegans. They can help reduce inflammation and high cholesterol levels



## BUCKWHEAT, BANANA AND BRAZIL NUT VITAMIN BREAD

Makes 10 slices

150g buckwheat groats  
1 tbsp melted coconut oil, plus extra for greasing  
2 large ripe bananas  
100g pitted dates, chopped  
50g Brazil nuts  
50g raisins  
100g gluten-free rolled oats  
Pinch of cinnamon  
Pinch of salt  
30g sunflower seeds  
30g pumpkin seeds

- 1 Preheat oven to 170°C/150°C fan/gas mark 3. Grease a sheet of baking paper with coconut oil and use it to line a 450g loaf tin.
- 2 Put the buckwheat groats in a medium saucepan with enough water to cover them. Add the coconut oil and ½ tsp salt. Bring to

a simmer, then cover with a tight-fitting lid and simmer on low for a further 18-20 mins. Drain and set aside to cool.

3 Blitz the bananas in a food processor. Add the buckwheat, dates, Brazil nuts, raisins, oats, cinnamon and a pinch of salt to the blitzed bananas and pulse to create a sticky but coarse mix. Lastly stir in the seeds.

4 Spoon the mixture into the prepared loaf tin and bake in the oven for 40 mins.

5 Remove from the oven and allow to cool slightly. Place a lightly greased baking tray on top of the loaf tin. Carefully tip it upside down and peel away the baking paper from the buckwheat bread. Return to the oven and bake for a further 10-15 mins to firm up the outside of the bread.

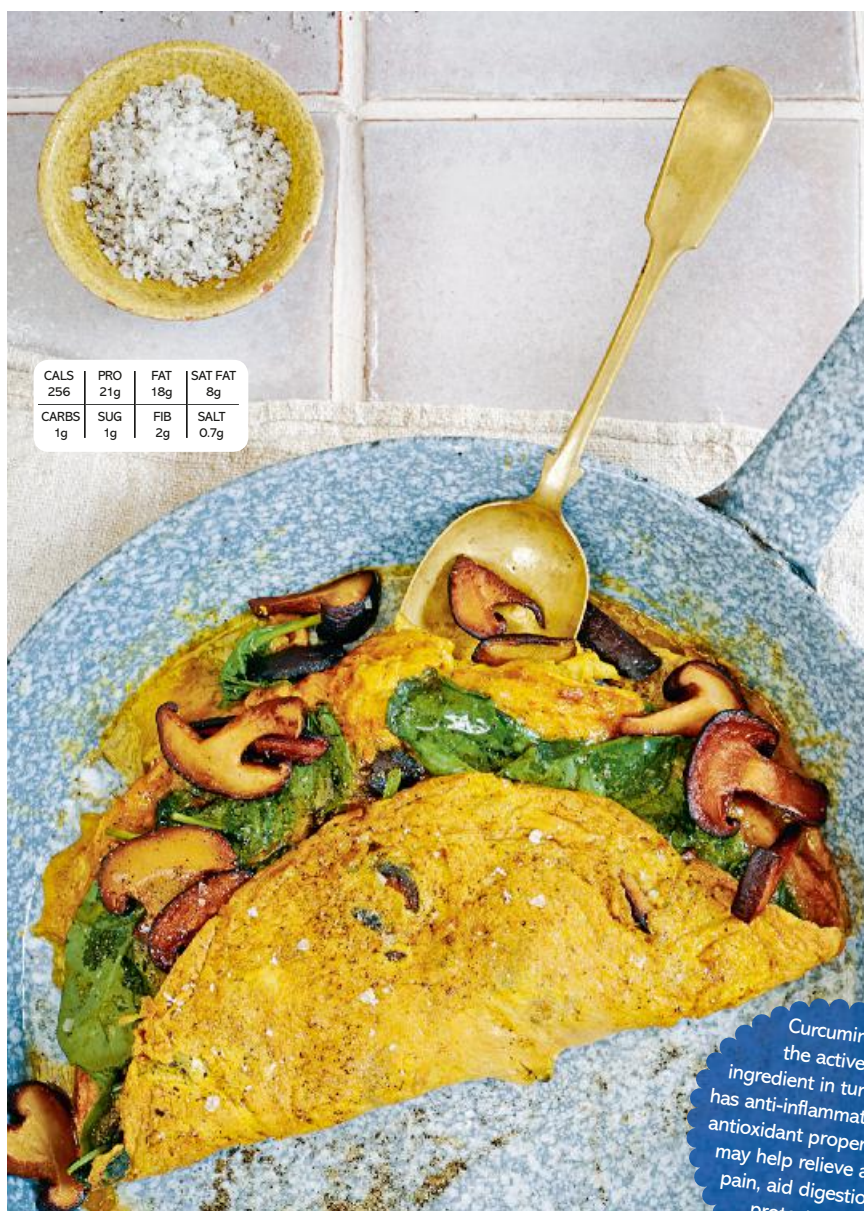
6 Transfer the loaf to a cooling rack and allow to cool. ▶

Cauliflower has gained a good reputation as a healthy ingredient due to its high levels of vitamins C, K, B2, B1, B6 and fatty acids



CALS	PRO	FAT	SAT FAT
223	5g	8.5g	2.5g
CARBS	SUG	FIB	SALT
30g	11g	3g	0.1g





CALS	PRO	FAT	SAT FAT
256	21g	18g	8g
CARBS	SUG	FIB	SALT
1g	1g	2g	0.7g

Curcumin, the active ingredient in turmeric, has anti-inflammatory and antioxidant properties that may help relieve arthritis pain, aid digestion and protect against cancers

## SHIITAKE AND SPINACH TURMERIC OMELETTE

**Makes 1**

**1 tsp melted coconut oil**  
**4 shiitake mushrooms,**  
**roughly chopped**  
**2 large free-range eggs**  
**1 tsp ground turmeric**  
**Handful of fresh spinach**  
**Pinch of ground nutmeg**  
**Salt and pepper**

**1** Heat the coconut oil in a frying pan and add the shiitake mushrooms with a pinch of salt and pepper. Fry until golden, then turn the heat down.

**2** Crack the eggs into a mixing bowl with the turmeric and a pinch of salt and pepper. Beat well with a fork.  
**3** Add the egg mixture to the pan and move the pan around to spread the egg evenly over the mushrooms. When the omelette begins to cook and firm up, but still has a little raw egg on top, add the spinach leaves and pinch of nutmeg.  
**4** Using a spatula or fish slice, ease around the edges of the omelette, then fold it in half. When it starts to turn golden brown underneath, remove the pan from heat and slide the omelette on to a plate.

## BLACK RICE PAELLA WITH SHIITAKE AND WHEATGRASS AIOLI

**Serves 3**

**1 tbsp olive oil**  
**1 onion, chopped**  
**1 garlic clove, chopped**  
**250g black rice**  
**100ml white wine**  
**800ml vegetable stock**  
**250ml coconut milk**  
**200g shiitake mushrooms**  
**1 small broccoli**  
**4-5 tbsp edamame, fresh or frozen and thawed**  
**Fresh thyme**  
**For the wheatgrass aioli:**  
**½ ripe avocado**  
**100g \*soy yoghurt or Greek yoghurt**  
**Zest and juice of 1 lime**  
**Salt and freshly ground black pepper**  
**1 tsp onion powder**  
**1 garlic clove, chopped,**  
**or 2 tsp garlic powder**  
**1 tsp almond butter**  
**2-3 tbsp wheatgrass powder**  
**Drizzle of olive oil**  
**1-2 tsp maple syrup or sweetener of choice**  
**Fresh thyme, to serve**

**1** For the paella, heat up the olive oil in a frying pan, add the chopped onion and garlic and sauté for a few minutes. Add the black rice, stir well, then pour in the white wine. Cook over a high heat for a few more minutes while gradually stirring in the vegetable stock.  
**2** Pour in the coconut milk, stir well and cook over a medium-low heat for about 1 hour. Give it a stir from time to time.  
**3** Slice the shiitake mushrooms. Cut the stem off the broccoli, tear it into florets and cut them into slices.  
**4** Add the mushrooms, broccoli and edamame to the rice, add some thyme, stir well and continue cooking until the rice is cooked.  
**5** For the aioli, blend all the ingredients except the thyme to a creamy and smooth consistency. Garnish with fresh thyme and cool in the fridge until the rice is ready.  
**6** Add a splash of coconut milk to the rice and stir again. Spoon onto plates and top with the aioli.  
*\*Tip: using the soy milk is an easy way to turn this into a vegan or dairy free meal. ►*



With vitamins A, C and E, plus iron, calcium and magnesium, wheatgrass is anti-inflammatory and boots circulation



CALS	PRO	FAT	SAT FAT
631	19g	25g	14g
CARBS	SUG	FIB	SALT
71g	7g	9.5g	1.7g





LOW CALORIE



NEW KONJAC RECIPE



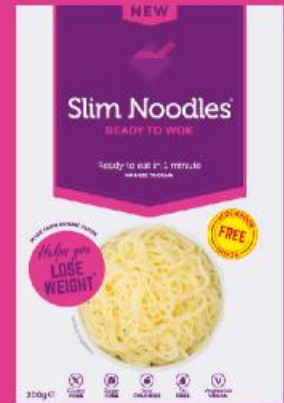
HELPS YOU LOSE WEIGHT



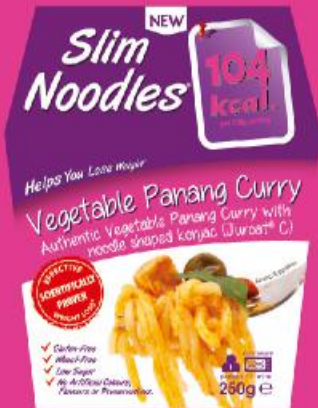
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 /SlimPasta  
 /Eat\_Water  
 /Eat\_Water



VEGAN



STORE IN YOUR CUPBOARD



Buckwheat supports your gut, bone and blood health and is a good source of magnesium and fibre. Look for noodles made with 100 per cent buckwheat flour



CALS	PRO	FAT	SAT FAT
190	10g	2.5g	1g
CARBS	SUG	FIB	SALT
27g	6g	7g	1g

## IMMUNITY RAMEN

**Serves 2**

2 tbsp organic, gluten-free bouillon powder dissolved in 1 litre water  
2 servings buckwheat noodles (usually sold in packets divided into servings)  
6 tenderstem broccoli  
2 baby pak choi  
4 baby leeks  
3 spring onions  
6 shiitake mushrooms  
2 garlic cloves

Small chunk of ginger, peeled  
Juice of 1 lime  
4 star anise  
Salt and pepper  
**To serve:**  
Sesame seeds  
Handful of fresh coriander

1 In a large saucepan, first make up the stock using the bouillon, and leave it to simmer gently.

2 Add the buckwheat noodles to the pan and simmer for 1-2 mins.

3 Add the veg and all the other remaining ingredients and simmer for a further 5-7 mins. The noodles should soften and the vegetables should stay bright green and crunchy, retaining all their wonderful vitamins.

4 Season with salt and pepper and serve in two large soup bowls, sprinkled with sesame seeds and coriander. ►



## MATCHA MACARONS

Makes about 30 macarons

- 175g icing sugar
- 175g ground almonds
- 1 tsp matcha powder
- 4 egg whites, divided into 2 batches
- 175g granulated sugar
- 50ml water
- Few drops green food colouring (optional)
- For the matcha buttercream:**
- 125g unsalted butter
- 125g icing sugar
- 1 tbsp matcha powder
- 1 tbsp milk

- Put icing sugar, almonds and matcha in a food processor; pulse until finely ground. Sift into a large bowl. Pulse any lumps left in the sieve; sift again. Add 2 egg whites; mix with a wooden spoon to a thick paste.
- Put 2 egg whites in a clean heatproof bowl. Put sugar and water in a small pan over a medium-high heat. Stir to dissolve sugar; bring to boil. Cook until it reaches 110°C/225°F on a sugar thermometer.
- Immediately start beating the egg whites with an electric whisk on the high setting. As soon as syrup hits 118°C/239°F pour a

thin stream into the whites, whisking all the time, on high speed, till meringue is glossy, with stiff peaks, and cools slightly.

4 Gently fold half the meringue into the matcha-almond mix with a spatula; don't over-mix it. Fold in remaining meringue and 2-3 drops of food colouring (if using), a drop at a time. Keep folding the mix until it's really smooth, evenly coloured, and falls off the spatula in a ribbon that blends back into the mixture without a trace.

5 Line 2 baking trays with baking parchment. Spoon mix into a piping bag fitted with a wide, plain nozzle and pipe circles of 3.5cm diameter. Rest for 30 mins; preheat oven to 170°C/150°C fan/gas mark 3; bake for 12-14 mins until set. Keep checking at 12 mins to ensure they don't brown. Carefully slide the baking parchment off the trays on to a cool surface, leave to cool. Then peel off the parchment.

6 For the buttercream: whisk butter until fluffy, then beat in the icing sugar and matcha powder. Add the milk, and whisk until thick and smooth, then sandwich macarons together. Store in an airtight container in the fridge. **h**

Matcha is rich in polyphenols, a group of antioxidants said to reduce blood pressure, risk of heart disease, and boost your metabolism during exercise

CALS	PRO	FAT	SAT FAT
132	2g	7g	2.5g
CARBS	SUG	FIB	SALT
16g	16g	0g	0.02g



**Bright green** breakfast bowl, Shiitake and spinach turmeric omelette, Immunity ramen, Buckwheat, banana and Brazil nut vitamin B bread from *Radiant* by Hanna Sillitoe (Kyle Books, £18.99)



**Black rice paella** with shiitake and wheatgrass aioli from *Eat Better, Not Less* by Nadia Damaso (Hardie Grant, £15)



**Matcha macarons** from *The Book Of Matcha* by Louise Cheadle and Nick Kilby (Jacqui Small, £18.99)

# Spring clean your gut

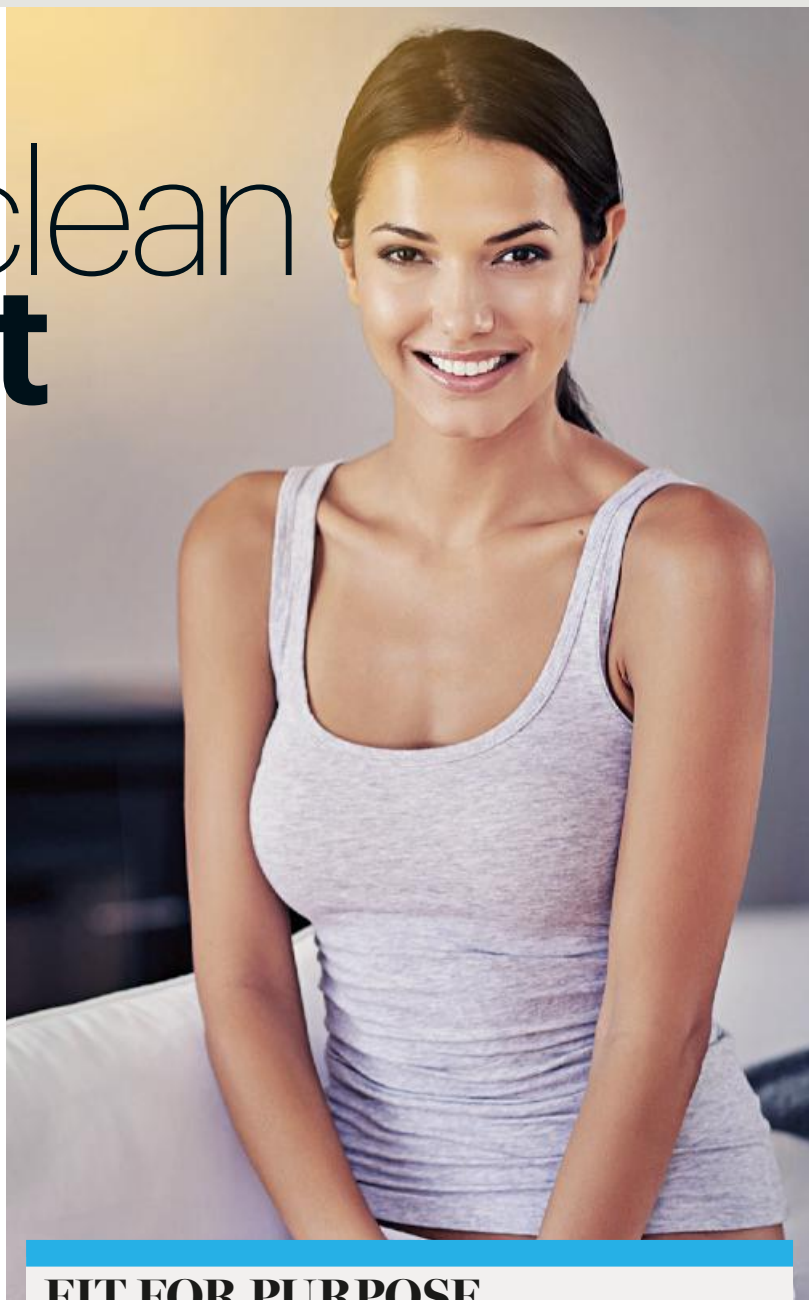
Kick-start your health and fitness regime with a little help from Enterosgel

**G**ood health starts with your gut, and now is a great time to take stock of your general wellbeing, and clear out any unwanted nasties. Whether you're about to embark on a new exercise programme, overhaul your diet or just want to feel a bit brighter and lighter for the summer months ahead, good digestive health is key.

Chronic gastrointestinal conditions can leave you bloated and lethargic – no way to tackle those fitness goals. 'Throughout my 20-plus years as an holistic health coach using nutrition and exercise to create optimal health and body transformations, my attention is continually drawn to Hippocrates' wisdom that "all disease begins in the gut". Gut health should be one of the first areas of focus for anyone trying to optimise their health and get into great shape,' says personal trainer Gideon Remfry.

And that's where drug-free Enterosgel can help. An organic mineral gel, it adsorbs bacterial toxins, pathogens and other irritants, while leaving beneficial nutrients alone, which are then gently excreted. With no gluten, sugar or preservatives, it is also non-allergenic and a great supportive treatment for IBS, diarrhoea and allergies with gastrointestinal symptoms. Plus, it gets to work fast, with many users reporting benefits after one week.

Why not try Enterosgel today? A happy gut means a healthier you!



## FIT FOR PURPOSE



Gideon Remfry is one of the top 25 trainers in the world, and based at the KX private members club in London

'Intrigued by what I'd read on Enterosgel, and the benefits of a healthy gut, I decided to set up a crude 28-day study on basic markers I regularly test on KX's clients, as part of their assessments. By the end, the client's IBS and eczema had cleared; they'd lost 3lb; and their cholesterol levels

had fallen 'within optimal values'. Although multiple factors related to these improvements, I believe that Enterosgel had a very positive influence in reducing the gut and eczema symptoms, supporting ideal body composition and optimising their blood health markers.' You can follow Gideon on Twitter ([twitter.com/gideonremfry](https://twitter.com/gideonremfry)).





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- ✓ 562.5 mg Green Tea
- ✓ 100mg Capsicum
- ✓ 10mg Zinc

Zinc contributes to normal carbohydrate and fatty acid metabolism and Green Tea and Cayenne may help to maintain a healthy weight when taken alongside a healthy diet and exercise plan.



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# EAT YOUR *greens*

→ healthy's food guru **Rebecca Seal** has created these sensational seasonal dishes to celebrate spring's arrival

**A**t this time of year, spinach, spring greens and young cabbages are at their best. It's time to move beyond thinking of them as nothing more than a side – stuff them into pancakes, pile into tacos, or use whole leaves in place of pasta.

## SPINACH AND RICOTTA GREEN 'LASAGNE'

This is bursting with green goodness, and I love how 'un-worthy' the final dish tastes, despite being made with nearly half a kilo of leaves and no pasta at all.

**Serves 6**

**Olive oil for cooking**  
**1 onion, finely chopped**  
**Pinch of salt**  
**1 clove of garlic, crushed**  
**100ml passata**

**2 tbsp water**  
**400g tin chopped tomatoes**  
**Handful of fresh basil, roughly torn**  
**250g young spinach leaves**  
**200g spring greens, stems and tough ribs removed, but left in large pieces**  
**150g ricotta cheese**  
**100g goat's cheese**  
**¼ tsp freshly ground nutmeg**  
**Freshly ground pepper**  
**120g ball of mozzarella, ripped up**  
**1 tbsp parmesan**

**1** Heat olive oil in a pan. Add onion and a pinch of salt, and cook, stirring, for about 7 mins, till they go translucent. Add garlic; cook for 1 min. Add passata, tomatoes and water; simmer 20 mins, to thicken. Remove from heat; stir in the basil leaves.  
**2** Meanwhile, wash the spinach and tip it, still wet, into a lidded pan. Steam over a

medium heat till wilted; drain. While the spinach cools, blanch the spring greens in a large pan in 1cm of water, for 1 min; drain. (They should be crisp, but flexible.)  
**3** Squeeze as much liquid as possible out of the cooled spinach, and finely chop. Then mix it with the cheeses and nutmeg, and season to suit your taste.  
**4** Preheat oven to 220°C/200°C fan/gas mark 6. Lightly grease the base of a gratin dish with olive oil, then line with a couple of the 'pasta' leaves. Top with a third of the tomato sauce, then a third of the spinach. Repeat each layer twice more, covering the sauce and cheese completely with the leaves; and finish with a spinach layer.  
**5** Top with mozzarella and parmesan. Bake for 25 mins, or until bubbling and browned. Let it stand 5 mins before serving. Cut with a sharp knife; the greens are firmer than pasta. Serve with a crisp salad. ►





## BUCKWHEAT GAULETTES WITH EGGS AND ZHOUG

I've made these galettes with buckwheat, which is a seed rather than a grain and has been used in batters and baking for centuries in Russia and Eastern Europe. It's rich in trace minerals like manganese and copper, as well as bioflavonoids and compounds which may help with blood sugar management. Importantly, it tastes great, too, and makes particularly wonderful pancakes. Galettes are Breton pancakes, traditionally made without egg or flour. This makes them quite tricky to cook, so I've added some extra ingredients for a more dependable result. If you don't want to top them with the zhoug (see, right), any sharp, bottled chilli sauce will do, perhaps along with fresh chopped chilli and a squeeze of lemon.

**Serves 6, with some batter left over**

**200g buckwheat flour**

**75g plain flour**

**2 eggs**

**500ml milk**

**½ tsp salt**

**For the filling:**

**500g spinach (ideally young leaves, if not, then leaves chopped and large**

**stalks removed)**

**Butter for cooking**

**6 eggs**

**Salt and freshly ground**

**black pepper**

**Zhoug, to serve (recipe below)**

- 1** To make the galettes, mix all the ingredients in a large bowl or stand mixer. Unlike flour-based pancakes, these need a lot of mixing, to allow the buckwheat to soften and become silky smooth. Beat until combined, then beat for a couple of minutes longer. Place in the fridge for at least 2 hours, or even overnight. Bring to room temperature before cooking.
- 2** Wash the spinach, place it, still wet, in a large pan with a lid, over a medium heat. Add a splash of water, cover and cook until just wilted; 2-3 mins. Tip into a colander to drain. When cool, squeeze out as much liquid as you can. Set aside and keep warm.
- 3** To cook the galettes, set a wide frying pan with a lid over a medium-low heat. Place a plate into a warm oven. When the pan is hot, brush well, but lightly, with butter. Remove pan from the heat, and, holding it with one hand, pour in two-thirds of a ladleful of the batter, swirling pan quickly so it covers the whole base of the

*The capsaicin in green chillies makes you feel full, so you don't overeat. Bonus!*

pan and forms a thin pancake. Cook for a minute, just until the base has begun to develop golden brown freckles; then flip it over. Cook for another minute, until more golden spots appear, then slide out of the pan and into the oven to keep warm.

**4** Once all the galettes are cooked, return one to the pan, ideally placing the side which was cooked last face down. Arrange a sixth of the spinach in a ring in the centre of the galette, then break one of the eggs into the ring. Season it with salt and freshly ground pepper, then fold the edges of the galette inwards, leaving the egg and yolk exposed, forming a square. Cover the pan and cook 1-2 mins, until the egg is done to your liking. Serve at once with a spoonful of the zhoug dressing poured over the top.

## ZHOUG

This is a hot green chilli sauce that's originally from Yemen. Along with eggs, zhoug also goes brilliantly with fish, sheep's milk cheeses, roasted vegetables and falafel, or drizzled over Middle Eastern dishes and curries. It will keep in the fridge for a few days in a sealed container.

- 3 tbsp coriander leaves**
- 1 tbsp parsley leaves**
- 2 cloves garlic, blanched for 3 mins in boiling water**
- ¾ tsp ground cumin**
- 3 tbsp extra virgin olive oil**
- 2 medium-sized green chillies, seeded**
- Generous pinch of sugar**
- 3 cardamom pods, shells discarded, seeds ground**
- Very small pinch of ground cloves**
- ½ tsp lemon juice**
- 1 tsp water**
- Lots of salt and freshly ground pepper**
- Pinch of chilli powder, if necessary**

Blitz everything except water, salt, black pepper and chilli powder to a pesto-like texture. It should be pourable; add the water if it seems too thick. Taste, and add plenty of salt and black pepper. It should be fiery, garlicky, slightly salty and fragrant from the spices; the flavours will intensify when served over something warm. If it's not spicy enough – it can be hard to find hot green chilli in the UK – add a pinch of hot ground chilli, mix and then taste again.



## GREENS AND BEANS TACOS

These tangy, spicy little tacos punch way above their weight. The kale, avocado, white beans, tomato and citrus mean that they contain antioxidants, good fats, fibre and vitamin C. They're quick to make too, for a speedy and delicious family supper or weekend lunch.

### Serves 4

- 1 tbsp extra virgin olive oil
- 2 cloves garlic, finely sliced
- ½ tsp cumin
- ¼ tsp dried oregano
- 1 tsp chipotle paste
- 300g kale, washed but not drained
- 2 tbsp water
- 400g tin haricot beans, rinsed
- 1 tbsp freshly squeezed lime juice
- Salt and freshly ground pepper
- 8 mini tortillas

### To top the tacos:

- 2 small shallots, finely diced
- 1 avocado, cut into chunks
- 2 tbsp finely chopped red chilli
- 8 cherry tomatoes, finely chopped
- Lime wedges for squeezing over
- 3 tbsp coriander, roughly chopped
- Mexican-style hot sauce

### Any of the following to serve:

- crème Mexicana; sour cream or lower fat crème fraîche; 100g Mexican queso fresco; feta cheese; very mild goat's cheese

- 1 Get all the toppings ready first.
- 2 Heat olive oil in a large pan over a low-medium heat. Add garlic; sizzle 1 min. Add cumin, oregano and paste, stir once; add wet kale, stir well to coat. Add the water; cook until kale begins to wilt, stirring often; 3 mins at the most – kale becomes bitter if overcooked.
- 3 Add the beans, lime juice and season well. Cook for 1-2 mins, to warm the beans. Remove from heat and set aside.
- 4 Warm tortillas in a large dry pan over a medium heat; keep warm in a low oven.
- 5 To assemble: put 2 tacos each on warm plates; top with kale. Working quickly, so tortillas don't get soggy, sprinkle with the toppings, a squeeze of lime juice, some coriander, and hot sauce. If using, top with a dollop of crème Mexicana, sour cream or crème fraîche, or crumble over a little of the cheese. Serve at once. **h**

Beans are full of soluble fibre, which can lower cholesterol, keeping your heart healthy





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# KITCHEN CONFIDENTIAL

Last year's break-out *Great British Bake Off* star, **Selasi Gbormittah**, reveals his daily menu from sunrise to sunset – nutritionist Dr Carrie Ruxton takes a look

## BREAKFAST

**'I work out in the morning, so I have either porridge with seeds and honey, or poached eggs with spinach to give me energy. On a Friday I'll spoil myself and have them on seeded granary toast or brioche.'**

**Carrie says:** 'Porridge is one of the best starts to the day as its energy is released slowly thanks to the beta-glucan, a type of soluble fibre, it contains. This is also effective at boosting satiety, which makes us feel fuller for longer. Selasi's alternative breakfast – eggs and spinach – is high in protein, iron and vitamin D for a nutrient-rich meal.'



### SNACK

**'I have honey-roasted nuts, and clementines, raspberries, strawberries and blueberries on my desk. I can also eat four bananas in a day!'**

**Carrie says:** 'The fruit is high in vitamin C, which supports skin health. But four bananas is too many! Swap sugary nuts for pistachios high in protein.'



8.30am —————> 12.00pm —————> 7.30pm

## LUNCH

**'I'll have chicken or grilled salmon with a honey and sesame glaze, plus roasted vegetables and rice or potatoes. I tend to have salad in summer and hot food in winter. I like soups as well, but not vegetarian ones. I do try to be healthy as you can't eat cakes 24/7!'**

**Carrie says:** 'Selasi has picked a winner with salmon and chicken. Research shows we should eat protein three times a day for muscle recovery; key for Selasi as he works out. The salad and vegetables are important sources of fibre, which I find men typically don't get enough of.'



### DRINKS

**'I drink water all day, have a coffee in the morning and another at 3pm. Do I drink? Is my mum listening? Just a beer in summer, and a whisky in the winter.'**

**Carrie says:** 'Calorie-free water is the best way to hydrate. The coffees provide 200mg of caffeine, within safe limits. Selasi's alcohol isn't excessive – his mum needn't worry!'

## DINNER

**'I eat little in the evening – if it's late, I might have scrambled eggs on toast. Steak is an occasional treat, and I do sometimes crave Ghanaian food: grilled chicken, fried plantain, jollof rice – it's dangerous!'**

**Carrie says:** 'Selasi's right, it's best to eat most of your calories earlier so you can work them off. Scrambled eggs are good; choose wholegrain toast for fibre. Steak is a great choice

of red meat – low in fat, rich in B vitamins and iron. It's good

Selasi limits his Ghanaian favourites, which tend to be high in fat and calories; that said, jollof rice, based on tomatoes, contains healthy antioxidant lycopene.' **h**

Selasi is an ambassador for The Real Honey Company's manuka honey range\*.







# In season... **RADISHES**

→ It's time to get better acquainted with this undervalued but delicious, healthy root vegetable



Other European countries like France and Poland have long embraced the radish in their cuisine – yet traditionally we Brits aren't nearly so keen. But this small, brightly coloured vegetable is full of health benefits – which is why we've chosen to celebrate the radish as it comes into season.

Radishes, or 'daikon' as they are known in Asia, are a member of the brassicaceae family, which includes cabbage and broccoli. A fast-growing plant, taking less than a month to mature, they are ideal for growing in your own garden.

Their vibrant colour is down to a high content of anthocyanins, a bright pigment which has been linked to numerous cardiovascular health benefits. They are also a diuretic, and can help with the treatment of kidney disorders by cleansing and disinfecting this organ. Adding to the radish's impressive health credentials, one portion (about eight of them) also contains 25 per cent of your daily recommended intake of vitamin C, which is crucial for your immune system.

### **How to cook it**

In the UK, radishes are most commonly sliced finely and eaten raw. However, they also taste delicious roasted for 25 minutes in the oven. You can also stir-fry them for Asian-inspired dishes.

### **Goes well with**

Finely sliced radishes also add a crunchy texture to a lunchtime wrap alongside turkey and guacamole. You can also eat them whole as an alternative to crudité, or try them dipped in houmous or tzatziki. Or why not pickle them in white wine vinegar with ginger and chilli, for a delicious homemade relish?

## 3 GREAT VEGGIE BUYS

### **WOODLAND SNACKS**

We have fallen in love with these beautifully packaged bars from the Squirrel Sisters (so named because their surname 'Tyrrell' rhymes with Squirrel). Each pack contains two bars – with just 82 calories each – so these raw, paleo snacks are perfect for sharing with a health-conscious colleague come elevenses.

**Squirrel Sisters Coconut Cashew Raw Snack Bar, £2.49 for 2 x 20g bars; [hollandandbarrett.com](http://hollandandbarrett.com).**



### **DIGESTIVE BICCIES**

While you may have mixed feelings about eating charcoal, these tasty biscuits will soon change your mind. Plus, they work wonders for a poorly stomach, as they absorb excess gas from your intestines. Impress dinner guests by serving them up with creamy goat's cheese.

**Bragg's Originals Charcoal Biscuits, £3.25 for 150g; [hollandandbarrett.com](http://hollandandbarrett.com).**



### **JAR BENEFITS**

Upgrade your mason jar with this gem from Kilner, which features a special 'liquids' compartment at the top for salad dressings. No more soggy lettuce for you!

**Kilner Food On The Go Jar, £9 for 1litre; [kilnerjar.co.uk](http://kilnerjar.co.uk).**



## **WHAT'S COOKING?**



This issue, healthy's vegan cooking expert, Katy Beskow, aka blogger Little Miss Meat Free ([littlemissmeatfree.co.uk](http://littlemissmeatfree.co.uk)) makes a sweet and sour, radish-based relish



These fiery, tangy radishes make the perfect addition to a salad or loaded into a veggie burger!

### **QUICK PICKLED RADISHES**

**Serves 2**

**10 radishes, very finely sliced**  
**1 spring onion, finely sliced**  
**5 tbsp rice vinegar**  
**1 tsp maple syrup**  
**½ tsp dried chilli flakes**

**Small handful of fresh coriander, finely chopped**  
**Pinch of sea salt**

- 1 Add the sliced radishes and spring onions to a small jar or bowl.
- 2 Spoon over the rice vinegar and maple syrup. Stir in the chilli flakes, coriander and sea salt.
- 3 Leave the pickle to stand in the fridge for 15 mins before serving. Use within 2-3 days and keep chilled.



# POWER PLATES

→ Trying to lose weight while your other half wants to bulk up, or feed the family? These clever dishes can be easily customised – so everyone's happy at dinnertime

One of the biggest turn-offs about following a weight-loss plan can be the thought of having to cook a different meal for yourself from your partner and/or kids. Which is just one of the reasons why we love *Fitness Food*, the new book from celebrity nutritionist Christian Coates (his varied client list includes Daisy Lowe and cyclist Jason Kenny). The book pulls together Coates' all-time favourite recipes – but the really clever thing is each recipe can be made three different ways to meet your needs – with Burn, Balance and Build symbols that identify the variations at a glance. Recipes substitute carbs for salad for those who are looking to drop a few pounds, or add protein for anyone wanting to build up. No more surviving on cottage cheese while everyone else tucks into bangers and mash. Supper, sorted!

## → WHICH CODE IS FOR YOU?

Look for the icons to see which ones tallies with your goals

▼ **BURN** I want to lose body weight, burn more fat or tone up.

● **BALANCE** I want to maintain my current body weight, eat a sustainable healthy diet or keep my body in good shape.

▼ **BUILD** I want to build lean muscle, increase endurance, fuel my body for sport and help it recover.

### ● **SESAME BLACK NOODLES WITH SOY AND GINGER DUCK**

*Serves 4*

60g carrots  
100g asparagus  
10g red chilli  
40g spring onions  
40g baby corn  
85g raw black rice noodles (340g cooked weight)  
1 tsp coconut or rapeseed oil, for stir-frying  
200g duck breast, cut into strips  
40g baby leaf spinach  
40g edamame  
85g sugar snap peas  
5g mixed white and black sesame seeds  
5g mint leaves, picked  
10g pickled ginger, cut into matchsticks  
40g cashew nuts

*For the ginger and soy dressing (makes a full jar):*

85g stem ginger in syrup  
5 tbsp lemon juice  
Thumb of fresh root ginger, peeled  
5 tbsp soy sauce  
150ml extra virgin olive oil

1 Peel the carrots, then use your vegetable peeler to make carrot 'ribbons'. Remove the woody bottoms from the asparagus, then again using a peeler, turn the asparagus into ribbons. Slice the red chilli, spring onions and baby corn on an angle. Place all these ingredients into a large bowl.

2 Next, make the ginger and soy dressing. Blitz the stem ginger with the lemon juice and pass through a sieve

(if you don't have a blender, grate the ginger first). Add the soy sauce and oil and mix together. Set aside.

(The dressing recipe makes more than you need, so you can freeze the leftovers in ice cube trays. When you make this recipe again, one defrosted ice cube is enough salad dressing for this recipe.)

3 Bring a pan of water to the boil and cook the noodles for 8 mins. Meanwhile, start to cook the duck. Add the oil to a large frying pan or wok and stir-fry the duck for 2 mins.

4 When the noodles are cooked, drain and mix with vegetables you've already prepared and add the baby leaf spinach, edamame, sugar snap peas, sesame seeds, mint, ginger and cashews, with 1 tbsp of the dressing going on last. Mix together and divide between 4 bowls and top with the cooked duck.

▼ **BURN** Follow the above recipe, but instead of using black rice noodles, make courgette 'noodles' or 'courgetti'. Take 50g courgettes and spiralise them using a Japanese vegetable turning machine (mouli) or a spiraliser.

▼ **BUILD** Follow the above recipe, but finish off with an extra topping of roasted sweet potato and cashews per portion. Before you start recipe, preheat oven to 200°C/180°C fan/gas mark 4. Roast 50g sweet potato, cubed and tossed in sunflower oil for 20 mins. Mix with 20g cashew nuts; scatter on top. ▶



This dish contains ginger, a potent antibacterial agent, great for maintaining immunity. And it's high in vitamin B12, which helps your body to convert food into energy.

Above: for a lower-carb spin, make courgetti, not noodles



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## ● CREOLE GUMBO WITH RED BEANS AND RICE

**Serves 2**

3 litres water  
80g long-grain brown rice  
100g cooked kidney beans (tinned is fine)  
2 spring onions, finely sliced  
600ml water  
1¼ cube organic chicken bouillon  
2 tsp vegetable oil, plus 1 tsp for frying  
40g plain flour  
1 onion, diced  
2 green bell peppers, sliced  
2 sticks celery, sliced  
3 cloves garlic, chopped  
2 tsp Cajun seasoning  
½ tsp smoked paprika  
10 raw king prawns, shelled  
100g saucisson, diced, skin removed  
½ tsp chilli or hot pepper sauce  
½ tsp Worcestershire sauce

1 Boil the water in a large saucepan and add the rice. Cook for 20-25 mins until the rice is nearly done, then add the beans for the final few minutes of cooking. Drain the rice and beans through a sieve and return to the pan along with the spring onions and stir to mix. Cover and set aside until the sauce is done.

2 Meanwhile, bring 300ml of water to the boil in a pan, then stir in the bouillon and the remaining 300ml. Turn off heat.

3 Heat 2 tsp of vegetable oil in a large pan over a medium heat. Add the plain flour and stir it into the oil using a wooden spoon until it forms a paste. Continue cooking, stirring all the time, until it turns a golden brown colour. Remove from the heat and add a small amount of the stock, stir in until well combined; repeat adding a little stock at a time until all the liquid is combined (a blitz with a hand-held blender in the pan will banish any lumps).

4 Heat 1 tsp of vegetable oil in a deep frying pan on a high heat. Fry the vegetables for 2-3 mins, then add the dry spices and stir for another min.

5 Add the prawns and saucisson; pour on stock. Then add the chilli sauce and Worcestershire sauce and bring to the boil. Simmer for 3-4 mins, then divide between 2 plates and serve. ►



Go for green salad, not rice, to burn fat.

This dish makes a great recovery meal that can be made before a fitness session, and heated through after. Plus, the beans and brown rice means it's full of fibre.

Add kidney beans and sweet potato to bulk up

▼ **BURN** Remove the rice portion and make a warm salad. Use spring onions along with 30g spinach leaves and 40g green beans, blanched and sliced. Season with salt; dress with lemon juice and cracked black pepper.

▼ **BUILD** Add an extra 40g kidney beans to the rice and 80g roasted diced sweet potato per portion.



Each serving of this curry has more than two portions of your five a day. And the ginger and turmeric both possess natural anti-inflammatory properties.



## ● WINTER ROOTS KORMA

*Serves 2*

½ tsp ground cinnamon  
1 tsp ground cumin  
1 tsp garam masala  
½ tsp ground turmeric  
½ tsp ground coriander  
1 clove garlic, finely chopped  
1.5cm piece root ginger, finely chopped  
200ml coconut milk  
¼ tsp chilli flakes  
½ cube organic vegetable bouillon  
or 1½ tsp powder  
50g ground almonds  
80g broccoli  
80g cauliflower  
80g celeriac  
80g sweet potato  
1 tsp vegetable oil  
300g turkey escalope, cut into thin strips  
40g spinach leaves  
Sliced red chilli, to garnish

- 1 In a large frying pan, dry toast all the spices over a medium heat for 3-4 mins.
- 2 Add the garlic, ginger, coconut milk, chilli flakes, bouillon and the ground almonds to the pan. Bring to boil, reduce the heat to a simmer, cook for 5-6 mins.
- 3 Break the broccoli and cauliflower into small florets, then peel and dice the celeriac and sweet potato.
- 4 Cook celeriac and sweet potato in a large pan of boiling water for 4 mins. Add cauliflower and broccoli and cook for a further 4 mins. Drain in a colander.
- 5 Preheat a large frying pan over a high heat with the oil and cook turkey strips for 3-4 mins. Add the cooked vegetables and cook for 3 mins, then add the spinach along with the coconut milk 'sauce'. Cook until spinach has wilted.
- 6 Divide the korma between 2 bowls, garnish with sliced red chillies and serve straight away.

▼ **BURN** Replace the sweet potato with a 50g portion of small diced carrot. Add these at the beginning of cooking, along with the ginger and garlic.

▼ **BUILD** Serve a portion of rice (60g uncooked weight) per person or enjoy a chapatti as well. **h**

*Fitness Food by Christian Coates (Jacqui Small, £16.99)*

Now Friday night can be curry night for everyone

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<sup>1</sup>Ref: European Food Safety Authority (EFSA), Parma, Italy. 2009. The EFSA Journal (2009) 1175, 1-9 | \*Netigate marketing survey, April 2016





# 5 ways with... APPLE CIDER VINEGAR

➔ This wonder ingredient adds zing, while lowering blood sugars and protecting your heart, says dietician **Nichola Whitehead**



# 1 ZINGY SALAD DRESSING

**BEST FOR Weight loss**  
(Serves 10, 79 cals per serving)

1 tbsp dijon mustard  
1½ tbsp honey  
2 tbsp lemon juice  
1 garlic clove, diced  
125ml raw apple cider vinegar  
80ml extra virgin olive oil or cold-pressed rapeseed oil  
Salt and pepper, to taste

Shake all the ingredients in a glass jar with the lid tightly screwed on until combined. Chill, then drizzle 1-2 tbsp over your salad.

**HEALTHY BENEFITS** Apple cider vinegar has been shown to increase feelings of fullness. This recipe is low in calories, unlike calorific shop-bought dressings. Salads are high in fibre and low in calories, so great for weight loss. In addition, the olive oil is heart-healthy, and with the lemon juice and honey, makes any salad delicious!



# 2 HONEY GLAZED SALMON WITH SPINACH

**BEST FOR Heart health\***  
(Serves 2, 400 cals per serving)

125ml apple cider vinegar  
1 tbsp honey  
2 skinless salmon fillets (125g each)  
4 tsp olive oil  
Salt and pepper, to taste  
1 lemon, cut in half  
Large handful baby spinach  
1 tbsp white wine vinegar

Pre-heat your oven to 180°C/160°C fan/gas mark 4. In a pan, over a medium heat, bring the apple cider vinegar and honey to a boil, then simmer for 5-10 mins to reduce. Pop the salmon in a large baking dish, pour over the apple cider vinegar and honey, and leave to soak for 5-10 mins. Heat 1 tsp of the oil in a frying pan, season the salmon, then fry for 2 minutes



on each side (adding any apple cider vinegar and honey that remains in the baking dish). Return the salmon to the dish, add the lemon halves, and bake for 10 mins or until cooked. Meanwhile, heat the remaining olive oil in a pan and add the spinach and season.

Cook until wilted, then add the white wine vinegar. Drain any excess liquid from the spinach, divide between 2 plates and top with the salmon.

## HEALTHY BENEFITS

Apple cider vinegar contains very few calories or carbs, and no fat. It also provides potassium, essential for maintaining a healthy heart. Salmon is a good source of omega-3 fatty acids – and spinach is rich in nitrate. This mineral naturally dilates arteries and veins and improves blood flow to the heart muscle.

# 3 DOUBLE CHOCOLATE CHIP MUFFINS

**BEST FOR For a low-GI treat**  
(Makes 6, 220 cals per muffin)

90ml semi-skimmed milk  
1 tbsp apple cider vinegar  
2 tbsp natural yoghurt  
2 tbsp olive oil  
2 tsp vanilla extract  
85g spelt flour  
25g cocoa powder  
1 tsp baking powder  
Pinch salt  
70g xylitol  
75g dark chocolate chips

Pre-heat oven to 180°C/160°C fan/gas mark 4. Mix the milk, vinegar, yoghurt, olive oil and vanilla. In a separate bowl mix flour, cocoa, baking powder, salt and xylitol. Add to milk mix. Stir in chocolate chips. Turn into 6 silicone muffin cases. Bake for 15 mins.

**HEALTHY BENEFITS** Studies show that apple cider vinegar can help to lower blood sugar after carb-rich meals. Here it may help to support the low-GI effect of the spelt flour and xylitol (which has less available carbs), and so keep blood glucose levels balanced.



# 4 WAKE ME UP JUICE

**BEST FOR A healthy start**  
(Serves 1, 55 cals per mug)

Mug of recently boiled water  
2 tbsp apple cider vinegar  
2 tbsp lemon juice  
½ tsp ground ginger  
¼ tsp cinnamon  
1 dash cayenne pepper  
1 tsp honey

Mix all the ingredients with the boiled water (if needed, add a dash of cold water). Drink while still warm.

**HEALTHY BENEFITS** On waking, our body needs water and this drink is both soothing and hydrating. Vinegar, cinnamon and ginger have been shown to lower blood sugar levels; cinnamon can lower cholesterol levels; while cayenne pepper can curb appetite. Helpful in resisting too many breakfast pastries!



# 5 AVOCADO ON TOAST

**BEST FOR A feel-full breakfast**  
(Serves 2, 300 cals per serving)

One ripe avocado  
20g mayonnaise  
1 tbsp apple cider vinegar  
1 tsp olive oil  
Pinch garlic powder  
Pinch salt and pepper  
2 slices seeded or rye bread  
2 poached eggs

Using a fork, mash the avocado in a bowl. Add the mayonnaise, apple cider vinegar, olive oil, garlic powder and salt and pepper. Toast the bread and top with the avocado mix and poached eggs.

**HEALTHY BENEFITS** Research shows that vinegar can increase satiety. Avocado contains oleic acid, which tells your brain that you're full. Combine that with a good protein source – in this case eggs – and you should be full until lunch. People who consume eggs at breakfast are shown to eat less for the rest of the day. This recipe is a perfect combo of wholegrains, protein and healthy fats to fuel a busy weekend. **h**







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Stockists may vary. \*UK's No.1 beauty supplement brand for skin, hair and nails. Nielsen GB ScanTrack Total Coverage Unit Sales 52 w/e 10 Sept 2016. 1. Includes biotin which contributes to the maintenance of normal skin. 2. Includes zinc which contributes to the maintenance of normal hair. 3. Includes selenium which contributes to the maintenance of normal nails.

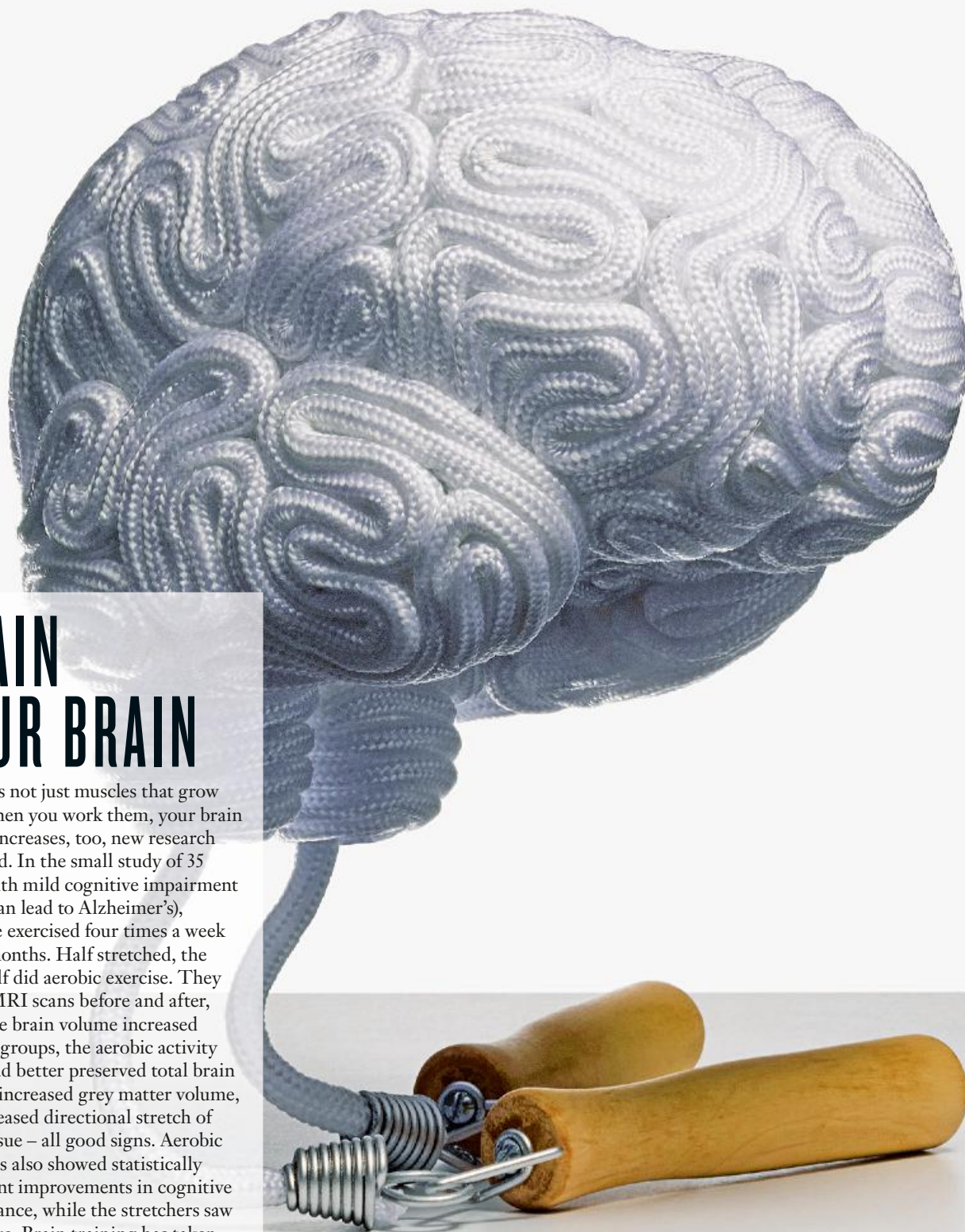


# healthy **Body**

## TRAIN YOUR BRAIN

→ It's not just muscles that grow when you work them, your brain volume increases, too, new research has found. In the small study of 35 adults with mild cognitive impairment (which can lead to Alzheimer's), everyone exercised four times a week for six-months. Half stretched, the other half did aerobic exercise. They all had MRI scans before and after, and while brain volume increased for both groups, the aerobic activity group had better preserved total brain volume, increased grey matter volume, and increased directional stretch of brain tissue – all good signs. Aerobic exercisers also showed statistically significant improvements in cognitive performance, while the stretchers saw no change. Brain training has taken on a whole new meaning.

Words Laura Potter, Photograph Gallery Stock





# SMELLS LIKE TEAM SPIRIT



→ Rio 2016 saw a record number of women taking up hockey, cricket and netball. Discover the fun, confidence and resilience that comes from playing in a team – and start building your ‘we stories’

WORDS LAURA POTTER

Last summer women’s team sport was thrust into the spotlight as Team GB women’s hockey team grabbed gold at the Rio 2016 Olympics. Anyone watching the final penalty shootout last year will have enjoyed the pure elation that came with their win, but also the display of unity, sisterhood and joy that emanated from our screens as the team linked hands and ran across the pitch in celebration. They weren’t tipped to win, but it was their team spirit as much as their skill that got them there.

‘We all knew our roles and we embraced them, there wasn’t going to be a star performer,’ says Susannah Townsend, midfielder. ‘We knew we’d never play as that group again, so we savoured the moment and did it for each other. You can’t fake that. If anybody saw our friendship and thought “I want to be part of that”, then picked up a hockey stick, we’ve done our job.’

Cheering our elite athletes and celebrating their successes is great, but the ultimate win for women’s sports would be if that inspiration saw female fans also having a go themselves. Even now, by any measure, 2 million fewer women than men play sport regularly. A Sunday kickabout is ingrained in male society, but for women exercise is presented as all about looking a certain way. ‘It drives me mad!’ says Anna Kessel, sports writer for *The Guardian* and author of *Eat Sweat Play: How Sport Can Change Our Lives* (Macmillan, £9.99). ‘Men can be useless at sport, but five-a-side is a totally normal way for

need punitive exercise to correct them.’ That’s beginning to change, thanks to high profile campaigns like This Girl Can from Sport England, but what else holds women back when it comes to joining a team? ‘Women have more pressures at home so find it hard to commit to a set time to play sport, whereas men give up their time more freely’, says Joanna Adams, chief executive of England Netball. ‘Women can feel guilty about spending time on themselves rather than on their family so they need a less structured way to play. We’ve done that with Back to Netball – sessions are at different times in the day. It has brought 70,000 women back into sport.’

The competitive nature of team sport can also be off-putting. ‘A million women and girls play competitively on a weekly basis, but many others find competitive environments daunting,’ says Adams. ‘We put women into 10 different categories according to their motivations. There’s Back to Netball for those who want to get fit but don’t particularly like the competitive element. For older players, or those returning from an injury, we have Walking Netball, and if women love the game and always have done, they could play in a league.’

Kessel, on the other hand, argues that the supposedly daunting competitive element of team sports needs a rebrand. ‘Women are very used to hearing that we don’t like to be competitive (unless it’s celebs competing for a boyfriend or for the best red-carpet outfit), but I’m pretty sure that women are innately competitive, in a positive way,’ she says. ‘Being competitive just means wanting to do your best, and who doesn’t want to do that?’

“WOMEN ARE INNATELY COMPETITIVE, IN A POSITIVE WAY”

them to socialise and keep fit. But women feel judged: “Will I be any good? How will I look in my kit?” These ideas are cemented by endless messages that bill women’s bodies as faulty vessels that

## Enjoy yourself

And that’s the crux of team sport: fun. Unless you’re lucky enough to enjoy sport, and arguably, be naturally gifted at it, exercising isn’t always fun – running *can* be stress-busting and ►



exhilarating, but is it fun? Likewise, swimming or cycling – or any solo sport. Team sports share one element that is a massive draw – company. ‘When I’m stood on the line on a cold morning, being told to run 10 pitch lengths, I’m doing it for myself, but I’m also doing it for my team,’ says Townsend.

Kessel agrees, that of all the team sport benefits, the biggest has to be the sheer joy of playing with mates. ‘You might think women have fun already, but look closely at how fun is sold to us and all too often it involves fashion, make-up or kitchens. What about a plain old belly laugh? Having a ball with your friends? That’s what team sport can give you.’

Playing regularly actually benefits your career, too. ‘The biggest benefits of team sport are around leadership and communication skills and empowerment,’ says Adams. ‘A fascinating piece of research by EY (professional service firm) found that something like 60 per cent of senior executives in this country play team sport at some level and feel it helped them further their careers.’ So why would they think so? It’s all down to confidence building and experiencing both winning and losing, which makes you more resilient. You learn to pick yourself up and carry on for the good of the team – a great workplace skill.

## Happiness boost

‘There are huge benefits to mental wellbeing, too,’ says Adams. ‘Sport provides a real sense of belonging, which is very important for women. Research has shown unequivocally that an active social life is incredibly beneficial, and that’s part and parcel of playing in a team.’ Meeting new people can be daunting, as can trying your hand at a new sport, or one you haven’t played since you were a teen, but the benefits far outweigh the nerves.

So is it time to ditch memories of embarrassing PE lessons? Yes, says Kessel. ‘Many women have bad associations with sport because of school PE. But we can either spend the rest of our lives disassociating ourselves from sport, or create our own relationship with it, independent of whatever happened in our childhoods – and that’s liberating!’

‘It’s totally different to school,’ agrees Adams. ‘No blue gym knickers, for



a start! With the UK hosting the World Cups for women’s cricket in 2017, women’s hockey in 2018 and netball in 2019, we have a unique opportunity to showcase women’s sport, so we’re all working together to encourage women and girls to play. It doesn’t matter which sport, just find your local session, give it a go and see which one you love! It’s cheaper than gym membership (Back to Netball is £3.50 per go and kit is all provided), and if you play in a team sport you tend to stick at it as you feel



**“SIXTY PER CENT OF UK SENIOR EXECS PLAY TEAM SPORT AND FEEL IT HELPED THEIR CAREERS”**

a commitment to your teammates, so the motivation is taken care of,’ she adds.

That’s echoed by a recent study where women either ran in a group or played football in a team. The runners were more focused on themselves, but the footballers developed ‘we stories’ as they began to see themselves as a team. One year on, many of the footballers continued to play, while far fewer runners kept up the habit.

So why not set yourself the goal to try a team sport this year? ‘We all have goals when we exercise, but that goal could be simply to enjoy it,’ says Townsend. ‘Exercise shouldn’t just be about losing weight, it’s about being around others and a shared experience. Whatever the score, when you’re with your mates, you’ve already won.’ **H**

\*For a local club, visit [englandhockey.co.uk](http://englandhockey.co.uk), [ecb.co.uk](http://ecb.co.uk), [englandnetball.co.uk/](http://englandnetball.co.uk/) or [backtonetball.org.uk](http://backtonetball.org.uk).



These girls did. The England team celebrate gold at the 2015 Women’s EuroHockey Championships; England vs Scotland, Netball World Cup 2015; and the Women’s Ashes Series, 2015

\*2XU is the official compression garment supplier of England Hockey ([2xu.com/uk](http://2xu.com/uk)). Photographs Getty

{For more on playing a team sport, visit [healthy-magazine.co.uk](http://healthy-magazine.co.uk)}

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● **Whey Powder:** When you're exercising hard, this is just the thing to support your recovery. The 20g of protein will help muscle repair so you tone up as you slim,

## ➔ FOOD DIARY

It's easy to combine your regular diet with Opti-Lean products – try these easy meals to help you aim to lose a healthy 1lb a week.

**BREAKFAST:** Opti-Lean Meal Replacement shake OR lean whey porridge with 1 dsp flaxseed and 2 dsp blueberries.

**SNACK:** Two slices spelt bread topped with 1 tbsp reduced-fat cottage cheese OR banana and peanut butter smoothie.

**LUNCH:** Opti-Lean Meal Replacement Bar OR pitta bread, filled with 100g tuna mixed with sweetcorn, chopped spring

onion, 1 tsp houmous and a handful of rocket.

**SNACK:** 3 oatcakes with 2 tsp houmous OR green smoothie and 6 almonds.

**PRE-TRAINING SNACK:** 125g tub 0% fat Greek yoghurt with chopped banana OR Opti-Lean Whey Bar.

**DINNER:** Ginger chicken with 1 small steamed sweet potato and steamed broccoli OR Opti-Lean Meal Replacement shake.

**SNACK:** Greek yoghurt with banana OR 4 squares of dark chocolate.





## → ACE YOUR WEIGHT GOALS...



...with fitness and nutrition advice from bikini fitness athlete and Instagram star **Linda Illerstrom**

1 There's a difference between losing weight and losing fat. Don't fixate on your scales. A fit body isn't necessarily about shedding pounds. You can see big changes in your physique with a stable weight, or even gain it due to toning up and building lean muscle. Scales with body fat percentage measurements will give a more accurate insight.

2 If your nutrition isn't right, your training will suffer. Be sure the calories you put in are nutrient-dense: fruit, veg and lean protein like chicken, white fish and high-quality whey protein supplements, so you get all the macronutrients, vitamins and minerals you need.

3 Use training to aid weight loss. The more muscle you have, the higher your metabolic rate and the more calories you burn in a day. Weight-training and high-intensity training burn energy both during the training session and afterwards, when your body restores broken-down muscle mass.

4 Be consistent and take small steps. Changing habits takes time. Break a big goal into smaller ones and you're more likely to achieve. A first aim might be to eat at least three proper meals a day, plus one healthy snack. Already active? Your aim could be to up the intensity.

5 Follow a balanced fitness plan. If you're getting back into exercise, each week aim for one session of upper body weight training, two of easy cardio (walking or cycling), one full-body HIIT workout, with rest days between. If you're fitter, do a weights session focusing on your legs, one for your back and biceps, two days of HIIT, a day of shoulders, triceps and chest weights, and a day of low-intensity cardio, eg walking or yoga. End the week with a rest day.





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trainers can be  
used anywhere

# GET STARTED TRX

OK, so you may not be at the hanging-off-walls stage just yet – but these adaptable straps are great for all, once you know how

Seen those funny, long harnesses at the gym, but not known what to do with them? Well, it's time to get your TRX on (or total body resistance exercise). That contraption is a suspension trainer, made from long nylon straps with rubber handles and stirrups, and designed to help you strengthen your abs and core. It's quick and easy to set up anywhere you want to do a workout, such as your home or park. Invented by a former US Navy Seal to keep troops in shape when deployed in the field, the trainer gives you a full-body strength workout without the need for machines or weights. James Crossley, formerly Hunter from *Gladiators* and personal trainer at Chelsea Fitness ([chelseafitness.co.uk](http://chelseafitness.co.uk)) says: 'You can anchor your TRX to a wall, door or tree to improve balance, flexibility and core stability.' The Royal Marines are fans, as is the England cricket team and even Jennifer Lopez.

## How do they work?

'It's quite specific, so if it's your first go, it's worth booking a session with a personal trainer to learn the basics so you get the best out of your TRX,' says Crossley. 'They'll teach you how to squeeze your core, keep the straps taut and your posture correct.' Once you're schooled,

attach your TRX to a sturdy branch or door, and follow the guide that's with it (paper or DVD – it varies). 'Give yourself a head-to-toe workout simply by tweaking the straps and your body position,' says Crossley. 'Use TRX to add challenge, or support, to moves such as lunges and squats.' So, for instance, you might put your feet in the stirrups while you do press-ups, so you have to engage your core to keep steady, or hold the handles to do tricep curls. 'Lots of moves require balance, so you'll have to activate core muscles to stay steady,' says Crossley. And this ups the total-toning ante.

## What are the benefits?

As your core gets stronger, it flattens your stomach and improves your posture. 'There are many TRX exercises

that can be used during HIIT training, too,' says Crossley. 'So it adds variety to your traditional forms of cardio.' If you perform moves more gently it can help with injury recovery. And it's genuinely fun, because by making tweaks to straps, you can do lots of variations on bog-standard moves.


**"IT'S GENUINELY FUN AND MAKES BOG-STANDARD MOVES MORE INTERESTING"**

## Who is it good for?

Anyone, as TRX is so versatile. 'But, as you do need core strength for many

exercises, those with back issues may struggle,' says Crossley. What's the solution? 'Exercises can easily be adapted to suit your fitness level, as the angle of your stance can make them easier or harder. Beginners can start slow, and gradually learn full positions. Plus, all sports, from running to tennis, cycling to swimming, benefit from a strong core.'

## HOW DO I TRY IT?

First, give it a go at your local gym – most have TRX bands now. If you like it, you can get the TRX Home Suspension Trainer, plus six digital workouts, for £149 at [trxtraining.co.uk](http://trxtraining.co.uk), but you may find different versions on Amazon. 



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## THE TRAINER Q/A

# What's the best way to track my weight loss?

*healthy's* Niki Rein on the downside of scales, eating protein post-workout, and whether you really need a personal trainer



**To measure my progress, is it best to use scales or a tape measure?**

**(A)** Getting on the scales is demoralising for most people because they will always want to weigh less. Instead, focus on how you look and feel. If you're building muscle with exercise, you'll look leaner and tape measurements will decrease – but as muscle weighs more than fat, your weight may stay the same or increase. I'm a big believer in using body measurements instead of scales.

**Do I need to have extra protein on the days that I exercise?**

**(A)** It's important to eat quality protein after your workout because muscle fibres break down during exercise. The amino acids in protein help to rebuild them after stressors, such as weight training or injury – this process is called muscle protein synthesis (MPS). The best way to recover from soreness is to encourage MPS with a post-workout protein shake.

**Is eating dairy good for my nutrition?**

**(A)** Dairy can be a healthy addition to your diet and helps to create an ideal body composition, but many people are allergic

or intolerant to it without realising. If you're thinking of cutting it out, I recommend taking food tests to work out if you should avoid dairy completely. If you can handle it, choose local, unpasteurised (if possible) and hormone-free organic varieties. These are often sold at farmers' markets.

**I'm new to the gym. Should I get a personal trainer to get started?**

**(A)** Having a personal trainer is always a good idea if this is your first time at a gym, to get you off to a strong start with someone who supports you. If regular sessions are out of your budget, it's worth splurging on at least one initial session to get a detailed tour and learn how to use the equipment safely.



## SLEEPY EATING

If you've ever treated yourself to a chocolate croissant to perk yourself up when feeling groggy, you're not alone. A new study from King's College London has found that people consume, on average, 385 more calories on days after they haven't had enough sleep – that's equivalent to a double cheeseburger. Make sure you get enough zzzs to keep your healthy eating on track – seven to nine hours for adults between ages 18 to 64, and seven to eight hours for adults over 65\*.



Niki is founder and creative director of Barrecore (barrecore.co.uk). Got a burning fitness question? Email [healthy@therivergroup.co.uk](mailto:healthy@therivergroup.co.uk) with 'Fitclinic' as the subject line.



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→ Exercising with other mums gave Lottie Curry, 30, from Thame in Oxfordshire, a physical and emotional lift after she had her baby

## WHY I LOVE... BUGGYFIT

**“ I started Buggyfit in October 2015, because I wanted to get back in shape after having my baby, Joah, who was born at the end of July. I'd heard about it on the parenting website Mumsnet and hoped for a motivating trainer and to meet other like-minded mums – and I wasn't disappointed!**

The first session was great – we did just enough exercise to push me, but not overexert myself so much that I couldn't move the following day. Emma, the trainer was vibrant and inspirational, and some of my NCT group were there, along with mums with older children who had been going for years.

In terms of kit, I just threw on some 'not-so-cool' old training gear. I was aware that I could do with picking up some new workout clothes, but there was no pressure at all, it was so inclusive. It was also a good excuse to eventually buy some new funkier workout gear. Now I even wear the official Buggyfit vest!

We did a lovely fast walk through the village of Towersey, onto the Phoenix cycle trail and back through the fields. We stopped halfway to do three sets of squats and lunges, then carried on speed-walking through the beautiful fields of Towersey, back into the village and on to the green where we parked up the buggies and did half an hour's circuits. I loved it, as it was a really sociable way to exercise with your baby. It got me out the house for fresh air, plus I was working out and having a morning chat with friends!

I've been going to Buggyfit once a week for over a year now, and I also do an extra body conditioning class with Emma and my little boy. Before having my son, I hadn't done too much in the way of exercise, just walking and a little gym work, but Buggyfit has inspired me to workout more.

We do similar exercises every week, because we have new mums joining us all the time, but Emma

does encourage us mums who've been in the class for longer to up the challenge, so it's full press-ups for me now!

I've made some really great friends through Buggyfit and we often get together after classes for a coffee or lunch, or meet in the park, so the little ones can have a run around.

It's great at keeping you motivated, too – just getting out of the house with a baby on a Monday morning is a serious achievement, so doing an hour's workout as well makes me feel like superwoman! I love the feel-good factor you get from meeting up with friends to exercise in beautiful surroundings and it always makes me feel so energised. It's definitely helped me lose weight too, and it's got me exercising regularly, so I'm more active than I was pre-pregnancy. In general, I'm definitely fitter and slimmer all over.

Aside from the physical changes, going to a class with other new mums is very reassuring, because you can talk about being a mother, and share your experiences of sleepless nights, breast-feeding problems and weaning worries – motherhood is such an endless minefield.

It's so important, as a new mum, to take care of yourself as well as your baby, and I truly believe that getting out of the house to walk in the fresh air, to take an hour out of your busy routine to work on yourself, is amazing for both your physical and mental health. It's made a huge difference to my life. **h**



**Top: Race you to the local cafe. Above: Lottie with baby Joah, her faithful Buggyfit companion**

### GIVE IT A GO!

**Inspired to take it up yourself? Enter your postcode at [buggyfit.co.uk](http://buggyfit.co.uk) to find local classes.**



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# THE CLASS DIVA DANCING

Writer **Stevie Martin** forces herself to embrace reverse slut drops in the pursuit of a more toned body – and finds she rather likes it



Feeling sexier already...

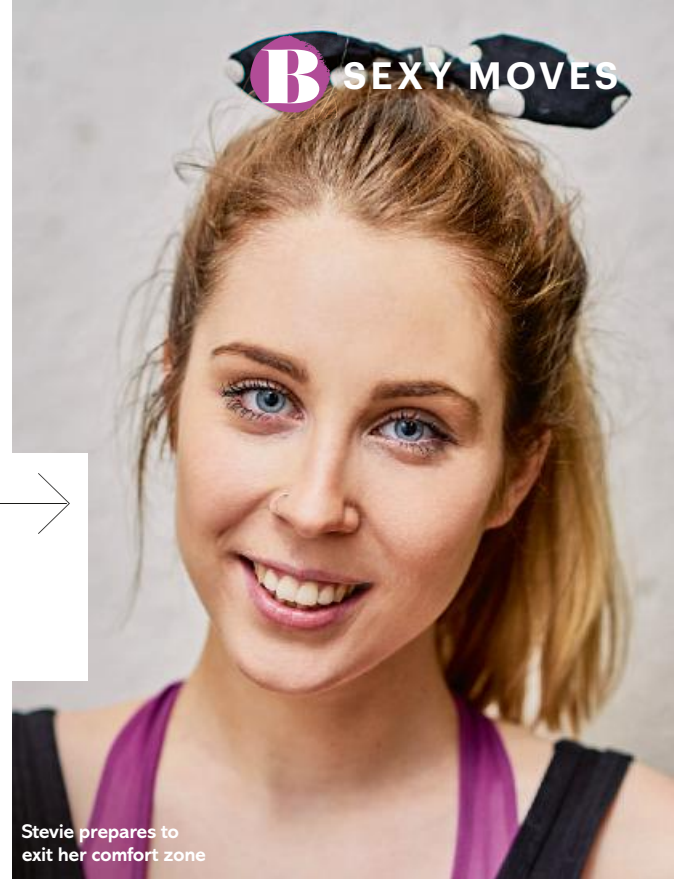


'The wall is your friend'

I can do a star jump, I can lift a kettle bell and I'm fairly sure I once did a press-up, but I can't do sexy dancing. It's just not my thing. So you can imagine my abject fear upon walking into the mysteriously named Diva class run by dance-fitness gurus Seen On Screen, and finding out that it's basically all about dancing sexily. 'My classes are basically anything sexy, anything that'll get you going,' reiterates dance instructor Keeley, as I try not to run straight out the door. 'Make sure you find a space on the wall, because we're going to make the wall our friend.'

I look at the wall. I don't want it to be my friend. Thankfully, Keeley – who was one of Rihanna's dancers – starts the session with a fairly normal warm-up designed to get your body dance-ready. From bouncing squats (ow, my thighs) to stomach crunches (ow, my stomach) via lots of hip work, by the time it's done, my hips are starting to feel like they could have a good go at this.

I've had a chance to get the measure of the group as well. This is categorised as an 'all levels' class, so I was worried that it'd be full of advanced people winding their legs twice around their head. But, nope, apparently it really is all levels. From



Stevie prepares to exit her comfort zone

(prices start from £75), you can get down with your bad self in a way that suits your calendar.

But back to the matter at hand. Or rather, leg. 'I need you to stroke your thigh like it's driving you crazy,' says Keeley, dropping down and showing us the first sequence. 'Bring your hands back, stroke that wall, then up you come, two... three... four...'

It's a reverse slut drop and I'm really glad I'm wearing trainers. We go through it with the music a couple of times under harsh strip lighting, then add the second sequence whereby I misunderstand something crucial and run full pelt at the wall. Once Keeley has re-explained, though, I get it. Because while the dances are sometimes complex, the teaching style ensures you get the hang of it easily – and my motor skills are at such a level that I once trapped my head in a car boot.

So I've got the moves, but I'm still feeling awkward. Keeley's got this covered, too: she flicks a switch, the lighting changes from schoolroom fluorescent to sexy reds and purples, the music kicks in again and I essentially *become* Rihanna. At one point I do a sassy head flick, then get all self-conscious about it, but the main thing is I definitely lost my inhibitions for about 10 seconds. And that's longer than I've probably ever lost them in my life.

When the hour is up, I'm seriously thrilled with myself. Yes, I just spent an hour out of my comfort zone and, yes, it was terrifying, but I'm also desperate to go back. Because, after this, doing burpees just feels a little boring. Once I'd got over the embarrassment of rubbing my own thighs, it was way more fun than any other fitness class I'd done in a very long time. ①

More info at [seenonscreenfitness.com](http://seenonscreenfitness.com).

**“THE LIGHTS DIP, THE MUSIC KICKS IN AND I ESSENTIALLY BECOME RIHANNA”**

beginners at the back, to enthusiasts on the front row sporting heels, Diva accommodates every body size, shape and ability.

There are loads of ways you can get involved, too; from individual sessions for £15 a class to £30 two-hour-long 'super classes', to full membership





# SPRING ESCAPES

The days are getting lighter and longer, so shake off the winter gloom with an active holiday in the warm sunshine

WORDS **ELLIE HUGHES, LAURA POTTER**

## YOGA AND COCKTAILS IN KEFALONIA




➔ As I gently drop from downward dog into plank, the view of blue, blue Mediterranean and blue, blue sky stretches out before me, and the scent of jasmine teases

the air. Daily pre-breakfast yoga in this beautiful outdoor studio – built into the mountainside above the shallow Lourdas bay – is pretty much my idea of a perfect

holiday pastime. Unless, that is, you count sipping a cocktail, or two, lounging in a secluded day bed by the infinity pool – this time as the setting sun streaks candy pink across that glorious sky. It's impossible to choose between the two and, luckily, here you don't have to.

F Zeen Retreat, part of the Unique Kefalonia group, is the Greek island of Kefalonia's first boutique hotel as such, and has totally got *healthy's* number. Hidden in its own charming world



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or egg white omelette  
– you decide...





behind high stone walls and a castle-like wooden door, there is plenty of fresh, local food on offer (see: superfood smoothie of the day), Greek holistic toiletries from the Aпивita range, lots of activities – hiking to secluded beaches, sea kayaking to hidden coves with local companies Outdoor Kefalonia, ([outdoorkefalonia.com](http://outdoorkefalonia.com)) and Sea Kayaking Kefalonia ([seakayakingkefalonia-greece.com](http://seakayakingkefalonia-greece.com)), an outdoor gym and *that* yoga studio – but also plenty of time for indulgence. There's the Wellness Hub, with the aforementioned fitness facilities, and home to a beautiful spa (where I have one of the more painful, but ultimately rewarding massages of my life), but how much you want to sample is up to you.

Kefalonia, which shot to fame in *Captain Corelli's Mandolin*, is lusciously green and fast making a name for itself as an outdoor activity centre – there's also mountain biking, stand up paddle boarding, and diving to be had. But all that activity means forcing myself out of my gorgeous room, all very barefoot luxury. Leaving my balcony doors open

at night, so I can drift off to the sound of the waves, is luxury indeed.

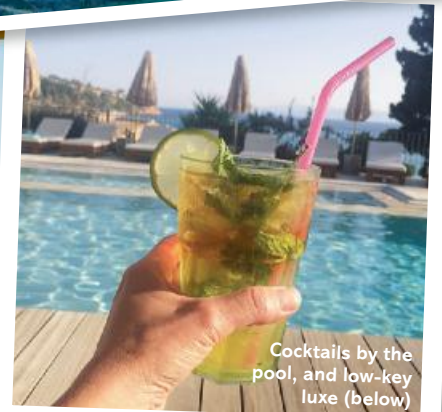
Kefalonia also offers great spots for eating out. While the hotel's poolside bar has all the essentials, the eating highlight is plates of fresh seafood in Kiani Akti, a seafood restaurant built over the sea, where I try sea urchin (verdict – inconclusive). And we spend Saturday night feasting on grilled kebabs, garlicky tzatziki and immensely quaffable local wine in street food-style eatery Lathokala in the capital Argostoli, charmingly lively even in the shoulder season. I come back relaxed, if not necessarily yoga-honed. It's all about balance, after all.

*Classic Retreats at F Zeen Retreat start from €160 per night on a B&B basis.*

*For more info, or to book, visit [uniquekefalonia.com](http://uniquekefalonia.com).* ►



Ellie (front) discovers the beaches other vehicles cannot reach



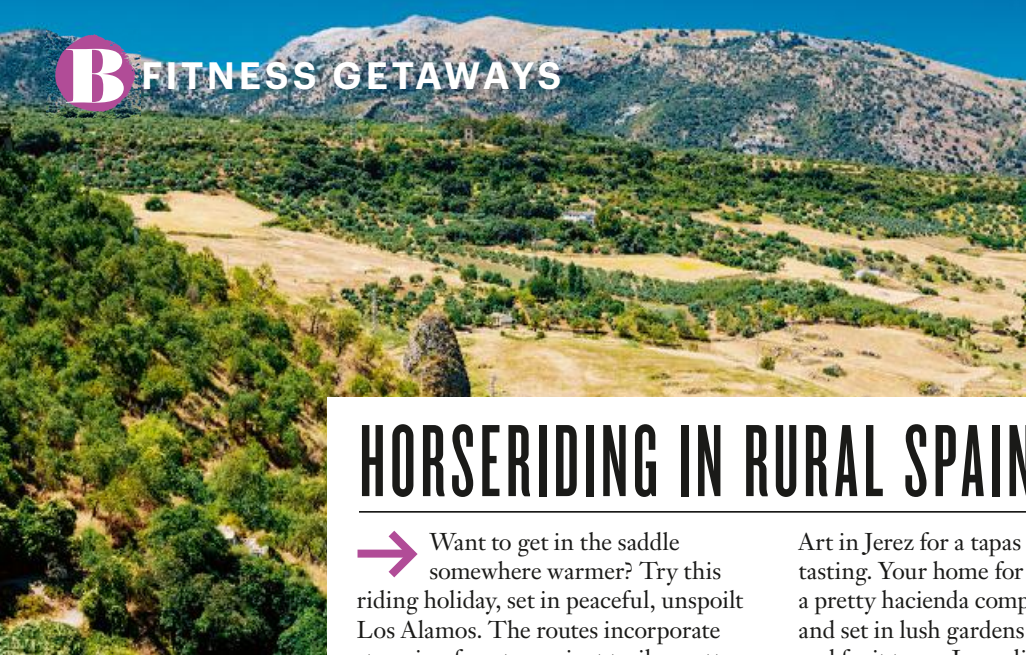
Cocktails by the pool, and low-key luxe (below)



Now that's what a yoga studio should look like







## HORSERIDING IN RURAL SPAIN

➔ Want to get in the saddle somewhere warmer? Try this riding holiday, set in peaceful, unspoilt Los Alamos. The routes incorporate stunning forests, ancient trails, pretty countryside and long sandy beaches, with views right across to the coast of Africa. Each ride is different; the first is gentle, allowing you to get to know your horse, but you'll also be able to pick up speed riding right along the ocean's edge or cantering through the heart of the natural park. On other days you'll wind through quiet tracks, passing cattle farms or traversing sand dunes down on to the beaches of Cape Trafalgar and El Palmar. You'll average four hours on horseback each day, with lunch in friendly tavernas. Thursday is a rest day for the horses and you can visit the Royal Andalucian School of Equestrian

Art in Jerez for a tapas lunch and sherry tasting. Your home for the week is a pretty hacienda complete with a pool and set in lush gardens with palm, cactus and fruit trees. Ingredients are provided for you to knock up your own breakfasts, while home-cooked dinners are part of the package and the villa is stocked with beer, wine and spirits. This break is best suited to confident riders, who will love the opportunity to explore in a fun, sociable atmosphere with well-trained horses – all under a welcome sunny Spanish sky.

*Prices cost from £650 for four nights, £1150 for seven, per person and includes accommodation, food, riding, drinks at the villa, a visit to the Royal Andalucian School of Equestrian Art, and shared transfers from Malaga or Gibraltar airports; losalamosriding.co.uk.*



Yes, Jerez is Spanish for sherry



The stunning local landscape (top); and Jerez's glowing architecture (below)

## RUN WILD IN PORTUGAL



Chill by the pool after a hard day's running

➔ Whether you're gearing up for a marathon, or just keen to be a better runner, Embrace Sports' break offers a fun, encouraging atmosphere. The Algarve location is beautiful, with varied terrain, from breathtaking coastal tracks to flat, white-sand beaches. (They also offer trips in the Pyrenees, with routes taking you through rocky passes!) You'll chat through your ability and goals with a coach at the start of the week, and



Work those calf muscles with a beach sprint

there are two sessions a day, tailored to all abilities to build on strength, speed, endurance and technique. Think a 5K, 10K or 15K woodland trail in the morning, and 5K recovery beach run in the afternoon. There are also interval runs, technique-focussed sessions, hilly routes and gentle jogs. Coaches lead the way and runners are divided into similar abilities so no one gets left behind. The apartments are 10 minutes from Faro city centre, 15 minutes to beaches. All food is provided, with coaches taking it in turn to make nourishing dishes. There are also excursions (think wine tasting or boat trips), two evening meals out and free time to explore the sights. *Prices start from £595 for seven days including accommodation, coaching, meals and table wine; embraceports.co.uk.* **h**





WORTH  
£750

# WIN! A SUMPTUOUS SPA BREAK FOR TWO

Head to glorious Champneys for the ultimate indulgent health boost

A visit to Champneys provides the perfect break for both your body and your mind. Now one lucky reader and a guest will win a relaxing two-night stay at this world-famous spa, including two restorative treatments for each of you.

The winner can choose from four resort venues: Tring in Hertfordshire; Forest Mere in Hampshire; Henlow in Bedfordshire; or Springs in Leicestershire. Each venue offers sumptuous accommodation in elegant surroundings, delicious cuisines, blissful treatments, and all of the latest fitness trends. Whatever you decide to do, it's all about nurturing your health and beauty from inside and out.

Slip on the famous white robe and flip-flops and explore everything on offer. With full access to a wide range of classes, such as HIIT, Pilates, Aqua Circuit, Zumba and Hula Hooping, and the spa facilities – think swimming pool, sauna, Jacuzzi and gym – there really is something for everyone.

From pampering and fitness to a delicious choice of food, you'll also get a healthy buffet lunch, three-course evening meal and tasty buffet breakfast to kick-start your day each morning. Plus, the winner and guest will also

enjoy an hour of 'Champneys time', which will include two specialist spa treatments from the original spa pioneers to help renew you and restore your equilibrium.

With a world of relaxation at arm's length, you'll leave feeling refreshed, relaxed and rejuvenated, and ultimately, ready to face the world. For more information, visit [champneys.com](http://champneys.com).

## The prize

- Tour of Champneys and welcome drink
- Use of resort facilities including 25-metre pool, gym, sauna, steam room and whirlpool
- Access to up to 20 different exercise classes per day
- One hour of 'Champneys time' including *Head in the clouds massage* and *Champneys body wrap*\*



- Two night's accommodation in a standard room
- A healthy buffet breakfast, three-course buffet lunch and evening meal, each day
- Complimentary robe hire and flip flops.

## ➔ HOW TO ENTER

For your chance to win, just answer the following question:

How many Champneys spa resorts are there?

**A Two   B Three   C Four**

**ONLINE** visit [healthycomps.co.uk](http://healthycomps.co.uk) or **BY POST** send the answer, your name, address, phone number and email to *healthy*/Champneys, The River Group, PO Box 36, Plymouth PL1 2YU.



EXCLUSIVE OFFER



SAVE  
30%

# ENJOY A LUXURY STAY IN BRIGHTON

Save on a getaway by the sea with our tempting deal

**T**he new Brighton Harbour Hotel & Spa is the perfect place for an indulgent getaway. With a stunning seafront location at the heart of this vibrant city, you'll find everything you need for a relaxing, luxurious break.

Now, with this exclusive offer, readers of *healthy* can save 30% on a luxury stay in a spacious and light Sea View room within sight of Brighton's newest attraction – the 138-metres British Airways i360, the world's tallest moving observation tower and the first ever vertical cable car.

You'll pay from £175\* per couple per night, including a full English breakfast, and a pampering 40-minute spa treatment each.

## Relaxing break

Brighton Harbour Hotel & Spa has 79 en-suite bedrooms, many boasting spectacular sea views. And you'll be staying in total comfort, with luxurious duvets, Oxford pillows and Egyptian cotton sheets, flatscreen TV, White Company toiletries, free wi-fi, tea/coffee-making facilities

and complimentary decanters of gin and sherry.

When you're ready for some pampering, the new spa offers an extensive range of luxurious treatments, including facials, manicures, pedicures and massages; guests also enjoy complimentary use of the fitness suite.

In the evening, look forward to dining in the Jetty Restaurant, the latest in Harbour Hotels' multi award-winning concept, with menus created from locally sourced, seasonal ingredients and served in a lively yet relaxed atmosphere.

Don't forget to explore the local area, too. The Brighton Harbour Hotel & Spa is ideally placed for visiting the area's numerous attractions, including the shoppers' paradise of the historic Lanes and the beautiful Royal Pavilion. For more details, visit [brighton-harbour-hotel.co.uk](http://brighton-harbour-hotel.co.uk).

**HARBOUR**  
HOTELS



## HOW TO CLAIM

For more details or to book, call 0844 811 1104 and quote *healthy*.

**TERMS AND CONDITIONS** \*Offer (based on two sharing a standard double/twin room) valid Sunday-Thursday from 4 February until 30 April 2017, excluding 9, 16 and 30 April subject to the availability of allocated rooms. Supplements apply for room upgrades and treatment charges apply. Single occupancy rate also available. All rates must be pre-paid with no amendments or cancellations.

HOLLAND & BARRETT

# rewards for life

→ Inside this special section, you'll discover fantastic offers and competitions exclusive to Holland & Barrett's rewards for life members. Don't have a card? Sign up today to start claiming your rewards! Turn to page 146 to see how to get started.





# WHAT'S HOT NOW

Pretty feet, a stress-free mind and nourishing foods. This lot will put a spring in your step!

## CLEANSE LIKE A PRO

Who wouldn't want skin like Salma Hayek? Luckily for us, she's revealed her secret:

'It's very important to cleanse at night. I use a chamomile cleanser if I haven't been wearing make-up, and an oil cleanser if I am wearing make-up – it takes everything off.' This light cleansing oil alleviates rough and dry patches, lifts make-up and leaves skin feeling fresh, clean and nourished, thanks to organic Amazonian Dragon's Blood Sap. Use it to try and recreate Salma's soft skin!

**Ekia Organic Huile Fondant Cleansing Oil, £21.19 for 100ml.**



## TREAT THOSE TIRED TOES!

Spring is springing, so toes need prepping! These special moisturising socks are infused with a bioactive blend of organic essential oils, including organic lavender oil, jojoba oil, olive oil and vitamin E. They'll nourish dry, tired feet in just 20 minutes. Slip them on, fix yourself a healthy brew, relax and 20 minutes later, hey presto! Silky soft, sandal-ready tootsies.

**Dr. Organic Lavender Oil Moisturising Gel Socks, £15 for a pair.**



## NATURALLY SWEET

Sugary fizzy drinks are a no-no, but we all fancy a refreshing can of pop sometimes. That's where these natural, fruity, unsweetened cans of hydration come in. They're simply sparkling water infused with natural fruit flavours – no need for sugar, sweeteners or anything artificial. How refreshing.

**Ugly Sparkling Water with Grapefruit & Pineapple, £1.49 for 330ml.**



## Snacks Squirrel Nutkin will love!

First we fell in love with the cute squirrel-adorned packaging, then we fell in love with the contents! These delicious bars, which come in Coconut Cashew, Raspberry Ripple, Cacao Bownie and Cacao Orange (our favourite), are packed with high quality, natural and whole ingredients. They're satisfyingly dense, with a nice crunch provided by the nuts. Every bar is vegan, raw, paleo, high in fibre, gluten free, and refined sugar free, and they're under 100 calories. They come as two tempting fingers, so you can share or save one for later, although we haven't yet managed it – they're just too yummy! **Squirrel Sisters Raw Energy Bar Cacao Orange, £2.49 for 40g.**

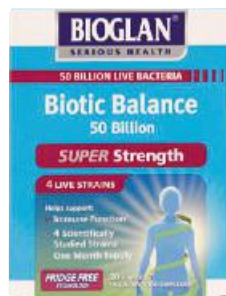




## FEED YOUR MIND

We know probiotics are good for our tummies; now Iranian research suggests good gut bacteria boosts brains, too. Alzheimer's patients either had a daily dose of 200ml milk enriched with probiotics, or untreated milk, for 12 weeks. Scientists took blood samples and tested cognitive function, including

tasks like counting backwards – scores increased for probiotic drinkers. Time to balance your bacteria. **Bioglan Biotic Balance Super Strength, £29.99 for 30 capsules.**



## Natural calm

If you want a proven remedy to ease worry, passionflower could be the answer, as cold, hard science has backed its benefits. A systematic review of research into nutritional supplements for treating anxiety disorders discovered that passionflower was an effective remedy. The research pooled the results of 24 studies involving more than 2000 participants. Time to put the worrying on hold. **Holland & Barrett Stress Relief Passionflower, £8.99 for 30 tablets.**



Dita is a fan of millet bread



## Use your loaf!

Start your day with a nutrient-dense bang, like Dita Von Teese. The starlet says: 'I have a green smoothie, which is 70 per cent green and 30 per cent fruit. If I'm still hungry, about an hour or two after that, I have toasted millet bread with avocado and a sprinkling of smoky or truffled sea salt. Starting the day right is everything!' Millet is packed with important minerals such as copper and magnesium, so Dita's on to a winner.

**Biona Organic Millet Wholegrain Bread, £2.99 for 250g.**

## FULL OF BEANS!

Vegans rejoice! Danish research has found meals based on legumes like beans, lentils and peas are more satiating than those with pork and veal. Diners were served three meals, where patties were a key element. After the legume-based grub, people ate 12 per cent fewer calories at their next meal. Legumes are packed with fibre, which helps you feel satisfied, and protein, which helps with age-related loss of muscle mass. These French-style lentils have real bite.

**Holland & Barrett Ooh La La Lentils, £1.99 for 500g.**



## TUMMY PROTECTION

When your digestive tract is troubled by toxic substances, it can lead to heartburn, IBS, nausea, stomach aches, discomfort, wind and other nasty side effects. No thanks. This gel forms a protective and soothing coating over the lining of the stomach and intestines, it binds and absorbs those nasty toxins and removes them naturally so you can get on with feeling better. A bathroom cabinet and holiday must-have.

**Saguna Silicol Gel, £8.39 for 200ml.**





# rewards for life

Everytime you spend a little,  
you earn a little. We like to  
think of it as good karma.



**HOLLAND & BARRETT**  
the good life

# HEALTHY HEROES

MEGHA SAXENA  
OXFORD CIRCUS STORE



Who are the people behind your favourite stores?  
We meet store manager Megha, from London

## You run the recently opened More store on Oxford Street – how's that been?

Great, our customers really seem to love it – especially all the new store concepts, like the Beauty Kitchen 60-second manicure stand and the olive bar.

## When and why did you decide to work in health and wellbeing?

I used to live in India, where I was a voluntary carer to the elderly, and I saw firsthand the devastating effects gout and arthritis can have on people. Generally, healthcare in India is only available via doctors, so I was amazed when I moved here and discovered Holland & Barrett. I went in to get a help for my PMS, and applied for a job immediately!

## How long have you been at Holland & Barrett, and what do you enjoy most about it?

I've been working with them for 15 years. For me, the most enjoyable part of the job is helping the customers, especially regulars who come in and ask specifically for me.

## What's the most frequent thing you get asked for, or that you recommend to customers?

XLS-Medical supplements are a popular product for weight loss, so I often get asked about those. I recommend them to customers because I find them effective myself.

## This issue of healthy is our superfood edition. Which ones should readers check out?

Spirulina powder – it has really taken off recently. I like to mix it into my morning smoothie, which I make with oats, chia seeds and protein powder.

Manuka honey is another one to look out for – I've heard amazing things about



## IN A NUTSHELL

### ACAI OR GOJI BERRIES?

Acai

### MELON OR COCONUT WATER?

Melon

### ARGAN OR ABYSSINIAN OIL?

Abyssinian

### CINNAMON OR TURMERIC?

Cinnamon

### SPIRULINA OR CHLORELLA?

Spirulina

### WHEATGRASS OR BARLEYGRASS?

Wheatgrass – it's full of chlorophyll, which is said to help build red blood cells, perfect for my PMS

### MORNING LARK OR NIGHT OWL?

Night owl

it. Unfortunately, I'm allergic to it, but if I wasn't I'd love to use it on my skin.

## What product do you swear by and why?

I take Viviscal supplements every day – they prevent hair loss and keep my hair healthy.

## Name one benefit you love about the RFL card.

The points system, which gets you discounts on your favourite H&B products.

## The new issue of healthy is out; what's the first part of the magazine you turn to?

The recipe section, because I love cooking for my friends and family. The celebrity interviews are great, too – really insightful and inspiring.

## Describe healthy magazine in three words.

Healthy, helpful and amazing!

## Spring is often a time we revisit lapsed New Year's resolutions. What would you do?

Restart my healthy eating regime to get in shape for summer. Feeling comfortable in my clothes is important. I do go on the occasional detox, and the start of a new season is a great time for one.

## MEGHA'S TOP THREE SUPERFOODS

**Spirulina:** it's full of iron and different nutrients, such as B vitamins, which help our bodies produce energy.

**Chia seeds:** another morning smoothie ingredient – they provide healthy fats and fibre.

**Wheatgrass:** it also contains vitamins A, C and E, which are all potent antioxidants.



① Spirulina Powder, £14.99 for 110g ② Terrafertil Chia Seeds, £16.99 for 600g ③ Naturya Organic Wheatgrass Powder, £9.49 for 200g\*



# WIN! A year's worth of Ricola sweets and a Nutribullet

These prizes and giveaways are open to all Holland & Barrett rewards for life members – just have your card number ready when you enter

→ How tempting do mouthwatering, sugar-free sweets made only with natural ingredients sound? Ricola are just the ticket for such a treat. Four lucky *healthy* readers will each win a year's supply of these tasty Swiss Herbal sweets and a fantastic Nutribullet. The blender's super high-powered motor breaks down and pulverises the stems, seeds and skin of foods – the ideal way to help your body consume more of the nutrients in what you eat. And, with a year's supply of Ricola sugar-free sweets, you can counter your cravings for a touch

of naughtiness and enjoy the finest natural ingredient of the Swiss mountains.

Ricola Swiss Herbal sweets use only the finest natural ingredients, providing sweetness with a blast of natural mountain goodness. Behind their irresistible taste is 'Chrütercraft', which sums up Ricola's unique magic blend of 13 herbs including marshmallow, sage and elder. With a host of flavours to choose from, including Delicious Elderflower, Tasty Cranberry, The Original Swiss Herb and new Fresh Mountain Mint. For more information, visit [ricola.com](http://ricola.com).

ENTER ONLINE AT: [HEALTHYCOMPS.CO.UK](http://HEALTHYCOMPS.CO.UK)  
POST: [HEALTHYRICOLA](http://HEALTHYRICOLA)

WORTH  
£270  
each



**FOR YOUR CHANCE TO WIN,  
SIMPLY ANSWER:**

HOW MANY HERBS GO INTO MAKING  
RICOLA SWEETS?

A 23 B 33 C 13

# WIN!

## Grooming must-haves

→ Hawkins & Brimble are a new British and natural grooming brand, rooted in classic style and crafted from traditional ingredients with a modern twist. The extensive range includes Elemi & Ginseng Molding Wax, Pre-Shave Scrub, Post Shave Balm, Shaving Cream and Brush, and Beard Oil.

Whatever your style, Hawkins & Brimble have it covered. Catering for all hair styles from short to long, and beards to moustaches, Hawkins & Brimble promise to ensure even the most discerning gents are left looking sharp and groomed. Plus, all products contain natural ingredients, are free from animal testing and suitable for vegetarians. We have three Hawkins & Brimble grooming sets to give away.

ENTER ONLINE AT:  
[HEALTHYCOMPS.CO.UK](http://HEALTHYCOMPS.CO.UK)  
POST: **HEALTHY/GROOMING**



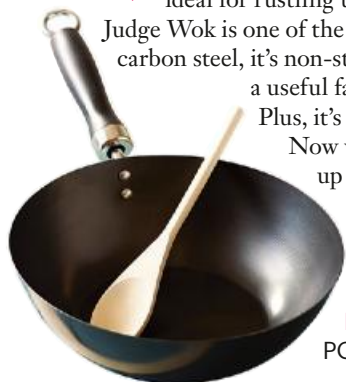
# WIN!

## Wonderful woks

→ A wok is a must-have piece of kitchen equipment, ideal for rustling up healthy stir-fries – and the Judge Wok is one of the best. Made from traditional carbon steel, it's non-stick, dishwasher safe, and has a useful fat-draining, ribbed pan design. Plus, it's suitable for all types of hob.

Now we have a three-piece Judge Wok set up for grabs for 15 lucky readers. Each set contains a 25cm non-stick wok, wooden spatula and wooden spoon.

ENTER ONLINE AT:  
[HEALTHYCOMPS.CO.UK](http://HEALTHYCOMPS.CO.UK)  
POST: **HEALTHY/WOK**



WORTH  
£18.99  
each

# WIN!

## Theatrical treat

→ Who doesn't love a trip to the theatre? And Theatre Tokens make it easy – unique gift vouchers that can be used to see a show of your choice from over 240 theatres nationwide, including all of London's West End.

Whether you enjoy plays, musicals, dance or opera, you can take your pick from the array of shows on offer at your local theatre or further afield. Plus, Theatre Tokens have no expiry date so you have all the time you need to decide on the show and venue. We have £125 worth of tokens to give away. Details on where to use, including all participating venues, can be found at [theatretokens.com](http://theatretokens.com).

ENTER ONLINE AT: [HEALTHYCOMPS.CO.UK](http://HEALTHYCOMPS.CO.UK)  
POST: **HEALTHY/THEATRE**



# WIN! Top audio gear

→ Love your music? Then the third generation R2 music system from Ruark Audio could be for you – the latest design in the award-winning R2 series. The high tech R2 features DAB, DAB+ and FM tuners, while its wi-fi connectivity and Bluetooth mean you can access internet radio stations from around the world, and stream music directly to the R2 from a variety of devices. In addition, Spotify Connect allows Spotify premium users to stream music directly to the R2, via the *Spotify* app. We have one R2 system to give away.

ENTER  
ONLINE AT:  
[HEALTHYCOMPS.CO.UK](http://HEALTHYCOMPS.CO.UK)  
POST: **HEALTHY/DAB RADIO**



WORTH  
£439.99

1 Standard Ts and Cs for the giveaways and offers that appear in *healthy* can be found on page 150. 2 The closing date is 3 April 2017. 3 Entrants must be 18 years of age or over. 4 There are no cash or other prize alternatives. 5 The promoter reserves the right to substitute similar alternatives of equal or greater value. 6 Cannot be used in conjunction with any other offer.





## HOW TO ENTER



Log on to [healthycomps.co.uk](http://healthycomps.co.uk) to enter online.



To apply by post, send your name, address, telephone and rewards for life numbers on a postcard marked with the competition code (eg HEALTHWIN5) to *healthy*, River Publishing, PO Box 36, Plymouth PL1 2YU.

**STANDARD TERMS AND CONDITIONS** 1 The following apply to all competitions, giveaways and offers in *healthy*. 2 Closing date is 3 April 2017, unless specified otherwise. 3 No purchase necessary. 4 Only one entry per person. 5 No cash or prize alternative(s) unless stated otherwise. 6 Prizes are non-refundable and non-transferable. 7 Winner(s) will be picked at random from all valid entries after the closing date by an independent judging body. The judges' decision is final and no correspondence will be entered into. 8 All elements of prize(s) are subject to availability. 9 Prize draws and giveaways are open to all UK (excluding Northern Ireland) residents except employees and families of the promoter(s), River Publishing Ltd, any third parties or anyone professionally associated with the promotion. 10 Your details will not be passed to third parties and only used to administrate the giveaway. 11 Entrants must be 18 or over unless otherwise stated. 12 Entries received after the closing date cannot be considered. 13 Winner(s) will receive their prize(s) or notification of their prize(s) within 28 days of the closing date, unless otherwise stated. River cannot be held responsible for postal delays. 14 Holiday promoters reserve the right to offer an equivalent prize or prize of a higher value. 15 All prizes subject to availability. 16 By entering, you agree to have your name and location published online or in *healthy*. 17 For details of winner(s) send an SAE marked 'healthy/issue date/name of competition' to Promotions, Garden Floor, 16 Connaught Place, London W2 2ES. Or, email [promotions@therivergroup.co.uk](mailto:promotions@therivergroup.co.uk). 18 Goods offered through *healthy* will be delivered within 28 working days of the prize winner being notified. 19 When you take up an offer featured in the magazine, the contract is with the supplier and not with Holland & Barrett or River Publishing. 20 Further Ts&Cs may apply, visit [healthycomps.co.uk](http://healthycomps.co.uk).

**Champneys:** Closing date: 3 April 2017. Prize must be booked and taken within six months from the date of issue and is subject to availability. Prize value dependent on location. Not valid Friday or Saturday nights. Guests must be 16 years or over, non-refundable and non-transferable. Travel to the spa is not included. \*Treatments allocated cannot be altered. Timings include your consultations and walk to treatment rooms.

**DATA PROTECTION:** The Promoter will treat all personal information obtained through each of the Entrants' registration as private and confidential and will comply with the Data Protection Act. Prize winner's contact details will be used only to administer the Prize, unless the Winner/Entrants opt-in for additional marketing emails from the Promoter and/or the Prize Partner. For postal entries, if you do not wish to be contacted state 'no offers' on your postcard. If you enter via text or phone, details will be used for administration purposes only.

PHONE/TEXT SERVICE PROVIDER: Spoke 0333 202 3390.

BEAUTY/FOOD/FITNESS/SELF/EXPERTS

# healthy

IN THE MAY 2017 ISSUE

How to feel sexier!

## → the STRESS BUSTING issue

LET IT GO FOR GOOD

EASTER BAKING  
THE HEALTHY WAY

PLUS

EXPERT ADVICE

- Hayfever latest
- Your hormones
- Weight management

DON'T MISS IT!

# Get Slim and Stay Slim

## with The Metabolic Weight Loss Programme

- Average weight loss 7-14lb a month
- Easy to follow
- No pills, diet shakes etc, just healthy foods
- One-to-one support to help you all the way

Call now for a free consultation

Rachel Ricketts **01342 327396**  
[www.rachelrickettsweightloss.co.uk](http://www.rachelrickettsweightloss.co.uk)



Naomi lost  
2 stone

"I'm delighted with results of the Metabolic Weight Loss Programme, I would recommend it to anyone"

### Fitness Equipment

DO IT ALL!

**vibrostation™**  
vibration training plate

The UK's **SLIMMEST**, PORTABLE ADVANCED VIBRATION PLATE.

**60-DAY\*  
MONEY BACK  
GUARANTEE**

**SHAKE IT AWAY**  
IN JUST **10 minutes**  
a day!

OVER  
**10 YEAR'S**  
Development  
in **'ONE'**  
COMPACT  
MODEL!



Revolutionise the way you workout at home, using only 1 piece of equipment.

Studies suggest vibration training can assist with...

1. Increasing circulation
2. Increasing muscle strength
3. Reducing body fat levels
4. Improving Co-ordination
5. Increasing bone density

**Why go to the gym when you can train at home?**

Vibrostation have incorporated 10 years of experience to bring you an excellent vibration plate at an unbelievable price. The 'Home Studio' works in the same way as our Studio System range that is used in Vibration training studios Worldwide.

**WHY USE 4 PIECES OF EQUIPMENT WHEN YOU CAN USE 1?**

Target all your core muscle groups by performing a variety of exercise positions including strength, stretch, relaxation and massage.



"I've actually lost 2 inches off my waist as a combo of a diet and the Vibrostation over the past 4 weeks (I use it every day, and do core exercises on it, but it's still a great fat reduction in such a short time) and am now down to a size 8/10 which I haven't been for ages."

**Dr. Angie Winnington-Sharp**  
BSc (Hons), PhD Director & Clinical Specialist



**Vibrostation Home Studio**  
Gym specification vibration plate

**10 REASONS TO BUY...**

- 1 **EASY TO USE** Simply step-up, hold your position and let the vibrating plate do the rest
- 2 **AFFORDABLE** Buy now for only £199, **SAVE £200** (RRP £399)
- 3 **UNISEX** Suitable for Men & Women, of all ages and body shapes
- 4 **PORTABLE** Lightweight, compact design means you can take it anywhere
- 5 **PRIVATE** Use Vibrostation in the comfort of your own home
- 6 **GUARANTEED** Try Vibrostation at home, risk free for 60 days!
- 7 **SMART** Stylish Black and White design with press button operation
- 8 **RECOMMENDED** Used by Professionals in clubs and sports centres
- 9 **PERSONAL** Easy control - 99 Speed Settings/ 4 Auto Programs / 1 Manual Program
- 10 **LOW IMPACT** Tendons and ligaments are put under far less pressure

**BUY NOW ONLY £199**  
**SAVE £200**

**PLUS FREE WORKOUT PACK WORTH £99**



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# MY CORE FOUR



## KIMBERLY WYATT

The dancer, television personality and *MasterChef* winner on maintaining her healthy family life

### GREEN BEAUTY

I had acne when I was younger, so now use natural ingredients that help me look and feel good.

Coconut oil is my miracle product. I use it to take off make-up, moisturise my skin or condition hair. I also exfoliate with a dry brush, twice a week. I'm lucky as my husband [model Max Rogers] likes to make natural beauty products; for instance, a deodorant using ingredients like baking soda and coconut oil. I'm also very into aromatherapy. My favourite stress-relieving essential oils include rosewood, frankincense and sandalwood.



### HOME SWEET HOME

After my daughter Willow, two, was born, Max and I moved out of the hustle and bustle of London to Surrey. Home is an old property with roaring fires and chandeliers, and we've started buying one-off antiques and artworks.

The kitchen – where I'm often found cooking healthy banana pancakes – is open-plan with a brick red Aga. We're also converting our garage into a fitness studio – I can't wait to get it finished! It has a calisthenics corner, mirrors and a ballet barre for dancing.



### STAYING IN SHAPE

Fitness is important to us as a family. I'm really into yoga – since we moved to Surrey, there isn't a yoga studio nearby any more, so the video workouts on gaia.com are a lifesaver. Willow often joins in: she runs up to me saying 'Mummy, yoga!' On Sundays, we all go for a family swim

at our local David Lloyd gym, or take our dogs Cupid and Ty out for a long walk in the park. As a dancer, I have a good relationship with my body, something I want to pass on to Willow.



### SUSTAINABLE EATING

My days are based around feeding Willow, so there's a huge focus on food at home. I make sure I eat lots of healthy ingredients to get the right nutrients. We grow our own fruits in the garden and in our greenhouse, so we can make sure it's sustainable and support British produce.

On Sundays, we often have family over so I make a beef or chicken dish in the slow cooker. I also love cooking with celeriac at the moment, which I discovered when I was on *MasterChef*. On date nights, Max and I like to check out restaurants in London. I love The Dairy, a fresh produce restaurant in Clapham, which serves delicious organic food. **b**



*Kimberly Wyatt was speaking at the launch of Gen P, a new protein range that's part of the MaxiNutrition family, designed for women who do HIIT.*

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