

New look!

APRIL 2023

THE UK'S TOP HOLISTIC WELLNESS MAGAZINE

NATURALHEALTHWOMAN.COM

1 natural health

THE UK'S TOP HOLISTIC WELLNESS MAGAZINE

Heal your hormones

Happier and healthier with the magical power of herbs

TRENDING NOW

ENERGY HEALING SKINCARE

Polish up your beauty routine with these crystal-infused products



DIANNE BUSWELL

"I've found power in yoga and positive affirmations"

Are you a catastrophist? stop spiralling with MINDFULNESS see page 86

PAIN FREE

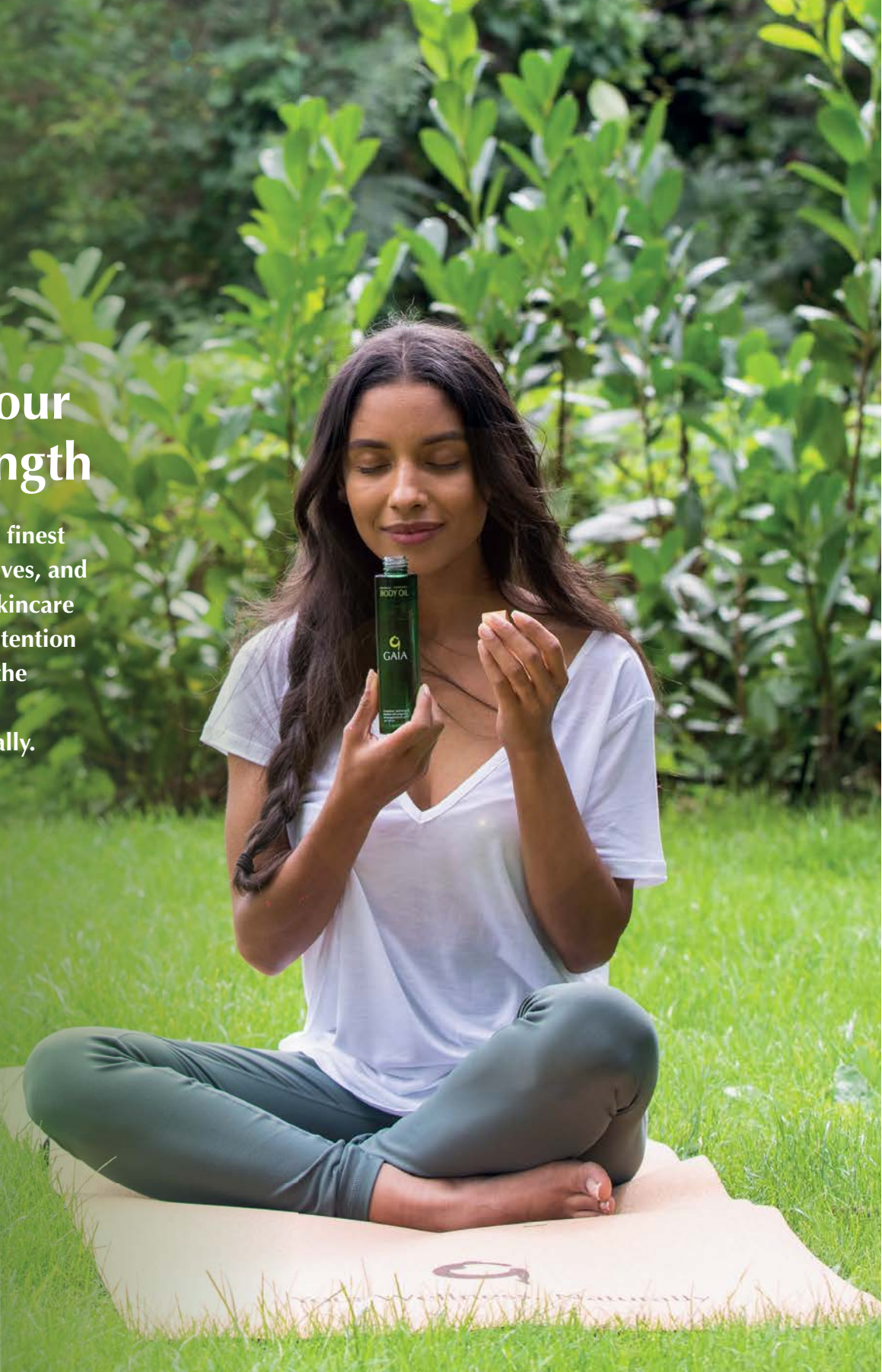
naturally

Holistic therapies for better living - no pills needed!



Support your inner strength

Blending together the finest ingredients, plant actives, and essential oils, GAIA Skincare products are full of intention and integrity. Led by the brand philosophy; Your Wellness, Naturally.



GAIASKINCARE.COM

#YourWellnessNaturally

NH Circle

ED'S LETTER

Do you have a favourite mantra? Spring is the perfect time for new beginnings and adding a positive affirmation to your daily rituals could help you manifest your dreams and desires. For our inspiring cover star, Dianne Buswell, she's found power and self-confidence in using regular mantras: "Affirmations have really helped me protect and improve my mental wellness," she tells us on page 16. And something Lauren Murrell says over on page 102 really struck a chord with me this month. "Live life as if everything is rigged in your favour," she tells us, adding, "we can all choose to see something as an opportunity and make the best of a situation, even when it's out of our comfort zone and control." Life can often throw us curveballs we weren't expecting, but we can reclaim power through how we react and reframe those out-of-the-blue moments. For me, the key to learning to ride those waves and not allow anxiety and fear to pull you under, is to take a moment to pause and breathe. I'm sure I'm not alone in being a recovering-catastrophist, but the experts on page 86 remind us that this is just our brain's way of keeping us safe from potential danger. The answer? Try mindfulness to stop those thought spirals in their tracks. Don't think you have time? Columnist Louise Barton has got some micro-mindfulness tools that you can easily fit into your day. Can we challenge ourselves to be human beings this month, instead of human doings? Let us find peace, calm and contentment when the curveballs come our way.

Welcome

APRIL 2023

Holly

Holly Treacy
Editor, Natural Health naturalhealthwoman.com

Cover: Matt Monfredi/Camera Press



Jo Fairley



Jayney Goddard



Dianne Buswell



Jane Alexander



Patsy Kensit



Louise Barton



Holly Treacy



Rae Delanie Passfield



Liz Frost



Daniella Gray



Laura Coppock



Emma Cannon

NATURAL HEALTH

Editor: Holly Treacy

Dual Content Creator Laura Coppock

Content Creator Liz Frost

Guest Contributor Stacey Carter

Commercial Content Creator

Rae Delanie Passfield

Advertising Manager Bonnie Howard

01206 505929 bonnie.howard@

dcthomson.co.uk

Senior Account Manager Kim Butler

01206 506226 kim.butler@dcthomson.co.uk

Account Manager Georgia Rowland 01206

505947 georgia.rowland@dcthomson.co.uk

Art Director James Philp

Designers Debbie Pratt, Lee Francis,
Shannon Hall, Hannah Kemp and
Cat Morton

Accounts Debbie Starrs 01206 505995

Promotions Manager Andrea Turner

andrea.turner@dcthomson.co.uk

Licensing & Content Syndication

David Coe 01206 505948

Distributed by Frontline Ltd.,

Peterborough 01733 555161

Subscriptions 0800 904 7000

aceville@dcthomson.co.uk

Customer Service hello@dcthomson.co.uk



© DC THOMSON

We are committed to journalism of the highest standards and abide by the Editors' Code of Practice which is enforced by the Independent Press Standards Organisation. If you have a complaint, you can email us at <mailto:readerseditor@dcthomson.co.uk> or write to the Editor at Natural Health DC Thomson & Co Ltd, 21/23 Phoenix Court, Hawkins Road, Colchester, Essex CO2 8JY. Disclaimer: To the best of our knowledge, we, DC Thomson & Co, have provided accurate and complete information within our publications, but we make no representation as to the accuracy of the information. Our publications and content are for information and entertainment only and do not reflect an endorsement or recommendation by DC Thomson & Co. Importantly, the information provided within our publications should not be viewed as a substitute for professional advice, including without limitation, medical advice. To the extent permissible by law, any liability for any loss or damage however caused, arising from the use of the information contained in our publications is excluded. It is our readers' responsibility to assess the safe use of the information we publish based on each individual's own circumstances. We cannot assess that because as publisher we do not share medical and health details of our readers.



@naturalhealthwoman



@naturalhealthwoman



@natural_mag



@naturalhealthbeautyawards

Become a health coach, and change lives

Are you fascinated with nutrition and natural ways to be healthy? Would you love to have the skills to improve the health, happiness and wellbeing of others? Perhaps you would like to change your own health and find a brand-new purpose in life?

Then consider a new career as a Health Coach, one of the fastest growing professions in the UK. You can be qualified and making a difference to yourself and others in less than a year.



Este Rabe, Health Coaches Academy Graduate

I have never experienced anything close to this course - partly because the team are so passionate - what I saw on the live training was life changing. You have empowered us so we can empower others. So professional, but so person-centred and a feeling of being part of the HCA 'family' too.



WHAT IS HEALTH COACHING?

Have you ever made New Year's resolutions to improve your health or fitness and found, like 85% of us that by the 3rd week in January they are a thing of the past? It can be difficult to make positive changes to our health and stick to them. A Health Coach works alongside clients to re-think the way they live and create a brand new set of lifestyle habits that lead to living a more vibrant and energetic life. Health Coaches then support clients and hold them accountable to achieve their goals and enjoy a new found level of health and wellness.

Why are Health Coaches needed now more than ever?

With spiralling statistics for preventable diseases such as heart disease, obesity and cancer, there is more awareness about the changes we need to make to avoid certain 'lifestyle' related diseases and prevention is always better than cure; but how do we change and where can we get the right support? People must take a more active role in their own healthcare and this is where a Health Coach comes in. Health Coaches can

educate people on how to be healthy and importantly, then help inspire and motivate them to change their lives for the better. Health Coaching is a 6 billion dollar profession in the US and has more recently taken off in the UK as we recognise an area of healthcare that has not yet had sufficient focus – mindset and behaviour change. That's exactly how a health coach can help.

Could you be a good Health Coach?

Most Health Coaches who train with us have their own story that led them to the profession. This could be their own health reaching crisis point or the sadness and frustration of seeing those who matter to them suffer when so much could be done to help them. Whatever story brings people to us, the common theme is a deep desire to do something positive to change the quality of the lives of others, a fascination with natural ways to promote health and wellness and a strong desire to work in this field and do something that really matters. Does this resonate with you?

Become a Health Coach with the Health Coaches Academy.

Founders Carolyn St John Loder and Ann Garry and their expert team have been Health Coaching in the

UK since 2003 and provide a thorough and professional training pathway to becoming a highly skilled professional Health Coach.



The HCA Health Coaching Diploma course is part-time and flexible with a blend of online, distance learning and 6 days of in-person live training. There are 6 intakes per year.

**Next intake:
20th March & 8th May 2023**

Scan the QR code below to join one of our free events, or book a personal call to discover health coaching for yourself.



Contents

APRIL 2023



UP FRONT

8 OVER TO YOU

Our wonderful readers share their views

9 NATURAL NEWS

The latest in the world of holistic wellbeing

12 HARMONISE YOUR HOME

Learn how to live in-sync with your environment

14 NH IS TALKING ABOUT...

Music therapy and its profound healing possibilities

15 PATSY KENSIT

Our columnist explores how to prioritise self-care

16 INTERVIEW: DIANNE BUSWELL

The *Strictly Come Dancing* professional tells us about the joy of movement and how to nurture healthy habits

NATURAL BODY

22 HOLISTIC WAYS TO LOOK AFTER YOUR TEETH

Achieve optimal oral health with these expert tips

24 FINDING SOLACE IN SONG

Release your emotions and reclaim your voice with the power of singing

26 BODY NEWS

The latest in the world of physical wellbeing

27 EMMA CANNON

Our columnist explores the best springtime herbs for wellbeing

28 BREAK YOUR SLEEP BARRIERS

Here's how to wake up on the right side of bed

30 MOON YOGA FLOW

Tune into the energy of the full moon with this flowing yoga sequence

NATURAL FOOD

36 NOURISHING RECIPES

Soothing, nutritious recipes for during and after cancer treatment, from the experts at The Royal Marsden

40 EATING FOR TWO

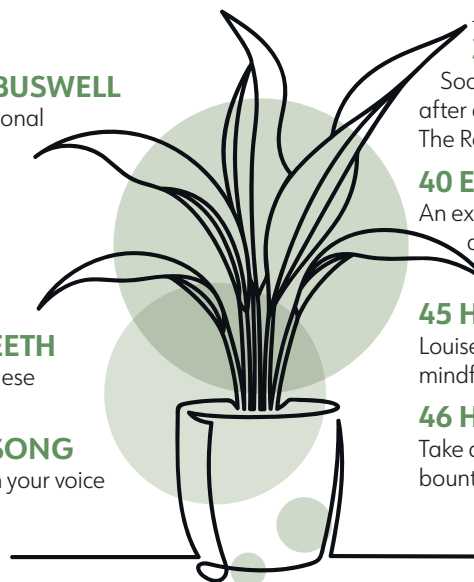
An expert guide on how to adapt your diet for a healthy pregnancy from Sasha Parkin, clinical nutritionist at Wild Nutrition

45 HOLISTIC HEALTH COLUMNIST

Louise Barton shares the art of micro-mindfulness and how we can learn to just be

46 HERBS FOR YOUR HORMONES

Take advantage of Mother Nature's healing bounty to help balance your hormones





49 FOOD NEWS

The latest in the world of nutrition

CHRONIC PAIN SPECIAL

51 OUT OF YOUR DISCOMFORT ZONE

Our 9-page guide on natural ways to ease pain so you can live your life to the fullest

52 THE PAIN-BRAIN CONNECTION

Our experts unpack the science of what happens in the brain when we experience chronic pain

54 PILL-FREE PAIN RELIEF

Ideas and inspiration on how to naturally ease pain without popping a pill

56 CHRONIC PAIN WARRIORS

Meet the women battling pain every day and read their secrets for living life to the full

AGEING

66 FEEL YOUNGER, LIVE LONGER

9 simple lifestyle habits for a healthy heart

69 JAYNEY GODDARD

Natural ways to reduce stress and feel more zen

70 BOOST YOUR COLLAGEN NATURALLY

Tighter skin, smoother hair and stronger joints can be yours with these top tips

BEAUTY

76 JO FAIRLEY

Our columnist picks her favourite scrubs to buff and smooth your complexion

78 TRIED & TESTED

The NH team reveal their must-have natural products for ultimate wow brows

80 ENERGY HEALING SKINCARE

Crystal-infused beauty could be the answer to glowing from within

HEALING

86 EVERYDAY KINDFULNESS

Learn how to stay calm in the face of change and stop catastrophising

88 HEALING HANDS

Could working with an osteopath be the key to unlocking your greatest health?

92 RIGHT-OF-PASSAGE ARGUMENTS

The five make-or-break discussions that all couples need to navigate

NATURAL LIVING

100 HOROSCOPES

Discover what this month's stars have in store for you

101 LIVING NEWS

The lowdown of sustainable living

102 NATURAL WOMAN

Sisters and co-founders of By Sarah London, Sarah and Lauren Murrell share what wellness means to them

104 WHAT HAPPENED WHEN...

Liz Frost discovered her style personality

108 SIMPLE GROOVES

An Aladdin's cave of cool prints and waste-free garments from Lucy & Yak

110 RAISING COMPASSIONATE KIDS

10 ways to help them build empathy and unlock inner compassion

114 JANE ALEXANDER

Jane shares with us five ways to boost wellbeing by connecting to nature



FOR WORN OUT WORKERS

Magnesium – helping you relax and recover from the stresses of the day, with a great nights sleep



BetterYou®

Palm oil free · Vegetarian · Planet-friendly plastics · Recyclable

Available from

Holland&Barrett

Superdrug ☆

ocado

amazon

all good pharmacies, health stores and online at [betteryou.com](https://www.betteryou.com)

Product available in selected stores

OVER TO YOU

Share your views and win amazing prizes!

Happify your day is my mantra now. Once I read the article, I started to include little self-care rituals in my life. I started a gratitude journal and try to fill it every evening. As a busy mum-of-three, the only time I have for myself is bedtime, and now it's a big de-stress ritual. I am doing breathing exercises, a little bit of yoga and having cup of tea with a book. It helps lift my mood and recharge me for a new day.



Alina Evans

8



Good afternoon,

I felt compelled to write in, as I was browsing the magazine selection at the airport before a much-needed break and I felt dismayed at the lack of quality choices available. I saw *Natural Health* March 2023 on the shelf, picked it up – and was so impressed with my decision. I almost read it from cover-to-cover on the plane! I have been feeling quite burnt out recently and have been looking for some positive media to digest.



Your magazine provided relief and opened my mindset to looking after myself and my loved ones even closer – thank you!

Kindest regards
Louise Wright



We love hearing from our readers – write to us at letters@naturalhealthwoman.com


JOIN THE
Natural Health
CONVERSATION
TODAY
#nhsocial



@YOGAGISE

I'm so honoured to be featured on the cover of the @naturalhealthwoman Yoga Magazine, March 2023 issue. Thank you @HealthEditorHolly & @LizFrostLifestyle

You can now download digital copies of the magazine from iTunes, the Kindle Newsstand, Google Play App Store and Barnes & Noble. So not only can you pick up the latest issue, you can also catch up with our back catalogue for instant inspiration, too!

   Follow our Twitter page [@natural_mag](https://twitter.com/natural_mag), Facebook page facebook.com/naturalhealthwoman and Pinterest page [@naturalhealthwoman](https://pinterest.com/naturalhealthwoman) to get the latest from *Natural Health*.

 Or check out our Instagram account [@naturalhealthwoman](https://instagram.com/naturalhealthwoman) for holistic health advice, recipes and wellness inspiration.



HERBAL MEDICINE ABC

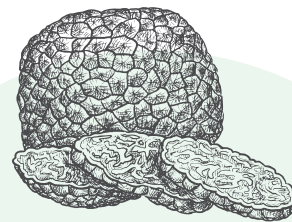
Mani Norland, principal at The School of Health (schoolofhealth.com) says R is for Rose – *Rosa gallica*, *canina* or *damascena*:

Rose is the number one grief remedy. The flowers of rose are full of antioxidants and bring much nourishment to the body. Rose offers can be used for transition, heart-opening and stress and is gentle and powerful, much like the rose bush itself, with delicate flowers full of potent scent, but thorny stems. Rosehips are high in vitamin C and also aid in debility and exhaustion. They are useful in gut issues and the pressed oil can be very beneficial in skin conditions and scarring. Collect buds or flower and hips when ready (after the first frost is ideal, but this is not always necessary).

NATURAL *notebook*

Prickly pear

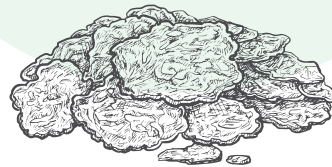
“Prickly pear (aka cactus) is one of those ingredients we might have heard of but has been somewhat under the radar until now,” says Faye Purcell, product development chemist at Q+A (qandaskin.com). “With sensitive skin being a major concern for many of us due to anxiety, stress, environmental aggressors, hormonal changes and even overdoing it with exfoliating products, expect to see this soothing, comforting and protecting ingredient taking centre stage in our skincare products.” Prickly pear is super-charged with a unique composition of nutrients and antioxidants, including vitamin A, C, E and K, alongside omega 6 and essential fatty acids. “The essential fatty acids in prickly pear, including linoleic acid, help it to penetrate deep into the skin and stimulate collagen production to promote faster cell turnover. The extract is particularly beneficial for dry and sensitive skin as it has excellent nourishing and hydrating effects.”



PLANT PROFILE: NORTHERN TRUFFLE

Mushroom-based skincare is set to be big in 2023, but if there’s one fungi that should be on your radar, it’s Northern Truffle. Grown in Finnish forests, these magical mushrooms soothe stressed and irritated skin and are rich in antioxidants, which helps to ease skin discomfort and prevent the sensation of itching.

They can also protect against infrared stress by suppressing skin reddening and inflammatory reactions. Try Green People’s Nordic Roots Truffle Night Cream, £32, (greenpeople.co.uk).



JUST THE TONIC

JUST THE TONIC

Struggling with hay fever? “Honey is said to be a natural remedy for hay fever because the bee pollen in honey can desensitise your body to other pollen,” says Asha Chong, an acupuncturist from Five Elements (ashachong.com). “Pollen is considered an energy and nutritive tonic in Chinese medicine, which improves endurance and vitality and helps to keep illness at bay. Take a teaspoon of raw unprocessed honey a day before hay fever season starts and then continue through the season.”



NATURAL FACTS

64%

of adults reporting that price is a barrier to making eco-friendly swaps.

The Green Response

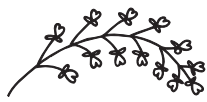
This Month

APRIL IS THE MONTH TO...

PRACTISE TAI CHI

Regular exercise is vital for our mind, body, and spirit, but one particular practice has grown in popularity over the past few months. According to recent research, beginners' Tai Chi is trending with around 100 average monthly searches on YouTube in the UK. As a form of Chinese martial arts formulated in the 12th century, Tai Chi gained practitioners worldwide not only for its physical health benefits, such as reducing blood pressure, but also for its significant impact on increasing psychological wellbeing, reducing anxiety, and enhancing mood. Recommended by the NHS as a great low-impact activity, Tai Chi is becoming increasingly prescribed in general medicine and alternative therapies.





STACEY CARTER

Harmonise *your* HOME

Live in sync with your environment by making your home a sacred space for you and your family

They say home is where the heart is, but how crucial is a peaceful environment to your sense of self? According to science, having a harmonious home isn't just good for our souls, it's good for our mind too. Research from the *Journal of Neuroscience* shows that disorganisation and clutter have a cumulative effect on the brain, resulting in poor levels of productiveness and reduced focus. Studies also show that clutter can make us feel stressed, anxious and depressed, and even raise our levels of the stress hormone cortisol, according to The Society For Personality and Social Psychology. Creating a peaceful home environment means minimising clutter, incorporating natural sights, sounds and textures and focusing on bringing balance and equilibrium to different elements of your home and doing this is simpler than you might think.

12

Restore order

You've probably heard of the concept of Feng Shui - used in traditional Chinese Medicine, it's a concept that essentially means that a space feels harmonious with the environment. In Feng Shui, a cluttered space clogs the natural flow of energy throughout a room, meaning that your house will feel lackluster and stagnant, rather than energised and balanced. Decluttering your home doesn't have to feel like a chore. Instead, think about the zones in your home that attract the most clutter and how you can clear them first. Then schedule a time to tackle each part of the house. Put on some cheery music and have some fun with it!

TRY: Looking for storage solutions? Available in Birch, Ivory or Linen, Rena baskets are made from 70 percent cotton and 30 percent polyester. This will look decorative in your home while also being really practical. Rena Storage Basket Large (£29), notaboringbox.com



Add sound

If you're a parent, then the idea of adding more noise to your home might not seem overly appealing, however, in Feng Shui, there is a right type of noise and a wrong type of noise. Sound energy can help to change the vibe in a room, so make the most of wind chimes, bells, tingshas, or gongs and position these in the rooms where people tend to gather, for example the living room or the kitchen.

TRY: Add a harmonious sound to your space with a Zaphir Chime Blue Moon Winter Season Blue, (£36.90, gaiachimes.co.uk). Zaphir chimes are well known for their crystal clear sound, beautiful colours and their quality. Each chime is available in the tunings of the five elements and seasons, according to Feng Shui.





lightweight design with all the benefits of ultrasonic aroma technology for a fine and silent mist that envelops a room. Tisserand Aromatherapy Aroma Spa Diffuser (£40), tisserand.com

Incorporate colour

Colour is an important component of Feng Shui, as Elaine Penhaul, a home staging expert for Lemon & Lime Interiors explains how painting a room a certain colour can affect your mood and evoke relaxation: “Colours can affect us psychologically – while brighter tones like reds and oranges embody energy, muted colours such as soft and natural greens and blues evoke tranquility and harmony reminiscent to how we feel when in nature. Earthy whites and greys are also a neutral colour-way that create a peaceful ambience in a bedroom, helping us to sleep.”

TRY: Little Greene offers an extensive range of water-based and oil-based eco-friendly paint finishes in colours such as ‘Obsidian Green’, ‘Hicks’ Blue’, or ‘Lamp Black.’ Visit littlegreene.com to find out more.

Look to nature

With the rise of working from home, more of us are using houseplants to brighten up our living and working spaces. In Feng Shui, certain plants, such as Jade, Pothos and Snake Plant, are thought to bring balance and harmony to a space. Research from NASA has also found that plants have the capacity to remove up to 87 percent of air toxins from an area within 24 hours. Other benefits of having house plants include reducing stress, increasing attentiveness, raising productivity and helping you recover from illness faster.

TRY: Shop the ‘Lucky’ plant collection at Hortology (hortology.co.uk), to help bring happiness into your space. From Pilea to Pachira, this range of prosperous houseplants come in all shapes and sizes, suitable for floor and furniture in all spaces.



“A TIDY, CLEAN AND CALM HOME ENVIRONMENT CAN MAKE SUCH A DIFFERENCE TO YOUR MENTAL WELLBEING”

Focus on scent

Smells can also be a great way to uplift the energy in a room. In Feng Shui, aromatherapy is often used to restore balance and harmony to a space. Using natural scents, such as essential oils, diffusers, candles and room sprays can help you set the tone for a room. For example, lavender scents for the bedroom can help you relax, whereas citrus scents in the kitchen and living room can help you add positive energy that evokes conversation. If you want a welcoming scent for your hallway, then choose vanilla for it’s cosy, comforting smell.

TRY: Create a delicate and fragrant atmosphere to suit your every mood with the Tisserand Aromatherapy Aroma Spa Diffuser. This modern diffuser combines an elegant

NH'S TALKING ABOUT Musical healing

Music therapy can be profoundly impactful on our physical and emotional health, according to the experts

As the saying goes, 'music is food for the soul,' but how good is it for our brains? Research has shown that music therapy can improve everything from pain tolerance to cases of anxiety and depression. We know that listening to music can evoke strong emotional responses – it can cause us to laugh, cry, dance and even stir feelings of remorse and anger – but music therapy has ancient origins. According to a study in *The Lancet*, music as a form of healing was a discourse present in both Plato's era (who believed that 'harmony was the way to the innermost soul') right through to the Middle Ages, where healers believed that the alternating sound of the flute and the harp served as a remedy for gout. Today, music therapy serves as a valuable tool for practitioners who want to offer an alternative form of treatment. "The music used in each session is tailored to the client's needs and preferences," says music therapist Clare Maddocks (bamt.org). "As clinicians, we offer the use of music in all of its forms: this can include recorded music familiar to the individual or group, live presentation of familiar music or live instrumental/vocal improvisation." In a study by *The Journal of Alternative and Complementary Medicine*, of patients who underwent surgery for lung cancer, the patients who received music therapy before and after surgery, reported less pain and had lower blood pressure and anxiety. Another study from the *International Journal of Radiation Oncology* found that music therapy could help reduce anxiety in patients having radiotherapy simulations.

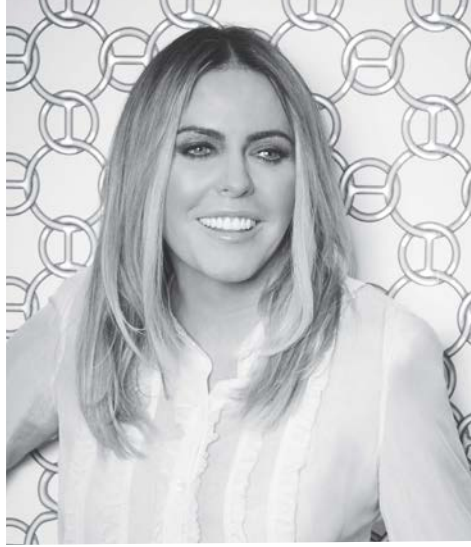
So, according to the experts, what type of music is really healing? "The instruments or genres of music used are also based on what best meets the client's needs," says Clare. "For example, if we are working with clients with physical impairments, we will choose instruments that are accessible. This can include everything from traditional percussion instruments, keyboards, guitars to using musical instrument apps on an iPad."

Curious to find out more about the healing powers of music? Head over to page 24 to discover how to find your singing voice.



"I FIND MUSIC TO BE SO EMOTIVE AND POWERFUL. CHANTING IN A YOGA SESSION CAN BOTH UPLIFT AND BRING YOU TO TEARS. THE RIGHT KIND OF MUSIC CAN ALSO DEEPEN YOUR RELAXATION"





Take care
PATSY KENSIT
 Our columnist explores how to
 prioritise self-care

Picture the scene: A beautiful woman drops her floral silk robe, in a gorgeous bathroom. She steps into a vintage-style tub after scattering fragrant bath salts into the steaming hot water.

There's a hint that shortly after this, she'll lazily drape herself on high-thread count sheets in her minimalist bedroom, ready to drift off to restful sleep. It sounds perfect, right? It's certainly the vision the advertising industry and influencers want us to take on board as the 'self-care ideal'.

It's impossible not to be aware of how 'commercialised' the messages around self-care have become. The message isn't even that we 'deserve' such delights, but that we 'need' them. And I don't disagree with how lovely the above experience is. Who wouldn't want that?

But let's be honest, shall we? It's not self-care. It's self-indulgence, which is delicious, but not the same thing.

I asked many women the truth and they told me, the silk dressing gown is usually that day's grubby, kid-stained clothes. The soak in the bath is regularly interrupted by everyone, from a demanding husband to teens wanting to know if you can drive them somewhere.

Even on those rare occasions when you do get some peace, you may struggle to let go. The washing needs doing, the dinner needs cooking. So many of us feel 'guilt' for sitting down, even for a few minutes, when there's such a lot to be done. But there's always something to be done, and the cycle never ends.

Self-care is essential, but in today's busy lives, when every hour is framed as having 'worth', it's incredibly hard to justify it to

"It all starts from permission. If you can't let yourself care for yourself, no diary tips or products will help"

ourselves. And it certainly doesn't come in a bottle, no matter how beautiful the design.

In my 50s I'm getting much better at prioritising self-care, but it took getting poorly for me to do so and I'd rather have avoided that if I could.

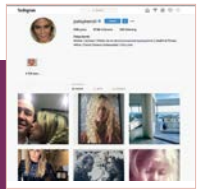
I explored, with the help of a coach, how to create systems in my life that allowed me to stop the 3am anxiety wake ups. I stopped skipping meals to drop a few pounds and focused on nurturing my body with the right food.

But none of this would have been possible until I accepted that I deserved it. And that's the truth of the challenge for most of us.

When we deny ourselves even five minutes to breathe, we're saying 'I'm not important enough in my own life.' When we make starving ourselves to reach a certain weight the goal, over feeding our bodies what it needs to survive, we're saying 'the opinions of others matter more than my health.'

Today, take a moment and make a commitment to yourself. Grab a notebook and pen, close your eyes and ask yourself what you need most to feel okay for just five minutes. Then, do it. It might be breathing in some fresh air. Or moving your body or taking some supplements. It all starts from permission. If you can't let yourself care for yourself, no diary tips or products will help.

PATSY KENSIT Her beauty range, Preciously Perfect, is available from Ideal World. Search idealworld.tv to discover the full collection.





Dianne Buswell

*“It has been a journey to get to a place where I have **SELF-CONFIDENCE**”*

Dianne Buswell, dancer and *Strictly Come Dancing* professional tells us about resilience, the joy of movement and how to nurture healthy habits for all-round wellbeing

Connecting to our natural movement is good for mind, body and soul.

Dancing has always given me a sense of escapism and a way to help manage my life stresses. Being able to dance and move my body is such a privilege and I believe it's so important to recognise the ways our bodies can move and the strength they have.



I've learnt to be kinder to myself and quiet that inner self-critic.

It has been a journey to get to a place where I have self-confidence and to be less hard on myself. There was a time in my life where I stopped dancing and went home to my family, and that's when I found the power in yoga and positive affirmations. It has really helped me to overcome the self-doubt I had and helped me realise that it's not what's on the outside that is important but how we feel in ourselves.

My favourite self-care practices?

I love to do a hot yoga class! When I have a free morning or afternoon this is where you

will find me. There are lots of amazing walking routes around where I live which is a powerful self-care treat for me too. There is nothing better than a good walk amongst nature.

I think it is so important to take some time out of your day to really recognise the good and maybe not so good things that are happening in our lives. Speaking out loud the things that we feel really helps us to grow and have a handle on how we deal

“There is nothing better than a good walk amongst nature”









with life's stresses. Journalling and affirmations have really helped me protect and improve my mental wellness and allow me to be able to wind down for the day, as well as start the day feeling positive.

I am definitely a morning person. As part of my morning routine, I love to wake-up early and have my probiotics and I will always try to make some time for my yoga practice.

What is my diet like? I would describe myself as a pescatarian. I try to eat healthy most of the time and avoid meat, particularly red meat and chicken. I love cooking with vegetables. I think there's so much that can be done with them and so I love experimenting, and making things like brownies with beetroot and avocados.

With *Strictly*, it can be hard to find a work/life balance with all the rehearsals as well as the live-shows. I also love to be busy so it can feel strange to me when I have nothing to do! However, I always make sure I am eating healthily, looking after myself and trying not to be on my phone too much.

In 2020, I started Buswellness, which is my channel dedicated to health and mental wellness. It's a place where my audience can access workouts like Pilates, dance and yoga, along with quick and easy recipes, and learn about positive affirmations and meditation. It's been really popular so I wanted to put all of that into a book for people to come back to over and over again. This was the inspiration behind my book, *Move Yourself Happy*.

My favourite ways to slow down and switch off? I tend to slow down by putting my phone in another room, putting on some music and doing some yoga. I also love to get a facial as it feels like such a treat!

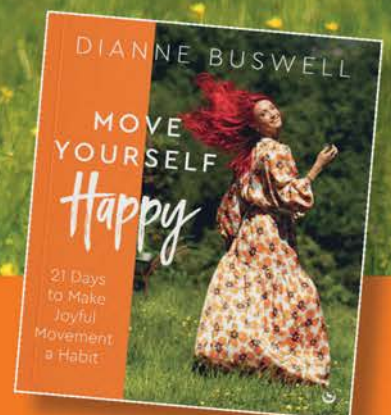
"Journalling and affirmations have really helped me protect and improve my mental wellness"



Move Yourself Happy: 21 Days To Make Joyful Movement A Habit
by Dianne Buswell (Watkins, £18.99)
is out now

Discover the Power
of Joyful Movement

MOVE
YOURSELF
Happy
with
DIANNE
BUSWELL



WATKINS

OUT NOW in all good bookshops

www.watkinspublishing.com



Natural Body

THE LATEST ADVICE TO BOOST YOUR
PHYSICAL HEALTH AND WELLBEING

SLEEPING BEAUTY

A rough night's sleep can certainly impact our productivity levels throughout the day, but how exactly does it impact our skin? From triggering inflammation to impacting the production of collagen, sleep is one of the best ingredients for a healthy, glowing complexion. "The area around our eyes is especially vulnerable to lack of sleep," says Nicola Alexander Cross, optometrist and co-founder of Peep Club (peepclub.com). "Since the skin is thinner and the blood vessels are closer to the surface than the rest of the face, our eyes are often the first place that reveals a particularly bad night's sleep. This is because our body hasn't been able to heal, replenish and rebuild." So what's the optional number of hours for beauty-enhancing effects? Studies show that those who consistently sleep seven to nine hours have skin that's better hydrated and better at repairing following damage from pollution and/or UV rays.

10 holistic ways to look after your teeth

Achieve optimal oral health
with our expert-backed tips



22

We all know that regular check-ups at the dentist are a must if we want to keep our oral health in tip-top shape, however, there are some additional ways we can make sure that our teeth stay healthy. Oral hygiene is an essential part of our day-to-day care and in holistic circles, prevention is a key part of keeping our gums, tongue and teeth healthy. In ayurvedic culture, oral health is key for enhancing taste, supporting detoxification, encouraging optimal digestive strength, and bolstering immunity. To find out exactly how we can look after our teeth holistically, we consulted the experts.

1 Invest in a tongue scraper

“Tongue scraping is exactly what the name suggests, the act of scraping your tongue to rid it of any harmful bacteria,” says Sundeep Patel, cosmetic dentist and clinical lead for Waldron Dental Clinic (waldrondentalclinic.co.uk). “Taking care of your oral hygiene is essential, and tongue scraping definitely falls in the dental hygiene camp. Essentially, scraping your tongue can get rid of any harmful bacteria that could lead to inflammation of the gums as well as potential cavities. Your tongue can hold a whole host of bacteria, and so it is a good idea to keep it as clean as possible. This is often done using a toothbrush to manually brush the tongue or by using mouthwash, but using a tongue scraper may offer different benefits.”

2 Eat plenty of leafy greens

“Leafy green veggies such as lettuce and spinach can help keep your oral health in check by naturally strengthening your tooth enamel

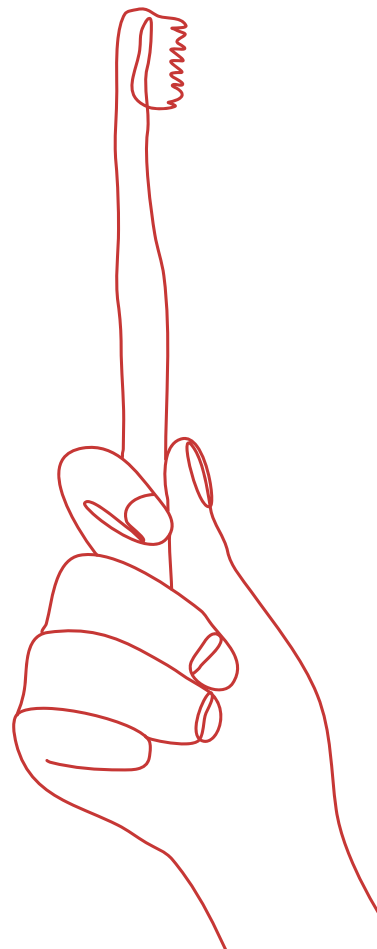
and providing a much-needed barrier against bad bacteria,” says Dr Payal Bhalla of Quest Dental (questdentalipswich.com). “These types of foods are packed with vitamins and minerals which are important in maintaining your oral health and facilitating strong teeth.”

3 Snack on nuts

“Nuts are packed with vitamin D and calcium, so munching on these throughout the day is a great way of snacking, that also benefits your teeth,” says Dr Bhalla. “Not only are nuts packed with vital nutrients, the crunching effect in your mouth actually stimulates saliva production and works to clean your teeth and mouth. The best nuts to eat are walnuts as these contain magnesium, iron, potassium, folic acid and many nutrients which help improve your oral health.”

4 Give acupressure and acupuncture a go

In a study by the *Medical Acupuncture Journal*, research revealed that acupuncture can help to relieve pain from dental disorders and supplement overall oral health. Acupressure is





drink and when you drink it. Drinking tea and coffee can often cause our teeth to stain, so ensure that you brush properly after drinking either of these.”

7 Try oil pulling

This ancient ayurvedic method may seem a little strange at first, but oil pulling has been around for centuries. It’s said to help draw toxins out from your tongue, teeth and gums, to promote overall oral health and reduce the likelihood of cavities or infections. You can give it a go at home by taking a tablespoon of a plant oil of your choice (coconut oil works great), and swishing it for 10-20 minutes in your mouth. This method is also said to help brighten your teeth and prevent the build up of food debris and plaque missed when brushing.

8 Drink with a straw

“When drinking juices, try to use a straw as much as possible, as this will allow the liquid to bypass your teeth and mouth which should help to prevent any damage,” says Dr Bhalla. “Acidic drinks such as lemon water can also be drunk through a straw. Try to also manage your lemon to water ratio, and add less lemon to your water so that it is less acidic on your enamel.”

9 Brush and floss after meals

If you brush twice daily with a toothbrush, then it may be a shock to hear that unless you also floss, you’re not quite nailing a great oral health routine. According to the NHS, you should use interdental brushes in addition to brushing. Simply break off some floss, wind it around your finger and use a gentle rocking motion to guide the floss between your teeth. Try to start from the top and work from left to right, as this will help ensure you don’t miss any teeth out.

10 Incorporate more crunchy veg

“Crunchy veggies such as celery, carrot and apple are also good veggies to snack on throughout the day, as they help to keep your teeth and mouth clean,” says Dr Bhalla. “They do this because these types of hard, crunchy foods stimulate the flow of saliva which helps to prevent a dry mouth and scrub away food particles or bacteria that may be lingering. Food debris in the teeth may promote tooth damage such as decay due to plaque laying dormant on the teeth for hours on end.”

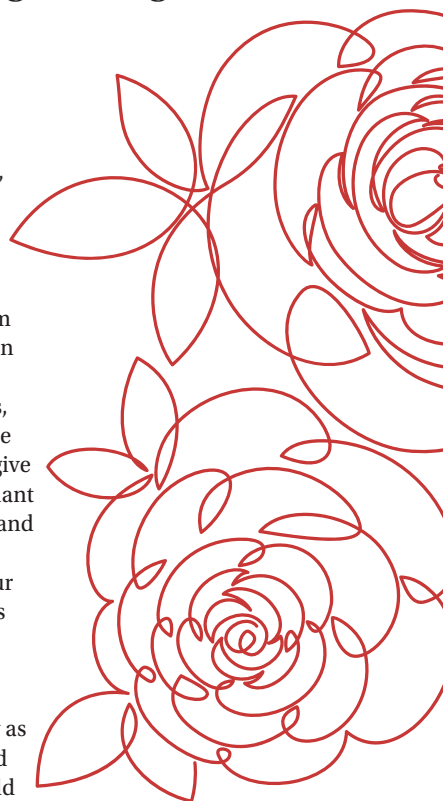
another alternative way to maintain the health of your teeth and mouth, as it can support Qi (energy) and blood flow. Acupressure can be performed by a practitioner or at home, by using your fingers to massage acupoints that correspond to areas in the mouth.

5 Double-up on dairy

“Dairy products such as cow’s milk, yoghurt and cheese are good for your teeth as they contain casein proteins that form a protective film on the surface of your teeth,” says Dr Bhalla. “These proteins then work to protect the hard outer layer of your teeth, otherwise known as enamel. Dairy foods are also rich in calcium, which help keep your bones, and teeth strong, they also contain minerals called phosphorus which repair any damage done to your teeth.

6 Sip on green tea

“Drinking green tea benefits your oral health as it can help to combat the bacteria that causes cavities, as well as helping to keep gums healthy, reducing inflammation and remineralising weak enamel,” says Dr Bhalla. “However, do be mindful about how much you



“Crunchy veggies such as celery, carrot and apple are good veggies to snack on throughout the day, as they help to keep your teeth and mouth clean”



ROSIE UNDERWOOD

Finding solace in SONG

How singing is the instant access to emotional release we've all be looking for

Ever felt that belting out a classic in the car or in the shower feels freeing, joyous, cathartic and lightens the load, yet if anyone heard you, you'd want to go and live under a rock somewhere for the foreseeable? Singing is a natural, universal form of human expression, so why do we as a majority shy away from it?

When I first started teaching and speaking to large groups or crowds of people, I began amateur singing in small groups to gain more clarity and confidence around my speaking voice, and the results were profound. Not only did I gain emotional confidence, I became a better listener and I felt I had instant access to boosting feel good hormones without any mediation at any point in my day.

So, I stripped it back to try to make sense of the magic in music. At its core, music is simply a vibration brought to the ear by sound waves. The varying pitch, tempo, volume and rhythm has the infinite potential to shift the way we feel in our emotional bodies. Science can explain music, but only intellect and emotion can create it. What I learnt was that singing is a whole bodied experience, it creates opportunities for deeper intentional breaths, and when we sing, as opposed to just listening to songs that align with how we might be feeling, the process allows us to tap into the emotions we might be experiencing more deeply. In a similar way to exercise, singing can help us explore our emotional bodies, but it gives us more of an instant, accessible result.

Take yoga, it can take years to hone your skill, gain the muscle memory, mental stamina, breath, strength and flexibility it requires to flow through a sequence. But music is innate; we feel the rhythm running through us in the womb, we learn to intuitively dance as babies, and we sing confidently as children to our favourite songs. It's running through our veins, it's in our DNA and very much a part of our biology.

When I first started singing in a group as an adult, the teacher routinely brought boxes of tissues into the room. I wondered why, but sure enough, two minutes into practice and the lot of us were bawling our eyes out. Gwyneth Paltrow even confessed that whilst she was doing her vocal training for her role as a Western singer in the movie *Country Strong*, she'd dig deep to bust out a high note in rehearsal and then burst into tears.

So why all the tears? 'It goes back to childhood triggers' says Mercedes Sieff, co-founder of the award-winning holistic wellbeing retreats, Yeotown, "badly or not, if you ask children to sing, they'll all sing. Its only as we get older, we get more self-conscious and for the majority, we stop singing. It could be that we're told to not be loud, or that we can't sing, it can be the smallest comment and psychologically our subconscious tells us not to sing anymore, because we associate it to negativity."

So somewhere along the way, the simple joy of using our vocals to create song and in turn, joy is lost, along with the freedom to





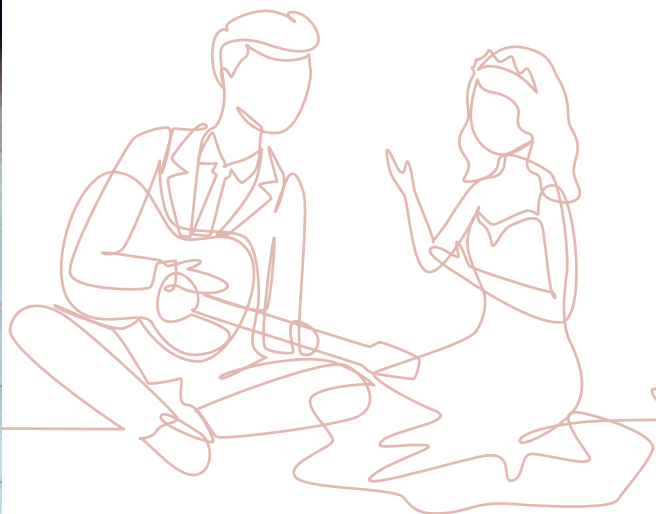
*"Your song exists inside you,
and is waiting for you to ignite
it at any point in your day"*



create expressive range. "Singing, releases so much." Adds Sieff. "Every tribe in the world, no matter where you go, no matter how remote or primitive it is, song is always present. It's a basic human need, so when we stop that, things get stuck inside, sound is a way for things to literally get out of the system. It's a big release."

A lot of the release we experience is to do with the vagus nerve, which is the longest cranial nerve in the body. It connects the brain and the gut, lungs, and heart, all emotional centres of the body. The 'wandering' nerve as its sometimes called plays a critical role in helping us rest and digest. Increasing the tone of the vagus nerve, which is what we do through both singing and creating deeper breaths enables our bodies to relax faster after experiencing something stressful.

So, whether you have the vocal range of Celine Dione, or you consider yourself more of a meme from the first round of *X Factor* auditions, there is no rule as to what is best, you have to follow the feeling. And in a time of elitism in the world of wellbeing that can dictate parting with a lot of money for extreme detoxes, therapies, cleanses and more, your song exists inside of you, and is waiting for you to ignite it at any point in your day, no matter what you're going through, even through the genuinely hard stuff. Singing will declare your emotional state, and if you're brave enough, it'll replicate that to a listener, so let's all start singing from the same sheet and start hitting those high notes without judgement.





BODY *notebook*

How to move your body more

Struggle to fit exercise into your day? Try incorporating more movement in general, rather than specific activities. "These are such simple and enjoyable ways to get more movement into your day-to-day life," says Zoe Warren, a qualified yoga teacher and the founder of wellness subscription brand Peachy With Zoe (peachywithzoe.com). "We have to remember that we are animals with an inherent need to move. The more we can move our bodies in different ways, the more this helps improve our posture, strength, flexibility and reduces pain in the body which is often associated with a lack of movement. Some simple ways we can all squeeze more movement into a busy day include, getting up five minutes earlier to stretch and wriggle out a nights sleep, park further from work or school so you add five to 10 minutes of walking each way, do squats each time you boil the kettle or do five minutes star jumps and high knees for every hour that you sit at your desk."

SLEEP MORE, STRESS LESS

Being under a certain level of pressure can help us stay productive, feel energised and react quickly to certain situations. However, studies have shown that chronic (or persistent) stress affects our memory and other aspects of our cognitive function, including our mood and emotions. "High levels of stress can make it difficult to get enough sleep, which in turn, can lead to poor mental health, including anxiety and depression, and impairs your memory and ability to make decisions," says Professor Eli Silber, consultant neurologist at The Wellington Hospital, part of HCA Healthcare UK (hcahealthcare.co.uk). "By implementing a relaxing wind-down routine, you're more likely to keep a stable sleep schedule, which in turn helps you manage stress levels."



EXPERT CORNER

Q What exercises can help with IBS? *Studio manager and trainer at FS8 Oxford Circus, Emily Rutherford (fs8.com/oxfordcircus/home) says:*

A IBS is a chronic condition that impacts around 20 percent of the population, and can lead to symptoms, such as abdominal pain, cramping, bloating, excess gas and constipation. While these symptoms can interfere with everyday life, there are certain lifestyle changes people can make to help manage symptoms. For instance, regular exercise is a great option as it is thought to ease IBS symptoms by reducing stress levels, improving bowel function and alleviating bloating. In particular, Pilates is a great option for IBS sufferers, as it is a low-impact workout that focuses primarily on mindfulness. This is especially useful for IBS sufferers, as stress and anxiety has been known to make symptoms worse. Therefore, spending more time focusing on holistic health and regularly taking part in low-impact exercises such as Pilates can significantly help to reduce IBS symptoms by giving the body time to rest.

WHAT'S THE ALTERNATIVE?

Low libido can be a problem for many women, no matter what stage of life they're in. Luckily, there are some natural ways you can increase your sex drive and improve your health, explains Dr Ghazala Aziz-Scott, a specialist in integrative women's health for the Marion Gluck Clinic (mariongluckclinic.com).

MOVE YOUR BODY

According to a study by the *Journal of Sexual Medicine*, routine yoga practice improves several facets of sexual function in women such as libido, arousal, and orgasm. The study revealed that Triangle Pose and Cobra pose were one of the five key movements practised in the study.

SPICE THINGS UP

Another way to achieve a better sex drive is to try out new types of sexual pleasure. Having a conversation with your partner and researching what may work for you both is a great way to improve your connection and sex.

USE NATURAL WATER-BASED LUBRICANTS

The vagina already produces a natural lubricant, but if that's not enough, particularly if suffering from vaginal dryness, a common side effect of the menopause, then lubricants are a great addition to make the experience easier.



Spring herbs

EMMA CANNON

Our columnist explores nature's most effective bounty for this time of year

In Chinese Medicine, spring is said to represent the wood element; everything is emerging and coming into bloom. The wood element also incorporates the gallbladder and liver making this time of year the perfect time for a cleanse.

THIS IS MY FAVORITE HERBAL TEA MIX EQUAL PARTS OF

- Red Clover (remove if pregnant or breast feeding)
- Nettle
- Burdock Root (remove if trying to conceive or pregnant or for children under 14 years)
- Dandelion

I buy 125g bags of each of these at the beginning of spring and mix them all together. To make a pot of tea, I put three teaspoons of the mix in a small teapot and add boiling water. Let it brew for three-to-five minutes and drink. You can add a little good-quality local honey or raw if it is available.

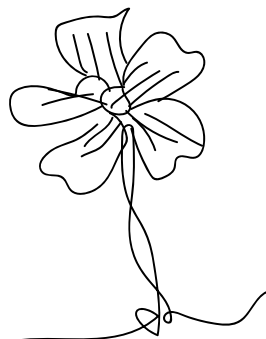
RED CLOVER

- Also used for lung conditions such as asthma.
- Contains a substance called isoflavones which is thought to be similar to oestrogens and has therefore been used for menopausal symptoms and osteoporosis.
- It removes excess fluid from the body
- Supports the liver in cleansing the blood
- Reduces inflammation

NETTLE

- If you ever get the chance to collect nettles in the wild (away from roads) and make into a

"Over the years I have experimented with all sorts of different cleanse routines. These days, I prefer a gentler approach"



- tea or a soup. It comes at just the right time of year as it's a great friend for those with hay fever
- Diuretic; increasing the removal of uric acid through the urine
- Good for inflammatory arthritis or gout
- Good for kidney energy
- I recommend to my fertility patient to use in the follicular phase of the cycle to nourish the blood

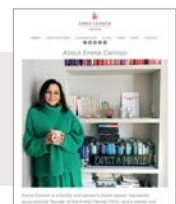
BURDOCK ROOT

- This dried root is such an amazing blood tonic and in Chinese Medicine the liver is said to 'control the blood'. Burdock cleans helps the liver in its job of cleaning the blood.
- This also makes it a great skin tonic along with its anti-inflammatory and anti-bacterial properties. Burdock is full of antioxidants.

DANDELION

- A powerful diuretic, in fact, as I was writing this I could hear my Granny saying to me when I was a child 'don't pick the dandelions or you will wet the bed'.
- Supports liver function; studies indicate this is due to its ability to increase the flow of bile.
- In Chinese Medicine the liver is said to 'open into the eyes' and dandelion does help eye-related conditions.
- I combine dandelion and chrysanthemum to make a soothing eye bath when tea is cooled and a powerful tea to make the eyes bright.

EMMA CANNON is an integrated women's health expert, registered acupuncturist and author. Check out more of Emma's fantastic work at emmacannon.co.uk





STACEY CARTER

Break your **SLEEP BARRIERS**

Wake up on the right side of the bed with our expert guide on achieving quality rest



28

Sleep is essential for our health, but it can be more complicated than simply drifting off. There are several things that can cause you to get a terrible night's rest, from being too hot to consuming too much caffeine – achieving a good night's sleep isn't as straightforward as we'd like to think, so, to understand the common causes of disturbed slumber, we spoke to experts in rest to find out the common barriers.

Feeling anxious

Do you struggle to switch off in the evening? Anxiety can seriously impact the quantity and quality of the sleep we get. "Sleep is essential for our physical and mental health, improving all aspects of the mind, body, and soul," says Dr Nerina Ramlakhan, a sleep expert and physiologist (drnerina.com). "When we achieve consistent, good-quality sleep, we have the physical and mental ability to deal with day-to-day challenges." According to research from the Sleep Foundation, anxiety is often connected to sleep problems and sleep deprivation can often worsen existing anxiety disorders. "While short-term stress can be motivational and healthy, a prolonged state of anxiety dysregulates our adreno-cortical system, diverting our energy sources and resulting in sleep disruption and mood changes," says Dr Ramlakhan.

THE SOLUTION:

"Anxiety feeds on uncertainty and also a lack of control," says insomnia specialist and founder of the UK's leading insomnia service, The Insomnia Clinic (theinsomniaclinic.co.uk) Kathryn Pinkham. "So, if you're struggling with this, it's

important to find healthy ways you can 'control' your worry. My advice would be to allocate a 20-minute window of time every day to write down everything you're worried about. This is great for telling your mind that you are not ignoring your worries, however silly you may think they are, but you're acknowledging them at a time that is suitable for you."

Dehydration

"If you often wake up thirsty, the most obvious reason is that you haven't drunk water for several hours (overnight or even during the day before)," says sleep expert Dr Kat Lederle (drkatsleep.com). "Another reason might be because you've sweated a lot – hormonal changes such as the menopause can often impact body temperature at night. We also lose water during respiration and particularly when we breathe through the mouth, something many people do while asleep. It could also be a medical condition."

THE SOLUTION:

Making sure to drink regularly throughout the day and drinking at least one big glass before bed can help you wake up less during the night. "If it happens occasionally and you get back to sleep after a sip of water, then that's okay," says Dr Lederle. "But, if you notice you're waking up feeling thirsty a lot, talk to your GP to make sure it's not a sign of something more serious."



"Sleep is essential for our health but is more complicated than simply drifting off"

beverages past 3pm, as according to research from The Sleep Foundation, the effects of consuming caffeine typically begin after around 30 minutes and may last up to five hours or longer.

You've spent too long scrolling

Blue light is everywhere these days, from our phone to our TV screens. "Exposing yourself to blue light in the evening will tell your body clock that it is daytime and it will keep you alert," says Dr Lederle. "This makes it harder to fall asleep and have good-quality rest and will leave you feeling tired when you wake up the next day."

THE SOLUTION:

"The morning is the best time to expose yourself to a bright light, including blue light," says Dr Lederle. "That's because you want to tell your body clock that the day has started and it's all about being active and alert. It's fine to have bright light for most of the day but start to lower lighting levels and blue light in the late afternoon/early evening, then set a cut-off time in the evening."

Too hot

Sights, sounds and smells are key to promoting a restful slumber, as is temperature. "What helps us fall asleep at night is a natural decrease in body temperature (by no more than 1C), as it opens the sleep gate," explains Dr Lederle. "In order for the body to release warmth (via hands and feet) the surrounding temperature needs to be lower, there has to be a gradient. If there isn't one, like on a hot summer's night, then it can be harder for us to fall asleep."

THE SOLUTION:

"Keeping the bedroom to 16-18C is best for sleep, but if you're struggling to keep the temperature down, it could be worth investing in some breathable sleepwear or a fan for your room," says Dr Lederle.

You've drunk too much caffeine

"If you have caffeine in the late afternoon or early evening, it can have a negative effect on your ability to fall asleep and its quality," says Dr Lederle. "However, having a cup of coffee or two in the morning is fine (unless you are very sensitive to caffeine, of course)."





THE SOLUTION:

Limit yourself to two cups of coffee if possible and make sure that you don't drink any caffeinated

FINDING THE RIGHT POSITION

"The number of people who sleep on their front, and suffer from neck or back pain, but don't join up the dots is shocking," says physio and sleep posture expert, James Leinhardt (levitex.co.uk). "Drawing from our experience working in healthcare with local authorities, The Dreamer' (semi-foetal side lying) has been proven to be the optimal position for night-time posture," says James. "This is because it offers the best support for the head, neck, spine and hips, as it allows the body to rest in neutral alignment with no twists or bends through the night. If you're struggling to achieve this, try falling asleep on your side in a semi-foetal position. Evidence has found that this position puts the least amount of tension through your spine."

The UK's top five sleeping positions include:

-  **The Heavy Lifter** (20 percent) – Those who sleep like this are setting themselves up for issues with sacroiliac joint problems, shoulder instability, and are likely to wake up with lower back pain.
-  **The Hedgehog** (15 percent) – Hedgehog sleepers may experience tightness in hip flexors, leading to hip arthritis or pain.
-  **The Applauder** (14 percent) – Sleeping like The Applauder makes you rotate your spine and lengthens the piriformis muscle, leading to hip, lower back and neck pain.
-  **The Wrestler** (5 percent) – if you're anything like The Wrestler, you're causing spinal rotation and anterior shoulder instability.

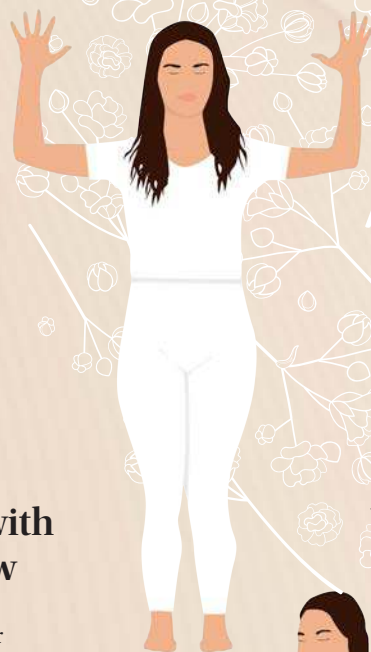
FULL MOON *Flow*

Tune into the energy of the full moon with this uplifting, open-hearted yoga flow

The arrival of the full moon is a great way to tune into lunar energies, but did you know that it can also be the perfect time to schedule in a yoga session? It's at this point that our own energy is at our peak, so make the most of these vibrant feelings and use this time to release negative energies that you don't want to take with you into the next lunar cycle. This simple, upper-body yoga flow can help you open your heart and allow space for kindness, compassion and forgiveness.

30

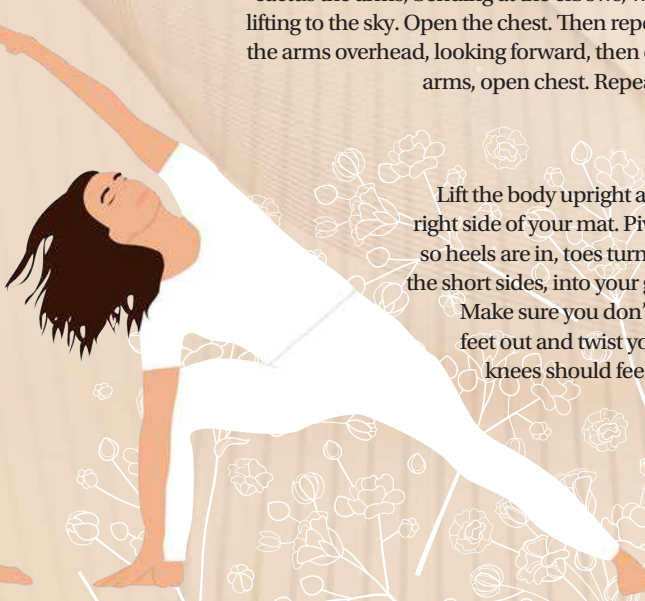
Inhale, sweep the arms up the sky then circle the arms backwards, step the right leg to the back of the mat, and pivot on the feet to find your warrior II, with your arms wide and expansive. Stay for a few breaths, feet rooted to the earth. Reverse your warrior, left arm reaches up over the head, keep soft into the left knee and enjoy this long side stretch. Stay here for three breaths, then lift the body upright, softly drop your left elbow to your left thigh, with your right arm extending over your head at an extended side angle. Now you should be able to feel the same deep side-stretch on the other side.



Come to the top of the mat, feet underneath your hips, or a little wider if that feels more comfortable. Hands by your sides, palms facing forward, chest lifted, make sure that you're feeling uplifted and positive.



Inhale your arms over your head and as you exhale, cactus the arms, bending at the elbows, with your chest lifting to the sky. Open the chest. Then repeat, straighten the arms overhead, looking forward, then exhale, cactus arms, open chest. Repeat twice more.



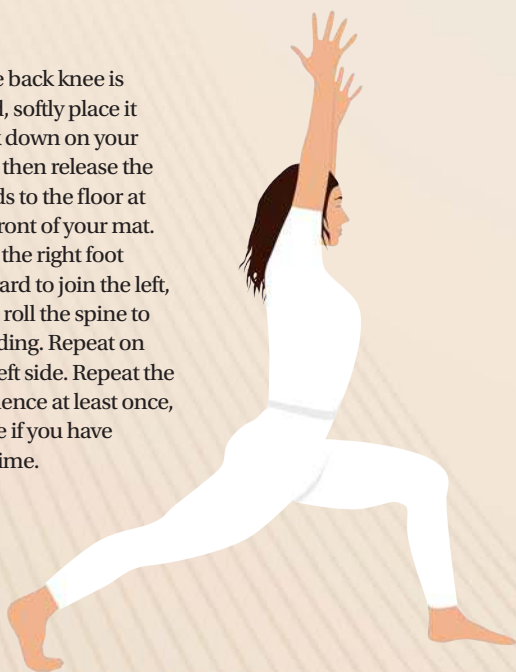
Lift the body upright and turn to the right side of your mat. Pivot on the feet so heels are in, toes turning out facing the short sides, into your goddess pose. Make sure you don't overturn the feet out and twist your knees. The knees should feel comfortable.

Body + Food + Ageing + Beauty + Special + Healing + Living

Bend your knees deeply, sinking low, arms down by your hips, then inhale, straighten the legs, arms lifting and reaching out to the side, then toward the sky. As you exhale, bend the knees deeply, cactus the arms, with your heart reaching upward. Repeat this straightening of the legs and then the goddess pose with cactus arms four more times.



If the back knee is lifted, softly place it back down on your mat, then release the hands to the floor at the front of your mat. Step the right foot forward to join the left, then roll the spine to standing. Repeat on the left side. Repeat the sequence at least once, more if you have the time.



Then take it to savasana and rest.



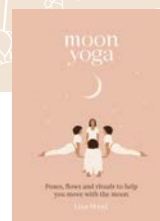
Next time you come to straighten the legs, reach the hands high, then bend the knees deeply and fold the body all the way down to the earth, let the head hang, and slightly bend the knees if it feels more comfortable for you. Bring your left hand onto the floor in line with your face and raise the right arm up to the sky, elephant twist, reach up tall, opening and twisting the spine. Release the right arm down and switch sides, right hand on the floor, left arm up opening the chest. Exhale and switch sides again one more time. Then both hands to the floor, ripple the spine up to standing, legs still super-wide. Pivot on your feet toward the

front of the mat, standing in a high lunge, reach the arms over your head, then drop the back knee back to the floor. Reach your hands behind you and interlace your fingers, take a deep inhale and as you exhale reach the hands away from your bum, shoulders drawing back, lifting the gaze toward the sky. If you feel stable and secure, you could even lift your back knee off the floor. Stay for three breaths.



Slowly make your way into open heart, using your bolster or cushion under your spine.

Moon Yoga by Lisa Hood is published by Godsfield Press (£12.99) Illustrations by Basae





8 HEALTH ESSENTIALS

for the WHOLE FAMILY

From your everyday breakfast to your holiday must-haves, shop these great finds for your family home



32



Hope's Relief Cream

A bestseller in Australia, Hope's Relief is an effective, natural alternative to steroid creams and other medicated treatments that can be used for long-term use on skin prone to eczema and psoriasis. It's suitable for newborn upwards and clinically proven to hydrate skin for up to 24 hours after just a single application. £18.49, available from Wholefoods, Revital, Planet Organic, all good health stores and pharmacies,

hopes-relief.com



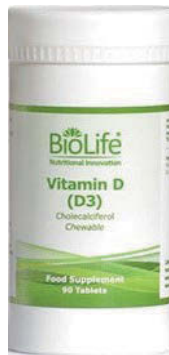
The Green Woman Mineral Toothpaste

White & Green mineral toothpaste is a completely natural but highly effective minty-fresh toothpaste that's suitable for the whole family. What's more, it's free-from fluoride and triclosan and is certified organic. Free samples are also available on the website. Smiles all round! £12.50, thegreenwoman.co.uk

BioLife Vitamin D3

In the chewable BioLife Vitamin D3 1000iu with vitamin K2 supplement, vitamins work together synergistically to support the calcium obtained from food is deposited in the bones rather than accumulating in deposits in the arteries. £9.98 for 90, £18.85 for 180, and £35.95 for 360.

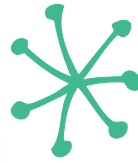
lifestylenaturalhealth.co.uk





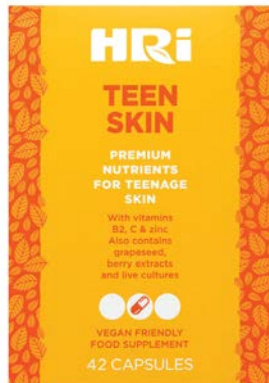
BIO&ME Prebiotic Granola

Created by Dr Megan Rossi, aka The Gut Health Doctor, Bio&Me's gut-loving prebiotic granolas, porridges and mueslis maximise plant-based diversity. With up to 16 different plant-based ingredients, they do your gut a world of good while also tasting great. All products are high in fibre, 100 percent plant-based and contain no added sugar or salt. £3.70, available at Tesco.



Wedderspoon Manuka Honey

This nutrient-rich, New Zealand Certified Manuka Honey is essential for an everyday immunity-boost. This superfood boasts monumental antibacterial, anti-inflammatory and antioxidant properties supporting your overall health. Just as nature intended, Wedderspoon's Manuka Honey is raw, unpasteurised and antibiotic-free, maintaining its natural, active enzymes from hive to home. Use code NATURALHEALTH for an exclusive 20 percent off. £18.99, manukahoneydirect.co.uk



HRI Teen Skin

This unique formulation for spots and acne has been carefully tailored to the lifestyles of teens and young adults, such as fluctuating hormones, late nights and sugary diets. Packed with 26 premium ingredients, HRI Teen Skin contains a full multivitamin and specialist skin formula in one, with a five-billion live culture skin-blend for gut health. £13.50. Available at Superdrug, Tesco and online, hriherbalmedicine.co.uk



ORGANii SPF 50 Sun Milk

The perfect sun protection for the whole family, ORGANii Sun Milk SPF 50 is certified organic, is fragrance-free and suitable for babies, children and adults, too. It has a high protection formula and offers protection against UVA and UVB rays, while protecting the most delicate of skin from the harsh rays of the sun. The light formula blends effortlessly and is quickly absorbed into the skin, leaving more time for fun in the sun. £27.95, organii.uk



Igennus Neurobalance

Promote a sense of calm with Neurobalance supplements. Its nutritionally balanced formula delivers absorbable forms of zinc, magnesium and vitamin B6 in effective doses to support cognitive function, mood regulation, immune health and sleep. Delivered in small, easy-to-swallow tablets, the flexible dosing is ideal for adults and children aged four and up. From £12.99, igennus.com



NATURAL WOMAN

This month, we look at a number of health issues which are more common in women and some of the natural solutions to treat them



Burning issue

Cystitis is one of the most common bacterial infections and you're 10 times more likely to suffer if you're a woman. Bladapure works as both a preventative and rapid treatment for bladder infections, with online reviews hailing it as a lifesaver.

Cramping your style

Stomach cramps during periods are the most common annoyance but issues such as IBS and the menopause can also cause cramping. The penetrating heat of a natural cherry stone pillow can bring instant relief as it moulds itself to your tummy.



Iron up

Women are much more likely to suffer with iron deficiency, which often leads to some reaching for a sugary energy drink, which can mask tiredness and could point to a deficiency. Iron Vital F is a tasty and highly absorbable natural iron and vitamin supplement, which won't cause constipation. Dosage can vary depending on your life stage so there's a useful guide to dosage.



Yeast away

Yeast infections can blight your life and can be difficult to treat and often reoccur. Candipure is a new supplement which makes your body inhospitable to the Candida albicans yeast overgrowth. Just one capsule a day can keep yeast at bay!



Natural Food

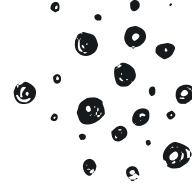
START LIVING HEALTHILY FROM THE INSIDE OUT

MAGIC BEANS?

We've heard of beans on toast, but how about beans in toast? The experts at The University of Reading are championing just that. They are encouraging food producers to switch to bread containing fava beans (aka broad beans) to make loaves healthier, and also reduce environmental impact. Up to now, soya flour has been commonly used in bread production, but the experts point out that broad bean flour could be more beneficial for its nutritional content. The beans are high in easily digested protein, fibre, and iron, so added to our bread could make it healthier. What's more these beans are well suited to UK growing conditions. Now that's something to smile about while tucking into your sandwiches.







Soothe & NOURISH

Nutritious recipes for during and after cancer treatment designed to share with family and friends, from the experts at The Royal Marsden, a world-leading cancer centre

NIGELLA LAWSON'S CAULIFLOWER, GARLIC AND TURMERIC SOUP


SERVES 4

- 1 head of garlic
- 3 tbsp olive oil
- 1 medium onion, chopped
- 1 cauliflower, broken into florets
- 1 tsp turmeric
- 1 large potato, peeled and diced
- 1 litre hot vegetable stock (Marigold bouillon powder is fine)

1. Preheat the oven to 200C/400F/ Gas 6. Cut the top off the head of the garlic so that you can just see the tops of the cloves. Sit the garlic on a generous square of tinfoil (shiny-side up) and drizzle a small amount of the olive oil over. Pull up the edges of the foil to form a tightly wrapped but baggy parcel and put in the preheated oven for 40 minutes. Remove and allow to cool a little while you get on with the soup.

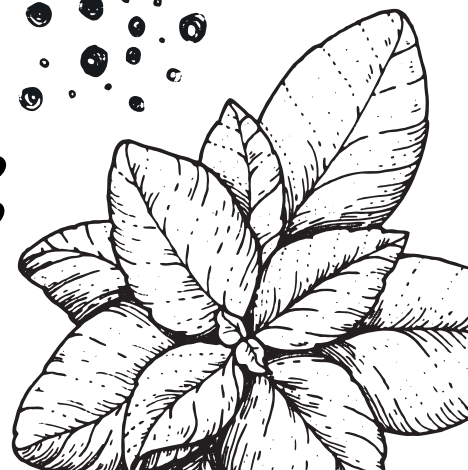
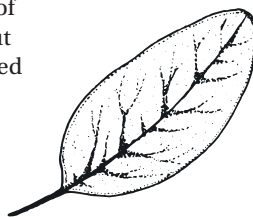
2. Pour the rest of the oil into a wide saucepan and fry the onion gently for 10 minutes or so until softened but not browning. Add the cauliflower florets and turn in the oily onion. Add the turmeric and keep stirring, then stir in the potato. Cover and cook over a low to medium heat for about 10 minutes.

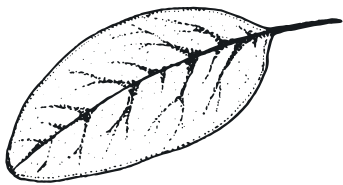
3. Squeeze in the pulpy, sweet, baked garlic cloves (just squish the head straight into the saucepan) and then add the stock. Bring to the boil, lower the heat to a simmer, then cover and cook for a further 15 minutes or so. Purée in a food processor or blender or, if you like a soup with more texture, just stick a handheld blender in the pan or bash about with an old-fashioned potato masher. Add freshly chopped parsley or coriander to the bowls as you eat.



"Packed full of vegetables and phytonutrients, it is undeniably true that this soup is both soothing and bolstering as well as easy and gratifying to eat. Baking the garlic gives a lot of depth while taking away any potential for bitter heat. And the colour, an almost acid gold, is glorious."

Nigella Lawson





JANE BAXTER'S ORECCHIETTE WITH PURPLE SPROUTING BROCCOLI

SERVES 4

- 2 tbsp olive oil
- 4 garlic cloves, finely sliced
- 2 dried chillies, stalks removed and sliced
- 8 anchovy fillets
- 400g purple sprouting broccoli
- 350g orecchiette
- Salt and freshly ground black pepper
- Grated Parmesan cheese, to serve

1. Preheat the oven to 200C/400F/ Gas 6. Heat the olive oil in a saucepan and add the garlic and chillies.

Cook over a low heat until the garlic has softened a little but not browned. Add the anchovies, remove the pan from the heat and stir vigorously so the anchovies melt into the oil.

2. Bring a large saucepan of water to the boil and add salt. Add the sprouting broccoli and cook for about four minutes until just tender. Drain and roughly chop the stems. Add the broccoli to the garlic, chilli and anchovy mix, and cook over a low heat for about five minutes.

3. Meanwhile, cook the orecchiette for about 12 minutes (or according to packet instructions) until almost cooked but a little al dente. Drain well and place in the pan

with the sprouting broccoli and sauce. Taste for seasoning – the anchovies will make it quite salty already – and add salt and black pepper as necessary. Serve with lots of grated Parmesan.



"The strong flavours make this a favourite for those with tired palates. It is excellent for folate and beta-carotene, with the anchovies providing some calcium"



ICE LOLLIES

GREEN TEA (MATCHA) AND PEACH

MAKES 6 x 50ML ICE LOLLIES

- 1 tsp Matcha tea (or contents of 1 tea bag)
- 150g peaches (canned are fine)
- 2 tbsp runny honey

1. Pour 150ml hot water over the tea and leave to infuse for several hours.
2. Strain this into a blender along with the peaches and honey.
3. Blitz and pour into moulds. Freeze until firm. To unmould, dip into hot water for a few moments.



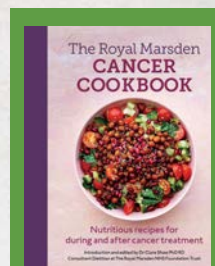
"Both these recipes have deliberately been made quite soothing, so should hopefully be useful if you are dealing with a sore mouth. You can also freeze them in small ice-cube trays or bags to eat smaller quantities more regularly"

MELON, COCONUT AND MINT

MAKES 6 x 50ML ICE LOLLIES

- 4 tbsp honey
- ½ tsp grated fresh ginger (optional)
- A few sprigs of mint, bashed
- 150g melon, deseeded and chopped
- 100ml coconut milk or yoghurt
- Squeeze of lime (optional)

1. Put the honey in a small saucepan with one tbsp water, the ginger and mint. Heat gently until the honey has melted, then remove from the heat and leave to infuse for a few minutes.
2. Put the melon and coconut milk in a blender and squeeze over some lime juice, if using. Strain the honey syrup through a sieve into the blender.
3. Blitz until smooth, then pour into moulds. Freeze until firm. To unmould, dip into hot water for a few moments.



All recipes taken from *The Royal Marsden Cancer Cookbook* by Catherine Phipps and Dr Clare Shaw PhD RD (Kyle Books, £26), Photography by Georgia Glynn Smith and Cara Cormack.



EATING *for* TWO

Your guide to how to adapt your diet for a healthy pregnancy, from **Sasha Parkin**, clinical nutritional therapist at Wild Nutrition



When a woman becomes pregnant, they can often find themselves feeling zapped of energy and without desire for anything beyond beige food. Whilst this is commonplace, it will have a profound effect if you are able to sneak some nutrients in via things such as pasta sauces, smoothies, broths and more.

So, what are the key nutrients we should be looking out for in our diets? Aim to include B-vitamins, iron and magnesium-rich foods for energy production. Also, vitamin K: in the final trimester it is extra important, as it is key for blood clotting. It can be found in watercress, spinach, avocado, broccoli, and nettle. You also need to be mindful to avoid certain foods and drinks that are not considered safe during pregnancy, you should get an extensive list from your midwife with these noted, if you are newly pregnant you can find this list on the NHS website.

If you follow a vegetarian or plant-based diet, there are a few extra considerations to keep in mind, including:

- **Vitamin B12:** you cannot get enough B12 via a strict vegan diet and would need to consider a supplement. Vegetarian diets can get some via dairy and eggs, but it is still worth having your levels tested to ensure they are sufficient.
- **Iron:** You can get great sources of non-haem iron via a plant based or vegetarian diet such as legumes and dark leafy greens, but this is less well absorbed than haem (animal) sources, a simple tip is to pair with a vitamin c rich food such as lemon juice which aids uptake.
- **Omega 3:** Unfortunately, there is a misconception in the nutrition world that you can get ample omega 3 from nuts and seeds. While they are rich sources, they are in the ALA (alpha-linoleic acid) form rather

than the DHA (docosahexaenoic acid) or EPA (eicosapentaenoic acid) form, with conversion cited as low as 5-10 percent it is important to supplement an algae (or fish) omega 3 during this life-stage which is so reliant on good levels. More on this, below.

- **Iodine:** found primarily in fish, dairy and fortified foods iodine is important for thyroid health for both mother and baby during pregnancy, if you are not meeting your dietary needs, ensure your pregnancy multi contains this.
- **Calcium:** stores can be drawn from the mother during pregnancy, focus on rich sources such as nuts and seeds (especially sesame seeds), leafy greens and soaked pulses, if you are vegetarian, dairy and eggs are also good choices.

A word on supplements

When it comes to pregnancy multi-nutrient food supplements, most people know they should take one and will often be told to get one from their doctor or midwife. But unfortunately, they are not all equal. Some popular choices contain bulking agents and less bioavailable nutrient forms. Do your research and find out from the company, do they have authority in women's health and are they transparent with their ingredients?

Growing a new life is hard work and you want to make it as easy as possible for the body. Ensure your pregnancy multi-nutrient: has 400iu of folic acid (as naturally occurring folate), choline and vitamin D. Wild Nutrition's Pregnancy and New Mother Support (£37, wildnutrition.com) meets all of the above criteria and never uses fillers, additives or synthetics. I would also advise continuing this into the fourth trimester for post-birth recovery.

"I would also advise continuing this into the fourth trimester for post-birth recovery"



Body + Food + Ageing + Beauty + Special + Healing + Living



Another type of supplement you may need to consider is omega 3. Most of us are not getting sufficient omega 3 through diet alone, and it is a crucial part of the building blocks for hormones. Essential fatty acids also play a significant role in infant brain and cognitive development and a growing baby in the womb is reliant upon a mother's levels being optimal otherwise they will 'borrow' stores from the mother, this could partly be where the term 'baby brain' derives from.

Mothers also benefit from optimising omega 3 reserves, supportive for hormones, immunity, recovery from birth and more. Some research has linked low levels of omega 3 to a greater risk of postnatal depression. You can find pregnancy-specific omega 3's which focus on brain supportive DHA.

Also think about probiotics. The human body contains about 100 trillion microbial cells (more cells than human cells) and beneficial bacteria can have a powerful effect on development in early life. These good bacteria play a great role in the mother's health too, they have been linked to having a protective role in preeclampsia, gestational diabetes mellitus, vaginal infections, maternal and infant weight gain.

Additionally, I would recommend getting your iron (and ferritin) tested and likely supplementing iron post birth especially if you don't eat meat.

Can you eat to beat morning sickness?

Eat little and often if you are feeling sick. During the first trimester the waves of hormones, namely human chorionic gonadotropin (hCG) nausea. Where possible, ensure you are having a source of fat, carb and protein each time you eat, as low blood sugar furthers this cycle. Also, ensure you are getting adequate B6 and zinc in your diet or are taking a pregnancy multi that contains these as deficiencies have also been linked to increased morning sickness.

How to fuel during labour

Quite often you will be nil by mouth, but if you are able to eat its important when packing your bag to focus on snacks that are going to give you long-lasting energy in the form of good-quality fats, carbs and protein as most hospital vending machines little offer in the form of nutrition.



So, what are good snacks to pack in your hospital bag (or prepare for a home birth)? Some great options include a trail mix (nuts, seeds and dried fruit), protein bars, a superfood blend that you can just add water to, bone broth, and lastly some herbal teas such as nettle (iron) and coconut water. If you are planning to breastfeed consider a breastfeeding multi containing fenugreek for milk supply, such as Wild Nutrition's Breastfeeding Support.

Nourishing yourself postpartum

It sounds obvious but the most important thing you can do to look after yourself postpartum is to remember to eat three meals a day. I can't tell you how many women I have spoken to that became so consumed with caring for their new baby they were barely feeding themselves.

Batch cooking and freezing pre-birth gives you a huge advantage when you are suddenly time poor and preoccupied; soups, stews, bakes and protein bars or balls are all great options that are fast to heat once defrosted.

If you eat meat, try to include red meat in your diet to restore iron. This is especially important if you are breastfeeding as this is an energy-hungry process.

Try to focus on protein, iron and zinc-rich foods which are all supportive for getting you back to balance post birth.

And if you know anyone that has recently had a new addition to their family and you have the time and resource to take them a freshly cooked meal such as a nourishing stew, bake, or dahl, I'm sure they would be eternally grateful for your kindness.

ABOUT SASHA PARKIN

Clinical Nutritional Therapist at Wild Nutrition with a key focus on women's health. Sasha has worked in the nutrition industry for five years, supporting training the future practitioners of today and writing for key wellness thought leaders to educate on nutrition and lifestyle medicine. Wild Nutrition offers free 15-minute expert nutrition consultations (telephone or Zoom) including a dedicated service for pregnancy nutrition and safe supplementation. Find out more at wildnutriton.com



NEW



Rabenhorst[®]
THE VERY BEST FOR YOU.

PLEASURE AND HEALTH IN HARMONY.

- PROTECTING with ZINC for the immune system & cell protection
- RELAXING with MAGNESIUM for energy balance & the nervous system
- Also available in these varieties:
- WELL-BEING with IRON for blood formation and energy metabolism
- INNER BEAUTY with BIOTIN for healthy skin & hair and ZINC for healthy nails

Vegan

Available at www.dolphinfitness.co.uk
as well as your local independent health food stores



make life better... become a homeopath

find inspiration, work from home, have a career in healthcare

*Homeopathy First Aid Courses
Homeopathy Taster Course
Homeopathy Foundation Course
Homeopathy Advanced Practitioner Course
Anatomy & Physiology Courses
Pathology & Disease Courses*

*Additional School of Health courses:
Herbal Medicine Foundation Course
Yoga Foundation Course
Nutrition for Beginners
Nutritional Advisor & Therapist Course
Naturopathy Course*

Learn to be a homeopath with our professional courses.

Flexibility: part-time (1 weekend a month in Stroud) or home study

Choice: option of certificate from beginner to practitioner level

Creativity: dynamic, innovative and world renowned curriculum

Accessibility: no prior training required, indepth continual assessment

Quality: School recognised by the Society of Homeopaths

Delivery: graduates eligible to apply for registration and start practice

01453 765 956 or 0800 0439 349

info@soh.uk

www.schoolofhomeopathy.com

www.schoolofhealth.com

 Society of
Homeopaths

RECOGNISED

THE
SCHOOL OF
HOMEOPATHY®

Be better, naturally...





Louise Barton

CAN YOU JUST LEARN TO BE?

How to be a human being, not a human doing...

OUR HOLISTIC COACHES

Louise Barton is an Institute of Integrative Nutrition-qualified health coach
 livewellwithlou.com
 @live_well_with_lou



Sarah Highfield is a qualified yoga teacher and founder of Yogagise
 @yogagise,
 yogagise.com



Claire Paphitis is a qualified ayurvedic consultant and author of the book *Balance Your Agni* (Penguin £8.99)

In our busy, frantic modern-day world it is so hard to find a human being... so many of us have morphed into human doings. Our culture tends to emphasise productivity, output and achievement. As a result, constantly doing helps many of us feel accomplished. Living in today's world means being bombarded by messages telling us that we must 'do' things to be successful and it can become the basis for our self-identity and self-esteem. In being brainwashed by these messages, you may find that you transform from a human being to a human doing.

Are you more human doing than human being, here are five signs:

- Human doings believe that they must 'do' things (really well!) to be valued in our society, and to value themselves.
- Human doings only feel good about themselves when they are accomplishing things.
- To prove themselves, human doings use measurable criteria which can range from financial or professional status to seemingly trivial things, such as how many steps they take in a day or the cleanliness of their households.
- Human doings are often "list people" who wake up every day with a tally of tasks and they are not satisfied or happy at the end of the day unless they crossed off, every item on the list.
- Having internalised perceptions of being a human doing from their parents or culture, human doings come to feel good about themselves only when they achieve and succeed.

Doing is good, it's necessary, but not when we are only doing and have no space in our day to just be.

So how can we put a break on the frantic mindset of doing and give ourselves a moment to be more of a human being? 'Being' is not easy. It's why so many of us feel anxious and jittery when we have to sit still. But there are ways to slow down that hamster wheel and micro-

mindfulness is a great place to start. It offers a way to connect back to our innate humanness... in just one or two minutes.

See if you can intentionally resist the tsunami of unhealthy messages from our achievement culture and try and actively break the regular 'doing' rhythm of your day with a little pocket of mindfulness. Just a small moment of intentional 'being' can help you welcome a little more peace, calm, and contentment into your life.

3 micro-mindfulness tools

What: 7-11 breath

How:

- Start by fully emptying your lungs with an exhale through the mouth
- Breathe in (through the nose) for a count of seven
- Breathe out (through the nose) for a count of 11
- Repeat five times - just breathe, and count
- Mindfully acknowledge how you feel after this practice

Why: Extending your exhale triggers your parasympathetic nervous system. See if you can ease your breath from your chest, down into your tummy. If 7-11 feels too much of a stretch, that's fine, go for 4-6 instead.

What: Colour your world

How:

- Look around and notice all the different colours that you can see
- Label all the different colours that you can see
- Now, pick one colour to focus on, see how many things you see that are that particular colour. Find an object and acknowledge its shape, and size, and then find another object that same colour

Why: It's tricky for your mind focus on anything else while you bring your focus to colour in this way. By being in the present you give yourself a break from 'to do' lists, planning and doing.



STACEY CARTER

Back to EARTH

Take advantage of Mother Nature's garden
with these hormone-friendly herbs

46

If you sometimes feel out of sync with your body then you could well be suffering from a hormonal imbalance. Modern-day stresses, toxins and poor nutrition can all contribute to hormonal issues, which have a variety of symptoms, ranging from fatigue and irregular menstrual cycles to mood swings and weight gain. Luckily, there are ways we can reset our bodies and make sure that our hormones are happy and healthy. As well as limiting environmental toxins and reducing stress, adding herbs to your diet can restore balance to your body.

PMS

Premenstrual symptoms (PMS) can vary depending on the individual, but there are a few common symptoms that women suffer from. "Bloating and breast tenderness are very common symptoms of PMS and are the result of rapid changes in the levels of various hormones in the day or two before menstruation," says Dr Chris Etheridge, a medical herbalist and Chair of the British Herbal Medicines Association (bhma.info). "Bloating can be a result of either fluid retention, and/or PMS-associated gastrointestinal issues such as diarrhoea, constipation and wind."

Herbs that can help:

"Herbs that can be useful to relieve PMS-related digestive bloating include lemon

balm, valerian and passion flower," says Dr Etheridge. "Fluid retention can be relieved with herbs including horsetail, celery seed, buchu, uva-ursi and dandelion (leaf and root). The fruit of the agnus castus tree can help to relieve PMS symptoms such as irritability, mood swings, breast tenderness, bloating and menstrual cramps." If you're using progesterone-containing medication, the contraceptive pill or hormone replacement therapy, then you'll need to find an alternative to agnus castus. "Agnus castus is available as a THR medicine made by A.Vogel or can be prescribed by a medical herbalist," says Dr Etheridge.

PCOS

Polycystic ovary syndrome (PCOS) is a common endocrine disorder that impacts women of reproductive age. It can cause irregular cycles, excessive hair growth, oily skin and acne and weight gain. "Traditional Chinese Medicine (TCM) has a long history of using herbs to treat various conditions, including PCOS," says Emilia Herting, TCM practitioner and Escapada Health co-founder (escapadahealth.com). "However, it's important to note that this has not been extensively studied in Western medical research. That being said, there are several TCM herbs that have traditionally been used to help regulate menstrual cycles and hormone levels, which are two common symptoms of PCOS."

How to incorporate herbs into your diet

“Herbs and spices such as cinnamon, flaxseed and hibiscus are great to add to our diets,” says medical herbalist for A.Vogel, Siobhán Carroll (avogel.co.uk). “Others like Agnus castus are best taken as a tincture because the whole berries are too hard to eat. When it comes to sage and soy, both can be added to the diet – just make sure to avoid processed soy meat alternatives as they don’t have the same benefits. But, in order to get the most medicinal benefits, it can be simplest to add in a regulated licensed herbal medicine like Menoforce Sage tablets (£15.99, 30 tablets, Holland & Barrett and available at avogel.co.uk) or a food supplement to make sure you are getting an effective dose each day.”



Herbs that can help:

Dong quai (*Angelica sinensis*): Dong quai is a root that is often used to help regulate menstrual cycles and alleviate menstrual pain. It is believed to help nourish the blood and promote circulation, and may also have oestrogen-like effects.

Peony (*Paeonia lactiflora*): Peony is a root that is often used in TCM formulas to help regulate menstrual cycles and reduce pain. It is believed to have an anti-inflammatory effect and may also help to balance hormone levels.

Liquorice (*Glycyrrhiza glabra*): Licorice is a root that is often used to help regulate menstrual cycles and reduce inflammation. It is believed to have an oestrogen-like effect and may also help to reduce testosterone levels in women with PCOS.

Rehmannia (*Rehmannia glutinosa*): Rehmannia is a root that is often used to help nourish the blood and promote circulation. It may also have a regulatory effect on the hypothalamic-pituitary-ovarian axis, which is involved in the regulation of hormone level.

Menopause symptoms

Menopause is a natural process that occurs as hormone levels fluctuate for women in midlife. There are plenty of ways you can support yourself during the menopause, including tweaking your diet and prioritising sleep. However, certain herbs can also be helpful in managing menopause symptoms, such as hot flushes, night sweats, and mood changes.

Herbs that can help:

"Sage is a fantastic herb that has traditionally been used for reducing menopausal night sweats, hot flushes and for other menopausal complaints (amongst other issues)," says Dr Etheridge. "Research backs up the use of sage for treating sweating and night sweats, which are often associated with the menopause. Sage can be drunk as a cooled tea." Make sure you look out for products that display the THR logo, indicating that they have been granted a Traditional Herbal Registration (THR) by the UK's Medicines and Healthcare Products Regulatory Agency (MHRA).

"Traditional Chinese Medicine (TCM) can also be helpful in managing menopause symptoms, such as hot flushes, night sweats, and mood changes, through the use of various herbs," adds Emilia.

Ginseng (*Panax ginseng*): Ginseng is an adaptogen herb that is often used in TCM to help improve energy, focus, and cognitive function. It may also help to reduce hot flashes and improve overall wellbeing during menopause.

Rehmannia (*Rehmannia glutinosa*): Rehmannia is a root that is often used in TCM to help nourish the blood and promote circulation. It may also help to reduce hot flashes and improve sleep quality during menopause.

Black Cohosh (*Actaea racemosa*): Black cohosh is a popular herb that is often used to help alleviate menopause symptoms, such as hot flashes and night sweats. It may also have a mild estrogen-like effect and help to improve mood.

Red Clover (*Trifolium pratense*): Red clover is a plant that is often used to help reduce hot flashes and night sweats during menopause. It contains phytoestrogens, which may help to balance hormone levels.

Dong Quai (*Angelica sinensis*): Dong quai is often used in TCM to help regulate menstrual cycles and alleviate menstrual pain. It is also commonly used during menopause to help balance hormone levels and reduce hot flashes.

How to find the right herb for you

It's important to note that TCM herbs should be used under the guidance of a qualified TCM practitioner as the appropriate dosage and combination of herbs will vary depending on the individual. "Once the right formula (a set of herbs) has been prescribed, herbs can be drunk as tea (highly concentrated) on a daily basis," says Emilia. "Additionally, TCM should not be used as a substitute for conventional medical treatment, and it's important to consult with your healthcare provider before using any herbal remedies."

NH Circle



HOLLY TREACY

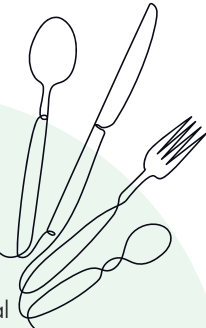
"THE RIGHT BLEND OF HERBS CAN REALLY HELP TO SUPPORT YOUR HORMONES"

"If you sometimes feel out of sync with your body then you could well be suffering from a hormonal imbalance"



WHAT'S IN YOUR BASKET?

If your mother always told you to eat your greens, she was right of course. While nothing is better than nourishing yourself with plenty of fresh, seasonal produce, it's not always achievable. For times when you're finding it challenging to regularly hit your quota, a high-quality food supplement can help. A scoop of BeWell Greens (£49, [Arbonne.com](https://www.arbonne.com)), delivers a blend of 36 fruits and vegetables in each serving. Boasting fibre and phytonutrients along with blue/green algae derived from spirulina, chlorella, wheatgrass and barley grass, this vegan supplement offers the benefits of eating the full colour spectrum of fruit and veg.



NUTRITION *notebook*

IF YOU HAVE
20
MINUTES

ROASTED CABBAGE STACK WITH MISO AND TAHINI DRESSING

A tasty gluten-free vegan recipe from Artah's Metabolic Reset programme

Serves 2

- 1 sweetheart cabbage, sliced horizontally into 2.5cm rounds
- 5 tbsp olive oil, plus extra to serve
- 1 tsp cumin seeds
- 1 tsp sumac
- 1 tsp za'atar
- 4 tbsp walnuts
- Handful mint leaves, plus extra, to serve
- 1 tbsp red wine vinegar
- 2 garlic cloves, minced
- 1 lemon, juice only
- 2-4 tbsp tahini
- 1 tbsp miso
- 1 tbsp sesame seeds
- 2 tbsp pomegranate seeds, to serve

1. Preheat your oven to 200C/400F/Gas 4. Place the cabbage slices on a suitable baking tray and drizzle in oil. Season, add cumin seeds, sumac and za'atar. Squeeze over half of the lemon juice. Bake for 15 minutes.

2. To make the chimichurri, combine the walnuts, mint, wine vinegar, garlic, four tbsp oil, remaining lemon juice and pepper in a blender.

3. Combine the miso, tahini, oil, juice of half a lemon, sesame seeds and seasoning in a separate bowl and whisk in two tbsp cold water.

4. Place a layer of chimichurri

on a slice of cabbage, place a further slice on top and layer more chimichurri. Repeat until all the cabbage has been used up. Pour over the tahini miso dressing. Finish with the pomegranate seeds, a drizzle of olive oil and mixed herbs.

[artah.co](https://www.artah.co)



FOODIE FRIENDS

Are you strict about your diet, or take a more laid-back approach? Chances are, your relationship to food will have similarities to your personal relationships. According to Elle Mace, Therapeutic Coach & Relationship Expert ([ellemace.com](https://www.ellemace.com)) there are three categories to describe your relationship with food: too rigid, too chaotic, or a mix of both. "If 'rigid,' you may also have many rules within

your relationships, and be the one who makes the decisions," she says. "If 'chaotic,' you may be more susceptible to short-term relationships and not be 100 percent open with your emotions. Someone who has a mixture of both types will resonate with both categories. The goal of working with a food and body coach, isn't to 'fix' things but find balance and flexibility in all areas of your life."

TIMING IS EVERYTHING

Key to a healthy diet is not only what you eat but when. And, it seems, the same goes for a good night's kip. Medical herbalist, Euan MacLennan, who works for Pukka Herbs ([pukkaherbs.com](https://www.pukkaherbs.com)) advises we eat earlier if we want sound sleep. "Ayurveda sees that our digestive capacity rapidly diminishes after sunset," he says. "A good rule of thumb for the best time to eat dinner is at least two to three hours before getting into bed, so enjoy a light dinner by 7pm so digestion doesn't disturb you getting to sleep." At *NH*, we like Pukka's Night Time Tea to help wind down before bed.





Share the Power of 3 with a healthy handful of California Walnuts



We all need omega-3.

Your body doesn't make it, so its important that you have a daily supply in your diet.

Walnuts are the only tree nut to contain a rich source of plant-based omega-3 ALA (2.7g/30g), which contributes to the maintenance of normal blood cholesterol levels.

A handful (30g) of walnuts also contains 4.4g of protein and 1.4g of fibre.

Enjoy California Walnuts everyday as a snack or as part of your favourite meals.

For recipe inspiration visit californiawalnuts.co.uk

 @Walnuts.UK

 @walnuts_uk



Charity Registration No. 1003904

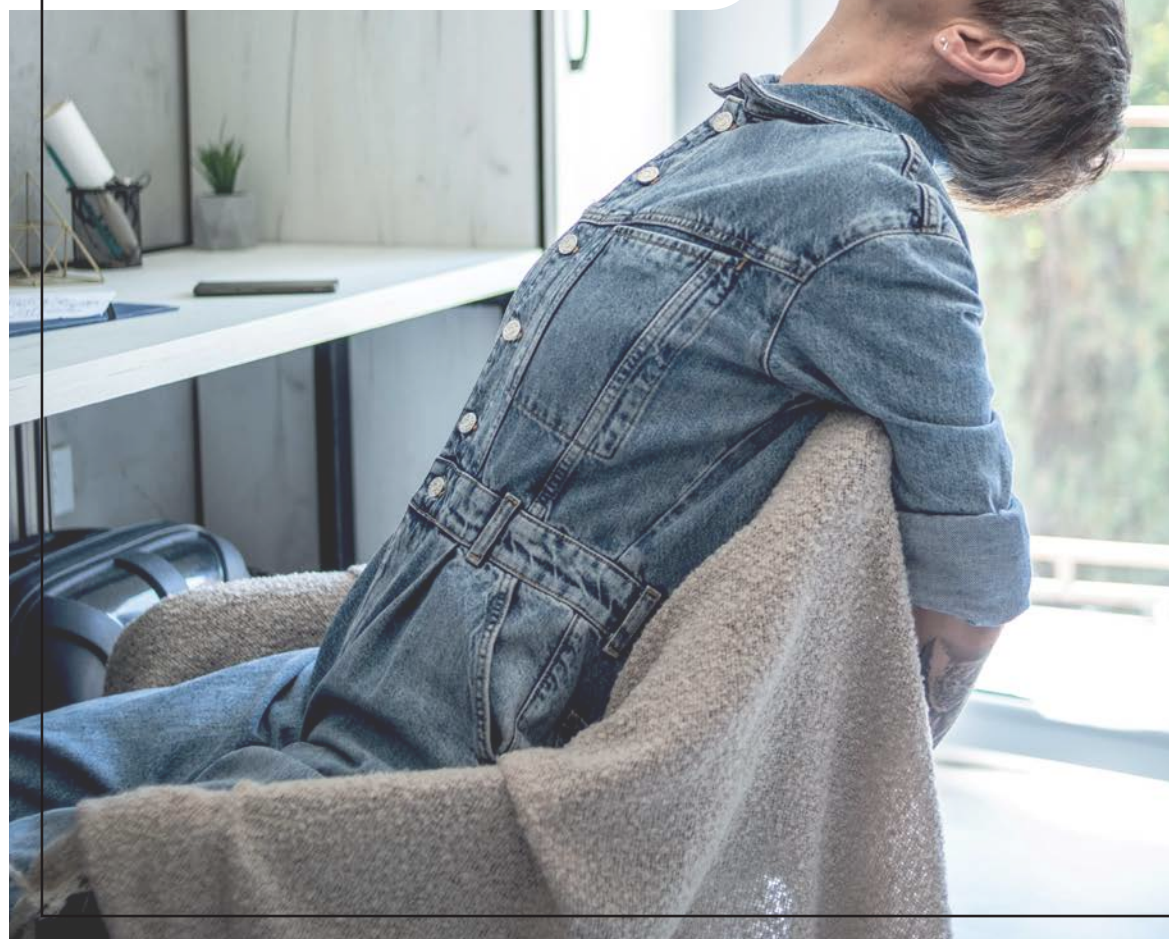
California Walnuts
have the
heart-healthy seal
of approval from
HEART UK

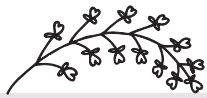
Out of your **DISCOMFORT ZONE**

**Our guide to naturally easing your pain
so you can live your life to the fullest**

Nobody likes to be in pain. Whether it's a stubbed toe or a broken bone, it can make us feel low, both physically and mentally. But some of us suffer with pain every single day, with no relief. For chronic-pain sufferers, pain is something that is carried with them throughout their lives, and they have to adapt their lifestyles to accommodate it. Whether that's planning for frequent rest periods, or carrying with them a toolkit of pain-relief. If you're a chronic-pain warrior, we salute you. Turn to page 58 to meet others and hear their inspiring stories. The thing about chronic pain is that it isn't just a physical thing. Turn to page 52 to read about the brain-pain connection and how it could help you understand pain better, and over on page 54 you'll find some simple lifestyle tips that could help ease your pain without popping a pill.

YOUR
9-PAGE
Chronic-pain
Special





CLAIRE MUNNINGS

YOUR
9-PAGE
Chronic-pain
Special

The brain-pain connection

Do you understand the role of your brain when it comes to chronic pain? We ask the experts to help explain it all...

If you've experienced chronic pain in the past or are suffering with it now, you'll know that it's no laughing matter. For many people across the world, chronic pain is proving to be life-changing - with the condition affecting their mobility, mental health, working life, relationships and confidence. And it's more widespread than you may think. In fact, one study review published in the *BMJ* in 2016 indicates that around 43 percent of the UK population is affected by chronic pain, and other research has suggested that chronic musculoskeletal pain impacts almost 21million people here. But, what exactly is it?

"Chronic pain refers to any pain that has lasted beyond three months after the acute event," explains Dr Deepak Ravindran, a leading pain management expert and author of *The Pain-Free Mindset* (deepakravindran.co.uk). "Acute pain doesn't last long and usually recedes after your body heals from whatever caused the pain. Chronic pain continues even after recovery from an injury or illness and can sometimes happen for no obvious reason. Some examples of chronic pain include chronic low back pain conditions like fibromyalgia and sciatica, migraine, osteoarthritis, autoimmune conditions like rheumatoid arthritis, irritable bowel syndrome and pain after surgery."

The brain's role

To delve deeper into understanding chronic pain and its impact on our body, it's important to know how our brain is involved.

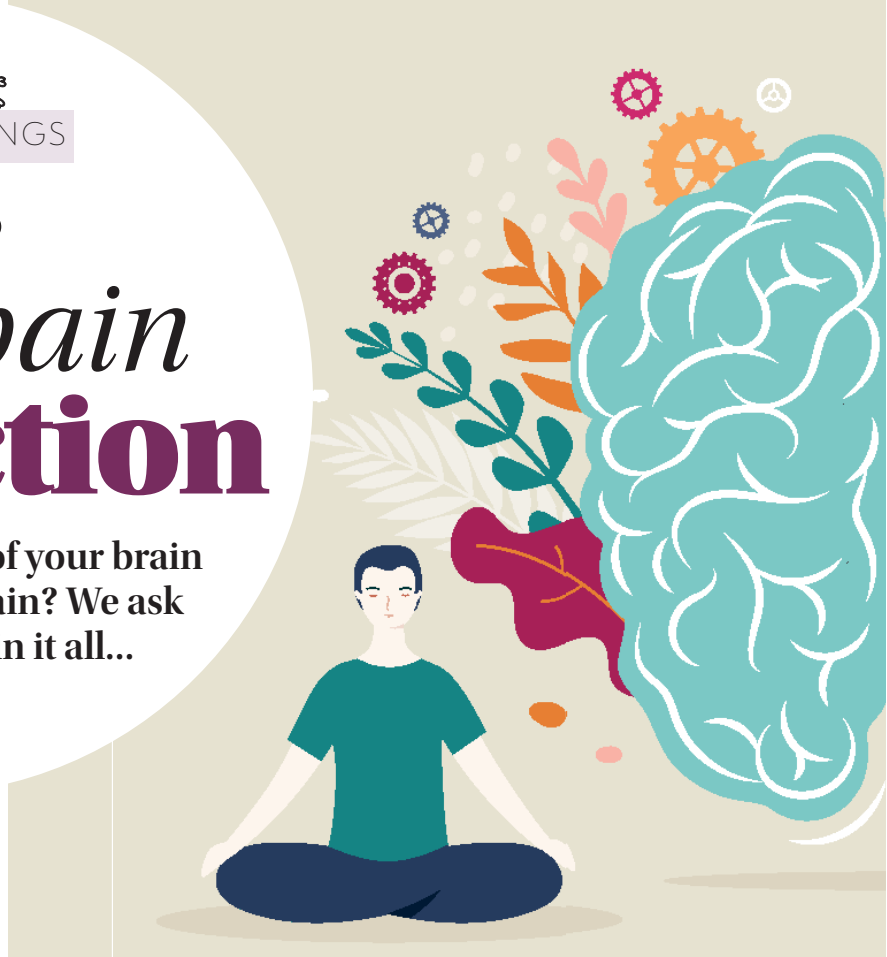
As Dr Deepak explains, our knowledge of pain has increased hugely in recent years. "Our original teachings have always suggested that when pain occurs, it must be a sign of danger," he says. "However, in the past 20 years, due to

advances in technology and our understanding of the body, we've realised that any signal that starts because of an injury has to travel to the brain to be processed. It then establishes the context and reason for protection, and makes the ultimate decision about the intensity and severity of the pain experience. This means that the brain is paramount in pain experience, perception, appreciation and intensity."

This can go a little way to explain why some people continue to experience pain long after an injury has healed. "The way to think about this is that when the acute injury has occurred, the signals from the injured area reach the brain," he says. "The brain would initially institute a protective response in order to ensure that it is protected while it is healing. In most cases, once the healing is completed, the brain would instruct the muscles and the nearby area to revert back to normal, and we go back to feeling pain-free. However, in some patients, this return to normal does not occur. The brain continues to stay in an over-protective hypersensitive state. This kind of pain is called nociplastic pain.

"This is compared to neuropathic pain where the nerve system is injured in some way like it is in diabetes, or shingles," he adds. "The third kind of pain is nociceptive pain, which is

*"The brain
is paramount
in pain
experience"*





hydrated. A key way to help, she adds, is to calm our nervous system and help move our body to a state of balance.

“Breathing is the simplest and quickest way to calm your nervous system,” she says. “Taking time out to breathe deeply and allowing your rib cage to expand tells the body that it no longer needs to panic and is safe. This can help your body to step back into rest and digest mode.

“Meditation is also great for combating stress. An added bonus is that some studies have shown that meditation can also reduce the experience of pain as it incorporates multiple regions of the brain which deal with the subjective nature of it.

“Along with the actual physical sensations of pain that we feel, another key consideration is the stories that we attach to it,” Laura adds. “If we spend our time focusing on the pain and what that means for us, then we strengthen certain neural pathways in our brain and we are therefore more likely to see more of that in the future. Consciously shifting our attention to the positive means that we can create new connections in the brain and actually train our brains to look for more of these positives.”

While there is no simple solution for chronic pain, specialists agree that a multi-dimensional, expert-led approach can help. If you’re struggling, seek out help and guidance and create a plan forward with professionals.

the kind of pain you feel after an acute injury or a surgery or a fracture.”

Paul Allen, a chronic pain specialist from the Fibro Guy (thefibroguy.com), believes that being armed with this knowledge can help us deal with chronic pain, particularly that which is not easily explained by injury or illness.

“Instead of saying: ‘it’s all in your head,’ I would love the medical community to adopt the notion of: ‘it’s all in your brain!” he says. “This is far less demeaning and actually gives us, the chronic pain sufferer, a little hope that progress is possible, and we are not being disregarded as a psychological case.”

Holistic help

While medical interventions have been found to be useful for chronic neuropathic and nociceptive pain, nociplastic pain is different. In these instances, experts recommend taking a different approach. As well as understanding more about pain (see panel below), thinking about the body in a holistic way can help. This is particularly important when we take into account the fact research has found stress can make chronic stress worse.

Neuroscientist Laura Ellera (lauraellera.com) highlights the importance of looking after our bodies and minds through eating a good diet, sleeping well, moving regularly and staying

KNOWLEDGE IS POWER

Paul explains why learning more about pain as a concept can help you cope with your own chronic pain...

Our brains love context and predictability. If we have relevant information (context) and know what to expect (predictability) it can be extremely reassuring for our brain. And, in this way, quite simply learning about pain can give us a whole new context as to what is happening when we experience chronic pain or flare ups.

Firstly, do your own research into what pain is – and remember what it is not. Pain is not solely governed by the amount of damage present. It is a complex process mediated by biological, psychological and social factors.

Also ask yourself whether your current understanding of pain is helpful or hindering. It is incredibly easy to get caught up in harmful narratives. They are so common in the world of chronic pain that they are termed nocebos, the ugly big brother of the placebo effect.

By updating our understanding of what pain is, but more importantly what pain is not, we can see a way toward progress rather than living in a state of constantly pacing and meticulously planning our life around pain.



Pill-free pain RELIEF

Our experts share their tips and tricks for taking the edge off of pain, without popping a pill

YOUR
9-PAGE
Chronic-pain
Special

MOVE MORE

It sounds counter-productive to move if you're in pain, but depending on your condition, moving can actually help ease chronic pain. "Movement is key in keeping the body regulated, says Goldster expert Daniel Hope (goldster.co.uk). "Choosing an exercise that works for you and your condition is key. A brisk walk, yoga, a swim, or even seated movements all allow our heart rate to gently increase, whilst also aiding our lymphatic system in removing any waste products laying within the body. (Which keeps our immune system fighting fit). Not only this, but our joints rely on gentle resistance work to keep the body stable and strong."

MAINTAIN A HEALTHY WEIGHT

"Carrying excess weight can strain the joints and exacerbate pain," says Vicky Godfrey, Registered Nutritional Therapist and co-founder of DNAPal (dnapal.me). "Maintaining a healthy weight can alleviate some of the pressure on the body." We don't advocate drastic dieting; if you're carrying extra weight that you'd like to shed, we'd recommend adopting some small lifestyle changes such as eating more fruit and vegetables, cutting down on refined carbohydrates and sugars and having some protein with every meal. Moving regularly can also help keep you from gaining unwanted pounds.

MANAGE STRESS

Nobody likes to be stressed, but sadly it's a part of modern life, with fast-paced jobs, busy families and social lives and screens stimulating our attention from every angle. However, if you do already suffer with chronic pain, stress can make things worse. "Stress can exacerbate chronic pain," warns Vicky Godfrey, registered nutritional therapist and co-founder of DNAPal, "so it's essential to manage stress through techniques

such as meditation, deep breathing, and mindfulness." Start with a body scan: lying down with your eyes closed, focus on every body part from your feet, working your way up to the top of your head (or vice versa). Give each part your full attention and notice how you feel, any aches and pains/discomfort? Accept every sensation you feel along the way, without trying to fix it. We guarantee you'll feel more relaxed afterwards.

TRY MASSAGE

Many of us will have had a massage and know the feeling when the therapist touches your shoulders and you instantly sigh out a breath of release. "Massage is an incredibly powerful tool in helping release any unwanted tension in the muscles," says Daniel, "perhaps keeping the chronic pain you are experiencing, at a lower level. It also allows us time to come away from the real world and relax, whilst allowing your body to feel comfortable enough to move in to the parasympathetic nervous system state and hopefully even have a better night's sleep."

FIND RELAXATION

When we're tense, all our muscles tighten and we can be prone to inflammation, which can exacerbate feelings of pain. It makes sense, then, that another way to navigate chronic pain is to find relaxation in your life. "You can find relaxation in your life through deep breathing, massage, aromatherapy, yoga, meditation, and Biofeedback," says Evelina Sabonaityte, doctor of medicine and clinical nutritionist (glowbarldn.com), "These techniques increase the production and release of endorphins, which are natural pain relievers." Explore practices that speak to you and enjoy the journey into a more relaxed self.

GET PLENTY OF SLEEP

Poor sleep often comes hand-in-hand with



"Increasing your quality sleep time by even as little as an hour, could have a positive impact on your pain levels the next day"



TRY DIAPHRAGMATIC BREATHING

“When we are in pain and under stress, we tend to take shallow, short breaths at the top of our lungs,” says breathing science expert, Nevsah Fidan Karamehment – founder of Breath Hub (breathhub.app). “The lungs do not fully inflate or deflate and the body is deprived of oxygen. Our body and brain experience a heightened sense of stress and anxiety, both of which can increase the sensation of pain. Conscious breathing under such circumstances activates the vagus nerve in the parasympathetic nervous system, the ‘rest-and-digest’ system that is only active when we feel relaxed and at peace.”

How to practise diaphragmatic breathing technique...

- Sit or lie down in a comfortable position.
- Place one hand on your chest and the other on your stomach.
- Breathe in deeply through your nose for about four seconds, feeling your belly expand outwards.
- Hold the breath for two seconds.
- Breathe out slowly through your mouth for about six seconds.
- Consistency is the key to breathwork. Make it a regular part of your self-care routine and practice for a few minutes every day to get the maximum benefits.

chronic pain, but getting a good night’s sleep really can help. “Sleep is crucial for the body to heal and regenerate,” says Vicky. “Develop a bedtime routine that promotes quality sleep and pick the same time every night to go to sleep, so your sleep is consistent.” Increasing your quality sleep time by even as little as an hour, could have a positive impact on your pain levels the next day.

PRACTISE GOOD POSTURE

It might be tempting to slouch and slump if you’re suffering with a flare up of pain, but having poor posture can actually contribute to your longer-term suffering. “Proper posture helps reduce the strain on the muscles and joints, reducing pain.” says Vicky, so try to be mindful of your stance, stretch regularly and if you can, perhaps add some Pilates or yoga into your weekly routine.

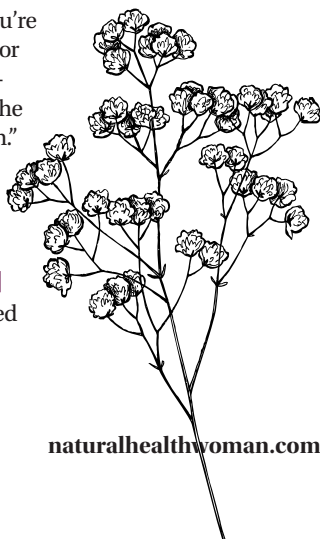
FIND OTHERS IN CHRONIC PAIN

Of course, all chronic conditions are not created equally, and it may feel lonely. But know there

are many others experiencing the same pain and many professionals out there who genuinely want to help. [Goldster.co.uk](https://goldster.co.uk), offers phenomenal classes, providing activities for all levels of its guests in all aspects, ranging from Fitness to Creative Work to overall mental health wellbeing, from the comfort of your own home.

TRY ACUPRESSURE

“There are many acupressure points along the body that can specifically reduce chronic pain,” says Zoe Young, Traditional Acupuncturist and Founder of ear seed brand AcuPips. “A qualified traditional acupuncturist will be able to treat this, but if you’d like a DIY at-home option then ear seeds are the way to go. Ear seeds sit on specific pressure points on the ear, helping to balance the body and reduce pain. Think of it like reflexology for the ear.” Zoe recommends her new 24k Gold Plated or Crystal Natural Ear Seed Kit, £32, with 12 protocols, full instructions and tweezers available from acupips.com.





LOUISE PYNE

The Pain WARRIORS

Four women, for whom pain is a daily battle, reveal their very best tips and tricks for living life to the fullest



If you suffer from chronic illness, you'll be no stranger to the devastating impact that it can have on daily life. According to The British Pain Society, chronic pain (suffering that lasts three months or longer) affects a staggering 48 percent of the UK population. That noted, long-term illness doesn't always *have* to rule your life. Taking your health into your own hands can have a remarkable effect on how you feel both physically and emotionally. Here, four women share their uplifting stories, and the measures they've sought out in the hope of alleviating their debilitating conditions.



"Medical cannabis has given me the chance to live my life to the fullest"

53-year old former gymnast Carol Munro from Edinburgh suffered

a 15-year battle against chronic back pain until she discovered CBD oil...

"I first started suffering with back pain when I was 11 years old. It was caused by a bulging disk in my back. The pain gradually got worse through my teens and early twenties and when paired with flare ups of fibromyalgia, it became unbearable. As a result, I was on an extremely high dose of morphine for the best part of 15 years.

"I was always either in pain or would have to walk about the house to stretch out my back and legs. I used to cry with pain just getting a haircut, my scalp used to sting with every cut of the blades from the scissors I became so depressed and completely lost my purpose in life.

"To top things off, a few years ago, I noticed the pain medication I was taking was wearing off and losing its effect, so I knew that it was time to try something else. I had physio for many years and taken probably every opioid under the sun

so thought my options were running out until I saw someone on television talking about medical cannabis and I was intrigued. I went to my GP who referred me to a clinic called Sapphire Medical (sapphireclinics.com) and said he would 100 percent support me in my decision to come off the opioids for good.

"I was sceptical of the new treatment at first as all I had ever known about cannabis was the associated stigma of illicit use, but my life has changed so much for the better.

I am now on just 5 mg of morphine, (compared to my previous dose of 150 mg), and finally feel I have my life back. While the pain flares up from time-to-time, I don't suffer with the side effects high doses of pain killers can bring. Accessing this fantastic medical cannabis treatment has given me the chance to live my life to the fullest.

"I take cannabis oil two to three times daily, and the success of the CBD treatment now means that I am finally able to enjoy all the things that were once out of bounds. I'm attending concerts regularly, (something I could never even dream of before), supporting my daughters through big milestones in their lives and regularly go on date nights with my husband again. I'm loving life and I feel like I am making up for lost time."

Carol's 3 top pain-management tips

1 LOVE YOURSELF

Be kind to yourself and reward the things you can do no matter how small they are.

2 TAKE UP A HOBBY

Distraction is great for taking your mind off the pain. I took up crocheting and I'm really quite good at making toys for charity raffles.

3 BE OPEN WITH OTHERS

Talking to a family member or friend helps with releasing tension and worries.

YOUR
9-PAGE
Chronic-pain
Special



“I discovered an amazing joint cream which means I take less painkillers”

Recruitment consultant and Mum-of-one Sarah

Duffy, from Lancashire developed osteoporosis and arthritis in her 20s...

“I first developed osteoporosis and then osteoarthritis in my twenties, but my condition was missed by doctors for years as I was so young.

“The first sign of an issue was when I was 26, I tripped over a faulty pavement and unbeknown to me fractured my pelvis, hip, spine and both my ankles. At the time they didn’t identify the hip, pelvis or spinal fracture as they were only looking at my feet as it wasn’t a bad fall.

“Before the accident, I was a healthy twenty-something-year-old. I walked my dog every day, skied, did martial arts and had never suffered a broken a bone. I had no indication that I had anything wrong with my bones.

“Now, eight years later, my endocrinologist thinks that maybe as my fractures were missed for so long that is what might have triggered my early onset osteoarthritis. I was finally diagnosed with osteoporosis in 2019 – when the scan showed I had the bones of a woman in her 70’s or 80’s, and 2020 I was also diagnosed with osteoarthritis in my hips and prescribed various medications which didn’t really work.

“Almost all my bones in my middle to lower body hurt most of the time. It was exhausting and affected my mental wellbeing, however I am a very strong and positive person and despite everything I have been through I tell

myself every day that I’m lucky with to have what I have in my life.

“I had my son in my twenties, and he’s now 14. I recently got married and my husband Matthew has been a huge support to me so I feel truly blessed. Lucky for me I also have a great support network with family and friends around me.

“I have to take prescription painkillers, however I try everything I can do to take less. I discovered an amazing joint cream called Actimas Celifen (actimas.co.uk) when researching online and it’s one of the things that has allowed me to take less painkillers. “It’s really helped with the inflammation from the arthritis in my hips and prolongs the times between taking medicated painkillers. This is a real credit as painkillers come with their own set of side effects which are not pleasant. I also take a lot of dietary supplements to help my joints and I’m on the waiting list for rehabilitation personal training. As a result, I am able to work so that I can manage to afford my treatments. Arthritis is a dreadful thing to live with but there are ways to make the suffering that little bit more bearable.”



“Knowledge is power when it comes to fighting against chronic illness”

48-year-old Ellen Maden from Surrey transformed her lifestyle as a result of receiving

an MS diagnosis...

“I was in my 20’s when I first experienced optic neuritis, a symptom of MS. At the time, I was advised to live my life and not delay things like travelling, getting married and having a family because one day it would turn into MS. Then in November 2018 I woke up numb from the waist down and knowing what this meant I went to hospital. Having been sent home, the following day I woke with neck-down numbness and couldn’t feel anything, even my feet were numb. I was officially diagnosed with MS when I was 43 years old.

“I asked the doctors if there was anything I could do to help manage my symptoms and make living with MS easier and I was advised to look at Overcoming MS (overcomingms.org). When I read about the programme I was instantly sold. The charity sent me a copy of the book Overcoming Multiple Sclerosis, and I signed up to join my local circle.

“I had three months off work when I came out of hospital, and every day I adapted a new part of the programme including diet, exercise and meditation. I followed a specific diet called low-fat WFPBNO (whole food plant based no oil) and fish. Before adopting the diet, I ate a highly processed

Sarah’s 3 top pain management tips

1 USE HEAT TO MANAGE PAIN

A heated blanket or mat is a godsend when you’re suffering pain. You can also soak in a heated bath for instant relief.

2 INVEST IN A TENS MACHINE

This is a great short term fix to help alleviate the pain. Tens machines use a mild electric current to provide relief.

3 PRACTISE DEEP BREATHING.

Breathing through the pain can really help. Take long deep inhalations and exhalations.

Ellen’s top 3 pain management tips

1 ENJOY PHYSICAL MOVEMENT

Find a type of exercise that you love. I’ve always been a leisure hiker, which I’ve continued with since diagnosis but I walk further now and on hillier walks.

2 BE MINDFUL

If you struggle with meditation, try to be mindful in activity. I can enter a trance-like state focusing on my breathing and cadence when I’m running.

3 TAKE THINGS SLOWLY

Make small diet changes. Before adopting the diet, I ate a highly processed typical junk based diet but now I eat healthily.

YOUR
9-PAGE
Chronic-pain
Special

typical junk-based diet. Lots of meat and dairy, takeout, convenience food and ready meals. I loved biscuits, chocolate, pastries and crisps.

Now, four years later, I have lost weight, have a healthier BMI, regularly do 10k runs and I'm healthier than I have ever been. In some ways my MS diagnosis was the best thing that could have happened to me.

"Like so many people living with MS, I am keen to challenge the misconception that living with MS is a death sentence and means that you will be in a wheelchair. MS can happen to anyone at any time, and I passionately believe that knowledge is power and that hope is the most important thing in the world. I'm now an ambassador for the Overcoming MS programme and have found a group of local friends through the charity which has been vital for helping myself and others to come to live well with MS."



"I retrained in alternative medicine when I was off sick from work"

48-year old Emma Turner-Icke from Nottinghamshire

retrained as a chronic illness coach after suffering endometriosis and adenomyosis since her teens...

'I've had to manage chronic pain since puberty. When I started my period at 11 years of age, they were always so painful and heavy but every time I went to the doctor I was always dismissed. I was eventually put on the pill to help manage my symptoms which was a lifeline at the time, but it wasn't until I started IVF and came off the contraception that I realised the pill was masking my symptoms and they quickly came rushing back. I had depression, muscle pain, brain fog and horrendous periods. At the time it was put down to me having a high pressured job and wasn't really looked into, but I knew something was up. I suffered multiple miscarriages and it wasn't until I was sent for an ovarian cancer test that I got my



endometriosis and adenomyosis diagnosis. It was a relief after all those years of not knowing what was wrong. I'll never forget that day.

I use orthodox medication to take the edge off of the pain, as I also suffer chronic fatigue syndrome, fibromyalgia, and a precancerous blood condition, but I try to balance it out by means of holistic healing. I actually retrained in alternative medicine when I was sick with long covid so I now have various treatments in my toolkit whenever a flare up occurs. I've trained in NLP, intuitive medicine, energy healing and crystal therapy as I wanted to understand more about the mind body connection. I also have regular reiki treatments as I think this is a godsend for anyone with chronic pain.

When I was off sick from work I set up a Facebook group for people with chronic pain. It started so that we could all be together. So many people were asking me questions about how to cope with their pain. I quickly realised that this is what I need to be doing, so for the last 18 months I've been building my business as a coach and mentor. Helping others helps me know I'm 'normal' and makes me realise that there are others going through the same thing. To have likeminded people around you is so important for progress. There is nothing more satisfying than helping another human being. It's so empowering.'

Emma's 3 pain management tips

1 TURN TO CRYSTALS

Keep a worry stone in your handbag. I also always keep an amethyst stone in my left bra to cope with any troubles that come my way.

2 INHALE ESSENTIAL OILS

Put a few drops of citrine essential oil on a tissue and inhale whenever you need relief from anxiety and pain.

3 JOT DOWN YOUR SYMPTOMS

Keep a pain and symptom diary for longer term management. It helps you to identify triggers and what's helping your symptoms.

NAIL KIND 'BURNING LOVE' NAIL POLISH

Sometimes all you need is the promise of brighter days ahead to give you a boost, and the latest shade from Nail Kind, Burning Love, is made to do just that. From its new collection, Donut Worry Be Happy, this vibrant hue will brighten your day. Long-wearing and cruelty-free, it won't damage the nails as is made with 85 percent natural minerals and plant-based ingredients. **£8.95, nailkind.com**

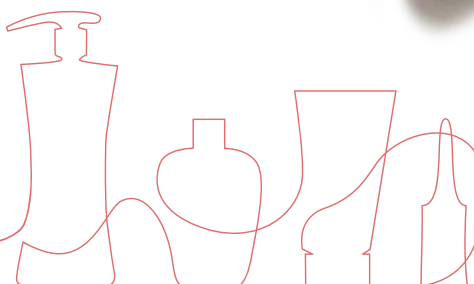


Derma Warrior Skincare

Jump-start your healthy skin journey with Derma Warrior's skincare range, designed to transform the look of dry skin conditions such as eczema, psoriasis and topical steroid withdrawal. Featuring natural butters, superseed oils and botanical extracts, the formulas help to restore, repair and soothe inflamed skin. From **£10.99, dermawarrior.com**



Treat yourself



The perfect Sunday?
Cancel your plans, pull on your robe and settle in for a self-care home spa day. You deserve it...

BELLE REGALI NATURELE EYE PILLOW

Soothe tired eyes or relax facial tension with this luxuriously soft, linen eye pillow from Belle Regali naturale. Gently weighted with organic flaxseeds, it can be heated to comfort or cooled to calm. Available in three stylish colours and fragrant botanicals (flaxseed, French lavender and peppermint), the outer cover is washable too. **£14.50, belle-regali-naturele.com**



The Naked Candle Company

The Naked Candle Co. is a small family run business whose goal is to provide high-quality, long-lasting home fragrance products with a conscience at a reasonable price. Specialising in sustainable soy wax candles packed with room filling fragrances. As well as its soy candles, you can also shop the range of Reed Diffusers and Room Sprays. Use discount naturalhealth15 for 15 percent off your order.

£16, thenakedcandleco.com

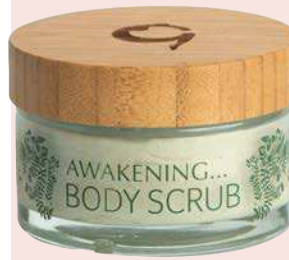


L'ORGANIQ Bath & Body Box

A perfect self-care gift, the Himalayan bath salts with pink clay from L'ORGANIQ's Bath & Body Box are divine in a warm bath. Then, lock in post-bath moisture with the delicious naturally scented Invigorating Body Lotion. This lovely gift comes packaged in a gorgeous ribbon-tied box. **£32, superdrug.com**

GAIA Awakening Body Scrub

A clay and sea salt body scrub that will exfoliate, cleanse and moisturise in one go.



Pure essential oils of rosemary, ravensara, peppermint and lemongrass will uplift your senses and naturally stimulate your skin, leaving it soft and gently fragranced. **£38, gaiaskincare.com**

Ayluna Vitalising Bubble Bath

Enjoy a luxurious lather, immerse in a gentle foam and relax amongst traditional plant secrets with Ayluna's Vitalising Bubble Bath. This deeply nourishing bubble bath with organic eucalyptus is the perfect solution for a tired body in need of some extra loving. The organic eucalyptus rejuvenates your body and mind, with 100 percent natural ingredients, free from silicones, Parabens, SLS, paraffins, synthetic fragrances and dyes. **£18.45, ayluna.co.uk**



BEAUTY CORE HAND TREATMENT CREAM

Beauty Core London is a premium cosmetic brand founded by a pharmacist. Its Hand Treatment Cream is an exceptionally gentle and caring, melt-on-the-skin formula. Infused with mimosa and cardamom scent, this excellent hand cream is a perfect gift of love for your hands. **£24 (inc. postage), beautycore.co.uk**



7th Heaven Face Masks

7th Heaven's NUTRIACTIVE range is supported with active ingredients at significant concentrations, more than delivering on its promise to make a difference. Effective, inexpensive, and loaded with natural goodies, the trio of vegan and biodegradable sheet masks, based on the top searched beauty ingredients of 2022, go the extra mile in delivering targeted cosmeceutical skincare. Just landed and predicted to fly off the shelves at **£2 at beautygoddess.co.uk**



DR. HAUSCHKA CLARIFYING CLAY MASK

Say hello to clear and clarified skin with the Dr. Hauschka Clarifying Clay Mask. Simply mix the delicate powder with water and apply to skin to deeply cleanse while visibly softening blackheads and minimising the appearance of enlarged pores and blemishes. **£26.50, drhauschka.co.uk**



THE SECOND HALF OF LIFE

If you're going through the menopause, or know someone who is, then you'll know that hormonal changes during this time can impact everything from our sleep to our closest relationships. "Many women have been in a long-term relationship by this stage and the hormonal changes of perimenopause and menopause can have a profound effect," says Dr Ghazala, a specialist in integrative women's health for the Marion Gluck Clinic (mariongluckclinic.com). "Hot flushes, night sweats, anxiety and insomnia can impact energy levels and fatigue. Low libido is also common due to declining hormone levels." Hormonal health is important in this stage of life, so prioritise a healthy diet with good levels of lean protein, low processed carbohydrates and healthy fats. "A wide variety of fruits and colourful vegetables also provide the antioxidants and phytonutrients that are essential for your health," adds Dr Ghazala.





Detox Juice Cleanses



Raw. Fresh. Organic.



Cleansing from time to time can help you shred body fat in a healthy way whilst still keeping your mineral, vitamin and phytonutrient levels at an optimum level.



All of our ingredients are raw, fresh and organic with no additives or preservatives. Our ethos is to juice responsibly so before the purchase of every cleanse we recommend a health consultation support throughout and post cleanse.

The juice cleanses are also used by many clients to target various areas of health. Some of these are to increase energy levels, lower stress, improve organ health, enhance glowing skin, and weight loss. Juicing works perfectly alongside a fitness regime post and pre workout to maximise your body's progress throughout leaving you feeling healthy on the inside as well as the outside. Our packs and cleanses come in different sizes depending on your own health goals and range from 1-7 days.



©Amy Cook Photography

“*Detox Juice Cleanses have been an absolute game changer for me and my overall health and wellness... I managed to drop the body fat I wanted and the best part is it makes me feel great.* **CHARLOTTE**”

We are currently offering **10% OFF exclusively** with code **H&W10** to *Health and Wellbeing* readers, so scan the code and get started today!



SCAN ME

Natural Ageing

DISCOVER THE SECRETS
TO MAINTAINING YOUTH
AND HEALTH AS YOU AGE

FIND YOUR FLOW

What is the key to living a long and happy life? According to Maggy Pigott, author of *How to Age Joyfully* (VIE Press, £12.99), it is finding your creative flow. "This occurs when a person is physically or mentally challenged while they are doing something they enjoy, like painting or dancing," says Maggy. Once you are 'in the zone', you lose a sense of self and time, increasing your productivity and learning.





ANNA BLEWETT

9 little changes for a healthy HEART

Find out the lifestyle habits that will make your heart sing

Summer is well and truly on its way, and what better to lift our spirits than focusing on one of our most important organs in our entire bodies? Let's face it, if you can improve your health by just one percent a day, you're on your way to a happier heart and fuller soul.

1 Perfect your mornings

Often our mornings are crammed with micro-stressors, however, starting your day with exercise or mindfulness will reduce your daily dose of stress. "Despite everything the pandemic has brought, people made time for self-care," says consultant cardiologist Dr Ameet Bakhai from the Spire Bushey Hospital (spirehealthcare.com). "Reducing stress is key to improving heart health as stress causes blood pressure to rise, increasing the workload of the heart. It can also lead to angina (heart pain) or, if more severe, a heart attack." Break your fast with oats or beans if your breakfast is built around bread. You could even swap a few of those slices each week for forms of soluble fibre. This handy nutrient, found in oats, oat bran, beans, pulses and some fruit and vegetables, can help reduce unhelpful low-density lipoproteins (LDL) cholesterol levels which causes damaging build-up and blockage in your arteries.

2 Feed your soul

Listening to your heart's desire may feel like a rather abstract concept, so start small. Next time you're on a familiar walk, step off the path to experience a new view. Stop for a moment to appreciate the scene you're part of, and play a song through your earphones that makes your heart sing. When preparing a meal, take extra time to watch butter melt, listen to water slowly come to the boil or smell spices as they sizzle. Now build these moments into your day, taking a few minutes every hour to savour the sights, sounds and smells all around you. What lifts your spirits? Try to make more time for the sensory pleasures that gladden your heart.



3 Break free from old patterns

"Restricting yourself isn't a great way to live," says clinical nutritionist Amaeze Madukah (lifesrecipe.co). "Don't deprive yourself every treat because that's when you obsess about food." Instead, Amaeze recommends reframing cravings within a healthier continuum, rather than being on or off the waggon. "Think, 'I have permission to eat this because I want it and it will nourish my body.' A biscuit a day isn't going to derail a healthy lifestyle, just make sure you're also getting plenty of fruit, vegetables and wholegrains, as a high fibre diet benefits your heart."

4 Find movement you love

Whether you embrace Pilates or resolve to hike to more far-flung outlets when you hit the shops, building in more enjoyable movement will pay dividends. "Any exercise will make a difference - it doesn't have to be huge amounts," says Dr Bakhai. "A key risk factor is a sedentary lifestyle; regular physical activity - such as brisk walking, swimming or cycling - will help to increase levels of high-density lipoprotein (HDL) cholesterol which helps remove other forms of bad cholesterol from your

NH Circle



LIZ FROST

"WE TEND TO NOT THINK ABOUT OUR HEARTS MUCH, BUT THEY ARE THE MOST IMPORTANT ORGAN"



are all sources of fats that will help your heart function whilst saturated fats in processed meats or bakery items are linked to unhelpful cholesterol.” In other words, treat yourself to some of nature’s more decadent ingredients and mind, body and soul will all benefit.

7 Have a tipple tactically

If your Dry January turned a bit soggy this year, there’s still time to make your relationship with alcohol more heart-healthy. “In small quantities, alcohol has a relaxing effect on blood vessels and acts as a diuretic to increase fluid and sodium loss through the kidneys,” says Dr Sarah Brewer (Healthspan.co.uk). “This lowers blood pressure to a certain extent. As a result, drinking one glass (100ml) a day of wine is generally deemed acceptable when it comes to blood pressure and heart health. However, a higher alcohol consumption of three or more drinks per day leads to sodium retention, and increases insulin resistance, both of which can contribute towards a state of hypertension.”

8 Have a device detox

As we stagger through the final stages of this pandemic, many find a sense of burnout fuelled by the constant news cycle, which feeds our anxieties and lack of focus. In her book *From Burnout to Balance* (£12.99, Hardie Grant), Harriet Griffey cites a 2020 study that shows people with high levels of burnout have a 20 percent higher risk of developing atrial fibrillation, a heart condition that causes an irregular and often abnormally fast heart rate and can in turn increase the risk of heart attack and strokes. Harriet recommends many small changes, including this gem: Try plugging in your phone to charge overnight in another room and investing in an old-school alarm clock. This could help to reduce time spent looking at social media in bed before sleeping and upon waking.

9 Sleep soundly

An amazing night’s sleep is so central to our concept of wellbeing that it’s not surprising it also matters to your heart. Research cited by the British Heart Foundation suggests sleep is involved in glucose metabolism, blood pressure and inflammations, all of which influence our likelihood of cardiovascular disease. Perfecting sleep hygiene will make it easier to drift off, try to turn in at the same time, every evening; use screen limits on your devices to reduce exposure to disruptive blue light; and steer away from taking a hot bath or shower last thing. A lower core temperature is just the thing to help you to a deep, dream-filled slumber.

bloodstream. Exercise will also help protect your heart in other ways – it will give the muscle a good work out, reduce blood pressure and will help control your weight and deal with stress.”

5 Heal your wounds

Many of us carry deep emotional pain or trauma, often dismissing our feelings. But unprocessed emotional harm can leave a physical mark, according to Dr Bakhai: “Extreme emotional stress such as that associated with grief can cause the tip of your left ventricle to temporarily dilate. This is known as tako-tsubo cardiomyopathy; broken hearts are more common than previously thought, with one study finding five percent of those admitted to hospital with sudden heart pain had tako-tsubo cardiomyopathy.” Talking therapies are a great way to unpack emotional baggage and start the healing process.

6 Choose healthy fats

“We all need fat,” points out Amaeze. “It has an important role in our bodies, transporting certain hormones, for example. What we should focus on is the type. Avocados, oily fish, walnuts and olives

“An amazing night’s sleep is so central to our concept of wellbeing that it’s not surprising it also matters to your heart”



The **POWER** of
PISTACHIOS



SHOCKING FACT PISTACHIOS ARE LOADED WITH ANTIOXIDANTS

© 2022 American Pistachio Growers

In a recent study conducted by Cornell University and published in the journal, *Nutrients*, the antioxidant power of American-grown pistachios was measured using the Oxygen Radical Absorbance Capacity (ORAC) and Cellular Antioxidant Activity (CAA) testing protocols. For more information, visit AmericanPistachios.co.uk



AMERICAN QUALITY
PISTACHIOS[®]
California Grown
AmericanPistachios.co.uk



...and relax

JAYNEY GODDARD

Our columnist explores natural ways to reduce stress and feel more zen

Stress is no fun. It can leave us feeling overwhelmed and out of control, and unfortunately, it's something that many of us face on a daily basis in our lives.

Thankfully, there are natural ways to help you feel less stressed without having to resort to medication or therapy.

The first step is to recognise when you are feeling overwhelmed and stressed. This is especially important if you tend to have an emotional reaction to stressors, rather than a rational. Once you've acknowledged the signs of stress, it's time to find ways to combat it by building resilience to stressors – so that we can cope better – and here are my top tips to help you do just that:

Mindfulness meditation

One of the most effective methods for releasing stress naturally is mindfulness meditation. This well-researched technique can help you to relax and gain control over your thoughts and feelings – it is especially helpful if you tend to react emotionally to stressors. Mindfulness involves focusing on the present moment, paying attention to your breath, body sensations, and emotions without judgment or attachment. Practicing mindfulness can help you accept difficult situations as they are, rather than dwelling on them.

Movement therapies

Relaxation techniques such as yoga, tai chi, and qigong are also great for helping you to relax. All of these activities involve slow, controlled movements that encourage deep breathing and muscle relaxation. They can help to reduce stress and improve your mood. Research also shows that high intensity interval training (HIIT), running, brisk walking, dance, lifting weights and other types of resistance exercise such as body-weight training are all very effective in helping us build our resilience to stressors.

"Remember to take some time for yourself and make sure you're giving your mental health the attention it deserves"

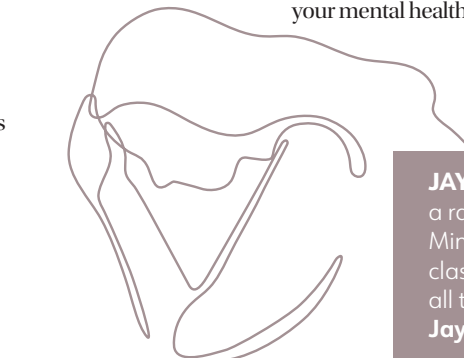
Nutrition

Most people don't equate healthy nutrition with stress management – however, eating a whole food plant-based diet is one of the most effective ways to manage our stress levels. Whole food plant-based meals are high in fibre and vitamins, providing both energy and nourishment to help us cope with stressful situations. Eating a variety of fresh fruits, vegetables, legumes, nuts and seeds gives your body the natural fuel it needs to stay calm and relaxed. Making sure to get enough essential vitamins and minerals through a balanced diet is key for resilience-building.

Socialisation

Talking through any issues or worries you may have with supportive friends, family members, and colleagues can be a great way to take your mind off stress. Being around people who understand and care for you, that you can laugh with and simply have fun can also help to keep our stress hormones in check.

By taking the time to focus on mindfulness, relaxation techniques, nutrition, socialisation and physical exercise you can naturally increase your ability to deal with stress and feel more in control of your emotions. So, remember to take some time for yourself and make sure you're giving your mental health the attention it deserves.



JAYNEY GODDARD has a range of incredible Mindfulness and Resilience classes and courses – all the details are at JayneyGoddard.com

5

NATURAL COLLAGEN BOOSTERS

Try these tips for tighter skin, smoother joints and stronger hair

You may be familiar with collagen through your skincare routine, but this protein gives us far more than a youthful complexion. It's the major component of our connective tissues, tendons, ligaments, skin and muscles. It's what makes our tissues grow and move and yes, its presence under our skin can keep it from sagging over time, too. "Collagen is present in the connective tissue in the middle layers of the skin, where its molecule combines with other collagen molecules to form a mesh-like network," says Dr Majid Shah, for Artistry Clinic. "Working together with elastin, it is crucial for providing a structure for the skin, whilst also enabling elasticity. It therefore plays an important role in joint and bone health."

From our 20s our bodies produce less collagen, which can mean weaker joints, thinner hair and more sagging and wrinkles on our faces. And when

the menopause hits, our bodies cease production of collagen altogether! "The common perception is that we age depending on our genes," says Rachel Huskinson, beauty therapist and director of SKIN Lounge, "however, DNA only contributes to around 10 percent of our overall ageing process. On average, 90 percent of skin ageing is based on our lifestyle, and this is why looking after our collagen is so important for us."

The good news is the more collagen you have, the easier it is to maintain. And the more we can keep the collagen we have alive and strong, the better we will age. "Collagen is like scaffolding keeping everything strong and in place," adds Rachel, "so if you're looking to stay young and plumped up, you'll need to make stimulating new collagen and protecting your current collagen your focus." We've rounded up five of the best collagen-boosting tips you can implement today.

Body + Food + Ageing + Beauty + Special + Healing + Living

*"The good news is
the more collagen
you have, the
easier it is to
maintain"*

1 Eat more protein

“When your body produces collagen, it combines amino acids which you can get from eating protein-rich foods such as chicken, fish, beans and dairy products,” says Dr Rupert Critchley BM MRCGP – GP and director of VIVA skin clinics. “Eating foods containing nutrients and minerals such as vitamin C, vitamin A, zinc, copper and proline can also help the process. Therefore ensuring you maintain a varied, healthy diet can help the collagen-production process.”

2 Use Aloe Vera

Aloe Vera is a popular ingredient in skincare products, but why? “It’s great for fighting off free radicals,” says Tom Jenane, nutrition and fitness expert for natureshealthbox.co.uk, “especially thanks to its high levels of zinc. Free radicals are the guilty culprits that damage cells and cause ageing. If you’re fighting off free radicals then the skin cells can continue to produce collagen and stay elastic. Try Lamberts Aloe Vera 10,000mg supplement, £9.89 for 90 tablets, natureshealthbox.co.uk

3 Increase your vitamin C

Collagen is a protein made up of three amino acids: glycine, proline and hydroxyproline. Their triple helix formation is its trademark and vitamin C is said to be essential for normal collagen production. “The process of collagen synthesis occurs mainly in the cells of fibroblasts,” says Majid, “which are specialised cells with the main function of synthesising collagen and stroma (connective tissue cells).” So up your intake of vitamin C and look for vitamin C-containing face creams too, to help this vital process.

4 Get more sleep

Late bedtimes, stress and disrupted sleep patterns can all contribute to a decline in our collagen levels. “Without rest,” says Rachel, “our collagen cells will not reproduce at the quality and speed that well rested cells would.” So get to bed early, leave screens out of the bedroom and make sure you get a good seven-to-eight hours. Your face will thank you.



“AS WELL AS A BALANCED DIET, I TAKE COLLAGEN POWDER IN SMOOTHIES FOR AN EXTRA BOOST”

5 Start using a face-cream

Pick one that contains seaweed Fucus serratus (that’s seaweed extract to you and me) works as a powerful anti-ageing compound, preventing damage to amino acids in your skin while protecting and reinforcing cell membranes. The seaweed extract also stimulates the production of dermal collagen, hyaluronic acid, and elastin and research suggests that seaweed collagen helps to lessen wrinkle depth, stimulate skin renewal after free radical and sun damage, and regenerate damaged tissue. The extract is also rich in antioxidants called Polyphenols that provide protection against environmental damage to the skin by neutralising free radicals. Try Ishga’s Regenerating Face Serum, for a big seaweed hit, £63 for 50ml, uk.ishga.com

SUPER SKIN SAVIOUR

Serums work deeper into the skin than moisturisers as they are typically thinner and lighter with smaller particles which are able to penetrate through the pores.



YUMMY GUMMIES with SERIOUS SCIENCE[†]

22

NUTRIENTS



DELICIOUS
TASTING



VEGAN
FRIENDLY



RECOMMENDED
VITAMIN D



wellwoman

MULTI-VITAMIN
GUMMIES

22 nutrients
Evening Primrose
& Starflower Oils

60 vegan
natural berry
flavour gummies

VITABIOTICS

UK's
No.1
FOR
WOMEN*



wellman

MULTI-VITAMIN
GUMMIES

22 nutrients
Siberian Ginseng,
Co-Q10

60 vegan
natural orange
flavour gummies

VITABIOTICS

UK's
No.1
FOR
MEN*

[†]With **VIT. D** to help support
normal **IMMUNE** function

From *Boots*, Superdrug, supermarkets & vitabiotics.com

*Nielsen GB ScanTrack UK Total Coverage Value & Unit Retail Sales 52 w/e 8/10/22. To verify contact Vitabiotics Ltd, 1 Apsley Way, London, NW2 7HF. UK's No1 men's and women's supplement brand.




VITABIOTICS



SET THE BAR

**SUSTAINABLE LIVING WITH DR. BRONNER'S
IN POST-CONSUMER RECYCLED PAPER**

VERSATILE-ECOLOGICAL-VEGAN! Soft, smooth lather moisturizes face-body-hands-hair! Made with certified organic oils. Nutrient-rich U.S.-grown hemp seed oil nourishes skin. Plant-based & biodegradable, our bar soap cleans earth-body-mind-soul! All-One!

FIND US AT HEALTH STORES NATIONWIDE
Holland & Barrett, Ocado, Whole Foods Market, Planet Organic
DRBRONNER.CO.UK

Natural Beauty

DISCOVER BETTER SKIN, HAIR
AND MAKE-UP NATURALLY



GLOW GETTER

Lacklustre skin? Rosehip oil is a well-loved solution among natural beauty aficionados, including celebrities like Miranda Kerr and Gwyneth Paltrow. The oil is rich in essential fatty acids and famed for its impressive abilities to fight free radical damage, reduce scarring and rejuvenate a dull, dry complexion. As if that wasn't enough, Trilogy has improved on this with the launch of its first hybrid skincare release: Instant Glow Rosehip Oil (£36.50 for 30ml, Trilogyproducts.co.uk). Sure to become another hero product, it combines the brand's cult classic rosehip oil along with added ingredients such as golden mica pigments, to offer the ultimate barely-there, glow-giving base. It also contains lipid-rich squalene, macadamia and avocado for added moisturising oomph, and VanilleActiv2 – derived from vanilla beans – with lipid-rich properties to boost natural collagen production and smooth fine lines. This multi-tasking dry oil is easily absorbed into skin and can be used as an illuminating primer, a golden skin highlighter or your everyday antioxidant-rich barely there base. Yes please!



MY FAVOURITE FACIAL EXFOLIATORS

This month our columnist, Josephine Fairley, tells us her top picks for buffing and smoothing the complexion

Once upon a time (and don't tell a soul, but I'm old enough to remember), pretty much the only facial exfoliator on the market was made with quite crudely crushed nut shells. It did the trick – because one of the very quickest fixes for skin is to slough away dead cells from the surface, revealing brighter skin beneath – but the facial exfoliators I'm showing here are, happily, a quantum leap forward from that unsophisticated (and yes, scary!) product.

Today, sophisticated formulations harness ingredients like fruit acids (AHAs) and enzymes, which gently dissolve the bonds between dead skin cells, as well as exfoliating particles to physically buff our faces; all of the following, meanwhile, are kind enough even to use on my often-touchy, sensitive complexion.

Exfoliators are especially useful at this time of year, I think, when many of us are suffering from a sort of post-winter 'dinge'. I reach for one of these, two or three times a week; afterwards, my skin looks smoother, feels softer, radiance is restored and skincare simply sinks in

better. I love a mask, in particular, after exfoliating – I sometimes swear I can hear my skin drinking it in). The following all harness the power of naturally brightening ingredients, and there really is nothing like exfoliation, I promise – kind exfoliation, that is – to help get your glow on.

1 Jane Scrivner Whipped Butter Polish Facial Exfoliator (£41 for 50ml, janescrivner.com). I was introduced to this during a facial from Jane herself (perk of my amazing job!), falling for its lusciously buttery formula, in which ultra-fine bamboo powder is suspended. Skin gets serious TLC from deeply nourishing jojoba and mango butters, cucumber seed oil, with cinnamon and cardamom to fight blemishes, tone and plump.

2 Evolve Rose Quartz Facial Polish (£22 for 60ml, evolvebeauty.co.uk). When I heard this contained crushed

rose quartz dust, I was wary (memories of those scratchy nut shells!) – but in fact, the particles are rounded and very kind to skin, while leaving it clear, bright and nourished. Organic rosehip oil boosts cellular renewal; it's a renowned botanical treatment for scarring, too – and there's a pretty rosy scent.

3 This Works Morning Extract Multi-Acid Pads (£33 for 60 pads, thisworks.com). Now for something completely different: these biodegradable cotton pads are infused with a blend of AHA fruit acids, balanced by calming ingredients like liquorice and azelaic acid. They're suitable for treating breakouts – but I like to swipe one over my face, at least twice a week, such an easy-peasy way to sweep away dead cells. (It's staggering how grubby they look, even though I cleanse religiously).

4 CV Age Defy+ Soft Buff Skin Exfoliator (£26 for 30ml, greenpeople.co.uk). From the range created by Green People's founder, Charlotte Vøhtz, a





certified organic, concentrated formula; a little of this creamy scrub, massaged into skin, goes a long way. Remove all traces with a soft, warm, water-soaked flannel, to reveal glowier skin, thanks to a blend of cell-loosening pineapple enzymes and bamboo scrubbing particles, delivering a double exfoliation whammy.

5 Botanics All Bright Purifying Face Scrub (£5.49 for 75ml, boots.com). Always good to have an almost pocket-money-priced option, alongside the more luxurious choices, and this offers great value. With a pretty, freesia scent, this creamy exfoliator is powered by AHA (alpha-hydroxy) fruit acids, rather than physical particles – so do be aware, if you're sensitive to AHAs. (I sometimes am, but had no problems here. Just saying.)

NH loves

Q+A Apple AHA Exfoliating Gel (£8.50, qandaskin.com). Gentle but powerful, this contains apple fruit extract, naturally occurring lactic and malic acid and glycolic acid to help you massage your way to brighter skin.



JO FAIRLEY is the co-founder of Green & Blacks and author of *The Beauty Bible*. Head online to see her latest projects at josephinefairley.com

Raise your BROW GAME

Here are the best natural brow products
the *Natural Health* team swear by

Most of us know that a really great set of eyebrows can enhance, lift and shape our features, and the good news is, even if we aren't naturally blessed with a full, bushy pair, we can now fake it to make it with some amazing natural beauty buys. This month, the *NH* team have tried and tested an array of waxes, gels and pomades that promise natural strokes and face-framing feathering - here's how we got on...

Madara Grow and Fix Tinted Brow Gel in Frosty Taupe, £21.95, naturisimo.com

Tested by editor Holly: "Unless you've been under a rock lately, you'll know that mushroom skincare is having a moment, and it's made its way into our brow products, too. This tinted brow gel from Madara includes Chanterelle fungi rich in growth vitamins and essential nutrients for healthier brows. Not only this, the natural tint gives an instantly fuller look and made my eyes seem wider and brighter. It's easy to use and has already become an everyday staple in my make-up bag."

Naked Brow, £29.99, nakedco.com

Tested by senior content creator Laura: "As someone who succumbed to the 90s trend for overplucked eyebrows, these days I'm always on the lookout for anything that will help to thicken my thin arches. I had high hopes for this plant-based, growth-stimulating brow serum, which promised thicker brows in as little as 21 days. After a month of use, I'm not going to be rivalling Lily Collins' magnificent eyebrows anytime soon, but I'm delighted with the results. The tiny hairs around my brows have grown fluffier and fuller - success!"

Natural Definition Brow Palette, £23, nudebynature.co.uk

Tested by senior content writer Daniella: "I've tried to emulate the fluffy Emily-in-Paris-style eyebrows before but who has the time for all that grooming and maintenance, really? So, if you prefer your arches neat and tamed like me, it's well worth picking up the Natural Definition Palette from Nude by Nature. The sleek, travel-sized palette comes with two powders that can be used alone or blended together to achieve filled and groomed brows, while the luminous highlight shade helps further brighten and accentuate the arch - genius. The buildable formula is also made from dreamy, natural ingredients like sweet almond oil and desert lime, and the three shades help me achieve a natural finish, every time."

Tropic BROW BOSS defining pomade, £8, tropic.com

Tested by commercial content creator Rae: "Adding the Tropic Brow Boss pomade to my make-up kit has definitely levelled-up my brow game. It's made with clever natural ingredients such as fractionated coconut oil and shala tree resin, which not only allows the pigment to glide through the hairs, thickening and shaping the brows, but it also keeps it in place with no flaking or fading. Tropic also has this product in a powder formula, which you can apply for added texture and fluffiness. What's great is the pomade also doubles up as an eyeliner, so it's perfect for a more impactful smoky eye look. A night-out essential for me, now!"

Ilia Essential Brow Gel, £25, naturaisimo.com, iliabeauty.com

Tested by content creator Liz: "I grew up in the 90s where brows were just a whisper above the eye. Applying anything too heavy feels really wrong to me, so, despite having dark brows I opted for the lightest shade of Ilia's brow gel. I loved the way it made my brows stand up and instantly look fuller and shinier. The smidge of colour was just perfect for my taste, and all the little gaps from past overplucking were filled in. Not only that, but it stayed on all day. I'll definitely be exploring more ways to dress my brows now."



Clean without Compromise

Explore Spring Cleaning Essentials at ecozone.com



Leaves dishes sparkling

Long-term appliance maintenance

Tough on dirt

Tough on grease



Available at Ocado.com | Amazon.co.uk | Ecozonedirect.com

Discover more at ecozone.com





LAURA COPPOCK

Energy Healing SKINCARE

Want to glow from within? Crystal-infused skincare could be the answer you've been looking for. Here's how to polish up your beauty routine

Unless you've been living under a rock (excuse the pun) you'll be well aware of the healing properties of crystals. Since ancient times, people have been tapping into the beneficial effects of crystals by placing them in their sacred spaces, holding them or wearing them as jewellery. Fast forward to today and our obsession with gems hasn't diminished, with 'crystal core aesthetic' having notched up more than 34 million views on TikTok alone. And 'jade roller' has more than double that number of views. More and more of us are harnessing crystal healing as part of our skincare as well as self-care regimes.

"Crystals have become a popular addition to many people's beauty routines. They offer a natural and holistic way to improve your skin's appearance and health, as well as enhancing your energy through crystal healing," says Jessica Lahoud, author of *Crystal Companions: An A-Z Guide* (Rockpool £14.99). "With a growing interest in self-care and natural beauty, crystal facial tools such as gua sha tools, crystal cooling masks, and crystal face rollers offer a unique and effective way to enhance your skincare routine."

UNEARTHING WHAT WORKS

So, what are the tangible benefits of using these beauty tools? "Crystal gua sha massage tools offer a unique way to improve skin health and appearance while bringing you closer to nature. And, regular facial massage has been shown to improve blood circulation, reduce puffiness and wrinkles, and enhance skin



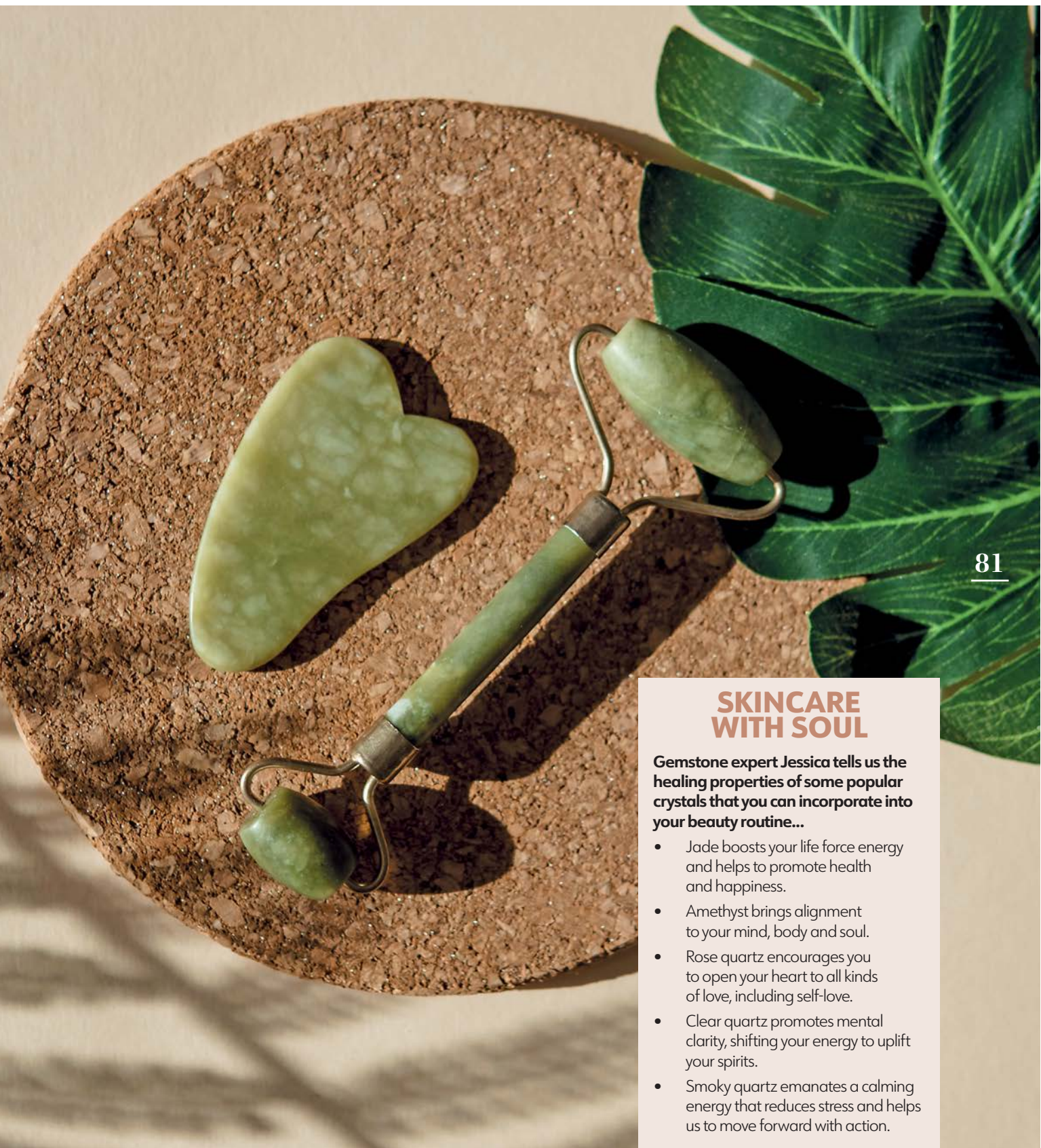
"This holistic approach to skincare helps you to create a truly all-inclusive experience, where your skin is not only being cared for but your entire being is left feeling balanced and rejuvenated"

health," Jessica explains. But it's more than just that. "Crystals have a calming and cooling effect on the skin, which helps to soothe and refresh your skin after a long day. The cool touch of the crystal reduces inflammation, while also promoting relaxation and a sense of calm," she adds. "All of these benefits are combined with the energetic properties that can positively impact your mind, body, and spirit. This holistic approach to skincare helps you to create a truly all-inclusive experience, where your skin is not only being cared for but your entire being is left feeling balanced and rejuvenated."

ALL THAT GLITTERS

However, it's important to understand which crystals are safe for skin contact, Jessica warns. So, what should we be looking out for when it comes to crystal skincare gadgets? "When choosing a crystal facial tool, it's best to be cautious and carefully select the right one for you from the seemingly endless options available," advises Jessica.

"It's important to note not all crystals are safe for using on your face or massaging into your skin and once you add oils or creams to the equation you run the risk of the moisture entering into the mineral and then leeching out onto your body. To be safe, stick to tools made of jade and quartz (clear quartz, amethyst, rose quartz). These crystals are safe to use on your skin without the risk of exposing yourself to toxic minerals that can build up in your body." Special stones have healing properties that go beyond the physical, too,



SKINCARE WITH SOUL

Gemstone expert Jessica tells us the healing properties of some popular crystals that you can incorporate into your beauty routine...

- Jade boosts your life force energy and helps to promote health and happiness.
- Amethyst brings alignment to your mind, body and soul.
- Rose quartz encourages you to open your heart to all kinds of love, including self-love.
- Clear quartz promotes mental clarity, shifting your energy to uplift your spirits.
- Smoky quartz emanates a calming energy that reduces stress and helps us to move forward with action.



so incorporating them into your self-care routine can amplify the benefits. For example, as Jessica tells us, rose quartz is also a heart-opener, and can aid feelings of self-love. To help you select your tool of choice, check out Jessica's guide to the healing effects of different crystals on the previous page.

DISCOVERING NEW GEMS

The beauty benefits of crystals don't finish there, with a wide choice of brands offering skincare formulations harnessing the anti-inflammatory, soothing, rejuvenating powers of gemstones.

"From crystal infused serums, to facemasks, and even make-up, there is now a wide range of skincare products that utilise the benefits of crystals," she says. "Provided you buy from a known and reputable brand, these are a great way of incorporating crystal products into your skincare routine safely."

With some well-chosen products and regular gua sha or jade roller massage, your complexion will be sparkling in no time.

GLOW UP

Crystal treatments are set to be a big spa trend this year, according to the Spaseekers.com 2023 Trends Report, which found that searches for crystal healing massages are up by 91 percent. For the ultimate mind-body pampering treat, try the new ESPA Modern Alchemy Ritual Treatments, which incorporate jade rollers, crystals, moonstones and more. The therapies begin with a foot bathing ceremony using healing basalt magma stones and grounding crystals, including hematite and clear quartz, to help with connection, and finish with a purifying sage ceremony. Choose from the Harmonising and Empowering rituals available at The Spa at Bedford Lodge Hotel in Newmarket, Suffolk (bedfordlodgehotelspa.co.uk).



LITTLE GEMS Top products to add to your wish list...



Jade gua sha facial massager set, £9.99, tkmaxx.com



Elemis Pro-Collagen Quartz Lift Serum, £120, uk.elemis.com



The Organic Pharmacy Rose Diamond Eye Cream, £95, theorganicpharmacy.com



PMD Rose Quartz Gua Sha, £39, uk.pmdbeauty.com



Gaia Crystal Purifying Mask, £38, gaiaskincare.com



CRYSTAL COMPANIONS



AN A-Z GUIDE

ABOUT THE EXPERT

Jessica Lahoud was born into the gem industry and is the author of *Crystal Companions: An A-Z Guide* (Rockpool £14.99). Find out more about crystals and rituals in Jessica's book and follow her on Instagram @mineralism_au, @jessalahoud



Support your body's *defence*

Floradix® Immune Support



- Contains vitamins and minerals to support the normal function of the immune system; D, C, B12, B6, selenium and zinc.
- Based on a herbal extract from plants and Echinacea.
- Contains fruit concentrates for a great taste.
- Free from alcohol, preservatives, colourings and artificial flavourings.
- Free from gluten and lactose.
- Suitable for vegetarians & vegans.

Natural Healing

SIMPLE STEPS TO BALANCE YOUR
MIND, BODY AND SOUL

COMMIT TO 365 DAYS OF SELF-LOVE

Self-love needs to be the foundation that you lay first, and then the second step is to build the details of your life upon it. To make this commitment, get a calendar and mark the day you plan to begin.

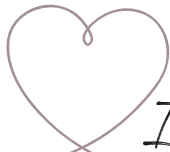
Then, mark the day you plan to end, 365 days later. Once you have done that, it is time to make the actual commitment. For exactly a year, every single day, you are going to commit to live your life according to this mantra:

What would someone who loves themselves do? This sounds simple but it would benefit you to say it out loud right now: "What would someone who loves themselves do?" Get used to it, because you are going to be saying it all the time. You are going to ask yourself this question any time you have to make a decision, no matter how small or large.





LIZ FROST



It's Cool To Be Kind

ARE YOU A CATASTROPHIST?

Learn how to surf the waves in life, rather than allowing them to pull you under, with a little help from our experts...

We've all been there, your child has a runny nose that won't quit, and you begin to run through scenarios in your mind: they're going to get sick and miss school; the rest of the family will catch it; I'll need to stay home to take care of them and my boss will be angry; I might get a warning, or worse, lose my job; 'If we can't pay the mortgage, we'll lose the house,' you think... Or you're in a relationship and your partner is a bit 'off', so you entertain the idea that something is wrong, and next thing you know, you're full-blown believing they don't love you anymore and you're about to break up. Deep down, you know that things will most probably be fine, but your mind seems insistent on spiralling, and before you know it, you're full-blown catastrophising.

According to Clare Deacon, positive psychology coach and therapist (happycoach.com), this can be our brain's way of keeping us safe from potential danger. "Our mind and body are designed to protect us and to work in unison," says Clare. "Our brain is constantly scanning our environment for dangers, so it is ready to signal to our nervous system that action needs to be taken."

However, a person that regularly catastrophises spends a lot of their time in 'future-thinking'; asking themselves 'what if' and 'supposing that...'. Mindfulness teacher Lucy Woods (presenceofmind.life) says, "When we mentally time travel (to the past or the future) it means that we are not fully present with whatever we are doing. This can lead to disconnection from the experience of being here now and from giving our



"Focusing on the good in your life helps to maintain a positive outlook"
Clare Deacon

full attention to the task or people we are engaged with." So, how can we stay firmly in the here and now when our brains want to catastrophise? Read on for our experts' tips.

Practise mindfulness

"The practice of mindfulness can help you stay grounded, in the present moment, allowing you to observe your thoughts without judgement," says Clare. "Not only can this be useful in stopping yourself from spiralling it can also be a preventative





measure, the more you engage in the practice the more instinctive it can become. Calming the nervous system and improving your overall wellbeing so you feel aligned and in control of your life.”

Let go of what you can't control

“As an example, you need to catch a train and you are worried you might be late, or you won't get a seat. What is in your control?” says Lucy. “Checking the train gets you in on time and being on time for the train are both in your control. Worrying that it might break down or that you may have to stand are not. So, if that were to happen what could you then do that would be helpful? Perhaps ensuring the battery on our phone is charged so we can call someone if we need to. Can we then let go of those things that are out of our control?”

Try relaxation techniques

“Engaging in various relaxation techniques can help you manage stress and anxiety reducing the urge that allows your negative thinking to spiral,” says Clare. “Activities such as deep breathing, hypnosis, meditation, emotional freedom technique (tapping), and yoga, can all help decompress your thoughts and feelings. These techniques help release tension and reset your nervous system so you can achieve a more balanced parasympathetic state. Proactively managing your wellbeing enables emotional resilience.”

Practise positive self-talk

“Improving your self-belief, focusing on your strengths and abilities, recognise your accomplishments and how you have managed previous situations can all have a positive impact,” Clare says. “Forgive yourself with mistakes you may have made when you didn't know better. Use phrases such as “I can handle this”, “I have access to resources that can help me”. The practice of self-talk is a muscle that needs to be exercised especially for those experiencing issues of low self-esteem. Identifying three positive things about yourself in your daily self-care routine can help refocus your mind.”

Separate thoughts from facts

“Our thoughts are not facts,” says Lucy. “We humans are very creative; our active imaginations can make up all sorts of possible scenarios but it doesn't make

them true. Can we see thoughts as just products of our busy minds trying to keep us safe? Some thoughts are helpful and some are not. Learning how to notice thoughts as just thoughts can help us to decide which ones are useful, for example, our best creative idea and which are not, for example worrying about whether the parcel I sent will turn up on time.”

Practice self-care

“Taking care of yourself physically, emotionally, and spiritually helps build resilience and reduce the impact of stress,” says Clare. “For example, it's important to ensure you get enough sleep; during sleep the brain is able to process negative thought patterns whilst also enhancing positive emotions. Also, by exercising and eating well reduces your susceptibility to mood swings. Avoid processed foods and take care of yourself physically, this also has an impact on your self-esteem and self-worth which empowers you to take control of your life enabling you to feel prepared for life and difficult situations as they arise.”

Nurture your PNS

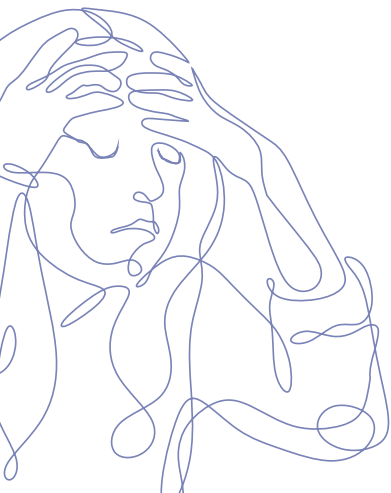
“Engage in activities that support engaging the Parasympathetic Nervous System (PNS - also known as the rest and digest system),” suggests Lucy. “Breathing exercises, yoga, meditation, walks in nature etc. all support in soothing the body and mind. We need to actively create time to put the body into the state where it can rest and heal, particularly if we find that we are often in a hyper vigilant state.”

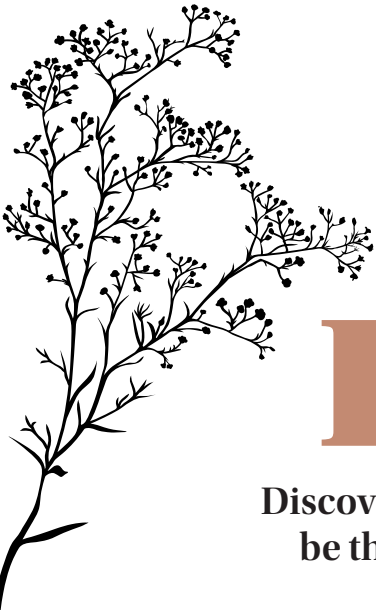
Engage in gratitude

“Focusing on the good in your life helps to maintain a positive outlook,” says Clare. “It can help you put challenging situations into perspective focusing on abundance is empowering it leads you to having the belief of having control and influence over your life and its outcome.”

Take Action

“Ask yourself what one step you can take to make a difference in the situation you are facing,” Clare adds. “How can you make yourself feel safe in situations that cause you anxiety? Ask yourself what it is that you need, what is triggering the negative response? Explore and understand what is possible.”





RAE DELANIE PASSFIELD

Healing HANDS

Discover how working with an osteopath could be the secret to unlocking your best health

When learning about holistic health and the multitude of ways in which we can support our bodies' natural capacity for healing, it wouldn't be long before you stumble upon the world of osteopathy. This therapy technique has been around for hundreds of years – it was first developed in 1874 – yet still hasn't quite hit the mainstream.

But, for those of us who know of its potential, osteopathy can have a profound impact on how we think about and approach our health. So, what can we learn from osteopathy, and how can we get the most out of this treatment?

HOLISTIC APPROACH

Osteopathy is a system of manual medicine that diagnoses, treats and helps to prevent problems arising within the musculoskeletal system. By correcting the body's structure via manipulative techniques and gentle stretching, an osteopath aims to create the perfect conditions to facilitate healing.

"First and foremost, osteopathy is a manual therapy that has a patient-centered approach to health and wellbeing," says Stephanie James, Lead Osteopath and Director of The Osteoperformance Clinic (osteoperformance.co.uk).

People most commonly seek an osteopath when experiencing back or neck issues or a sports injury, as it can be an effective treatment in restoring the natural curvature and alignment of the spine. But an osteopath will do more than simply look to treat these symptoms in isolation.

Stephanie explains: "In order to understand your specific case, an osteopath will ask you questions on your medical history, including previous injuries and

illnesses, along with an overview of your lifestyle, diet and hobbies, as well as your personal and professional circumstances, posture at computer, for example.

"By focusing on the diagnosis, treatment, prevention and rehabilitation of musculoskeletal disorders, osteopathy can help to treat the effects of these conditions on patients' general health," she says.

IN HARMONY

By looking at the body as a whole, osteopaths work to restore balance within the bodies' interconnected systems. "The underlying principle is that the health and wellbeing of an individual is based on the muscles, skeleton, ligaments and connective tissue working at their best together," says registered osteopath Phyllis Woodfine (phylliswoodfineosteopath.com).

"Osteopaths can help to enhance overall health by aiding circulation, reducing stresses and strains in the muscles and joints and by addressing structural imbalances, so you don't need to be in pain to visit an osteopath and can benefit from things like improved mobility and circulation on a maintenance basis."

Similar to the synergy inside the human body, osteopathy works best when applied in harmony with other body-based therapeutic modalities, such as physiotherapy and acupuncture, as part of a wider treatment plan towards recovery or wellness.

"Recently, I treated a patient who suffered from a rupture of knee ligaments further to a skiing accident," Stephanie says. "While her team of surgeons and physiotherapists were doing an excellent rehabilitation work, I was able to release areas of tension in her lower back, hips, ankles that greatly accelerated her full recovery. As a team, we work better."

"You don't need to be in pain to visit an osteopath and can benefit from things like improved mobility and circulation"





THE SUBTLE BODY

So, what exactly can you expect during an osteopathic consultation? “After asking relevant questions about your specific case, an osteopath will examine you and ask you to do a series of movements and possibly carry out some clinical or orthopedic tests. This includes using gentle stretching, massage and repeated movement or manipulation of joints,” says Phyllis.

Osteopaths are trained to examine areas of the body using a highly-developed sense of touch, known as palpation, to determine conditions and identify the body’s points of weakness or excessive strain.

“The body is in constant motion and so are its parts: muscles, tendons, organs, blood vessels, fascia, bones, etc. We are trained to feel the very subtle movements and quality of tissues,” Stephanie explains.

“An osteopath develops their sense of palpations with experience, learning how to listen to the body, identify areas of lesions and treat accordingly.

“We often use the analogy of a sommelier who after years of experience is able to be specific about the grape and location of the wine by simply tasting it. Developing our sense of palpation is a very similar experience for osteopaths, except for us, it is all about the hands,” she says.

ADDED BENEFITS

In addition to its potential for physical recovery and health, osteopathy offers a host of other wellbeing benefits, ranging from improved digestion, fewer or less severe headaches and a general sense of improved wellbeing.

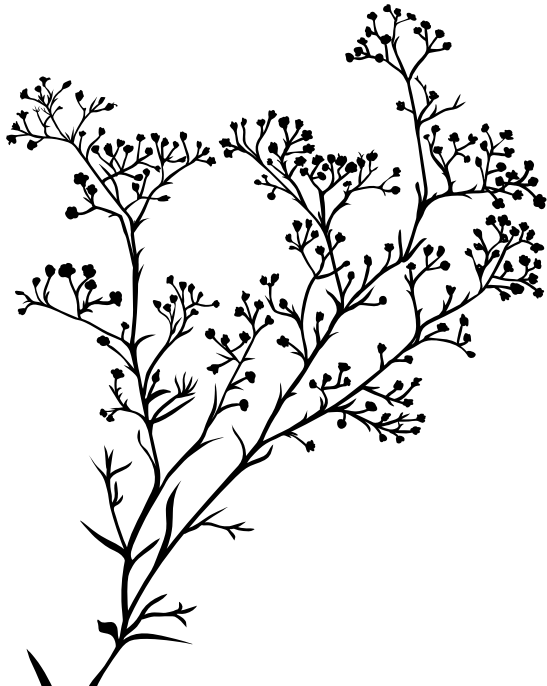
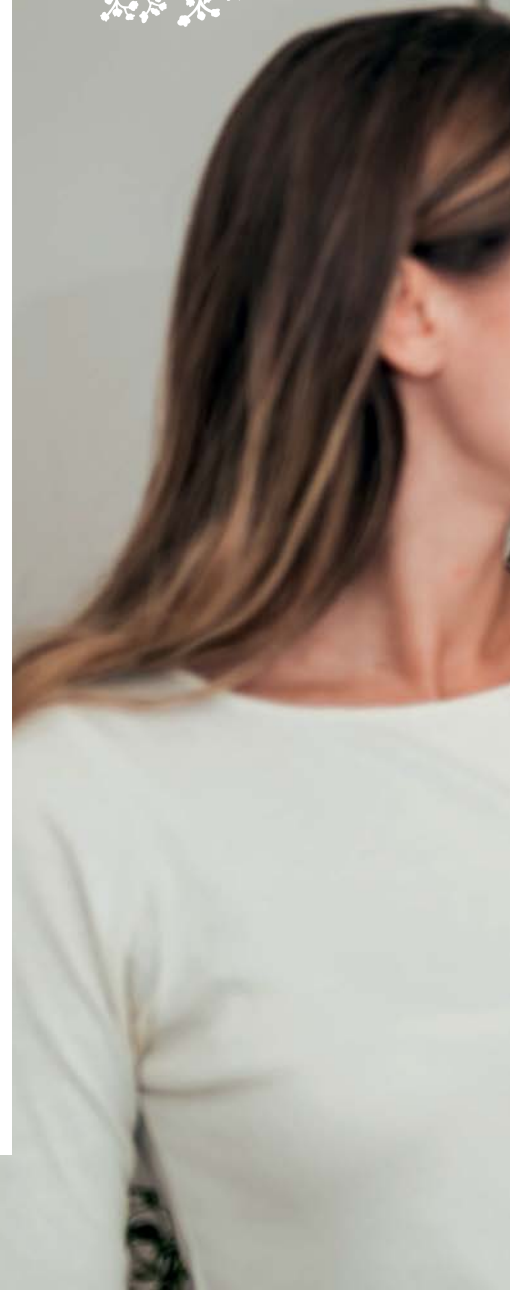
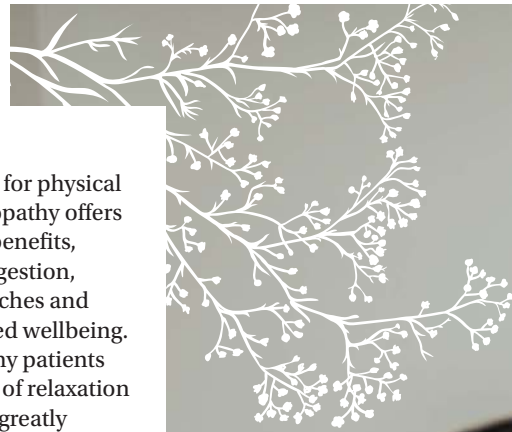
“The vast majority of my patients report an immediate state of relaxation and calm that helps them greatly in their recovery,” Stephanie says. “What’s more, by working on the lymphatic drainage, thoracic and cervical spine, we can also make a difference for patients suffering from chronic fatigue syndrome (CFS) as well as Long Covid.”

In such cases, an osteopath may use a treatment called the Perrin Technique, which focuses on increasing the potential of the lymphatic drainage throughout the whole body.

“In the Perrin Technique, the osteopath will manually stimulate the fluid motion around the brain and spinal cord,” Stephanie explains. “Massage of the soft tissues in the head, neck, back and chest directs toxins out of the lymphatic system and into the blood, where they are eventually detoxified in the liver.

“Free of toxins, the nervous system begins to function more normally. Providing the patient doesn’t overstrain themselves, symptoms of CFS and Long Covid should gradually improve – some even become symptom-free.”

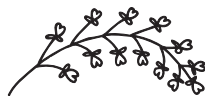
An osteopathic approach teaches us that our wellbeing is interconnected and specific health concerns need not exist in isolation. By tapping in to the power of our bodies’ natural intelligence and taking advantage of the various therapeutic modalities available to us, we can better support our health and vitality throughout life.



5 WAYS TO GET THE MOST OUT OF YOUR OSTEOPATHY APPOINTMENT

- Ensure your osteopath is registered on the General Osteopathic Council (GOsC) Register.
- Follow the advice (diet or exercises). Osteopaths love to empower patients and you will work better as a team.
- Be aware that sometimes the cause of the problem may be in a different area to the site of pain so they may need to examine your whole body.
- Try to bring any medical records or information relevant to you to your first appointment and don't be afraid to ask questions.
- Do be patient and remember healing takes time – you may need more than one treatment to help you.

"The vast majority of patients report an immediate state of relaxation and calm that helps them greatly in their recovery"



JOANNA HARRISON

5 right-of-passage ARGUMENTS

Author Joanna Harrison reveals the discussions that can make or break a couple, and how to have them well

Let's face it, nobody likes arguing with their partner. It raises our blood pressure, makes us feel stressed and upset, and temporarily makes us feel negatively towards the other person. But... how great is that feeling after a big disagreement, when the dust has settled; you've both had your say, and you've come to a better understanding? Some even say they feel closer after an argument than before, when perhaps they have bottled up a series of little niggling irritations about their partner. With this in mind, we enlisted the help of Joanna Harrison, author of the book: *5 arguments all couples (need to) have and why the washing up matters* to share her wisdom on the arguments we should be having to bring us closer together.

1 COMMUNICATION - AKA YOU NEVER LISTEN TO ME

We come into relationships with expectations and hopes that our partners will understand where we are coming from and that they will understand what we mean when we say something to them. The reality is that even when we spell something out to our partners, they may understand it in ways we hadn't imagined (or not understand it at all). This can be really frustrating and lead to all sorts of crossed wires that cause disappointment and arguments. However, if a couple can reflect after an argument in this area on how they may need to work harder than they thought to explain themselves to each other, they may actually start to be able to communicate better with each other rather than hoping that they are both mind-readers.

Essential communication tip: start a sentence with an 'I' not a 'you' - e.g. 'I am upset that the dishwasher needs unloading again and I need you to help me with it' rather than 'Why do you never unload the dishwasher?'

2 FAMILY - AKA YOUR FAMILY DRIVES ME CRAZY

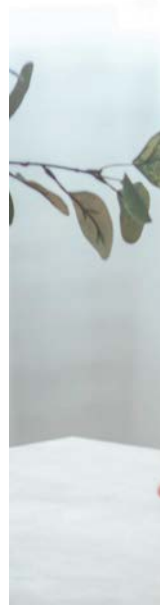
This in-law argument also stands for the inevitable differences and conflict that come from having grown up in different family atmospheres. Each family has its own culture and when two people start living together it can be a real surprise to find the different attitudes and ways of doing things that they have.

This might be in relation to the household stuff - different levels of mess tolerance are a real flash point - but also to deeper stuff like what they each particularly care about when it comes to how to raise their children. When there are arguments in this area it can be really helpful afterwards when things have calmed down to take time to be curious about where each other is coming from and what matters to them in relation to a certain issue, however unimportant it seems to their partner.

Essential tip: be curious about differences in the context of each other's family - ask 'how did your family shape your attitude towards x?'

3 ROLES - AKA YOU NEVER PUT THE BINS OUT

Arguments about when the bag needs changing, who is going to take it out of the bin and who is going to remember to take the bins out on the right day are important in themselves. At a deeper level these arguments are symbolic of all the negotiations that are required in a relationship to work out what needs doing, who does what, and how both people in it feel about the jobs they have to do in the relationship. In both cases, if these questions don't get tended to, then things can start to smell. Nothing is more corrosive to a relationship over time than one person feeling unacknowledged and overworked. Different jobs in a



"Be curious with each other about what each enjoy physically... this can really be a creative kind of conversation to have"



relationship get different visibility and making sure that unseen jobs such as emotional labour get acknowledgement and gratitude is really important.

Essential tip: Build your own kind of 'couple HR function' where you think together about your workloads, express your feelings about different aspects of the different work you do and make sure that you both feel acknowledged for your different roles.

4 CLOSENESS – AKA WHY ARE YOU ALWAYS ON YOUR PHONE?

Couples need to work out what distance and closeness works for them and these are sensitive areas that can sometimes stir up the most intense feelings, to the surprise of one person in the relationship. For example, one person feeling that they are innocently being on their phone may stir up some intense upset or angry feelings in their partner that, to the person on their phone, seem unreasonable or an over-reaction. However, it doesn't really get couples anywhere for one of them to claim that the other one is over-reacting.

What is needed instead of an accusation of an over-reaction is conversation between both of them to understand what this phone situation means to them both.

Essential tip: talk with each other about what being apart means to you and what you need in this area. Whether that's on a phone or a trip away.

5 SEX – AKA ARE WE DOING IT WELL/ENOUGH/TOO MUCH?

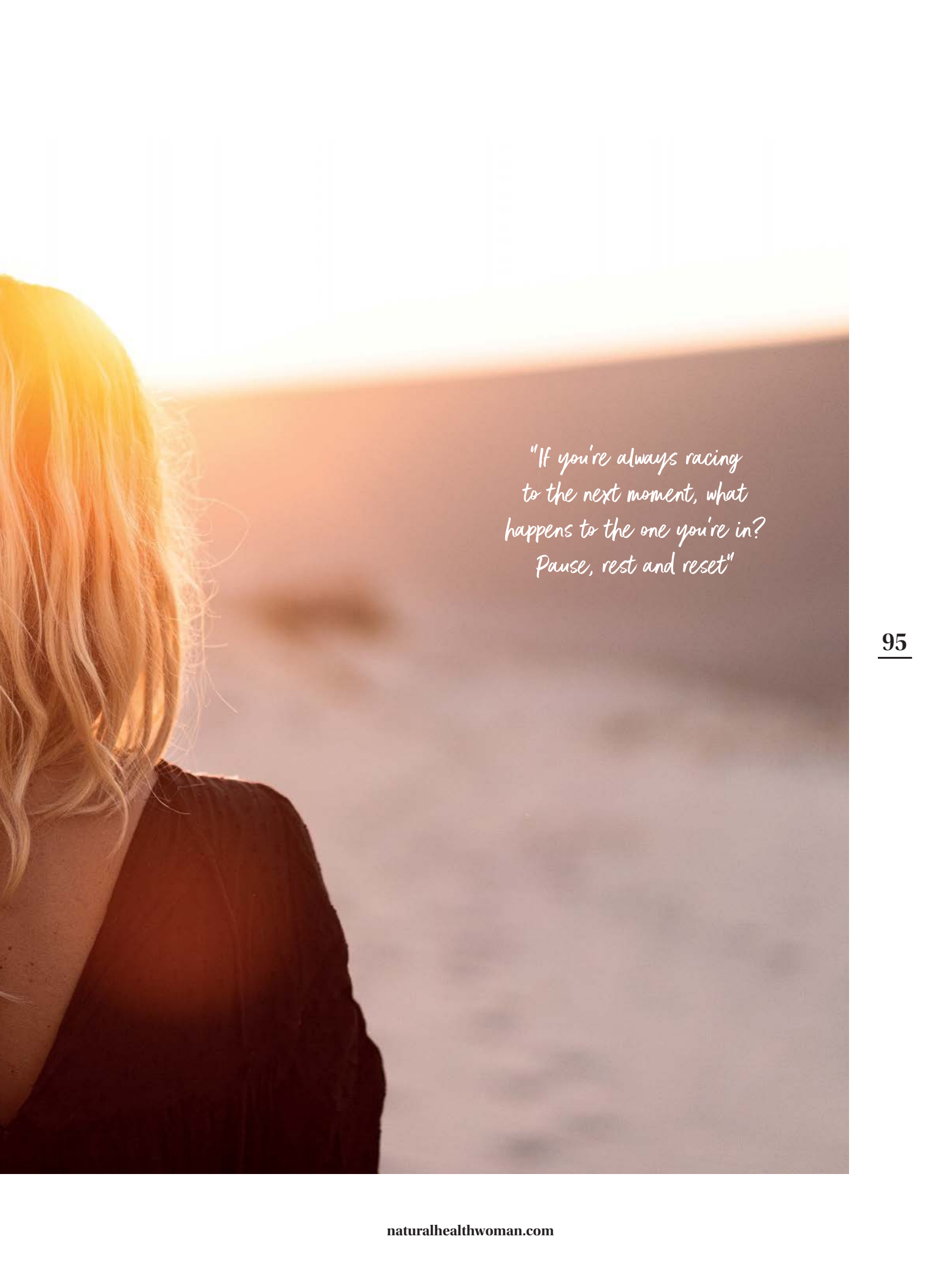
Bodies and sex are the area that is so often most difficult for couples to express any disagreement about, often keeping their feelings or frustrations to themselves because it feels so sensitive to raise issues in this area and anything that is said might feel like painful criticism. People also often seem to feel that if you need to talk about your sex life then it is a sign that there is something incompatible or wrong with it. However, when couples are able to talk more about what they enjoy physically and to be curious with each other about what each enjoy physically, this can really be a creative kind of conversation to have.

Essential tip: Communicating more openly and honestly about sex and bodies can stop unhelpful narratives building up.



5 Arguments All Couples (need to) have and why the washing up matters, by Joanna Harrison (Souvenir Press).





*"If you're always racing
to the next moment, what
happens to the one you're in?
Pause, rest and reset"*



REWRITING THE RULES

Pioneering organic beauty since the early 90's, meet Green People Founder and CEO, Charlotte Vøhtz

Charlotte Vøhtz began her mission to bring organic skin care to the mainstream in 1994, when she was determined to provide a more natural way to manage her young daughter's eczema and skin sensitivities.

Today, her skincare brand, Green People, is a leader in the organic beauty industry with over 160 unique products and more than 270 awards under its belt. To this day, Charlotte still personally oversees each and every formulation, ensuring each is made with sustainably-sourced ingredients that can be traced from farm to finished product.

Here, we discover the story of how Green People came to be and how one woman's mission became her unending passion.

EARLY INFLUENCES

As a child, Charlotte learned to respect the natural world and came to understand its benefits from her closest family members.

"Growing up in Denmark just 10 minutes from the sea, I would regularly spend time at the beach with my family," Charlotte recalls. "My mother would dip me in the sea and explain the natural benefits of seaweed whilst she gently rubbed my skin with antioxidant-rich algae," she says.

Charlotte's grandfather, who was a medical doctor and pharmacologist, often experimented with formulating his own creams and medicinal lotions, something which enthralled Charlotte greatly through her early years.

These childhood memories would go on to influence the ingredients Charlotte uses in her own skincare formulations, later shaping the brand we now know as Green People.

LIGHT-BULB MOMENT

Charlotte's key motivation for creating an organic beauty company came from a passionate desire to help treat the eczema and allergies that her daughter, Alexandra Kay, suffered as a small child.

"No parent wants to see their child in discomfort," she says. "I knew steroids would thin her skin and I threw all my energy into sourcing a gentle but effective alternative. I did a lot of research and discovered that a brand only has to use less than one percent natural ingredients to claim their product is natural."

"This was a turning point for me, my light-bulb moment. I was determined to make sure parents had skincare they could trust and apply to their child's skin with the confidence that it was genuinely natural and effective. I knew a thing or two about making my own salves and balms from natural ingredients and from that frustration and determination, Green People was born," Charlotte says.

ORGANIC REVOLUTION

In the early days of Green People, there were no standards for natural and organic cosmetics – organic certification only applied to food and drink. Committed to building a brand that made a difference, Charlotte approached the Soil Association to encourage them to form standards for

organic health and beauty products.

"For five years nothing changed, then, one day in 1999, I received a fax from The Soil Association, inviting me to join their committee to help write organic standards for health and beauty products," Charlotte recalls. In 2002, Green People went on to become one of the first brands to have certified organic beauty products.

Having helped to rewrite the rules for organic beauty with her colleague Ian Taylor, Charlotte's mantra remains to this day: "Never give up, and don't be afraid to be a pioneer. We've been ahead of our time in product development and to see organic become the norm, not a niche, has been an incredible journey."

greenpeople.co.uk

ORGANIC SKINCARE for spring time

Scent Free Facial
Sun Cream,
£25.50 (50ml)

One Balm,
£22.00 (30ml)





Your New Favourite Mug.

klean kanteen®

Beautiful, functional and designed to last, the Rise Mug is built with certified 90% post-consumer recycled 18/8 stainless steel and award-winning Climate Lock™ vacuum insulation for caffeinating indoors or out.

kleankanteen.co.uk



Are you Curious about your Health?

Increase your Health Span and feel the difference with a Bio Resonance Health Scan

Offering an effective complementary treatment for chronic fatigue

We can also help with:

Lyme Disease
Chronic Back Pain
Cardiovascular Decline
Gut & Digestive Issues

At Bio Health Scan we have found a way for you to recover from your injuries **quicker** than conventional methods in a safe and pain free way.

And along the way help you become your own **Health Boss.**



You can probably imagine how complicated that can be ...

Book your session online today or call Kevin on 02079 657 548

BioHealthScan@gmail.com

BioHealth-Scan.com/curiousabouthealth
Bournemouth. BH12 5EW



LUMANA[®]

PROTECTIVE ACTIVEWEAR FOR BODIES THAT MOVE

New Year
New Me

HOW MUCH LIQUID CAN A LUMANA PRODUCT HOLD?



Lumana shorts can hold up to 15.5ml of period leaks. They can hold up to 150ml of bladder leaks and sweat.



Lumana leggings can hold up to 12.9ml of period leaks. They can hold up to 90ml of bladder leaks and sweat.



leak-blocking protection



built-in underwear

absorbent padding

HOW DOES IT WORK?

In each Lumana product there is a built-in underwear with a sewn-in absorbent padding. Our padding consists of a 3 layer system.



SCAN ME

iMEDicare
Pelvic Health Naturally...



MyPelvicHealth.co.uk

Natural Living

DISCOVER THE LATEST HOME AND FASHION TIPS, FOR A GREENER, HEALTHIER LIFE

OFF THE WALL

If you have excess wallpaper left over from a recent decorating project, refrain from chucking it out. "One of the easiest ways to upcycle with wallpaper is by creating your own framed artwork," advises Calum Henderson from I Love Wallpaper (ilovewallpaper.co.uk). "You could also transform a boring set of shelves with leftover wallpaper too."



Stars

Find out what April 2023
has in store for you

TAURUS

APRIL 21 - MAY 20

Keen to race ahead you may get frustrated since progress will be slow with a pet project. Be patient and soon you'll be shooting ahead. In quiet moments you will be content in your own company and happy to reflect over recent events. Later you'll need to tap dance your way round one obstacle or tricky companion.

GEMINI May 21 - June 21

You won't go short of lively company or advice. Your optimism will stay high and your exuberance will bring results. Though you'll gain the respect of the right people if you take your responsibilities seriously as well and don't try to cut corners or go for quick fixes. Later you'll slow down and let others take the strain.

CANCER June 22 - July 23

Your assertive approach may stir up odd arguments but will get results. A triumph or two will boost your reputation. Whatever you tackle will work out better and faster than you expect. Warm-hearted friends will offer fun invitations. You will also be rethinking old attitudes and abandoning outdated opinions.

LEO July 24 - August 23

In the mood for adventure and thrills, you won't be practical but this is when you follow your dream and allow your imagination to soar. Though you will have to keep your feet on the ground where money is concerned for a while. One close relationship will be moving through a period of adjustment which may cause the odd tension.

VIRGO August 24 - September 23

Luck will be on your side bringing money and generous support. Even better you'll see positive changes moving you closer to a future of your dreams. Leaving the past behind won't prove a strain or leave regret. Without regret away from the past. You'll value over passion in the months ahead and put great store by loyalty.

LIBRA September 24 - October 22

Out on the social scene you'll be schmoozing to good effect. Behind the scenes, sorting financial tangles will require patient negotiation and compromise. A heart-warming moment around the 11th will find you making your mark. If a loved one is uptight, stay calm and refuse to engage.

SCORPIO October 23 - November 22

Hard work will be unavoidable so turn your attention to boosting your stamina and staying fit. Luckily the affectionate support of a close partner will be on offer and you'll benefit from their advice. Try not to be edgy about family differences. Be patient and tolerant. Togetherness will be the key to your contentment.

SAGITTARIUS

November 23 - December 22

Loved ones will boost your morale and you'll meet equally positive responses at work. There will be a financial dilemma requiring patience and resourcefulness to resolve. Later you'll be refusing to budge but being strategic will work better than being too confrontational.

CAPRICORN

December 23 - January 20

Contented within yourself and happy at home, you'll be ambling along at a slower pace, keen to shut out too many demands from elsewhere. You'll ponder over ideas for expanding at home to allow for more entertaining. Your mischievous line in jokes will keep everyone you meet entertained all month.

AQUARIUS January 21 - February 19

You'll be zipping through a busy schedule with plenty of lively conversations. You'll also grab the chance for heart-to-heart chats with loved ones. What is vital with Pluto now in Aquarius is that you clear space to ponder on the far-reaching changes which it will bring. Self-understanding will be key.

PISCES February 20 - March 20

Several triumphs with money and other tasks will keep you smiling. Tempted to spend like mad you will be sensible to save for a rainy day. After the 11th you'll spend time at home with loved ones, relishing being comforted, and planning how to redecorate and brighten the atmosphere.

ARIES March 21 - April 20

Your birthday Sun and lucky Jupiter will boost your morale. You may let your enthusiasm run away with you and promise more than you can deliver but no one will mind since your intentions are good. Sweet talking your way round a loved one's resistance will get you the agreement you want.





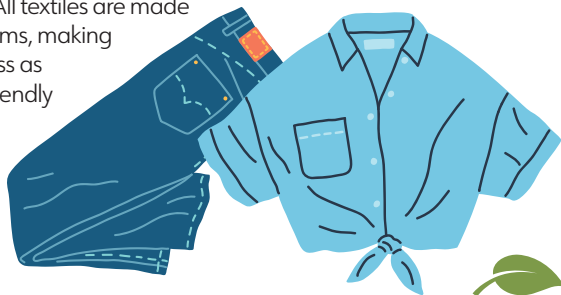
LIVING *notebook*

Jean-ius

In collaboration with Reworks UK, a social enterprise and community interest company, Koua Studio is offering to the 50 first users who register to their 'Revive our Old Jeans' campaign to rework their old pair of jeans in a completely new garment, or simply repair them with handmade textiles.

All the garments will be reworked or repaired with Koua's recycled textiles, made of 50 percent cotton and 50 percent polyester, and handmade by

Mexican artisans. All textiles are made with traditional looms, making the weaving process as environmentally-friendly as it gets.



Get thrifty

One of the best ways to reduce our personal impact on the environment is to reduce our consumption. Instead of buying new items or products, look for gently used or vintage items that can serve the same purpose for a fraction of the cost. Borrowing items from friends or family is also an excellent way to reduce consumption. For example, instead of buying new clothing, look for second-hand stores or swap clothes with your friends.

SAVE THE PLANET

EAT SMART

Regardless of which diet tribe you belong to (if you want to put a label on it), rustling up more meals from scratch is a sure-fire way all of us can reduce our carbon footprints. It's surprisingly easy to make your own bread, yoghurt, houmous and nut butters, which eliminates the need for wasteful packaging. What's more, there are numerous health benefits of reducing your intake of additives and preservatives.

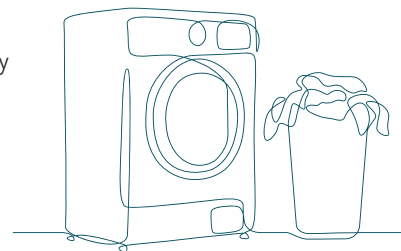


EXPERT CORNER

Q How can I make my laundry more sustainable?
Warrick Burton, MD of the UK's first eco-Spa Titanic Spa, says:

Unfortunately, multiple laundry loads in a busy family home are an unavoidable expense. However, there are ways in which you can lighten the load. Wash on the shortest cycle and at 30 degrees. This means that less water is being used and less energy used to both heat and run the machine.

It sounds simple but ensuring that you only use your washing machine when you have a full load will save a huge amount of energy and water. This requires some organisation, especially when running a busy household, but avoiding having constant laundry loads will significantly lower your energy bills. Avoid using the tumble dryer and dry outside where possible.




101

DID YOU KNOW?

67%

of companies have started using more sustainable materials, such as recycled materials and lower-emitting products
 *globalindustrial.com



NATURAL WOMAN: “WHAT WELLNESS MEANS TO ME”

102

This month we have two *Natural Health* wellness insiders, sisters Sarah and Lauren Murrell, co-founders of By Sarah London

Sisters Lauren and Sarah create natural, science-led formulations that strengthen the skin barrier, visit bysarahlondon.com for details. We caught up with the pair to find out how they manage a healthy work/life balance and the self-care practices that keep them feeling healthy and happy...

What led you to co-found your brand?

SARAH: I first developed natural skincare to soothe and restore my sister's stressed, sensitive skin when she was recovering from an aggressive form of leukaemia, with only a 20 percent chance of survival. I saw her skin become so sore and uncomfortable and did everything I could to help. I developed skincare formulas rich in concentrated levels of omegas to rebuild and soothe her skin barrier. I was also Lauren's life-saving stem cell transplant donor and, once she made a full recovery, we teamed up to launch By Sarah London. Our mission today is to help you get back to you, no matter how stressed or sensitive your skin.

“Our skin is a mirror often reflecting how we feel on the inside and how well we are taking care of our bodies”

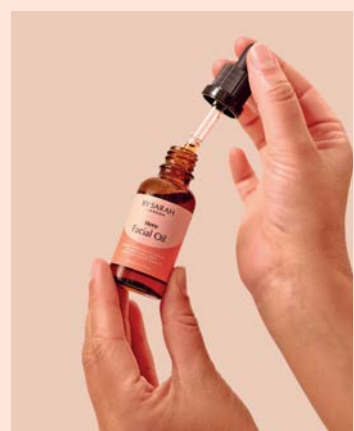
What's your skincare routine like?

LAUREN: It has to start with our Hero Facial Oil, the original formulation Sarah first developed for my sensitive skin, which has gone on to win Best Facial Oil for five years in a row and picked up recognition as an Indy Best Buy 2022. Plus, our Supercharged Boosters which add that extra glow in the morning with our Vitamin C+E Daily Radiance Booster, and help my skin to repair overnight with the Bakuchiol Daily Recovery Booster. These are my absolute must-haves.

What holistic treatments do you enjoy?

SARAH: Our skin is a mirror often reflecting how we feel on the inside and how well we are taking care of our bodies. Natural and effective skincare is a powerful tool in supporting your skin from the outside, but when it comes to a healthy glow from the inside, diet and lifestyle both play a big part. Sleep, a healthy diet, movement and relaxation all contribute to an inner glow. I'm a big believer in facial massage





when applying your favourite oil – you don't need any tools, you can simply use your hands. It's free, easy to do and instantly connects you with your skin. That mind-body connection is so important.

How good are you at maintaining a healthy work/life balance?

LAUREN: We are both so passionate about building our B Corp certified business and reaching so many more people who are looking for skincare they can trust, which motivates us a lot – and also means we end up working long hours. We find a lot of joy in what we do so it doesn't really feel like work in that sense, and we always lift each other up in those challenging moments, to keep driving forward.

How do you start your day?

SARAH: I have to get my exercise in first thing otherwise it's lost in my to-do list for the day. I love a morning gym session while listening to a podcast, or an at-home yoga or qigong class if I have an early call. It brings a lot of energy and makes me feel really good, so it's a non-negotiable in my day now.

Do you enjoy exercise?

LAUREN: Yes! I love yoga, swimming and cycling. Most days I'll get a 30-minute cardio session in, but if it's just too busy, 10 minutes of yoga is my default. Some days, something is better than nothing. When I was kept in protective isolation in hospital for weeks at a time, I kept a Nordic cross-trainer in my room – even when I was connected to an IV pump, I'd find a way to take a few minutes to move my body. Movement is life.

What is your diet like?

LAUREN: Seeing my own body wither under months of treatment for leukaemia, I know how

fragile the body can be, but also the resilience we all have. So, I look to support my body even now as much as possible with a balanced diet, plenty of fruit and vegetables, choosing good quality fish and meat, and of course indulging in my favourite treats, too. I drink copious amounts of green tea and jasmine tea. I can't imagine a day without it!

Who or what inspires you?

SARAH: My sister. The courage and resilience she has shown battling cancer and finding a way to stay positive through it all is deeply inspiring. Her zest for life never fails to move me, and it's very special to have her as my business partner, too.

What does healthy mean to you?

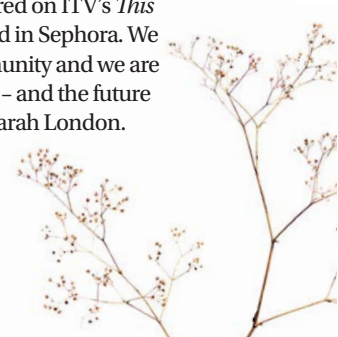
LAUREN: There was a time when just walking to the end of the road felt like the pinnacle of health – after being bedridden for months in hospital. So, the meaning of health has changed for me. Right now, it's feeling strong in my body and mind.

Do you have a favourite mantra?

LAUREN: "Live life as if everything is rigged in your favour". I discovered this around the time of my leukaemia treatment and it resonates then as much as it does today as a business owner. We can all choose to see something as an opportunity and make the best of the situation, even when it's out of our comfort zone and control.

Any advice you'd give your younger self?

SARAH: Dream big! I never could have imagined that the skincare I originally developed for Lauren would become the multi award-winning range we now have that's been featured on ITV's *This Morning*, in *Vogue*, and stocked in Sephora. We have the most inspiring community and we are so grateful for all their support – and the future we're creating together at By Sarah London.





LIZ FROST

What happened when: I DISCOVERED MY STYLE PERSONALITY

Liz Frost takes sustainable fashion to the next level by understanding her own personal style

104

Have you ever seen a passer-by who just seems to ooze style? You can't quite put your finger on it; they don't look overdone, nor underdone, but rather, their outfit seems as though it sums the person up, it's the cover to their book. Be it a love of casually stacked bangles, or a penchant for pretty prints; a yearning for sharp edges and shoulder pads, or a love affair with low-cut tops and pencil skirts, what you're most attracted to in fashion goes a long way towards making up your style personality. That's right, we all have one! And, of course, we all know that knowing our style better can help reduce waste in our wardrobes, so it's a win for the planet, too. I'm on my way to sunny Essex to spend the whole day with *House of Colour* stylist Kelly Cairn, and together we will discover my style personality.

Kelly had asked me to bring along some items from my wardrobe I love most, along with some I'm not so sure about, so I arrive dragging a suitcase that contains a large chunk of my existing wardrobe.

In Kelly's bright, spacious studio, the first part of our consultation involves sitting down to identify my objectives. "I want to look effortlessly stylish," I find myself saying, "as though I've just breezed into my outfit,

but it looks perfectly put-together." I have a tendency to fall back on long printed dresses, mainly because I feel that the jeans-and-a-top combo does nothing for me. I explain how I find winter months much more of a struggle because of this. "I never feel stylish in autumn and winter!" I say, and Kelly smiles. I am definitely not the first person to have voiced this.

In order to decipher my style personality, we start with my shape. Stripped down to leggings and a bra, Kelly takes a look at my proportions.

Given my shape, there are already some rules I can apply: Jackets should finish at the waist, leg break, knee or midi-length to avoid drawing attention to my widest part (my hips!). With a long neck, any neckline will flatter me; dresses and skirts need to be midaxi and long. I'm starting to feel more informed already.





"Dressing well isn't just about how you look, it's about how you feel and how you want to be perceived"



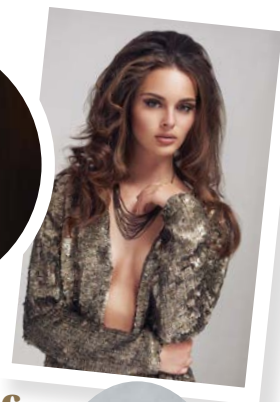
Dressing well isn't just about how you look, it's about how you feel and how you want to be perceived. Kelly presents me with a list of words and asks me to circle the ones that resonate with me. On the list are a few that definitely don't: polished; a leader; sultry; outrageous... but plenty that do: chic; youthful; creative; put-together...

While we're discussing the psychology of dressing, we delve into another of Kelly's nifty tricks: when you get dressed, it's the extra little points of interest that you add that make it an 'outfit'. Kelly gives me a score card and tells me to take a look. "Your hair is an accessory," she tells me. Tick. Other things that already count for me today are my permanently-applied red-lippy; an olive-green scarf draped around my neck; a pair of earrings and my round leather crossbody bag. "Points of interest are little added-extras that will draw the eye and contribute towards to the overall look," Kelly adds. So, rings, bangles, scarves, make-up, even glasses. We fill out the score card, adding one point for anything that adds to my look, minus one if it detracts and zero if it neither adds nor detracts from your overall look. The score one aims for will depend on which mood they want to convey with their look.

Another part of our style personality is how much yin and yang we have in us. This encompasses everything from how dark or fair we are to our temperament, preferences, how we think, whether we're a risk-taker or a rule-maker and how creative we are. It's an extensive questionnaire and I come out heavily on the yin side.

I've been looking at the board in the corner with the style personalities on it (see right) the whole time, and trying to figure out whether I'm dramatic or classic, natural or gamine, romantic or ingenue... Kelly disappears off upstairs to compile my report - all the information we've compiled together - and I can hardly contain my excitement. The results are in: I am a Natural with elements of Ingenue! We talk through what this means in terms of my style: natural, flowing fabrics (hello, big dresses), textures, and - here's where the ingenue comes into it - small, pretty prints, and little dainty details.

It's time to get out my existing wardrobe and have a try on. I'm really quite surprised to find a lot of my clothes fall into my style personality already. The 1970s orange dress I recently picked up in a vintage shop,



Dramatic
Angular
Over the top
Bold
Geometric
Large scale
Exciting
Striking



Gamine
Details
Whimsy
Youthful
Small
Neat
Chic
Fun



Fancy discovering
your own style
personality, visit
houseofcolour.co.uk

Discover *your* STYLE PERSONALITY



Classic

*Tailored
Expensive
Formal
Sophisticated
Real jewellery*



Natural

*Comfortable
Unstructured
Natural fibres
Easy
Outdoorsy
Casual*



Ingenué

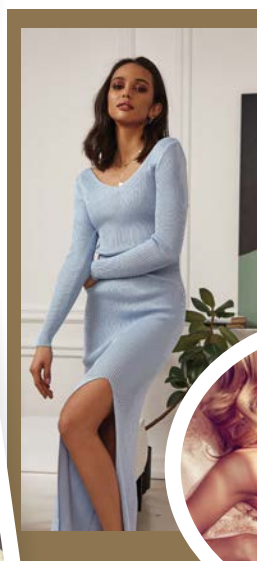
(pronounced on-gen-oo)

*Feminine
Frills
Sparkle
Lace
Small detail.
Delicate*



Romantic

*Luxurious
Over the top
Glamorous
Large floral
Large scale
Cleavage
Sexy*



my frayed flared jeans, a shimmery pleated midi skirt... There are also a couple of things I will have to begrudgingly depart with if I am to be true to my style personality: a bold striped jumper, a little checked dress... Kelly showed me how to team together different things, and how to sprinkle a bit of magic with added extras.

The biggest game-changer for me was discovering stacking bangles and layering necklaces, which can transform a boring jumper and jeans into a boho-chic outfit.

A FEW TIPS I LEARNT ALONG THE WAY

- Don't clutter your shortest part
- Avoid clothes that finish on your widest part
- Add detail to draw the eye to something you like and away from less flattering areas
- Choose necklines that reflect your face shape

Simple Grooves

In a time when consumerism is rife, Lucy & Yak bring us fashion that was born in a camper van (Yak) from a couple who were sewing purses from second-hand garments. Nowadays, the brand are an Aladdin's cave of cool prints, bright hues and funky street-style that is loved far and wide. Check out their classic dungarees and high-waisted-trousers-of-dreams. Oh, and they're fully GOTs certified and using waste-free resources such as natural pigments and offcuts. For more visit lucyandyak.com

108



Josy Vest, **£23**,
Addison Tapered
Jeans, Fandango
Pink, **£50**



JosyVest, **£23**,
Delores Jeans,
Kelly Green, **£57**



Kenny
Long
Sleeve Tee,
Navy &
Ecu Stripe
£26



Dylan Yakpack,
Leo Print, £40



Casey Hoodie in
Elmer, £55, Addison
Tapered Jeans, Light
Wash Blue, £55

Greta Top in
Chequers, £22





ANNA BLEWETT

10 ways to raise compassionate KIDS

Wishful thinking won't help our children be kind, but an active role in building empathy can unlock their inner compassion

110

Watching children at play is one of life's true joys, but it can also be painful when the magical moments veer off script. Whether you're a parent, auntie, babysitter or neighbour, you've probably witnessed even the most thoughtful child show moments of indifference, selfishness or hostility to others. Such displays can hit a raw nerve - will our child be liked? How will they develop healthy friendships, and what does their behaviour say about us?!

Compassion, defined by psychologist Paul Gilbert as 'a sensitivity to suffering of self and others, with a commitment to try to alleviate and prevent it', can feel like a rather lofty ideal when you're trying to prevent your child slamming a toy tractor into their sibling or encourage your teen to stand up for the underdog in their group chat. But there are ways we can influence young people to understand the needs of others, and develop the kind of compassionate outlook that will help them feel connected to their community.

1. Model kindness

"Role modelling has the biggest impact on raising children to be compassionate," says clinical hypnotherapist Geraldine Joaquim

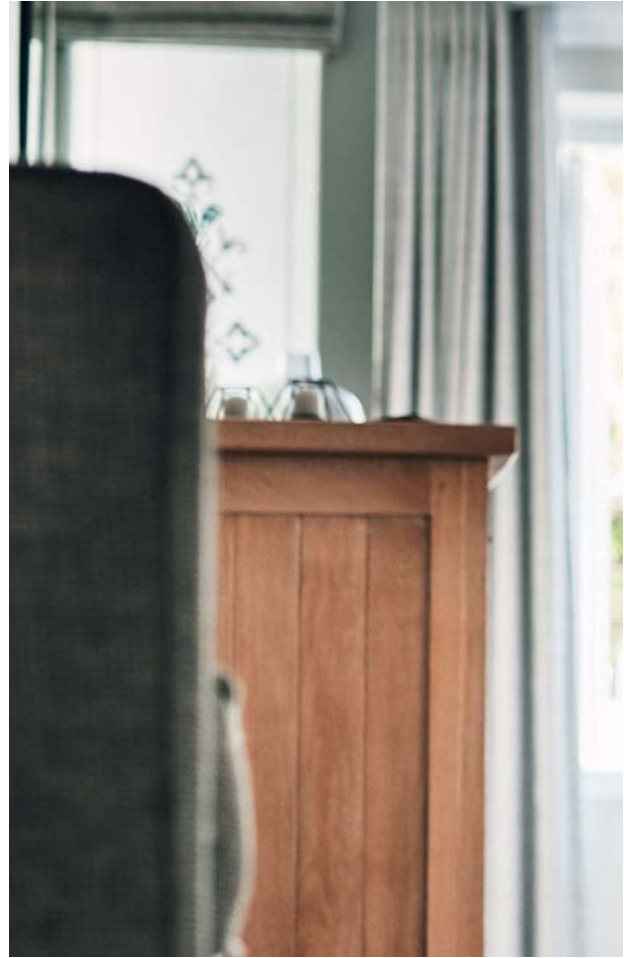
(geraldinejoaquim.co.uk). "During the teen years it might not seem a parent has much input but you have more than you realise! That's because a mass of neural pathways (habits/template of behaviours) are shaved off around then, and new habits and beliefs are laid down which go on to inform adulthood - and they are watching you for their behavioural cues."

2 Slow things down

"Compassion requires us to slow down to notice what our 'angry self' or 'sad self' (more readily available emotional system) is saying about a situation, before thinking about what the 'compassionate self' may step in and say. Children need adults to help them consider this; saying 'be kind' isn't really enough!"

3 Encourage self-compassion

"We tend to treat others with greater compassion than we do ourselves," says Emily McGuirk, a mindset coach working specifically with young people (Smallstepsbigvision.com). "Teens are quick to blame, shame or criticise themselves. Instead, encourage them to consider the advice and support they'd offer a friend in the same





situation, because self-compassion is directly linked to happiness. Together, discuss disappointments, highlighting them as evidence that they are growing, learning and challenging themselves. Aim to value effort over achievement, and praise the courage it takes not to quit.”

4 Introduce pets

“The human-animal bond is a really strong educator when it comes to helping children and teens develop care and empathy for other living things,” says veterinary surgeon Emily Nightingale (nightingalevets.co.uk). “Our pets rely on us to give them food and water, exercise and medical attention... but also love. Taking an age-appropriate amount of responsibility for their pet’s wellbeing can be the beginning of a child’s journey of compassion.”

5 Highlight fixing behaviours

“Restorative approaches are a useful concept,” says Stacy. “They focus on the repair stage of an interaction not going well. So there’s not a focus on consequences and punishments, but the language is around ‘what do we need to do to get this back on track/ repair things/ make things

“If you show their time and effort is appreciated, children are more likely to continue”

better’ for all concerned. Parents can help by simplifying their language and giving children tools to allow them to process these ideas in an age-appropriate way.

6 Discuss terminology

“The notion of being kind and the ‘Be Kind’ movement is wasted if we don’t teach children what this actually means,” says tutor and coach Danielle Baron (daniellebaron.co.uk). Discuss what the words mean with your children: what does kindness look like for them? What examples of empathy might they have noticed?

7 Explore TRE

“To nurture compassionate children, we need to go back to our ancestral roots as humans,” says TRE practitioner Sarah Bick (helloinna.co/shakeclub). “We have to switch from flight or fight mode to ventral vagal: this means the body feels safe to connect, be close and communicative to others, and co-operate socially. TRE [Tension and Trauma Releasing Exercises] is a series of stretches that trigger the shaking reflex built into our bodies; we’re designed to shake off stress and this mechanism signals safety to our system.”

8 Use positive language

It’s all too easy to make throw away comments about ourselves and others in front of our children that we wouldn’t dream of using with other adults around. “We need to look at whether we are kind to others, whether we talk kindly about others,” says children’s author and body image educator Anupa Roper (sparrowlegs.com). “I look at this from the perspective of body image and how being kind about our own bodies and accepting others in theirs will create compassion for both us and others.


9 Celebrate good role models

Whether you’re watching *Peso the medic penguin* from *Octonauts* or (with older teens) the progressive pirates from *Our Flag Means Death*, enjoying kindness on screen together with your child can be a great way to normalise acting compassionately in a whole range of scenarios.

10 Reward their efforts

It’s all too easy to reinforce unwanted behaviours by pouncing on lapses in compassion. Instead, try shifting your focus. “Thank them for every kind thing they do, from giving you a hug to making you a cup of tea or even keeping you company,” says empowerment coach Vie Portland (vieness.co.uk). “If you show their time and effort is appreciated, children are more likely to continue.”





*"Body brushing and combing
have long been celebrated for
their therapeutic benefits"*



Tune in JANE ALEXANDER

our columnist explores five ways to boost our wellbeing by connecting to nature

114

We all know being in nature is good for us – physically, emotionally and mentally. Yet sometimes it can feel like yet another wellbeing challenge. Sometimes I scroll through my socials and feel overwhelmed when I see my friends wild swimming or forest bathing in incredible locations.

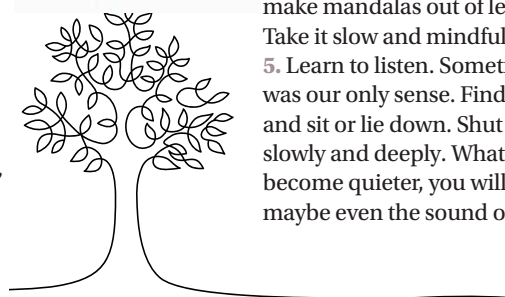
So I remind myself that being in nature shouldn't be a competition or a chore. All it really takes is to find ways of becoming curious about the natural world. Remember we are part of nature – the only thing separating us is that we forget our roots. So, let's think about simple everyday ways to bring back that connection. These are my favourites:

1. Park it. I walk my dog Dan, every day in our local park – it's far from Insta-perfect but that's good as it means I get to focus on the little things. If you keep your senses open there's always something fresh to see – the buds breaking out, leaves unfurling, the dance of squirrels and dogs. It's sociable too – nearly everyone has a smile – and it's a million times nicer than pounding the treadmill or lifting weights at a sweaty gym.

2. Bring nature to you. My home is 'plant central' – some of my oldest green leafed friends have been with me for decades (one particular cactus is nearly as old as I am).

My garden is small but I try to make it as wildlife-friendly as possible, leaving plenty of messy corners and putting out kitten kibble for the hedgehogs and food and water for the birds. A small pond is home to frogs, toads and newts. It's amazing what you can do with a little

"Who knew you could develop a bond with brambles or feel so close to a fish skin?"



ingenuity – even if you only have a balcony or a window-ledge.

3. Embrace tree wisdom. Grab a copy of Adele Nozedar's wonderful book *The Tree Forager* (Watkins, £14.99) and learn to identify 40 native trees, forging a special relationship with them along the way. 'It's about finding ourselves as we get to know a little bit more about our world,' says Adele. I have special connections with several trees around my home city. Be aware when you're out walking – which tree is calling to you?

4. Get crafty. I spent an incredible week at Embercombe (embercome.org) in Devon, learning how to use natural materials to craft pots and pouches. It was a deep immersion into nature – a true inner rewinding. Who knew you could develop a bond with brambles – or feel so close to a fish skin?

Do go to Embercombe if you can. If not, go it alone: discover the joy of whittling, or maybe make mandalas out of leaves, stones, flowers. Take it slow and mindfully.

5. Learn to listen. Sometimes you'd think sight was our only sense. Find a safe place in nature and sit or lie down. Shut your eyes and breathe slowly and deeply. What do you hear? As you become quieter, you will notice more and more – maybe even the sound of the Earth breathing!

JANE ALEXANDER Jane's book *Ancient Wisdom for Modern Living* (Kyle Books, £14.99) is available now. Follow her on social media as [@exmoorjane](https://www.instagram.com/exmoorjane)



MORE THAN JUST A COUGH DROP

Made in Switzerland with 13 Swiss Alpine herbs.

*Virtually unchanged
recipe since 1940*

Throat Loving
Care

Ricola

Original Swiss Herb

Soothe & Clear

With Natural Menthol



17 HERB LOZENGES, 75g

Peppermint

Elder

Cowslip

Sage

Marshmallow

Thyme

Almond



Only natural
ingredients



Vegan

Ricola

SWISS  MADE

Find out more at [Ricola.com](https://www.Ricola.com)

ALL YOU CAN EAT BUFFETS.
HOT SAUCES WITH 'ATOMIC' IN THE
NAME. 🌶️ NEON COLOURED ENERGY
DRINKS. MICROWAVE BURGERS.
WHEN IT COMES TO OUR TUMS, WE
ALL MAKE BAD CHOICES. BUT WE CAN
ALL MAKE GOOD ONES TOO. 👍 LIKE
DELICIOUS KEFIR WITH 14 STRAINS
OF LIVE CULTURES. 🐮

YEO GOT THIS!

