

NATURAL HEALTH

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How to have a MINDFUL RELATIONSHIP

Simple wellbeing techniques
for a deeper connection

Meg Mathews

Breaking the
taboo on
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"HOW I COPE
WITH STRESS,
HOLISTICALLY"

Sattva for your soul

WHY AYURVEDIC SELF-CARE IS
YOUR KEY TO QUITTING THE CHAOS



ALSO INSIDE: JO FAIRLEY'S MIRACLE BENEFITS OF MAGNESIUM • 10 NATURAL WAYS TO AGE-PROOF YOUR SKIN • WHAT TO EAT FOR A LOW LIBIDO • YOGA TO STRETCH YOUR SPIRITUAL SIDE

The latest in NATURAL HEALTH

Homeopathy ABC

Mani Norland, principal at the School of Homeopathy (homeopathyschool.com), says:

X is for xeroderma
A condition where the skin becomes dry, rough and scaly, xeroderma can often cause discomfort. Treatment from a professional homeopath can include thuja, known to help reduce scaly lesions on the skin that are made worse from cold bathing, and psorinum where the lesions are more prominent in folds of the skin (for example, on the elbows) and when the itching is worse at night in a warm bed. For shiny, white, dry scales that burn after itching, opt for sepia.



WELLNESS WARRIOR

Meet Hannah Charman, a medical herbalist who runs Physic Health Consulting (physichealth.uk)

NH: We're familiar with the healing power of herbs, but are there any that treat specific conditions?

HC: Each herb we use has lots of different actions on the body. Feverfew is used by medical herbalists for preventing migraines, but should be avoided during pregnancy. Lemon balm is used when stress is aggravating digestion, as often happens with IBS. Motherwort is a herb we use to treat palpitations, anxiety and insomnia in menopausal women.

NH: Which herbs have you used yourself medicinally?

HC: I use herbs all the time to treat myself, family and friends, and my patients. In almost five years, my son has only had one dose of Calpol and one course of antibiotics. He has a genetic condition called PKU, which means he can't break down protein properly. Simply strengthening his immunity with herbs makes a world of difference to our family.

NH: Why should we consider using herbs to treat certain conditions?

HC: When used correctly, herbs offer a way of treating illness without the same risk of side effects that we see with other medication. If you can identify, harvest and prepare your own herbs, you have a really good source of free medicine for most common minor ailments.

SUPP SPOT

Plant Profile: sweet fennel

The FHT (fht.org.uk) examines the health benefits of this vegetable...

Belonging to the same family as aniseed, caraway and coriander, sweet fennel is a native of the Mediterranean. Jars of its seeds can be found nestled in many kitchen spice racks and it has lots of reported traditional uses. This includes as an appetite suppressant used by Roman soldiers to stave off hunger on long marches, and to ward off evil forces in the middle ages, when hung in houses and churches.

Today, the herb is more likely to be used to soothe digestive problems, such as flatulence, indigestion and nausea, for which drinking fennel tea after eating is the preferred approach.

In aromatherapy, fennel's essential oil – which is distilled from the crushed seeds – can be helpful where gout, arthritis, fluid retention, urinary tract infections or irregular periods are an issue, and it may also help to relieve symptoms associated



with PMT and the menopause.

A word of caution, however: it is suggested that the essential oil is best avoided during pregnancy, in babies and young children, and when taking anti-coagulant or anti-diabetic medication. Never ingest plant essential oils or apply to the skin undiluted.

"Our ability to process caffeine lies in our genes. Some of us are good at metabolising it, and others are not so good." – page 38

WHAT'S THE BUZZ ABOUT?

Nootropics

Interest in these 'smart drugs' as they're often referred to, has grown tremendously over the last decade. With benefits spanning everything from improved cognitive performance to neuroprotection, it's easy to see why. Did you know, however, that there are both synthetic and natural variations of these brain-boosting supplements? In fact, all you really need to reap the rewards of this trend is a balanced diet.

Coffee and tea drinkers should rejoice, because the most commonly used nootropic in the world is caffeine! Its effects are so powerful that from 1984 to 2004 its use was limited in the Olympics by the World Anti-Doping Agency. Another firm favourite is L-theanine, a naturally occurring amino acid found in green tea. Taking 50mg – the amount found in two cups of brewed tea – has been shown to increase alpha-waves in the brain, which are linked to creativity.



Purr-fect companion

Owning pets can help older adults to cope with mental and physical health issues, according to a new national poll.

Ageing anciently

In new research, scientists have been able to significantly extend the life of worms by feeding them extracts of reishi mushrooms – known to ancient cultures as 'the mushroom of immortality'.

Go nutty

A new study has revealed that eating more than 10 grams (2 tbsp) of nuts a day is linked to better mental functioning in adults aged 55 and over.

The BAROMETER

Against the flow

Employees who force themselves to smile and suppress their natural feelings of annoyance in front of customers may be at risk of heavier drinking after work, according to the latest research.

No time for tea

Eating meals later in the day has been associated with a higher body mass index as well as greater body fat in a new study.

Peanut problem

Giving very young children peanuts in an attempt to desensitise them to the potential allergen may do more harm than good, new research has found.