

# NATURAL HEALTH

WELLBEING | BODY | BEAUTY | DIET | YOGA | RETREATS

## FIND YOUR CALM

Ease stress in just 5 minutes with EFT

+ The life-changing therapy you have to try

Gwyneth Paltrow's FUSS-FREE MEALS

HOLISTIC GETAWAYS TO NOURISH YOUR SOUL

IS YOUR PHONE  
DAMAGING  
YOUR BRAIN?

see page 26

CHARCOAL:  
BEAUTY'S  
NEW MIRACLE  
CLEANSER

## NO SLEEP? NO PROBLEM!

OUR NATURAL FIXERS WILL FAKE A GOOD NIGHT'S KIP



**Plus:** SHOULD YOU GO VEGGIE? • 8 OF THE BEST CHEMICAL-FREE FRAGRANCES  
• HOW TO BANISH JOINT PAIN • BOOST IMMUNITY WITH CHINESE MEDICINE



# ASK THE EXPERTS

Don't suffer in silence – our wellbeing wonder-team of experts is on hand to answer your health questions

*I have a lot of joint pain recently and heard it could be a result of inflammation in the body. What can I do about this?*

**Vera Martins**, a naturopath and herbal medicine expert who graduated from the CNM (College of Naturopathic Medicine, [naturopathy-uk.com](http://naturopathy-uk.com)) says:

Inflammation is our immune system's natural response to a 'threat'. If the threat or trigger persists, inflammation can become chronic and lead to conditions such as rheumatoid arthritis, osteoarthritis, eczema, irritable bowel syndrome, diabetes and heart disease. Crucial triggers include diet, emotional stress, environmental factors, smoking and alcohol.

Here are some tips you can try to fight inflammation naturally: reduce these known triggers, integrate turmeric, a top anti-inflammatory herb, into your diet as much as possible, adopt an anti-inflammatory diet rich in omega 3 (think wild salmon and avocados), antioxidants and detoxifying foods (like berries, broccoli and other cruciferous vegetables), avoid refined sugar and get tested for food intolerances, particularly gluten, yeast, and dairy. Useful herbs and supplements to consider include: omega 3, serrapeptase, bromelain, turmeric root, devil's claw, ginger, rosemary, and green tea.

*I'm noticing my skin is ageing – what diet changes can I make to help it look younger?*

**Sam Conebar**, a nutritionist from Regime London ([regime.london](http://regime.london)) says:

Some of the best foods to eat are colourful fruits and vegetables – the brighter the colour the better! The vitamins and antioxidants contained in colourful fruit and veg, such as leafy greens, tomatoes, strawberries, blueberries and carrots, help to protect skin cells from the damage caused by harmful free radicals. Make sure to get at least five portions every day.

You should also make sure you're getting enough omega 3 fats. These are vital for younger looking skin since they help to regulate oil production, prevent itchy skin and acne, increase skin hydration and minimise the appearance of wrinkles – salmon is a great source.

Another important nutrient to maintaining youthful looking skin is protein. Good food sources include lean beef, chicken and fish. Protein helps you build collagen, which provides support, strength and structure for many different parts of the body, but particularly the skin. Alternatively, you can take a collagen supplement like Regime Deluxe Collagen, (£21.99, [superdrug.com](http://superdrug.com)) which has been clinically proven to enhance skin beauty by improving its firmness, elasticity, smoothness and moisture content.

In addition to focusing on which foods to eat, it is also important to know what foods to avoid if you want to keep your skin looking smooth and youthful. Foods that are high in sugar or that have been deep fried should be avoided at all costs.

*My teenage daughter has decided to become vegan. How can I make sure she does not have any nutritional deficiencies?*

**Heather Russell**, dietitian at **The Vegan Society** ([vegansociety.com](http://vegansociety.com)) says:

Becoming vegan is a great opportunity for your daughter to learn more about eating well and with a bit of knowledge and planning, she can get everything she needs.

A reliable source of vitamin B12 is essential, either through fortified food or a supplement. I also recommend researching iron, calcium, iodine, zinc, selenium, vitamin D and omega 3 fat. Here are some tips:

- Pulses, nuts and seeds provide iron and zinc
- Calcium-rich foods include calcium-set tofu, fortified milk product alternatives and kidney beans
- Eating around three whole walnuts daily would cover the minimum requirement for omega 3 fat
- Everyone in the UK should consider vitamin D supplementation, although some may not need it all year
- It's a good idea to take a vitamin and mineral supplement for vegans.