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NUTRITION

THERAPIES

BEAUTY

FASHION

THE NEW WAYS TO BEAT ANXIETY

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WILL CHANGE YOUR LIFE

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YOUR MENOPAUSE
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ALSO INSIDE: COMPLETE GUIDE TO TREATING INFLAMMATION • 10 BUYS FOR A TOXIC-FREE PEDI
• STAR GAZING FOR INSTANT MINDFULNESS • TRANSFORM YOURSELF INTO AN EVERYDAY OPTIMIST

SUPP SPOT

Plant Profile: ginger

The Federation of Holistic Therapists (fht.org.uk) examines the health benefits of ginger...

Ginger has been a popular cooking spice and natural remedy for more than two millennia. A native of Asia, it is one of just a small number of herbs that feature in all three of the major traditional medicine systems (Chinese, Ayurvedic and Greek) for its warming, stimulating and gentle pain-relieving effects. It's particularly recommended for cold conditions. Even today, ginger is widely used to boost and support health, and it can be especially good for addressing common digestive complaints. As well as helping to increase appetite and relieve stomach cramps, flatulence, constipation and diarrhoea, there is growing evidence that ginger is an effective remedy for morning sickness, travel sickness and post-operative nausea.



The analgesic properties found in the plant's essential oil make it a popular choice in aromatherapy massage blends for those affected by rheumatism and arthritis, and it can also bring considerable relief to cold or aching muscles. It is said that ginger can also be useful for catarrh, coughs and colds, and for improving circulation.

Important safety note: *never ingest plant essential oils or apply to the skin undiluted.*

"Top sports people use visualisation techniques to mentally rehearse their events before they compete, with great success" - page 26

WHAT'S THE BUZZ ABOUT?

Marine Plasma

If we told you to think about seawater, we expect you'd probably start imagining yourself splashing into the waves on your summer holiday, somewhere hot and exotic. While this might be a pleasant daydream, we're actually talking about the contents of a hot new supplement. It's a mineral-rich marine plasma sourced from plankton blooms in specific parts of the ocean. Thanks to its minerals and electrolytes, some athletes consider it to be a hydrating performance staple. You can take it to boost everything from exercise, to concentration levels. Want to give it a go? Try CellNutrition Quinton Hypertonic Ampoule, £40, cellnutrition.com.



Breast benefits

Research has shown that babies breastfed for the first three months have lower eczema odds at age six compared with peers who were not breastfed or were breastfed for less time.

Keep smiling

Smiling really can make people feel happier. Studies found that facial expressions have a small impact on our feelings.

Down the hatch

When treated with peppermint oil, 63 percent of patients with disorders of the oesophagus and non-cardiac chest pain reported feeling better, new research shows.



The BAROMETER

Effort for empathy

Even though feeling empathy for others isn't financially costly or emotionally draining, people will still avoid it because they think it requires too much mental effort, according to new research.

Watch the whiteners

Experts have discovered that teeth whitening products may harm the proteins in dentin, the hard tissue that sits under the tooth's enamel.

Lone living

Living alone is associated with common mental disorders, regardless of age or sex, according to a new study.