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Patsy Kensit

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The latest in NATURAL HEALTH

Homeopathy ABC

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

U is for ulcers

There are a good range of remedies to relieve painful mouth ulcers. Try nitric acid for bleeding gums and ulcers that feel like splinters on the soft palate. Mercurius is first choice when the gums are receding or swollen with burning ulcers on the tongue, increased saliva, and a great thirst. If the ulcers form after stress or anxiety with dry mouth, opt for arsenicum. Borax brings relief when the mouth is hot, sensitive to the touch, and bleeds easily.



WELLNESS WARRIOR

Meet Jo Stroud, jewellery entrepreneur and advocate of mantra power

NH: What's your relationship with motivational phrases?

JS: I'd always collected quotes right from school, but when I was training for the London marathon I learned very quickly that long distances are run with the mind, not the body. The biggest enemy is the voice in your head that says "You can stop all this pain just by walking". You have to blot out that voice so I had 26 mantras, one for every mile.

NH: Why is jewellery an important medium to you?

JS: I worked in the jewellery industry and had my own business for 13 years; I think jewellery is the perfect way to carrying inspirational words with you. It's personal – you wear it against your skin – it's portable, it's precious, it acts as a prompt through the day... And you can change your mindset. A tattoo is pretty permanent, isn't it?

NH: What keeps you on the straight and narrow day by day?

JS: I live my life by seven mantras. On days when I need a bit of a push I wear 'anything is possible if you believe'. On other days it's just 'breathe', a reminder to breathe out stress and breathe in calm. The one I wear most often is a quote from Normal Vincent Peale who wrote *The Power of Positive Thinking*: 'Change your thoughts and you change your world.'

Jo is the founder of Mantra Jewellery. mantrajewellery.co.uk

PLANT PROFILE

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

For thousands of years across many cultures, the rose has been a symbol of love, beauty and purity. This, combined with the flower's reputation as an aphrodisiac, is perhaps why the ancient Romans are said to have scattered rose petals on the bridal bed.

Rose is one of the most expensive essential oils available, largely due to the high volume of petals needed. Yet

despite this, it's often the oil of choice for any problems linked to the female reproductive system including heavy or irregular periods. It is also considered a gentle but potent antidepressant.

Thanks to its soothing, anti-inflammatory, astringent, and hydrating properties, rose is popular in skincare. It's most useful for dry, sensitive or ageing skin and in helping to reduce redness.



Having a pet in the home reduces a child's risk of developing allergies, a new study has found

WHAT'S THE BUZZ ABOUT...

...HONEY TEA

Sipping hot honey drinks to soothe winter throats? You're not alone. University of Cardiff's Pharmabees project, which aims to develop a Manuka-style honey to treat antibiotic resistant hospital pathogens, has teamed up with a local tea producer in the hope of making a healthier cuppa. "Our partnership with Welsh Brew Tea is part of our work to develop honey with similar bug-killing powers to that of New Zealand's Manuka honey, which are due to natural compounds donated by the plants on which the bees fed to make the honey," says Professor Les Baillie (cardiff.ac.uk/pharmabees). A new generation of urban beekeepers is spreading the availability of local raw (also labelled as 'cold-extracted') honey beyond the traditional rural regions. Search online for your nearest beekeeping association.



Happy accidents

Putting yourself or your partner under pressure to conceive? A new study suggests high maternal cortisol levels at conception are linked to lasting raised stress in offspring.

Dry pregnancies

A recent study suggests nearly one in five children show symptoms of foetal alcohol spectrum disorder, which include physical and cognitive problems.

Doodle brain

New research confirms what many a meeting doodler knows: that drawing beats re-writing notes as a method to commit new information to memory.

The BAROMETER

Blackened loaves

The Chartered Institute of Environmental Health has criticised black-crust bread sold at Sainsbury's for risking unhealthy levels of acrylamide, a known carcinogen.

Nutrition bluffs

Research suggests that whilst a third of Brits claim to be interested in nutrition, many fail to identify basic vitamins and minerals.

High hangxiety

Bad news for introverts, who are more likely to suffer with anxiety than their outgoing counterparts when hung over, according to research from the University of Exeter.