

SUPP SPOT

Plant Profile

The Federation of Holistic Therapists (fht.org.uk) examine the benefits of grapefruit

Like its citrus relatives, the grapefruit has a wonderfully refreshing and uplifting aroma, so it's little surprise that one of its many uses in the world of aromatherapy is to help boost those affected by stress, depression, mental fatigue or nervous exhaustion.

The essential oil, which is cold pressed from the fruit's peel, also has diuretic and detoxifying properties, which can help to stimulate the lymphatic system and ease water retention.

When it comes to supporting the skin, grapefruit is an excellent cleanser, toner and astringent. This is why it is found in lots of cosmetic products, including soaps, shower gels, and preparations specifically for oily or acne-prone skin.

In addition, grapefruit essential oil is said to be useful for stiff muscles, fending



off colds and other infections, boosting concentration, and supporting the digestive system.

For those who enjoy regularly eating or drinking the fresh fruit, a word of caution: when ingested, grapefruit can interact with a number of medications. So, check with your doctor or local pharmacist if you have any concerns.

"Many of us are retinol fans, but it is somewhat off-putting that the ingredient comes with a number of undesirable risks." - p17

WHAT'S THE BUZZ ABOUT?

EDIBLE INSECTS

If you've been squeamish about eating bugs in the past, now's the time to face the music and crack open a pack of crickets. Eating creepy crawlies is trending. While the idea of eating them as an alternative, sustainable protein source has been knocking around for a few years, the practice hasn't been widely adopted. However, in late 2018, Sainsbury's became the first UK supermarket to stock edible insects in 250 of its stores. The edible insect industry is set to grow £400m in the next few years. Good thing too – crickets contain more protein than beef, chicken or pork and are a great source of iron, calcium and omega 3 and 6.



Sprint it

If you want to shed the pounds, it may be best to exercise in short bursts. An analysis has found that interval training is better for weight loss than a continuous moderate intensity workout.

Think young

It's often said, it's not how old you are, it's how old you feel. New research shows that physiological age is a better predictor of survival than chronological age.

Self love

Taking time to think kind thoughts about yourself and loved ones has psychological and physical benefits, new research suggests.



The BAROMETER

Dodgy drinks

A study has found that women who reported drinking more than one diet soda or other artificially sweetened drink a day had a higher risk of strokes caused by a blood clot.

Switch it off

A study has identified a connection between a prolonged time spent watching TV and an increased risk of colorectal cancer in young people.

Pill problems

Women who take the pill are nearly 10 percent worse at recognising subtle expressions of complex emotions like pride and contempt, according to new research.