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The best superfoods for health, spas and complementary therapies, tasty protein-packed recipes, plus exercise and fitness tips to get you in shape!



Q&A

Q

You asked: "I have been under a lot of stress lately and my skin has broken out in spots. What can I do to tackle this naturally?"



PAT HUME ANSWERS: "Stress can affect the skin. When we are stressed the sebaceous glands produce more sebum which can cause an increase in spots, blemishes and imperfections. It is tempting to squeeze the spot to remove it, but please avoid doing this as you may make it worse by spreading bacteria resulting in more spots developing as well as scarring.

The best solution is to treat the spot with a natural and organic spot treatment; choose one which contains antibacterial ingredients such as Lavera SOS Blemish Control or Primavera Balancing Blemish Corrector. These both target spots, blemishes and imperfections. Another option is applying tea tree essential oil directly onto the area to be treated. Tea tree oil is one of the few essential oils which you don't have to blend with a carrier oil. Before applying any spot treatment, first cleanse the skin with a mild cleanser to remove dirt, then tone and apply a natural and organic spot treatment directly onto the spots. Wait for five minutes to allow the treatment to absorb into the skin, then apply moisturiser. Use a natural cover stick or concealer to hide the spots whilst waiting for them to heal."

■ Pat Hume is Pravera's customer advisor. Pravera Ltd distribute lavera, Primavera, Alma Win, Monte Bianco, Florascent, Organyc, Organii, Benecos and Alore. Visit www.pravera.co.uk

STAR PRIZE



Reader Jamie won this month's prize: a Lavera SOS Anti Blemish Control worth £7.90 and a Primavera Organic Tea Tree Essential Oil worth £7.90.

Q

You asked: "I've been offered a really exciting job but it involves a lot of travelling and I suffer from travel sickness. Are there any natural approaches that could help?"



CHRISTINE FISK ANSWERS: "Travel sickness is a common problem that affects many travellers. The NHS states that this condition is 'thought to occur when there is a conflict between what your eyes see and what your inner ears, which help with balance, sense. Your brain receives

a jumble of contrasting information, which is thought to bring on the symptoms of motion sickness'. Whether travelling by train, car or boat, there are lots of ways in which travel sickness can be reduced or avoided altogether, for example: keeping your eyes on the horizon or a fixed point; avoiding reading and alcohol; and eating light rather than heavy meals. Motion sickness wrist bands can often prove to be very effective at combating nausea. There are two main types – the first stimulates acupressure points, the other uses electrical stimulation. Peppermint (*Mentha piperita*) and ginger (*Zingiber officinale*) essential oils are reputed to be excellent natural alternatives and can be used discreetly by simply putting two drops of either onto a piece of tissue and inhaling throughout the journey. Peppermint tea is another way in which motion sickness can be reduced, while ginger sweets are said to be excellent for combating land, sea and air travel sickness."

■ Christine Fisk is an FHT Expert Adviser and consultant in complementary therapy. To find a complementary therapist, search the FHT's Complementary Healthcare Therapist Register, which has been independently accredited by the Professional Standards Authority for Health and Social Care: www.fht.org.uk/findatherapist

Q

You asked: "My partner has been struggling with his performance in the bedroom and it's now causing him a lot of embarrassment. Can you offer any advice?"



JULIETTE BRYANT ANSWERS: "Our sexual performance is linked to factors that can be physical and psychological. Try to relax with your partner before love-making. Don't have any expectations, but just enjoy each other with no pressure. Try massage with arousing oils such as ylang ylang, rose or sandalwood and create a harmonious environment.

If our diet is deficient in essential nutrients we cannot perform at our best. Another important thing is to bring balance to our hormonal system, which has been negatively affected by high levels of artificial oestrogen. A diet with high levels of detoxifying green vegetables with orange and lemon peel (make sure it's organic) will help balance hormonal levels. Pumpkin seeds are important for men for prostate health, as they are high in essential fats and zinc.

As for the best superfoods to enhance libido, the top of my list is to make your own raw chocolate. Cacao is famous for enhancing love-making: the Aztec emperor had a giant vat of it to sustain him with his 200 strong harem! I blend it with maca ('the Spanish Viagra'), ashwaganda ('the ground strength of a stallion') and vanilla (a known aphrodisiac). You could make a superfood cacao smoothie, add the above ingredients and drink it 30 minutes before going to the bedroom. Good luck."

■ Juliette Bryant is an international nutritionist, superfood chef and author of the new recipe book *Divine Desserts*. Visit www.julietteskitchen.tv

Email your questions to liz@jfnproductions.co.uk

You can also write in with your queries: *Your Healthy Living* Q&A, JFN Productions, Unit E, Blois Meadow Business Centre, Steeple Bumpstead, CB9 7BN.

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