



# Well-being

Feel your best  
 with Health Editor  
 Janet Horwood



## The Natural Solution

THE PROBLEM	THE SOLUTION	WHAT'S IN IT	HOW IT WORKS
<b>Sore, itchy scalp</b> You need a soothing treatment.	 Hape's Relief shampoo and conditioner, £15.29 for 250ml each, <a href="http://www.nutri-centre.com">www.nutri-centre.com</a>	Aloe vera, manuka honey, liquorice root, calendula and the herb gotu kola. 	Aloe vera and calendula soothe and moisturise; the other ingredients are anti-inflammatory, while the herb gotu kola is also antiviral and antibacterial.

### Everyone's Talking About...

#### Bergamot

**What is it?** A yellow, bitter-tasting citrus fruit, about the size of an orange.

**Best for:** The oil extracted from the peel is used in perfumes, Earl Grey tea and by aromatherapists to lift mood, but it may have benefits for heart health as well.

**The low-down:** Italian research has shown that extract of bergamot can lower "bad" (LDL) cholesterol and improve "good" (HDL) cholesterol levels; and also help patients on prescribed statins to reduce their dose.

**Look for:** BergaMet, £42 for a month's supply. Order direct from [www.bergamet.co.uk](http://www.bergamet.co.uk)

### Health On My Shelf



**Ivana Daniell, movement expert.**

*What's in your medicine cabinet?*  
 My asthma inhaler and some Panadol. I don't take any drugs unless it's a necessity.

*What's good in your fridge?*  
 Rice milk, lots of vegetables and quinoa, which I use in salads.

*What's your favourite exercise?*  
 I walk every day and do my own exercise routine for an hour, four to five times a week. Walking relaxes my mind, and exercise re-energises my body.

*What's your special treat?*  
 A delicious smoothie with almond milk and lots of berries.

*If you can't sleep, what works?*  
 I love a hot bath followed by a DVD in bed.

*Are there any childhood remedies that you still use?*  
 I make a hot drink called conorino — a traditional Italian remedy for digestion. It's my grandma's recipe. I boil lemon peel for a minute and add it to hot water. It works!

● **Ivana Daniell is founder of Life In Movement, based on a range of techniques, including Pilates, Feldenkrais and Alexander Technique, that focus on posture and balance. For more information, visit [www.ivanadaniell.com](http://www.ivanadaniell.com)**





## Boost Your Immunity

**Try this...**  
Take 45 minutes

That's the length of time you should exercise every day to avoid getting a cold, according to recent research published in *The American Journal Of Medicine*. According to the study's authors, when you exercise it temporarily increases the number of white cells in your body that fight off the germs. Any exercise is good — whether aerobic or something quieter. Several studies have shown that yoga and tai chi can also boost immunity.

**Try:** Bokwa. It's a bit like Zumba but with an African beat and a bit of kick-boxing thrown in for good measure. The footwork is based on letters of the alphabet and numbers and is very simple to learn. Bokwa classes are available at David Lloyd Leisure Centres nationwide (0845 217 6464; [www.davidlloyd.co.uk](http://www.davidlloyd.co.uk)).

### Mushrooms

Mushrooms are an age-old way to increase your immunity and are worth including in your diet. Both shiitake and maitake mushrooms contain a complex sugar called beta glucan which is believed to stimulate the immune system. Japanese studies have shown that an injectable version of the maitake mushroom reduces illness.

**Try:** Pukka Mushroom Formula, a blend of maitake, reishi and shiitake. £19.96 for 90 capsules, from [www.pukkaherbs.com](http://www.pukkaherbs.com) and health-food stores.

### Reduce stress

When we're under stress the body produces more cortisol, the hormone that triggers the "fight or flight" response — at the same time, other functions, including the immune system, are either halted or slowed down until the stressful moment passes. If the stress carries on, the immune system will also function at a low level — making it more likely that infections, such as colds, can take hold. There are so many ways to deal with stress in your life — you need to find the one that works best for you, whether it's meditation, relaxation, exercise or massage.

**Try:** Yantra Acupressure Exercise Mat, £29.94, Argos (0845 640 3030; [www.argos.co.uk](http://www.argos.co.uk)).

You'll find more ways to care for your health at [www.goodtoknow.co.uk/wellbeing](http://www.goodtoknow.co.uk/wellbeing)  
 If you have concerns about your health, see your GP

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