

In good health

Boost your wellbeing the natural way with our essential monthly round-up of the latest news from the world of health and beauty

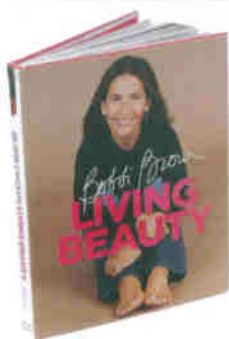


ENGLISH ROSE

Perfect for hot summer days, Aquaspirit from Chrisbar Health (£17, 4 fl oz, 0870 905 5600; www.chrisbar.com) is a skin-boosting, mind-calming spray based on organic roses and contains a range of antioxidants. English roses will also appreciate Chanel's flattering summer look, aptly called The Rose Blossom Collection. For the full effect, dust pink satin Poudre Universelle Compacte (£23, 15g) onto cheekbones and temples, then apply Rouge Allure (£16.50, 3.5g) to lips and Rose Blossom Le Vernis to nails (£13, 13ml).

GO ORGANIC

There's growing evidence to suggest that organic food really is better for you. A recent study at Warsaw Agricultural University found organic tomatoes had more vitamin C, beta-carotene and flavonoids than conventional ones, while scientists in the US discovered that organically grown kiwi fruit had higher levels of vitamin C and polyphenols – compounds thought to reduce cholesterol. And it's not just fruit and vegetables – last year, British researchers reported that organic milk contained two-thirds more omega-3 fatty acids, which are important for brain function.



FAVOURITE FINDS Empowering attitudes to ageing the natural way are found in every page of make-up guru Bobbi Brown's new book *Living Beauty* (£20, *Headline Springboard*), with step-by-step tips for youthful radiance.

COUNTRY CURE

I have always suffered from very dry skin, especially on my knees and elbows. A friend recently recommended marigold creams and it's marvellous. Apparently you can make an infusion with petals, but the cream seems much easier.
Mrs R.J. Hamworth, East Sussex



THREE OF THE BEST... HOLIDAY HEALTH ESSENTIALS

Stop stomach upsets

Prevent so-called 'traveller's tummy' by taking probiotics (either as a supplement or in live yogurt) a week before you go away, while you're on holiday, and a week after you return. The friendly bacteria keep unhealthy organisms in the gut at bay and reduce the risk of diarrhoea.

Scare off the biters

Taking a supplement of vitamin B1 and zinc is thought to make you less appealing to the biters,

while eating lots of garlic may keep them at bay. If they do bite, bromelain (extract of pineapple) could help ease the swelling – make a paste from a crushed tablet and apply to the area.

Soothe sunburn

Always try to avoid burning at all, but if a little spot you've missed with the Factor 20 turns pink, then aloe vera can help cool and calm the skin (although it can't reverse the damage). Buy tubes of gel from pharmacies and health food shops. ☺



For more health advice, visit www.countryliving.co.uk and www.netdoctor.co.uk