

Health & Fitness

YOUR OWN HOME

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All you need for

KICKSTART YOUR FITNESS!

Fast track to a fitter body

Your perfect diet

Find the weight-loss plan for you

GET FIT IN YOUR LUNCH HOUR!

THE NEW 30-MINUTE WORKOUT TREND

Your healthiest year ever!

14 expert tips you need to know

SUNSHINE SUPPERS

Recipes to beat the blues

LEAN LEGS SEXY BUTT

11 moves that really work

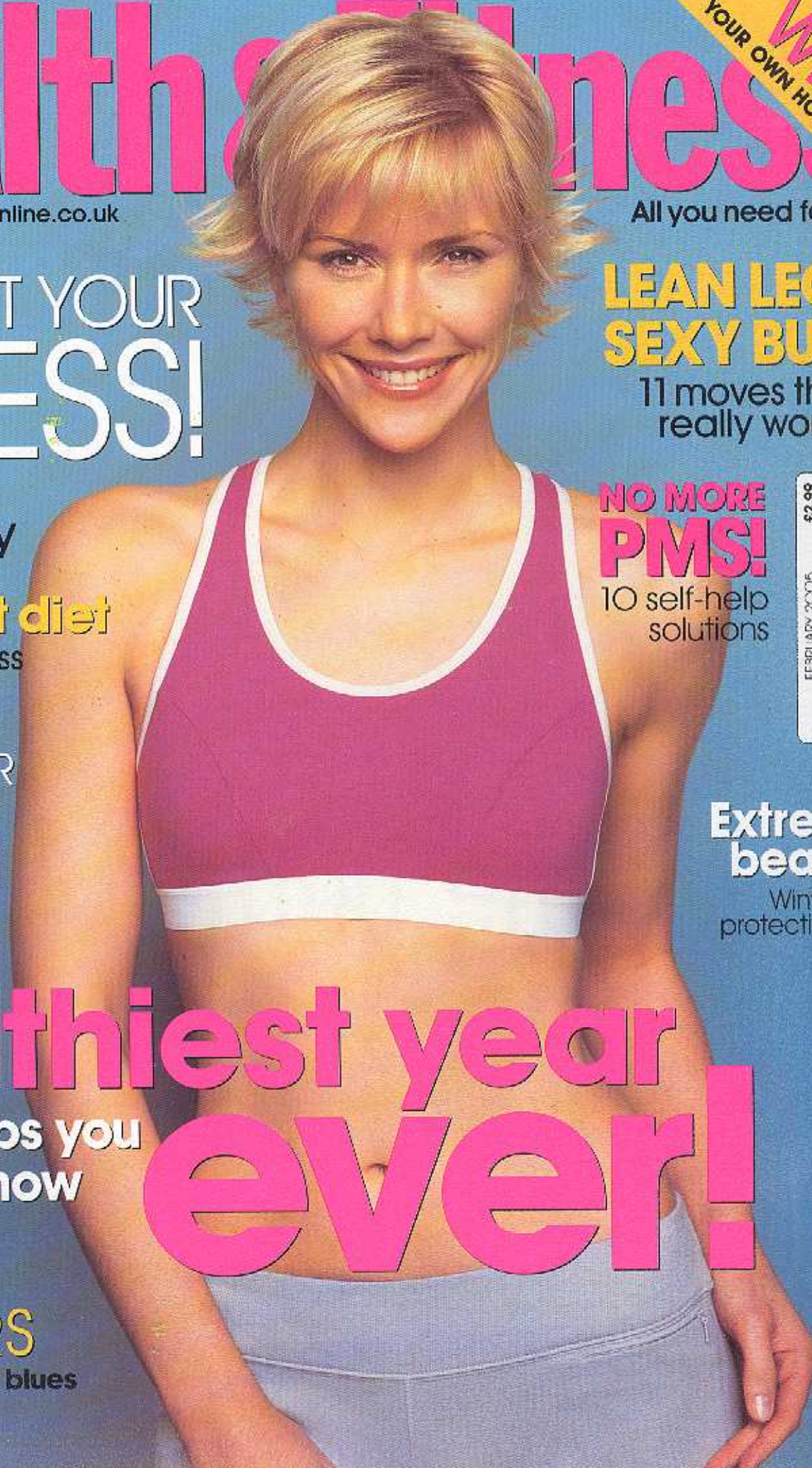
NO MORE PMS!

10 self-help solutions

Extreme beauty

Winter protection

\$2.99
FEBRUARY 2005





ABBA THERAPY

Feeling lethargic? Then turn on the radio. New research, conducted for Magic 105.4FM by Keele University and the University of Leicester, suggests music can relax you, lift your mood and boost motivation. And the top three feelgood songs? *Mama Mia* by Abba, *Angels* by Robbie Williams and *Brown Eyed Girl* by Van Morrison. To lower your pulse rate, try *California Dreaming* by The Mamas and The Papas, and *Like A Prayer* by Madonna.



www.myhealthyvision.co.uk

Visit this site for everything you need to know about how to maintain healthy vision and keep your eyes looking gorgeous.

MOISTURISER-FREE ZONES

Q I have rough, scaly patches of skin on my body that don't respond to moisturising. What's causing them?

A It's a good idea to get this checked out by your doctor. The respected Mayo Clinic in the US recently warned that patches of skin like you describe could indicate actinic keratosis, a skin condition caused by exposure to ultraviolet rays, typically from the sun. It doesn't cause any other symptoms but, left untreated, some cases develop into squamous cell carcinoma, a form of skin cancer. It may appear as rough, scaly patches or crusts on the top layer of skin. The lesions may be white, pink, red, grey or flesh-coloured, and are usually one inch or less in diameter.

healthfile

BOY OR GIRL?

Want to know your chances of giving birth to a boy? New research suggests the odds are higher if you live with a male partner before you conceive, have sex in the five days before ovulation and have an optimistic outlook.

If you want a girl, studies suggest your chances are higher if you're a single, non-smoker who lives in northern Europe.



Inshort

A SLIMMER'S BEST FRIEND

Turn to your pet for a way to shift post-winter pounds. Researchers in Chicago put people and their pets on a diet and exercise programme, and found that both lost weight and kept it off. They enrolled three groups: 56 people, 53 dogs, and 36 dogs and their owners. The people attended weekly counselling sessions on diet and exercise, and were encouraged to walk for at least 20 minutes a day and to limit their calorie intake to 1,400 a day, while the dogs were fed a prescription diet for one year. The dog owners did better than the dog-free dieters, and also reported the diet to be less onerous and more fun.

Three of the best...

PO-HO OIL
(\$3.95, 01294 277344 or www.bioforce.co.uk)

This a blend of five essential oils: cumin, peppermint, juniper, eucalyptus and fennel. Add it to a steam inhalation and you'll breathe clearly and easily again in minutes.



CHRISBAR SEASONAL RELIEF

(\$16.75, 01428 642268 or www.chrisbar.com)

This herbal supplement delivers a potent punch of decongesting oregano, elderflower and bayberry bark extract – all grown organically to maximise the healing properties. This is great for drying up snivelly colds.



decongesters

RAINFORREST REMEDIES LEMON MYRTLE ESSENTIAL OIL

(\$7.95, 0121-444 6585 or www.wellbeing-uk.com)

Strong antibacterial, antifungal and antiviral properties give this an antimicrobial activity 30 per cent higher than tea tree oil. Use in a burner to soothe colds, coughs and sinus problems.

