

Natural Health & WELLBEING

lose weight, feel great
look amazing!

10 fast-track tips for
easy Christmas glamour

**PARKLY GEMINI
SWEET SCORPIO...**

Use aromatherapy to
reveal your star quality

GO TO BED!

What to do if your
child won't sleep

**Lost your
va-va voom?**

Getting it back is
easier than you think

CHEMICAL WORLD

ROOT OUT YOUR HOUSEHOLD
HEALTH TRAPS

25 TRIED, TESTED, GUARANTEED
natural remedies to
fight off winter bugs

**"STOP MY
MONTHLY
MISERY"**

Alternative advice
for endometriosis

HOW ACUPUNCTURE COULD HELP:

BACKACHE MIGRAINE DEPRESSION AND MORE...



5 ways to... boost your energy

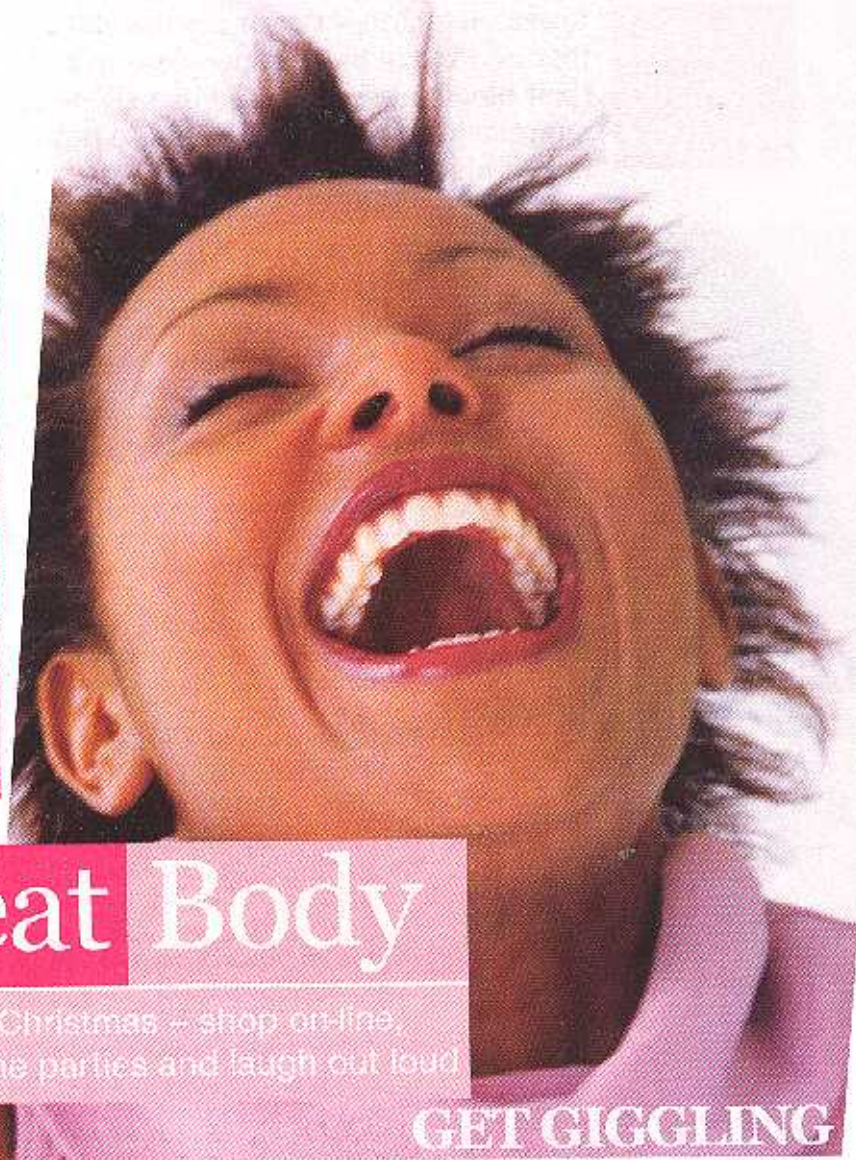
1 "Replace your normal coffee with an invigorating green tea or anything that contains ginseng", suggests Christina Barton, founder of Chrisbar Health and Nutrition. Coffee gives you a quick hit but this wears off pretty quickly - herbal teas will cleanse and naturally stimulate.

2 The team at Virgin Active recommends eating low glycaemic index foods instead of sugary, high indexed foods which can give you a quick squirt of energy but soon leave you feeling deflated.

3 For a temporary fix, try Organic Blue Liff Supplement (£14.95), Wasser Coenzyme Q10 + Vitamin E (£5.45), Comvita Bee Pollen (£7.30), Xynergy Sweet Wheat (£21.50) or Iait isotonic (£1.29), an energy drink, free from colourings and additives.

4 Doing something energetic can increase your energy levels. A quick burst of increased activity will up your oxygen intake and make you feel ready for anything.

5 Every hour, set aside one minute to do some deep breathing exercises. This will force oxygen into your body and leave you feeling energised.



Feeling Great Body

Everything you need for a stress-free Christmas - shop on-line, boost your immune system, survive the parties and laugh out loud

GET GIGGLING

If the thought of cooking Christmas dinner for 25 relatives, finding the perfect presents and having the best-dressed tree is already making you break out in a cold sweat, sit back, grab a cuppa and play a board game or two! Research by Cranium has revealed that 37 per cent of all ages say that they play games at Christmas in order to have a laugh and relax. And laughter is a key factor for improving health as it's good for the immune system, emotional health and de-stressing.



Lush Party On Temple Balm, £2.95. If yet

another party beckons but all you want to do is flop in front of an Only Fools and Horses re-run, a dab or two of this peppermint, menthol, rosemary and coffee balm can keep your senses sharpened, your mind alert and your wits about you.



Think before you drink

If you're planning to enjoy the excesses of Christmas consider first how damaging too much alcohol can be to your health:

Mouth and Teeth Your chances of developing cancer of the mouth, throat and oesophagus are almost doubled if you drink three units a day.

Fertility Toxins in alcohol can interfere with a woman's hormone levels and so delay conception.

Breasts One drink a day is enough to increase your chances of developing breast cancer by ten per cent.

Hair and skin Alcohol has a dehydrating effect on both the skin and hair and can cause it to look dull and dry.

Joints and bones If you drink excessively in your 20s you are more at risk of developing osteoporosis later in life.

