

COMPLEMENTARY THERAPIES FOR YOUR MIND, BODY & SOUL

Natural Health

March 2005 £2.80

& BEAUTY

**YOUNGER SKIN
IN JUST 3 DAYS**
THE AMAZING ANTI-AGEING DIET

ALL SYSTEMS GO!
How to revive
lagging energy levels

SOUL DOCTOR
Quick fixes for anger management

**MORE SEX
MORE PASSION**

**UPERCHARGE
OUR RELATIONSHIP**

**EARN TO LOVE
YOURSELF**
WITH OUR LIFE
COACHING TIPS

REAL LIFE
"I STARTED THE MENOPAUSE AT 25"

**Stress
Busting
Therapies**
(THEY REALLY WORK)



19 THE NATURAL BEAUTY HOTLIST
MIRACLE BUYS EVERY WOMAN SHOULD OWN



ALL SYSTEMS GO!

A survey has revealed that 96 per cent of the British public carry out a thorough spring-clean at least once a year but how much consideration do you ever give to making-over your health? Professor Colette Shortt, director of science at Yakult, takes us through how to cleanse each area of the body:

Mouth Be extra-scrupulous about dental hygiene – visit your dentist regularly and make sure you brush and floss twice a day.

Respiratory tract Avoid cigarette smoke, which can impair the tract's ability to clear out germs, and wash hands whenever possible to prevent the spread of infections to your nose and mouth.

Intestines Top up your 'good' bacteria daily with a probiotic to help balance the intestinal flora.

Skin Keep your skin clean by cleansing morning and night. This creates a hostile environment that doesn't support the survival of most organisms.

Home Help

Don't let niggling aches and pains stop your life. A new set of DVDs presented by Judith Pitt-Brooks, a chartered physiotherapist, provides an easy to understand explanation of the causes of many common aches, how to prevent them and how to treat and manage them safely and effectively in the comfort of your own home. Costing £15.99 each, they are available online from Tesco, Amazon, WH Smiths and many other outlets.

"Take your exercise outdoors to boost your vitamin D levels and improve mood"

Saint or Sinner?

Needle power



US scientists have found that the ancient Chinese medicine of acupuncture can reduce pain and improve mobility in arthritis sufferers by as much as 40 per cent.

Gentle healing

The number of practitioners of the Bowen Technique has reached a record level according to the Bowen Therapists' European Register. The Register recently acquired their 500th UK-based member, making finding a practitioner even easier.

Laziness

Radical claims from *The Joy of Laziness – How To Slow Down And Live Longer* (£7.99, Bloomsbury), tells us doing nothing can be good for our health and that laughter is



actually a healthier activity than jogging! As much as we long to believe it we think it's best to take the advice with a pinch of salt!

Reaching for the ice-cream

The typical answer to the stresses and strains of modern day living is to reach for food, alcohol or cigarettes, but now you can try an altogether healthier option at Floatworks, London, with an hour long float in healing Epsom Salts – the perfect way to unwind.

Making your bed

At last proof that those hospital corners can be bad for your health! Experts warn that a neatly made bed can encourage bed mites to thrive, while a messy boudoir creates a drier atmosphere they can't flourish in.



Spring has sprung but if you are feeling less than spritely give your body an MOT. Crisbar Health and Nutrition have introduced a new concept in healthcare with their Garden of Life

Clenzology Advanced

Hygiene System (£34.50), designed to boost optimal functioning of the immune system and promote clear and vibrant skin and healthy teeth and gums.

