

# NATURAL HEALTH

BODY | REMEDIES | DIET | BEAUTY | THERAPIES | RETREATS

*LOOK & FEEL*

## SLIMMER NATURALLY

*12* simple ways to beat bloating today!

*Want to live for longer?*

Perfectly balanced power meals for ultimate vitality

**CRUCIAL HEALTH QUESTIONS**

*you should be asking*

*How to have a*  
**STRESS FREE YEAR**

**THE BIG REPORT**

**SUPPLEMENTS:**  
Why natural is the best choice

*Breathe yourself*  
**BEAUTIFUL**

in just 2 minutes!

**+** incredible holistic anti-ageing solutions

**ALSO INSIDE:** WHAT YOUR FACE SAYS ABOUT YOUR WELLBEING

● 5 YOGA MOVES TO IMPROVE CONCENTRATION ● ETHICAL FASHION BUYS

FEBRUARY 2016

NATURAL HEALTH UK'S TOP ALTERNATIVE WELLBEING MAGAZINE

NATURALHEALTHMAGAZINE.CO.UK





# ASK THE EXPERTS

*Winter weather is wreaking havoc on my skin. My hands and face are always dry and cracked. What can I do?*

**Michelle Sutton**, a pharmacist who specialises in hypo-allergenic organic cosmetics at [natorigin.co.uk](http://natorigin.co.uk), says:

First, reduce the constant stripping of your skin by ditching hand soaps and facial cleansers that contain harsh detergents. Next, select products that not only protect your skin's natural barriers, but boost them at the same time. Look for nourishing ingredients like red seaweed with its high concentration of active silicium, oily extracts of organic arctic raspberry seeds, organic shea butter, organic jojoba oil and organic sweet almond oil.

Another action that can make a big difference is changing your cleanser. If you currently use a wash-off product, switch to creamy hot cloth cleanser or micellar water for instant results. You can also apply a natural serum twice a day under a rich moisturiser to boost hydration levels.

Don't suffer in silence – our wellbeing wonder-team of experts is on hand to answer your health questions

*I've always suffered with intense period pains. I treat them by taking birth control, but I'd love to come off the pill. Are there any natural supplements that can help with the pain?*

**Hannah de Gruchy BSc**, scientist and editor for [emmbie.com](http://emmbie.com), says:

Painful periods are one of the leading causes of women needing to take time away from work. Thankfully, there are natural supplements that can help to balance your hormones and alleviate the discomfort. Maca is a powerful adaptogen, which means it's fantastic at regulating hormones. It's a delicious tasting supplement with a slightly sweet, nutty flavour. I always sprinkle a hefty dose of our organic maca powder on my morning granola. It keeps my periods in check and keeps me feeling energised throughout my cycle. I recommend trying a heaped teaspoon daily for three months to start feeling the benefits. A diet rich in omega 3 fatty acids will help reduce inflammation which can lead to endometriosis and PCOS – both causes of painful periods. Oily fish, eggs, dark leafy greens and organic chia seeds are packed with omega 3, so make sure you're eating plenty of these things.

*I've heard that herbal medicine can be helpful in treating osteoarthritis. Are there any particular herbs that you can recommend?*

**Vera Martin**, a naturopath and herbalist at the College of Naturopathic Medicine ([naturopathy-uk.com](http://naturopathy-uk.com)), says:

Osteoarthritis is a condition that causes the joints to become painful and stiff. It is the most common type of arthritis, causing a great deal of discomfort to more than thirty percent of over-45s in the UK. The good news is there are several readily-available herbs that can help: Try drinking devil's claw and ginger tea regularly. Both are proven to significantly reduce inflammation thereby reducing the severity of your symptoms. Frankincense is also a great anti-inflammatory herb, especially when it's taken as a supplement. Another excellent choice is turmeric root, which can easily be grated and added to smoothies and main dishes. All of the above can be taken in the form of tincture or capsules. For best results, however, take them combined by a herbalist who can customise a blend that is specific to your needs. He or she may also be able to blend the herbs into a soothing balm, cream or oil to create a topical application that can bring relief. A naturopathic herbalist is qualified to advise you on the lifestyle changes essential to address this condition, too. You can enhance the benefits of your herbs, for example, by adopting an anti-inflammatory diet rich in omega 3, practising regular, gentle exercise, and keeping your weight within the healthy parameters for your height.