

Ask the EXPERTS

We put your fitness, health and nutrition questions to our panel of experts...



Q Is walking as effective for weight-loss as running?

A **Angela Ioannou, fitness manager at Everyone Active (everyoneactive.com) says:**

“Running, especially interval training, is one of the most efficient ways to burn calories. However, if the thought of going for a run fills you with dread, you’ll be pleased to know that research has found walking is another great way to help you achieve your weight loss goals. Varying your walking pace can significantly increase your calorie burn, and walking at varying speeds can burn up to 20 percent more calories compared to maintaining a steady pace. Try to go for a daily walk on your lunch break and keep your pace varied. You’ll be surprised at how much fitter you feel, and your jeans may start to feel loose, too!”

Q I’d like to try a natural remedy for my low blood pressure. Do you have any suggestions?

A **Naturopath Gemma Hurditch, lecturer at the College of Naturopathic Medicine (naturopathy-uk.com), says:**

“Eating liquorice can raise blood pressure for some people, although taking it in its herbal form in a tincture will have a much more powerful effect. A main component of liquorice is glycyrrhizin, which people with high blood pressure tend to avoid, so many products are de-glycyrrhizinated and labelled DGL; to combat low blood pressure, you’ll need to ensure that the tincture contains this active ingredient. Ask an herbalist or naturopath in a good health food shop for the right product and dose.

“Another remedy is crategueus, which is a homeopathic heart tonic. It can be helpful after meals to ward off sudden spells of low blood pressure - look for 12C potency. Drink plenty of fluids as dehydration can cause hypotension, and be mindful of your alcohol intake. Alcohol can trigger low blood pressure in some people. Also, try using a little Himalayan salt to season your food and do talk to your GP if you’re on any prescribed medication, some of which can occasionally cause low blood pressure.”

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Got a question you’d like to put to our experts? Drop us a line at letters@yourfinesstoday.com