

HEALTH notebook

PICK OF THE MONTH



BE STRONG

Harness the power of mantra with this necklace launched to support mental health charity MIND. The lotus represents rising up from difficulty. From £25 (25% goes to MIND); mantrajewellery.co.uk.



GET DUSTING!

Rather be at the gym than doing the housework? We don't blame you. But neglecting the dusting could be bad for you in more ways than one. A new study by researchers from Duke University in North Carolina has found that exposure to house dust, which was found to contain endocrine-disrupting chemicals in nearly all the samples tested, can cause fat cells to expand, increasing your weight. The ECDs – found in cosmetics, food packaging, flame-retardants and cleaning products – can interfere with your hormones and increase your risk of infertility and cancer as well.

NATURAL HEALTH Q&A



Q How can I solve my post-summer dry skin problem?

Skin dryness is linked to both water and fat intake, so first ensure that you're well hydrated and are including good-quality fats in your diet.

Topically, you can use oils and balms straight after the shower while your skin is slightly damp to enhance the moisturising effect. Almond oil is a good choice – either by itself or blended to your preferred consistency with thicker and richer oils such as sesame or avocado.

As for balms, a blend of shea and cocoa butter is richly moisturising. For added value, use a herb-infused oil such as calendula oil.

Using gentle scrubs before showering helps remove dead skin cells and may enhance the effect of a topical moisturiser. You could also try dry-skin brushing before washing, as it supports the drainage of the lymphatic system and helps to stimulate your skin and circulation.

I'd also recommend wearing natural fabrics, as they allow your skin to breathe, helping it rebalance itself.

Naturopath Yuwa Aghedo lectures at CNM (College of Naturopathic Medicine). CNM trains students for careers in natural therapies; visit naturopathy-uk.com

24%



of us shun eye tests for fear of having to wear glasses, but a timely diagnosis can prevent future eye problems.*



SWEET DREAMS

If you're struggling with insomnia, good news. HOMNI is an intelligent lamp with four sensors that links to a sleep coach app to promote healthy sleep. Designed in cooperation with doctors from the European Sleep Centre, adapted light cycles and ambient sounds help you fall asleep gently, and a sensor automatically analyses your sleep cycles and duration. Sweet dreams! It costs £199.99; terraillon.com.

WORDS: Eve Boggemool PHOTOGRAPHY: iStock
*According to a report by optegra.com/visionofbritain