

3 OF THE BEST



CLEANSE

Stay germ-free this winter with the help of odourless hand sanitiser – it's completely cruelty-free and vegan-friendly. Sanitising Hand Wash, Fragrance Free, £3.80, biodegradable.biz



REMOVE

A cruelty-free make-up bag doesn't just stop at your lippy and mascara, what about what you use to take it off? Try this natural and gentle eye make-up remover from Zao. Certified Organic Eye Make-up Remover Milk, £12.50, zaomakeup.co.uk



SOOTHE

For the time-poor amongst us, look no further than a multitasking beauty hero to hydrate your skin in the colder months. Use on face, body, hands and feet, to heal and rejuvenate. Complete Natural Face Moisturizer Cream, £22.30, eraorganics.com



KEEP KARMA

Stop the press, there's a new healthy snack on the scene and we're getting in line to give it a try! Karma Bites are made from popped Lotus seeds, which come from the beautiful Lotus flower. They're high in protein and low in fat, plus they're only 120 cals per bag. £1.59, karmabites.co.uk

WIN!

Stay in top health this winter with the help of a daily dose of Manuka honey. From treating a sore throat, to soothing your skin, Manuka honey is the go-to wonder food come the colder months. That's why, we've teamed up with Manuka Health to offer one lucky reader two MGO Manuka honey 250+ – either pop it on a tablespoon for an intense hit, or add to your morning yoghurt, hot lemon water or spread over a slice of toast. Head to vegetarianrecipesmag.com/giveaways to enter.



Ask Our Experts

Have a question? Email sophie.rae@aceville.co.uk

Q: "HOW CAN I USE HERBS AND SPICES TO IMPROVE MY IMMUNE SYSTEM THIS WINTER?"



Siberian ginseng root, ginger root, and cinnamon stick can be especially helpful. They increase the body's ability to resist infection, lessening the likelihood of picking up colds.

Ginger root's anti-viral and anti-bacterial properties are most effective when it is freshly grated and eaten raw. Simply chew a teaspoon of it. It is often twinned as a herbal tea with cinnamon to warm and detoxify.

Elderberry appears to 'inactivate' any given flu and virus strain. It helps to shorten and reduce its symptoms and severity. It has been made and used as a home remedy as a syrup for centuries, to treat tickly coughs, colds and fevers, where if taken at the onset, nastier versions like flu, bronchitis and pneumonia are less likely to progress. It is good taken throughout the colder winter months on a weekly basis, and daily during a cold. See your herbalist for personalised advice.

Your expert: Herbalist and Naturopath Jill R Davies lectures at CNM (College of Naturopathic Medicine) naturopathy-uk.com

Q: "I'M CRAVING COMFORT CARBS, BUT HOW CAN I UP MY PROTEIN THIS WINTER?"



I know exactly what you mean: as the days get shorter, and the nights longer, nothing seems more comforting than warming, filling carbs! Carbs have got a bad rep, but you'd be surprised how much protein there is in bread: in a typical diet, nearly half our protein intake can often come from the bread and cereals we eat. But to make it healthy opt for wholemeal bread and cereals without extra sugar added, such as homemade porridge – one of the most warming, nourishing and filling breakfasts you can eat.

If you're particularly keen to increase your protein, then go for beans and lentils – who can resist a steaming bowl of golden lentil soup, some falafels sizzling from the pan, a gorgeous spicy dhal, or even, come to think of it, humble baked beans? And, if it's grains you're after, remember that brown rice is a beautifully balanced grain, often included in healing diets; or, for extra protein, nothing can beat that darling of our present times, quinoa, which has the most protein of any grain and can stand in for couscous, rice or pretty much any grain. If you eat grains and pulses together – which is the most natural thing to do – think of beans on toast, or lentil curry and rice – then you naturally increase the amount of protein, since they complement each other, making the sum of the total greater than the two parts. But you really don't need to bother with doing any sums: just relax and enjoy these delicious, natural ingredients!

Your expert: Rose Elliott MBE, vegetarian cookery writer and author, roseelliott.com