

**PICK OF THE MONTH**



**GET RESTED**

Sleep on your front? 30 per cent of us do, apparently. Rested's Butterfly pillow (the UK's first pillow for front sleepers) supports your leading shoulder, while letting you breathe freely to the side. Sleep on your side? Try Rested's Moon pillow. Both £60; rested.com.



**TO SLEEP..**

We all know the effects of a poor night's sleep – fatigue, low mood, reduced concentration and lack of motivation, to name a few. But now a new study by the University of Tennessee Health Science Center has linked insomnia with a disturbing decline in kidney function. The six-year study looked at almost a million people with normal kidney function and found those with chronic insomnia were 2.4 times more likely to suffer kidney failure. So aim for at least eight hours' kip a night, keep your bedroom cool and turn off gadgets an hour before bed.

**NATURAL HEALTH Q&A**



**Q** *How can I cleanse my body post festivities?*

Replace alcohol, caffeine, fizzy or

sweetened drinks with cleansing herbal teas such as nettle or dandelion, and sip two litres of pure water per day. Eat more veg! Buy a vegan or vegetarian cookbook to get inspired, and aim for a minimum of three vegetarian main meals per week. A high-powered blender is a great investment, allowing you to experiment with raw smoothies to get your minimum of '5 a day'. Raw beetroot, berries, a little chilli, water and ice make a winter smoothie with a delicious zing. Soups, too, are a great way of getting your veg. Add warming spices such as ginger and turmeric. Go organic if you can. Get moving! Your liver requires exercise to process hormones and other chemicals in your body. Exercise also raises your feelings of wellbeing and control. Saunas and dry skin brushing can both aid detoxification.

*Naturopath Gemma Hurditch lectures at CNM (College of Naturopathic Medicine). CNM trains students for careers in natural therapies; naturopathy-uk.com.*

1 in 3



adults eat in front of the TV every night. Eat with friends or family and make mealtimes a special occasion.

**HOT STUFF**

Need a nutritional boost? Fitness brand Zaggora has launched a range of protein powders and loose-leaf teas to help boost your wellbeing. The vegan Protein Smoothie collection contains pre- and probiotics for gut health, digestive enzymes to aid nutrient absorption, vitamin B to combat fatigue and chromium to help maintain stable energy levels throughout the day. Alternatively, add Super Greens powder to foods, fuel up with Energy Booster capsules or relax with an Evening Tea. Prices from £14; zaggora.com.



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