

PICK OF THE MONTH



SWEET DREAMS

Trouble nodding off? Sip on these teas for a soothing night's kip and rise feeling refreshed in the morning. **Sleep** contains liquorice, lime flower and moringa; **Wake** combines Chinese Tie Guan Yin Oolong infused with lemon, bergamot and ginger. £6 for 20 bags; herfreesoul.com.

NATURAL HEALTH Q&A



Q Which herbs can fend off colds?

Siberian ginseng root, ginger root and cinnamon stick can be especially effective in winter. They increase your body's ability to resist infection, lessening the likelihood of picking up colds. Ginger root's antiviral and antibacterial properties are most effective when freshly grated and eaten raw – simply chew a teaspoon of it. It's often twinned with cinnamon as a herbal tea 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's been made into a syrup and used as a home remedy for centuries, to treat tickly coughs, colds and fevers. If the syrup is taken at the onset, nastier versions such as bronchitis and pneumonia are less likely to progress. It's good taken weekly throughout the colder winter months, and daily during a cold. See a herbalist for personalised advice.

Herbalist and Naturopath Jill R Davies lectures at CNM (College of Naturopathic Medicine). CNM trains students for careers in natural therapies; naturopathy-uk.com



PROTECT YOUR BRAIN

You might associate high blood pressure more with men than women, but latest figures from Public Health England show more than 25 per cent of us women have the condition. What's more, if you do have hypertension, you're at greater risk of developing dementia than your male counterparts as you age. New research from the Kaiser Permanente Northern California healthcare system shows women with high blood pressure in their 40s have a 65 per cent increased risk of dementia compared to men. Maintain a healthy weight to help stave off the condition.



of people say being smiled at makes their day. Smile at a stranger and spread a little happiness.

HEAL YOUR HEART

Anyone who's struggled to recover from a break-up knows how real the pain can be. Scientists have even identified broken heart syndrome – a temporary heart condition brought on by the loss of a loved one or other stressful situation. Now acupuncturist Sahar Hooti, founder of London's AcuCare Clinic, has devised an acupuncture treatment to help people through a break-up. 'I help balance a patient's hormones to help them cope better with the reality of a break-up,' says Hooti. For more information on this and other acupuncture services, see acucareclinic.co.uk.



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