

# ASK *the* EXPERTS

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

**Q** “I’m dreading hay fever season – what remedies will help?”

**GEMMA HURDITCH**, naturopath and lecturer at CNM College of Naturopathic Medicine ([naturopathy-uk.com](http://naturopathy-uk.com)), says:

“Enzymes in pineapple and papaya reduce mucus and can help counteract inflammation caused by hay fever – try them together in a smoothie with strawberries and mango for added vitamin C. Foods high in bioflavonoids and vitamin C such as red peppers, kiwi fruit and citrus fruits are also supportive of the mucus membranes – they encourage normal immune function and a reduction in histamine release, a key player in hay fever symptoms. Curcumin from the spice turmeric has great anti-inflammatory and anti-allergy effects so liberal use of the spice may provide some relief – look for turmeric latte recipes using plant milks rather than cows’ milk which is a common food allergen.”

## STAR BUY

Golden Turmeric Powder, £2.95, [wunderworkshop.com](http://wunderworkshop.com)



**Q** I’ve heard a lot about probiotics lately – are they something I should consider taking?

**Udo’s Choice nutritional therapist SUSIE PERRY DEBICE** ([udoschoice.co.uk](http://udoschoice.co.uk)) tells us:

“Probiotics are a fantastic way to help settle down digestive issues such as bloating, wind, IBS, constipation and bowel infections and they even help boost the immune system so are worthwhile taking if you tend to suffer frequently. However, you need to be a savvy shopper when choosing a probiotic supplement as some are not very effective. The general rule is to make sure you choose one

with at least eight microbiotic strains (types of bacteria) and ensure that each capsule delivers a certain number of ‘live’ bacteria known as the ‘count’ – look for one with a count of at least 40-60 billion. Age is also a consideration and the types and levels of bacteria which populate the gut changes as we get older. It’s really important that you pick an age appropriate probiotic – choosing from infants, juniors, adult and the 50 plus age range can help support your gut health in the best way possible.”

**Q** I have repetitive strain injury from sitting at my desk at work – how can I combat this?

**ALEX CLARK MCSP**, physiotherapist at Neo G ([neo-g.co.uk](http://neo-g.co.uk)) says:

“If you have been diagnosed with repetitive strain injury (RSI) the first thing to look at would be your working environment, especially if you are using computers for most of your day. If you use a mouse, this should be as close as possible to you to avoid added strain. In terms of your desk set-up, your keyboard should be in front of you when you are typing and you should leave a gap of around four to six inches between the front of the desk and your keyboard. This allows you space to rest your wrists after you have finished typing – if there is not enough space, extra pressure can be put on joints, making RSI symptoms worse. If you continue to be in pain speak to your GP who may advise anti-inflammatory painkillers. Alternative therapy includes using a heat or cold pack or some form of elastic support or splint. Physiotherapy can also be used to help correct posture and relaxing or strengthening different muscle groups to help relieve some symptoms.”

## LITTLE HELPERS

3D Hot & Cold Therapy Pack, £7.50, [neo-g.co.uk](http://neo-g.co.uk)



Fellowes I-Spire Series Wrist Rocker, £4.99, [ryman.co.uk](http://ryman.co.uk)



NSD Powerball 280hz Gyroscope Ball Grip Strengthener, £45.29, [amazon.co.uk](http://amazon.co.uk)

