

ASK *the* EXPERTS

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



Q “I’ve been having restless legs at night – what can you recommend?”

GREG WEATHERHEAD, nutritionist and NPD manager at BetterYou (betteryou.com) recommends:

“Low magnesium levels have been linked with poor sleep and restless legs. *The Journal of Orthomolecular Medicine* found that when the body’s magnesium levels are too low, it makes it harder to stay asleep and a study published in the *British Medical Journal* linked magnesium deficiency to restless legs. Seven in 10 of us suffer from low levels of magnesium and because we don’t get enough from our daily diet a supplement that gets straight to where it’s needed is a great method of recharging our system. Supplementing magnesium transdermally (through the skin) is a superior way to absorb this mineral, and has been proven to work five times faster than tablets. As it is absorbed, it bypasses the digestive system straight into the body tissue providing a fast and effective dose to the problem area. Try soaking in a bath of magnesium flakes and use a couple of sprays of oil such as our MagnesiumOil Goodnight across the body before bed for a successful slumber.”

Q “I saw a picture of myself recently and my posture looked terrible! What can I do to improve it?”

MARY DALGLEISH, vice president of the FHT (fht.org.uk), tells us:

“Start by strengthening the muscles of your abdomen and pelvic area with Pilates or yoga – strong core muscles are the foundation of good posture. If you’re working at a desk, sit up straight with your shoulders dropped and ensure your desk is set up to promote good posture with your joints at 90-degree angles. Stretch, walk or stand for a

couple of minutes every half hour. Don’t carry around more than you need to and use a backpack when necessary, so that you don’t weigh down one arm or shoulder. Prolonged standing can put stress on the legs, knees and lower back, so move around, change your position frequently and ensure your weight is evenly distributed over your entire feet if you’re often standing. Try sleeping on your back or side and ensuring you have a supportive mattress which will help maintain optimum posture as you sleep. If you still have problems, see a sports therapist or Alexander technique practitioner for a postural assessment (visit fht.org.uk/findatherapist to find one near you).”

STAR BUY

Lululemon Everywhere Backpack, £78, lululemon.co.uk



Q “What natural remedies are there to help calm my anxiety?”

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

“Firstly, you need to address the cause of your anxiety by talking to a medical professional. Nutritionally-speaking, you could try reducing or eliminating your consumption of caffeine, sugar and alcohol – try some calming herbal teas instead of tea, coffee and caffeinated fizzy drinks like lemon balm, valerian or passion flower. Increasing your intake of leafy green vegetables can be beneficial too – eat broccoli, raw nuts and seeds for B vitamins, and calcium and magnesium. Correcting the balance of omega fats in the diet can also help – take a tablespoon of flaxseed oil daily or eat more oily fish such as mackerel, white bait and sardines. Food allergens can trigger anxiety too and keeping a food diary can help identify problem foods – choose organic, unprocessed foods where possible. Acupuncture can also be therapeutic as it promotes relaxation, and an appropriate calming herbal tincture can be extremely effective. A naturopath can help you identify and address personal triggers and put together a personalised plan for you.”

LITTLE HELPERS

Fushi Organic Flaxseed Oil, £5, fushi.co.uk



Pukka Relax Tea, £2.49, pukkaherbs.com

Botanics Aromatherapy Pure Essential Lavender Oil, £4.99, boots.com

