

# HEALTH *notebook*

## PICK OF THE MONTH



### MAKE SOMEONE HAPPY

Want to know how to feel happier? Perform random acts of kindness. Get inspiration from *Make Someone Happy: A Creative Kindness Journal* by Emily Coxhead, a delightful book packed with inspiring ways to bring joy to others – and yourself too! (Vermilion, £9.99).

## NATURAL HEALTH Q&A



### Q Why do I get fungal nail infections?

According to naturopathic medicine, symptoms showing on the outside of the body often signify an imbalance within. Common reasons behind fungal nail infections are a diet high in refined sugars and insufficient levels of 'friendly bacteria' in the gut. Aim for 50 per cent of your diet to consist of fresh, organic vegetables, and cut down on cakes, biscuits and sweets! Reduce refined carbohydrates and sugars found in white pasta, white rice and white bread, replacing them with wholegrain varieties to help bring things back into balance. Topically, you can use diluted tea tree oil or dab the affected area with a mixture made with equal parts water and cider vinegar, for their anti-fungal properties. To help boost your levels of friendly bacteria, you can eat foods such as plain probiotic yoghurt, miso soup, sauerkraut and kombucha. A good-quality probiotic supplement may also be useful.

Nutritional therapist Ami Gilder, for CNM (College of Naturopathic Medicine). CNM trains students for careers in natural therapies; [naturopathy-uk.com](http://naturopathy-uk.com).



## BEDROOM YOGA?

Ah! So that's why more and more men are turning to yoga. A review published in the *Journal of Ayurveda and Integrated Medical Sciences* has linked the ancient practice to enhanced male sexual health. Curious? The researchers recommend the following postures – Seated forward fold (reduces impotence), Accomplished pose (enhances pelvic health), Cobbler's pose (increases endurance) and Bridge pose (stronger and more controlled orgasms). If your partner feels too self-conscious to attend a mixed yoga class, get him to check out men's yoga at [broga.com](http://broga.com).

# 33%

of women age 18-60 experience weakened pelvic floor muscles at some point in their life. Don't forget your Kegels!

## BEAT ANTIBIOTIC RESISTANCE

Worried about the rise of the super bug? Now there's a way to help. Scientists believe the widespread use of antibiotics for mild infections could contribute to the development of antibiotic resistance. If your health concern is minor, why not try a natural remedy before reaching for the pack of pills? LifePlan Super Herbs use high-strength botanicals, such as cranberries, which are known to stop E.Coli and other bacteria from adhering to the urinary tract. Try LifePlan Super Strength Cranberry £10.49 for 60 x 12,000 mg; [lifeplan.co.uk](http://lifeplan.co.uk).



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