

**PICK OF  
THE MONTH**



**DELICATE DIGESTION?**

*If you suffer from bloating, IBS or leaky gut, try LQ Digestive Care. With prebiotics, ginger, aloe vera, marine collagen and more, the 11 scientifically researched ingredients aid digestive health. Trials show some people even came off medication. £29.99 for 10; boots.com.*

**NATURAL  
HEALTH Q&A**



**Q** *How can I improve my sleep?*

Sleep problems usually involve a lifestyle and/or emotional component. Try relaxing herbs such as chamomile, passion flower (for mental worry/overwork), lemon balm, ashwagandha (for deep sleep) and skullcap – used separately or combined, as a tea, tincture or capsules – 30 minutes before bed. For a stronger sedative effect, consider taking valerian, hops, wild lettuce and Californian poppy.

Wind down with a hot bath, adding five drops each of chamomile and lavender essential oils, then place a drop of lavender essential oil on your pillow. Also try an ayurvedic technique such as self-massage with warm sesame oil. Ask your naturopath about 5-HTP supplements to improve serotonin imbalance (which is linked to insomnia). Create a routine by going to bed at the same time, and avoid computer or mobile screens for an hour before bedtime.

*Naturopath and Herbalist Vera Martins for CNM (College of Naturopathic Medicine). CNM trains students for careers in natural therapies naturopathy-uk.com.*



**DOWN IN THE MOUTH**

Think you're immune from mouth cancer because you don't smoke? Think again. Pre-cancerous lesions in the mouths of non-smokers are more than twice as likely to progress to oral cancer than those in smokers, according to new research from the University of British Columbia. While causative factors are likely to be environmental in smokers, genetic susceptibility or mutations are more likely the cause in non-smokers, say researchers. If you have a sore that doesn't heal, white patches, a growth or thickening of the lining of your mouth, see your GP straight away.

**6 hrs**

The time the average brit spends dreaming each week about doing things differently! Stop thinking and make those changes today...

**TAKE CONTROL OF BACK PAIN**

If you've ever had back pain, you'll know how miserable it can feel. With a shocking 80 per cent of us experiencing lower back pain at some point in our lives, the condition can prevent you carrying out daily routines, stop you working out and impact your life, physically, emotionally and socially. Now there's a portable new device that helps you realign your spine and pelvis, strengthen your muscles and relieve pain, wherever you are. Designed by an experienced back pain physiotherapist, the Pelvipro costs £85, including online tailored exercises. Log on to pelvipro.com to find out more.



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