

HEALTH *notebook*

PICK OF THE MONTH



LOOKING GOOD

Forget dry, tired eyes: the world's first vitamin-enriched contact lenses are here*. Packed with vitamins E, B6 and B12, Waldo lenses alleviate eye symptoms common to contact lens wearers and block UVA (70%) and UVB (95%) rays. £32 a month; hiwaldo.com.

NATURAL HEALTH Q&A



Q How can I combat acne naturally?

Hormonal imbalances, poor digestion, clogged lymphatic channels and/or lowered immunity are often at the root of acne. To help re-balance your body:

- Use organic skincare and body wash. Calendula cream with a few drops of lavender essential oil can help soothe inflamed acne topically.
- Reduce dairy and gluten in your diet, cut out refined sugars and processed foods. Use garlic, onions, and eat fresh veggies! Go organic.
- Echinacea can build immunity. A tea of cleavers, nettle and marigold plants helps clear blood and lymph.
- Exercise regularly and manage your stress to keep your hormones balanced. Siberian ginseng will support your daily challenges.
- Spice up your food with fennel seeds, cayenne, cumin, cloves, thyme, rosemary and turmeric, for their antimicrobial and anti-inflammatory properties.

Naturopath and herbalist Maya Daghghi for CNM (College of Naturopathic Medicine). CNM trains students for careers in natural therapies; visit naturopathy-uk.com.



DITCH PAIN KILLERS

We always believed in the healing power of touch, and now science backs it up. Researchers at the University of Colorado Boulder and University of Haifa recently measured the brainwave activity of couples sitting together when the woman was subjected to mild heat pain on her arm. When her partner held her hand, their alpha mu band synchronicity (associated with focused attention) increased the most. Plus, the more empathy your partner feels for you when you're suffering, the more your brainwaves sync and the greater the pain relief...

60%

of type 2 diabetes cases are thought to be preventable. Keep tabs on your sugar intake, stay well and lead a healthy lifestyle.

BE KIND TO YOUR GUMS

Using a hard toothbrush can contribute towards gum recession, according to a study in the *Journal of Periodontology*. Guilty? Watch out, as you could risk exposing the roots of your teeth and increasing the chance of infection or even tooth loss. Enter the Foreo IssA 2 sonic toothbrush. The gentle silicone outer bristles gently massage your gums while the central, regular bristles focus exclusively on your teeth, helping to reduce plaque and cavities. With 11,000 pulsations a second, 16 different speeds, a charge life of one year and replacement heads lasting six months, we think it's a winner. £149; foreo.com.



WORDS: Eve Boggemool PHOTOGRAPHY: iStock
* Not currently available for those with astigmatism