

PICK OF THE MONTH



RURAL RETREAT

Over 35? Treat yourself to a Women's Wellness Retreat at Bovey Castle in Dartmoor National Park and focus on issues such as hormonal imbalance, weight gain and the menopause. There are also meditation sessions. Three nights from £1,875 per person; spabreaks.com.

NATURAL HEALTH Q&A



Q Help! I'm having panic attacks.

Panic attacks can occur without warning, leaving you feeling out of control and in fear of the next attack. A course of acupuncture can be really helpful in promoting general calm.

An acupuncturist takes a detailed case history to help establish the root cause of the panic, before choosing appropriate acupuncture points and painlessly inserting into them thin, sterile needles the width of a human hair. This helps to restore balance in your flow of 'vital energy' (Qi) and most people find it hugely relaxing. A naturopathic acupuncturist also looks at your lifestyle and diet. Correcting your balance of omega fats could help (a lack of omega 3 is a common feature of anxiety, depression and other mood disorders). Try a tablespoon of flaxseed oil daily, or eat more oily fish such as mackerel, whitebait and sardines. Sip calming teas such as lemon balm, valerian, passion flower and rhodiola; or see your herbalist for a stronger tincture.

Acupuncturist Amanda Hair lectures at CNM (College of Naturopathic Medicine). CNM trains students for careers in natural therapies; visit naturopathy-uk.com.



BEAT INFLAMMATION

Another reason to hit the mat tonight. Practising yoga regularly can reduce inflammation and boost cardiometabolic health, reveals the *Scandinavian Journal of Medicine & Science in Sports*. Scientists at the University of Hong Kong studied people with metabolic syndrome (a precursor to type-2 diabetes and heart disease) who did three yoga sessions a week for a year. Compared with a control group, inflammatory agents in the body were reduced (inflammation is thought to be a trigger for metabolic syndrome).

27.3% of Brits would be more adventurous in bed if they weighed less*. Time to go to the gym?

SHAKE HANDS WITH YOUR MOUSE

If you spend long hours at your computer, repetitive strain injury is an occupational hazard. Reduce the risk with this cleverly designed mouse. With a vertical instead of horizontal grip, the BakkerElkhuizen Handshake Mouse reduces strain as your arm doesn't bend as much and your lower arm doesn't need to rotate inwards. The benefit? There's far less muscle activity in your lower arm than when using a standard mouse which, in turn, helps you work pain free and quickly. Sounds good to us! BakkerElkhuizen Handshake Mouse, £60.20; bakkerelkhuizen.co.uk.



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*According to research by LighterLife