

# ASK *the* EXPERTS

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

**Q** *“Is tap water safe to drink or should I drink bottled varieties?”*

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

“In the UK, tap water is the better, safer option for drinking. Invest in a good quality, under-sink filter on your tap, preferably a solid block carbon filter or multi-stage filter, which can allay your fears about purity. In countries where the tap water may be of poor quality, or in a travel situation where the local water is questionable, choose bottled water. However, in day to day life, it’s best to steer clear of it. The environmental impact of producing so many bottles, and shipping water from one place to another, is dreadful. Chemicals from plastic bottles also leak into the water, particularly in warm environments such as in the sun or in the car. These chemicals are linked to cancer and endocrine disruption. Instead, filter your own tap water and transport in glass bottles.”



**Q** *“I want to tone my arms for the summer – what exercises should I do?”*

**JO GATHERCOLE,**  
personal trainer and  
ambassador for Powerspin  
([powerballs.com](http://powerballs.com)) recommends:

“For summer-worthy arms, it’s essential that you focus on weight lifting moves for the triceps, biceps and shoulder muscles. Dips, curls and lateral raises are great moves to focus on because they will provide a complete upper body workout.

Isometric (holding) exercises also work really well because they engage a far greater percentage of the muscle fibre and are a highly efficient way to tone your arms and shoulders. Try holding yourself in a half raised press-up position for 15-20 seconds repeated four to six times over two minutes, or stand with both of your palms pressed

firmly into either side of a door frame and ‘push’, gradually increasing pressure over the course of 15 seconds.

A simpler way to tone the arms is with a Powerspin (£25.99, [powerballs.com](http://powerballs.com)) exercise device. It’s a light, portable training device that can be used to replicate the traditional dumbbell curl, while allowing you to control the amount of resistance generated. It can be used at home and allows you to target the triceps and shoulder muscles. The muscles in the arms and shoulders are engaged immediately and are kept under constant pressure as the ball rotates inside the tube. The device ensures maximum muscle toning and development in a short time frame.”

**Q** *“I wake up with a flat tummy but, by the end of the day, I’m so bloated. How do I stop this happening before my holiday?”*

**CASSANDRA BARNES,**  
nutritionist at Together Health  
([togetherhealth.co.uk](http://togetherhealth.co.uk)), tells us:

“There can be various reasons for bloating, so it can be a question of trial and error to find out what works for you. Food intolerances are a potential cause, and wheat is a particularly common culprit. If you eat wheat-based foods, such as bread, cakes, pastries or pasta every day and find yourself bloating up, try cutting it out in the run-up to your holiday. You could swap bread for oatcakes or gluten-free bread, and your pasta for rice or buckwheat pasta, for example. But, if you’re considering cutting out wheat long term, see a nutritionist for guidance and support. Stress can also be a key factor in bloating, as it diverts your body’s resources away from digestion. If you’re going through a stressful time (even holiday preparation itself can be stressful!) then dial in some strategies to help you relax. This could be meditation, walking, a long bath with a good book, or just spending some time relaxing with your partner. Sugar tends to exacerbate things too, so keep the sugary treats to a minimum! Try taking a probiotic supplement – the friendly bacteria within our gut play an important role in digestion and, when they’re out of balance, bloating can be one consequence. Take it before and during your holiday to help keep bloating at bay.”

**STAR BUY**

Together’s Multibiotic,  
£14.99, [togetherhealth.co.uk](http://togetherhealth.co.uk)

