

ASK *the* EXPERTS

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



Q “Does cranberry juice actually help when you have cystitis?”

ANNA SAWKINS,
founder and owner of Sweet Cures (sweet-cures.com), tells us:

“Cranberry juice has become a popular home remedy, particularly in the treatment of cystitis. The theory is that cranberry juice contains substances that help prevent bacteria from sticking to the wall of the urinary tract. However, a new study found that, overall, cranberry products did not reduce the occurrence of urinary tract infections (UTIs). E. coli, the causative bacterium in most bladder infections, can survive acidic environments that are lethal to other pathogens. Drinking cranberry juice, or any other acidifying drink such as orange juice or alcohol, when you have an e. coli bladder or any gram-negative bacterial infection, has the potential to do more harm than good. E. coli is capable of synthesising its nutritional requirements from the surrounding acids in its environment and, as cranberry produces hippuric acid in the urine, it is now widely accepted that this provides a suitable environment in which e. coli bacteria can multiply. In short, it’s perhaps best to avoid cranberry juice.”

Q “I suffer with adult acne and feel like I have tried everything. Is there any way I can change my diet to help overcome this?”

MAYA DAGHIGHI,
naturopath, herbalist and lecturer at CNM College of Naturopathic Medicine (naturopathy-uk.com), says:

“Hormonal imbalances, faulty digestion, clogged up lymphatic channels, and lowered immunity are some factors at the root of acne. To help re-balance your body look at reducing the amount of dairy and gluten in your diet,

and try cutting out refined sugars and processed foods. Using garlic and onions in your cooking and eating lots of fresh veggies (buy organic when possible) can also help reduce inflammation. Spice up your food with kitchen herbs such as fennel seeds, cayenne, cumin and turmeric, all known for their anti-microbial and anti-inflammatory properties. A tea of cloves, nettle and marigold will also help to keep your blood and lymph clear. Don’t forget to exercise regularly and manage stress to keep your hormones balanced. Use organic skincare and body wash and try calendula cream with a few drops of lavender essential oil to help soothe inflamed acne topically.”

STAR BUY

Dr Organic Lavender Pure Oil, £6.59,
hollandandbarrett.com



Q “How much water should I really be drinking in a day? I’ve heard you can have too much. Is that true?”

PENNY HUNKING,
dietician and nutritionist at Stur Drinks (sturdrinks.eu), recommends:

“The general recommendation is that women should drink 1.6 litres and men should drink two litres of fluid each day. This is necessary to stay adequately hydrated and equates to six to eight glasses of water, spread evenly throughout the day. A recent survey showed that 89 percent of the UK population are not drinking enough fluid. Water helps to flush out by-products of metabolism, keeps you focused, is good for your skin, and can be part of an effective long-term weight management programme. Most cases of drinking too much water (hyponatraemia) occur in sports events, like marathons, where people drink too much relative to their sweat rates. In these cases, people were drinking one litre, every hour, for four to five hours, and their kidneys simply could not cope. As a general rule, if you exercise moderately in a warm environment, you will need to drink an additional 0.5 litres for every hour of exercise.”

LITTLE HELPERS

Stur Liquid Water Enhancer, £3.65,
sturdrinks.eu



Brita Fill & Enjoy Fun, £25.30,
brita.co.uk

Chilly’s Tumbler With Straw, £23,
chillysbottles.com

