



## ASK THE EXPERTS

Don't suffer in silence – our wellbeing wonder team of experts is on hand to answer your health questions.

*How can I improve the colour of my teeth?*

**Gemma Hurditch**, Lecturer at the College of Naturopathic Medicine (CNM) ([naturopathy-uk.com](http://naturopathy-uk.com)) says:

“There are two causes of this – yellowing from plaque build up; and staining, such as from eating certain foods or the effect of smoking tobacco.

Oil pulling is one method to help reduce plaque. You can use coconut oil, or sesame oil, the traditional ayurvedic choice. Either works well, so it totally depends on preference. Take one tablespoon of oil in your mouth and pull it through your teeth and around your mouth, spitting it out after about ten minutes. Oil pulling is recommended first thing in the morning, before eating or drinking, but you can do it anytime you are able to. Basic dental hygiene should include brushing twice a day, before or 30 minutes after food, and flossing nightly is important, so make sure you are doing this.

Sprinkling baking soda on the top of your natural toothpaste can help gently remove surface stains. Rinse with water after eating or drinking stain-culprits such as berries and red wine.”

*What are some natural remedies for anxiety?*

**Dr Sarkhel**, Psychiatrist ([livingmind.co.uk](http://livingmind.co.uk)) says:

“Anxiety is essentially a physiological and psychological response from within the body. It can take a chronic course and can cause significant disability in daily life. However, there are a number of natural techniques that we can use to reduce the burden of anxiety.

During anxiety episodes, try to breathe into a paper bag. The out-breath will increase your carbon dioxide levels, which then stops the panic attack.

Adequate hydration is key. Drink plenty of water as dehydration can precipitate anxiety symptoms. Regular exercise helps to reduce anxiety by increasing the noradrenaline levels in the nervous system.

Improving your sleep hygiene will also help – ensure that you go to bed at a set time and avoid heavy food and excessive fluid intake before sleep. Complementary therapies such as reflexology help to achieve a relaxed state which in turn addresses sleep problems.

I have created a downloadable album to offer mindfulness exercises which you can practice at home, *Mindful Living*, which is available on iTunes. If you can find the time to spend five minutes on this exercise daily, it will help to reset your brain to cope with anxiety.”

*I suffer terribly with migraines. Are there any holistic methods I can try to help?*

**Margo Marrone**, founder of homeopathic remedies pharmacy ([organicpharmacy.com](http://organicpharmacy.com)) says:

“Migraine headaches usually begin when blood vessels that were previously constricted dilate. Whilst normal brain function is restored, the vessel walls are stretched with accompanied inflammation stimulating the pain sensitive nerve endings. All headaches are hard to treat but migraines are particularly difficult. For general use without the need for a specific one-on-one consultation I found a homeopathic combination called Glonoine Complex Pills (£12.95, [theorganicpharmacy.com](http://theorganicpharmacy.com)) to be the most successful. In this mixture, I combined the top homeopathic remedies for headaches: belladonna for pulsating, throbbing headaches, glonoine (for when it feels like head will burst), gelsemium (for heaviness, chilly feeling with an urge to lie down), nux vomica (with accompanied nausea and vomiting) along with several other important homeopathic remedies. It treats the acute migraines and reduces their re-occurrence for the long term. As they are completely safe they can be taken as often as needed and are good for children and pregnant women too where options are limited.”