

ASK the EXPERTS

Our panel of health experts answer your burning questions...

Q “What natural remedies can I try when I feel a headache coming on?”

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

“Could you be dehydrated? Hydrate with a large glass of cooled (tepid) boiled water. Add a pinch of Himalayan pink crystal salt or a splash of coconut water to help replenish essential minerals. Peppermint and rosemary pure essential oils can be effective for certain types of headache, so get sniffing! A gentle neck and shoulder massage with a drop of lavender in jojoba oil is great for stress-induced tension headaches. Or, are you overtired? Avoid alcohol, electronic screens and large meals in the couple of hours before bed to increase your chances of a restful night’s sleep. Go for a walk in fresh air and natural daylight. Persistent headaches can indicate other health problems, so check with your medical professional. If everything else is OK, enlist the help of a naturopathic practitioner who can help you identify what in your diet or lifestyle could be triggering your headache, and how to address it.”



Q “I drink at least three cups of tea a day, will this stain my teeth and, if so, how can I reduce this?”

JORDAN KIRK,
product development
manager at White Glo
(whiteglo.com), says:

“Although tea has many great health benefits, it also contains tannins, an organic substance that can cause stained teeth. The good news is you don’t have to stop drinking tea to avoid brown stains on your teeth. Adding milk to your tea or drinking with a straw can help reduce staining, as can rinsing with or drinking

water after. If you’re a heavy tea drinker, try a whitening toothpaste, such as White Glo’s Coffee and Tea Drinkers’ Formula Toothpaste. This is specifically formulated to remove stains caused by tannins in tea, wine and coffee. If you have bad staining on your teeth from years of tea drinking, try the White Glo Diamond Series Teeth Whitening System. This can help improve stained teeth and provides noticeable whitening results in just one usage.”

Q “I have no experience but would love to try dancing as a form of exercise – what do you recommend?”

RACHEL WITHERS,
founder of Balletbfit
(balletbfit.co.uk) says:

“Start by deciding on a style you like and that suits you. Are you into latin, contemporary, jazz or ballet? Visit a local dance studio – most will have a good selection of beginner classes. If you don’t want to go alone, bring a friend.

Wear comfortable clothing (but ask if there’s a requirement for specialised footwear) and avoid wearing jewellery, which can get caught! Remember, there’s a dance class for everyone and dancing is a fun way to exercise your whole body, lose weight, improve your posture, plus boost balance, coordination, and concentration. You’ll also have the chance to be sociable with like-minded people. Ballet, in particular, is great at correcting posture issues from stationary work, and trimming every inch of your figure. It gives a slender, elegant and healthy body.”