

# 3 OF THE BEST... SEXUAL HEALTH SPECIAL



## BE CONVERTED

The Lunette menstrual cup is not only better for your pelvic floor muscles, but also for your overall health, wallet and the planet. After you try one there's no going back – it's completely plastic-free, vegan and available in two different sizes. You can even choose your own colour. £24.95, [lunette.com](http://lunette.com)

## SAFE CHOICE

FAIR SQUARED is the world's first brand of Fair Trade vegan condoms. Made without casein (a protein found in cow's milk which is commonly used in the manufacture of condoms), the products come in five varieties and feature natural latex from the Fair Trade rubber project. £9.95, [fair-squared.co.uk](http://fair-squared.co.uk)



## GO GREEN

Green Condom Club products are certified vegan with clearly labelled ingredients, so you know exactly what you're buying. They are also triple-tested according to the strictest, most recent norms to ensure maximum comfort, reliability and sustainability. £11.50 (including free worldwide shipping), [greencondom.club](http://greencondom.club)



## BITE-SIZED RECIPE

### Peach Smoothie Bowl

Serves 1  
Ready in 5 mins

- \* 1 peach
- \* 1 banana
- \* 2 tbspc coconut yoghurt
- \* 50g oats, fine rolled
- \* 4 ice cubes

#### For the topping:

- \* pumpkin seeds
- \* bee pollen

**1** Slice the peach in half and remove the pip, then cut one half into wedges. Place the other half in a blender and combine with the rest of the ingredients until it forms a thick, sorbet-like texture.  
**2** Pour the smoothie into a bowl and top with the peach slices, pumpkin seeds and bee pollen to serve.

Recipe courtesy of The Detox Kitchen

## Ask Our Experts

Have a question? Email [ellie.boland@aceville.co.uk](mailto:ellie.boland@aceville.co.uk)

### Q: "HOW CAN I MAKE MY SALADS MORE EXCITING?"



My top tip is to start off with lovely sparkling fresh ingredients, that are organic if possible: if you do this, even something simple, such as a summer tomato salad, can be wonderful. Especially if you add an extra, complementary flavour, like chopped chives or mint; or basil for a tomato salad. Then there's contrast of texture to consider: try adding something tender and buttery, such as avocado, to a crisp salad, or a crunchy ingredient, such as chicory, sweet raw onion or celery to a soft salad. Crunch can also be added by including nuts and/or seeds like walnuts, roasted cashews, sunflower seeds or pumpkin seeds – or with crisp croutons of fried bread. While beautiful fresh vegetables can stand alone, I love a platter just consisting of crudites: sticks of carrot, cucumber and celery, cauliflower florets and radishes, with a simple dip like hummus. Adding a dressing can really bring some zing to any vegetable mixture, and it doesn't need to be complicated. I just put a tablespoon each of Dijon mustard and red wine vinegar into a screw top jar, together with three tablespoons of olive oil and one teaspoon of sea salt, and shake until blended. You can make a larger quantity if you wish: it keeps well in the fridge – simply bring to room temperature and shake before using.

Your expert: Rose Elliot MBE, vegetarian cookery writer and author, [roseelliot.com](http://roseelliot.com)

### Q: "WHAT WAYS ARE THERE TO INCREASE MY IRON INTAKE WITHOUT EATING FISH OR MEAT?"



There are two forms of dietary iron: heme and nonheme. Heme iron is found only in animal products and fish, while nonheme iron is found in many plant-based sources. Your body absorbs the most iron from heme sources, so in order to intake enough iron while not eating fish, you firstly need to ensure you include enough plant-based iron sources in your diet. Secondly, you need to include foods in your diet that help to optimise your iron absorption. Good sources of iron include: cooked beans or chickpeas, pumpkin or sesame seeds, dried apricots, and wheat germ sprinkled over your porridge. Vitamin C also helps to improve the absorption of iron from food, so creating vitamin C-rich salads with dark, leafy greens (such as kale, broccoli and spinach) and combining them with iron-rich legumes such as black beans, green peas and chickpeas is a good start.

Your expert: Nutritionist Eva Killeen directs the Natural Chef courses at CNM (College of Naturopathic Medicine) [naturopathy-uk.com](http://naturopathy-uk.com)