

PICK OF  
THE MONTH



BEAT FESTIVE STRESS

*Tight work deadlines, busy social calendar and lots of pressies to buy? Hello Day Stress Relax supplements contain Californian poppy extract to calm nervous tension, plus magnesium and vitamin B6 to reduce tiredness and fatigue. £18 for 30 tablets; hello-day.com.*

NATURAL  
HEALTH Q&A



**Q** Can I ease dark circles under my eyes naturally?

'A naturopath would assess the colours of the shadows and circles, and use other tests to see if they indicated over-worked liver and kidneys (potentially a sign of food intolerance), sluggish bowels, lymph or adrenal (stress) issues. Sinus issues could also be a cause, as inflammation, increased blood flow and poor drainage affect the under-eye area. Tailor-made remedies would depend on the cause, but you could try these, whatever the cause: ditch alcohol, caffeine, cigarettes, fizzy drinks, processed and non-organic foods; cut out gluten products for two weeks; for the next two, cut out dairy, to see if these make a difference. Eat fresh food with plenty of veg and fibre and take a probiotic supplement daily. Try gentle stomach massage, calming herbs, take moderate exercise outdoors every day, and use natural skin-care products.'

*Naturopath Gemma Hurditch lectures at CNM (College of Naturopathic Medicine). CNM trains students for careers in natural therapies; naturopathy-uk.com.*



AN APPLE A DAY

Not just good for keeping the doctor away, a compound in apples slows ageing, according to a study at the University of Minnesota. Researchers tested 10 naturally occurring flavonoids with anti-inflammatory and antioxidant properties, and fistein, found in apples, came out top. When a cell ages, it enters the cellular senescence phase and can't divide. As we age, we can't remove these cells, resulting in inflammation and then tissue disintegration. In the study, fistein reduced the number of senescent cells in mice, leading to better health and a longer lifespan.

25%

the proportion of smear tests women miss in a lifetime. It only takes one appointment to save your life.\*



TURN OVER A NEW LEAF

Balance body and mind with the beautiful new rose quartz wellbeing tracker from Bellabeat. The Love Leaf Chakra won't just keep tabs on your activity, it also monitors your sleep, mindfulness and meditation sessions, fertility and menstrual cycles. The chakra-balancing device also tells you when you need to relax or replenish your energy levels. Link to the app and pair with the Whisper earphones (£75.42) for guided meditations, breathing exercises or ambient sounds. Or use with the rose quartz Love Mala beads (£44.94) to bring clarity to your meditations and goals. Love Chakra £129; webshop.bellabeat.com.



WORDS: Eve Boggempeel PHOTOGRAPHY: iStock \* When Life Gives you Melons podcast, Freya Lingerie