



ASK THE EXPERTS

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

I'm constantly feeling tired and my energy levels are low. Is there anything I can add to my diet to stop this from happening?

Gemma Hurditch, lecturer at the College of Naturopathic Medicine (naturopathy-uk.com), says:

"Sometimes it's more about what you take out of your diet than what you put into it that influences tiredness. Taking out sugar (as in added sugar and foods with a high glycaemic load) can help you to maintain a more stable blood sugar level, reducing tiredness from blood sugar spikes and troughs. There are plenty of online tools to help you achieve this. Be mindful of your caffeine intake (in drinks like tea or coffee), as too much will stop you from getting adequate rest. Instead, favour green tea, herbal teas and pure water.

Try switching to an organic, plant-based, high fibre, low GL diet, which is often very energising, as well as having other health benefits. Also, try eating some nori (sushi) paper and a couple of brazil nuts every day for a week, as your thyroid may need a little more nutritional support from the iodine and selenium that these foods contain."

How can I get back into a healthy routine after being away on holiday during summer?

Tori Boughey, holistic health coach (tbalance.co.uk), says:

"I would first encourage anyone who's inspired to get back on track with their health routine post-summer holidays not to be too hard on themselves for letting go over vacation. In order to live life to the fullest, we shouldn't be too critical of ourselves for indulging every once in a while. That being said, it's important to stick to our health routines whenever we can because our healthy habits are what allow us to become the best version of ourselves and feel the most content. I get back into my routine post-holiday by encouraging myself to eat my favourite healthy foods and by moving my body in any way I can – whether that be power-walking or yoga. Simple changes such as taking a break from alcohol, choosing courgetti over wheat pasta, or walking to work instead of taking the bus, can be just enough to get back into a good routine. What I definitely don't encourage is guilt-driven punishment, which can manifest as hours spent at the gym or skipping meals – these kinds of changes are neither healthy nor sustainable."

What's healthier – to consume raw or cooked foods?

Natalie Lamb, nutritional therapist (bio-kult.com), says:

"Many raw foods are said to be higher in nutrients and digestive enzymes than cooked foods. These can be increased further by fermentation, the process used to create sauerkraut, kimchi, pickles, kefir or tempeh. Nature provides plants with the enzymes necessary for us to digest them. For example, avocados have higher lipase content to break down fat. Foods such as grains and beans need to be soaked and then cooked. Cruciferous vegetables (such as cauliflower, cabbage or broccoli) are better digested when cooked, too. Cooking can reduce some nutrients, such as vitamin C, but increase bioavailability (the proportion of nutrients which enters the circulation to have an active effect) of others, such as lycopene in tomatoes. Those with IBS may find raw foods difficult to digest, so turn to supplement probiotics to keep the gut flora balanced and healthy."