

**PICK OF
THE MONTH**



BACK ON TRACK

Reduce lower-back pain by 40 per cent with the Kaia Health AI app. Listed as a Class 1 medical product, it offers you tailored exercises, meditation, mindfulness, relaxation strategies and a physiotherapy chatline. £34.99 for three months, kaia-health.com.



ONLY THE LONELY...

Attached to your smart phone? It might be time to put it down. A study on the use of Facebook, Snapchat and Instagram at the New University of Pennsylvania monitored 143 students for three weeks. One group used social media as normal and the other reduced their activity to 10 minutes a day on each platform. Researchers then examined the students' levels of anxiety, depression, loneliness and fear of missing out and found the group limiting their social media use experienced significant decreases in depression and loneliness. You've been told...

**NATURAL
HEALTH Q&A**



Q What are the best remedies for doing an inner cleanse?

'Burdock root has traditionally been used in Chinese and Western herbal medicine to treat an overload of toxins. It acts on the liver, gut, kidneys and cleanses the blood. It's often combined with herbs such as dandelion leaf to balance its strong detoxifying action. You can also try a daily tea of nettle, cleavers (aka sticky willy) and calendula.

Foods including lime, lemons, garlic, parsley, coriander and wheatgrass can also help to stimulate the detoxification process.

Other remedies, such as the mineral zeolite and the algae chlorella, which bind to toxins and remove them through the gut, should be part of all cleansing programmes. Make sure you consult a herbalist if you have a medical condition or would like more personalised advice.'

Maya Daghighi is a naturopath and herbalist at CNM (College of Naturopathic Medicine). CNM trains students for careers in natural therapies www.naturopathy-uk.com.

the amount of time we spend al fresco each week in winter. Up the hours to reap the mental health benefits of the great outdoors.*

A HEALING READ

Out of action with a sports injury? Struggling with a health condition or nagging pain? In the new, 10-year anniversary edition of *How Your Mind Can Heal Your Body* (Hay House, £12.99), scientist and mind-body expert, Dr David Hamilton PhD, reveals how to harness your body's healing systems to combat pain, disease and illness, using the power of your mind. Now updated with the latest science, case studies and four new chapters, this fascinating and life-changing book teaches you how to enhance your immune system, think your way to better health and happiness, slow ageing and improve sports performance.



WORDS: Eve Boddgenpoel and Mary Comber PHOTOGRAPHY: iStock
*Research conducted by open water swimwear brand selkieswim.com