

HEALTH *notebook*

PICK OF THE MONTH



CLEAN UP YOUR ACT

Cut back on plastic with the ZeroWater 10-cup Ready-Pour Pitcher (£34.99 inc a filter; zerowater.co.uk). With five stages of filtration, the filter is certified to reduce lead, chromium and mercury, and removes 99.6 per cent of all dissolved solids. Say goodbye to bottled water...

NATURAL HEALTH Q&A



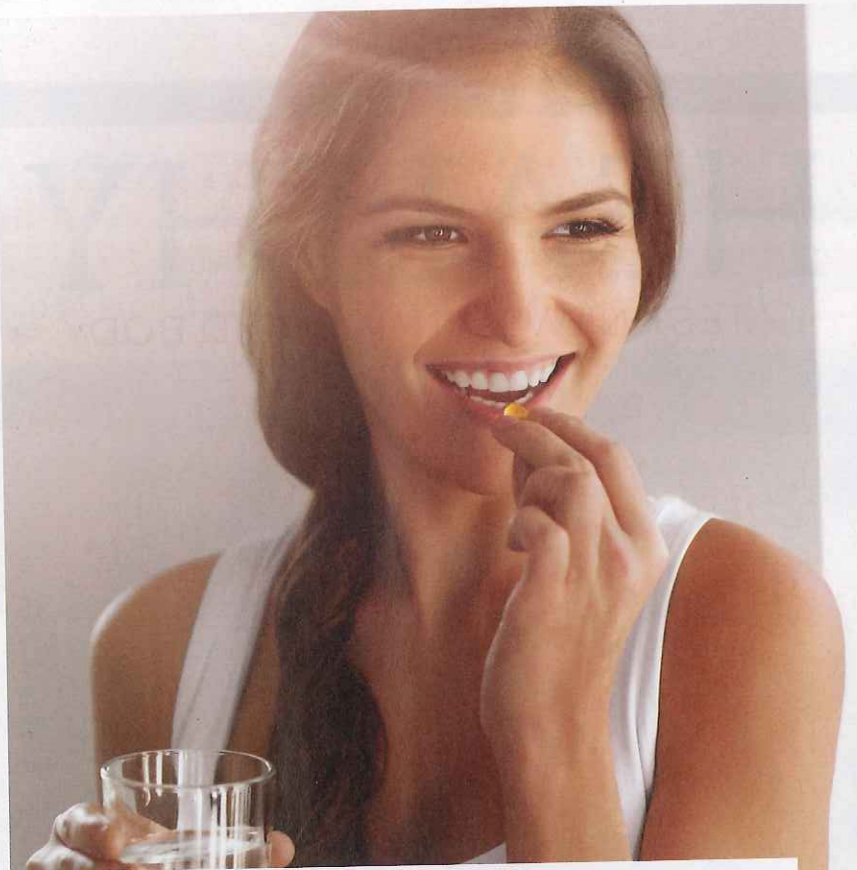
Q What herbal remedies can I use to improve my energy?

'Herbs that boost energy are called adaptogens.

Adaptogens reduce the energy drain that accompanies intense emotional, mental or physical exertion. Exertion of any form over a sustained period will deplete energy by creating hormonal and sugar imbalances which often present as fatigue, low mood, poor sleep or sugar cravings. Adaptogens balance hormones and blood sugar, helping boost energy.

'Adaptogenic herbs that improve energy include: Siberian ginseng, which increases stamina and resilience by reducing fatigue from physical exertion; rhodiola rosea – a mood-enhancing herb that increases cognitive energy and concentration by reducing the drain of intense mental activity; schizandra sinensis, a powerful anti-anxiety herb that can help with emotional stress. See your naturopathic herbalist for suitable herbs and lifestyle advice.'

Herbalist Leyla Mouden graduated from CNM (College of Naturopathic Medicine). CNM trains students for careers in natural therapies naturopathy-uk.com.



BANISH THE BLUES

With the shorter days still here, it's important your vitamin D levels are topped up. New research from Trinity College, Dublin, has found a deficiency in the sunshine vitamin can lead to a 75 per cent increased risk of depression over a four-year period. The National Institute for Health and Care Excellence (NICE) believes 10 million Brits could have low levels of the vitamin. Find out if you're one of them with BetterYou's Vitamin D Testing Service (£32.95, plus free oral spray; betteryou.com). Or top up with DLux Vitamin D Oral Spray (£5.95; hollandandbarrett.com)



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hours – the sleep debt we Brits clock up each month. Prioritise some shut-eye and watch your energy levels soar.

SMART SLEEP

Improve your kip with the UK's first climate-neutral mattress. Nectar Sleep features a seven-zone support system, temperature regulation that draws heat from your body and circulates fresh air as you move, memory foam 30 times more breathable than other foams and pressure-relieving technology. We tried it in the middle of the afternoon and were so comfortable we could have fallen asleep straight away. Oh, and you get a 365-day trial – if you don't like it, return for a full refund. From £399; nectarsleep.co.uk.

