



Your health

Q & A

You asked: "What is chrononutrition?"



FIONA LAWSON ANSWERS: "Our body's circadian rhythm refers to the cycle of bodily processes that occur roughly every 24 hours. 'Chronotherapy' is the use of certain practices and behaviours to support this rhythm. 'Chrononutrition' is an offshoot of this and it simply means timing our food intake to promote optimal health.

The adage 'Eat like a king in the morning, a prince at noon, and a peasant at dinner' was first expressed by a philosopher and doctor in the 12th century. And yet few people heed this advice. In fact, English people typically consume 40 per cent of their daily calories at dinner.

Our bodies are actually more efficient at using calories during the day. Studies back this up: people who have bigger breakfasts and smaller evening meals tend to lose more weight. Since our digestive processes tend to slow down during the evening, it can be easier on your body to eat the majority of your calories during the day. Slow-cooked and soft foods, such as soups and stews, can be a good choice for your final meal of the day as the cooking or blending takes some of the burden off the digestive system."

■ **Fiona Lawson, BA (Hons), DipCNM, mBANT, AFMCP is a registered nutritional therapist. Visit www.fionalawson.co.uk**

You asked: "When looking for probiotics, is it all about the number of billions? Or are there other criteria to consider?"



KERRY BEESON ANSWERS: "When choosing probiotics, it's tempting to reach for the highest billion counts, but it's far more important to choose highly-researched strains which are best for your needs. It is also key to choose supplements guaranteed to have the stated number of billions until expiry, rather than

just at time of manufacture. Lower strengths of probiotics can perform as well as higher strengths if they are utilised properly. In a 2015 study published in the *British Journal of Nutrition*, looking at bowel regularity, the highly-researched *Bifidobacterium lactis* BB-12[®] strain yielded the same results at a dose of 1 billion as it did at 10 billion, because improving bowel regularity is what BB-12[®] does best! Different probiotic strains have different properties: for example, *Lactobacillus rhamnosus* Rosell-11 prefers to live in the gut, and has been researched for its potential against antibiotic-associated diarrhoea, whereas *Lactobacillus rhamnosus* GR-1[®] prefers to colonise in the vagina, and therefore has been extensively researched for vaginal health. These are both strains from the *Lactobacillus rhamnosus* species but have very different applications. So don't be swayed by the billions count – select the strains which have been researched for the conditions you want to support, such as *Lactobacillus acidophilus* NCFM[®] for IBS or *Lactobacillus rhamnosus* GR-1[®] for vaginal health."

■ **Kerry Beeson BSc (Nut. Med.) is a fully qualified nutritional therapist and Head of Customer Care at OptiBac Probiotics where she now specialises in IBS and gut health. Visit www.optibacprobiotics.co.uk**

You asked: "What foods can help me reduce the pain of Carpal Tunnel Syndrome?"



GEMMA HURDITCH ANSWERS: "Carpal Tunnel Syndrome is a painful disorder which involves the compression of the nerve passing through the wrist. After tackling the cause, such as Repetitive Strain Injury, addressing inflammation of the wrist can help to reduce

symptoms. Insufficient vitamin B6 is recognised as being key in inflammatory diseases, so top up your intake by eating plenty of bananas, brown rice, carrots, walnuts, avocado and legumes such as lentils. A B6 supplement may also offer relief. Pineapple, ginger and turmeric (preferably organic for superior active ingredients and fewer nasties), are wonderful anti-inflammatory agents and can be juiced together during a flare-up. Use inch-sized pieces of the ginger and turmeric roots in your juicer along with half a pineapple or take a teaspoon of turmeric powder in food or drink daily.

Reduce red meat and processed foods and increase oily fish. Use only coconut, olive oil or clarified butter for cooking and avoid table salt which can exacerbate swelling. Further anti-inflammatory culinary herbs to use liberally include cinnamon, cloves and rosemary. Berries and papaya (paw paw) can also provide anti-inflammatory nutrients. Restrict the deadly nightshade foods – peppers, aubergines, chillies, tomatoes and white potatoes – for a month, to see if they are trigger foods for you."

■ **Naturopath Gemma Hurditch lectures for CNM (College of Naturopathic Medicine). CNM offers training in a range of natural health therapies. Visit www.naturopathy-uk.com**



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