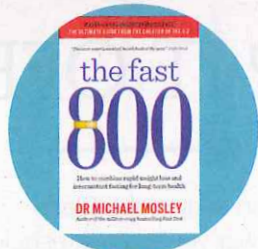


PICK OF  
THE MONTH



HEALTHY FASTING

Looking for a clinically proven weight-loss plan? Check out Michael Mosley's new book *The Fast 800* (Short Books, £8.99), which shares the method he used to reverse his own diabetes. Try the digital lifestyle programme, too. Find out more at [thefast800.com](http://thefast800.com).



GET UP EVERY 30 MINS

We've known for a while that sitting for long hours is bad for our health, but now researchers from Columbia University in New York have discovered that short standing breaks can counteract the risks. In a study in the *American Journal of Epidemiology*, scientists tracked 7,999 people and recorded the amount of physical activity they did each day, and the intensity of the exercise. They found substituting 30 minutes of sitting with low-intensity exercise could reduce early death risk by 17 per cent, or by 35 per cent for moderate- to high-intensity workouts.

NATURAL  
HEALTH Q&A



**Q** What is the best way to balance my hormones?

All women experience hormone fluctuations, but the number of women with hormone imbalances is on the rise. A holistic approach can balance hormones effectively. **Eat real food:** choose local, seasonal, preferably organic, minimally packaged/processed and freshly prepared. Your gut is crucial to hormone health, so eat fermented foods (kefir, sauerkraut, yoghurt, miso) and fibre, and drink water to support gut flora and bowel movements. **High-fibre foods:** eat more organic vegetables, fruit, chia and flax seeds and whole rolled oats. **Detox your world:** try to avoid xenoestrogens (synthetic hormones in food packaging, skincare, personal care and cleaning products). **Destress:** love your liver and your adrenals – avoid alcohol, caffeine and stress, reduce screen time, walk in nature, practise sleep hygiene and avoid electromagnetic frequencies.

Naturopath Elle Fox is a CNM (College of Naturopathic Medicine) graduate, author and speaker. CNM trains students for careers in natural therapies; [naturopathy-uk.com](http://naturopathy-uk.com).



22mins

the UK's average lunch break. Take a full hour and you'll achieve much more in the afternoon!

LOVE YOUR BODY

Women are more familiar with men's bodies than their own according to UK gynaecological cancer charity, Eve Appeal. So maybe it's time to get to know your body better and understand what gives you pleasure. The Soda Says ([sodasays.co.uk](http://sodasays.co.uk)) Sex Edit is a collection of six sex toys to help you reclaim your sexuality, including Bean (pictured, £29; for beginners to the art of self-pleasuring), Fireman (£39.95; for clitoral stimulation) and Tennis Coach (£39.95; to help you locate your G-spot). Happy experimenting!

