

PICK OF THE MONTH



SNUGGLE UP

Whether you have back pain, are recovering from injury or simply struggle with insomnia, the full-body-length Kally Pillow keeps your head, neck and spine aligned, reduces pressure on your back and supports joints for a perfect night's kip. We love it! £49.99; kallysleep.com.

NATURAL HEALTH Q&A



Q How can I treat Hayfever naturally?

A If hayfever is homeopathically addressed in winter, it will lessen in severity.

For acute relief in the season:

- ◆ Dab coconut oil or shea butter around your nostrils to trap pollen and reduce itching and sneezing
- ◆ Close windows in the day to stop pollen getting trapped in the house
- ◆ Avoid anti-histamines and decongestants: they suppress symptoms which simply return once the medicine wears off
- ◆ Eat local raw honey and/or take a pollen supplement
- ◆ Drink nettle tea
- ◆ Make an appointment to your homeopath in the autumn

During the season, try 'Schuessler Tissue Salts Combination H' or the homeopathic remedy 'Mixed pollens and grasses' from homeopathic pharmacies. Start taking remedies six weeks before onset and continue during the season. Always consult a practitioner for specific treatment.

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.



KEEP BRUSHING

Your mouth is a hotbed of bacteria, but mouthwashes containing chlorhexidine (found in some popular brands) increase your risk of high blood pressure, says new research. Scientists from Baylor College of Medicine in Houston, US, monitored the saliva of volunteers using a chlorhexidine-based mouthwash twice daily for one week and recorded their blood pressure before and after the study. Results showed a significant increase in systolic blood pressure after one week's use. The best way to keep your mouth fresh is to brush, floss and scrape your tongue twice a day.

19.9%

the rise in oxytocin levels after receiving a gift of flowers. Give a friend some today and make them smile.

SMELL GOODBYE TO STRESS

If you find lavender essential oil helpful for nodding off at night, now you can enjoy its calming benefits when you're out and about, too. For instant relaxation on the go, try Puresentiel Stress Roll-on (£7.99 for 30ml; uk.puresentiel.com). With 12 essential oils, including lavender, Roman chamomile, neroli, sandalwood and ylang ylang, it helps release tension and calms feelings of anger, nervousness and low morale. Simply apply to pulse points on your inner wrists, temples and side neck, then rub your wrists together and inhale deeply.



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