

ASK *the* EXPERTS

Our panel of health experts answer your burning questions...

Q *“My breasts ache when I run, even with a sports bra on. Should I just accept this because I have big boobs?”*

JEMMA BARNES,
manager at Anita
(anita.com), says:

“A well-fitting sports bra is designed to hold the breasts in place throughout exercise, even high-impact workouts, so you certainly shouldn’t accept pain. If you do experience ‘painful bounce’, this suggests your bra isn’t correctly fitted or that the support has been lost, perhaps due to the age of the bra or repeated washing. For larger busts, it’s best to go for a wide underband for increased support. Similarly, the wider the shoulder strap, the more supportive it will be, and it will help to restrict the up-down movement of the breasts. Anita Active sports bras have padded straps on many of the designs for extra comfort. The strap should fit well but not leave red indentations or marks on the shoulder after wear. The experts at Anita always recommend a professional bra fitting from a lingerie retailer when possible to ensure you find the best fit.”



Q *“What are the best foods to eat for a better night’s sleep?”*

GEMMA HURDITCH,
naturopath at CNM College
of Naturopathic Medicine
(naturopathy-uk.com), says:

“Sugar, alcohol and caffeine in tea, coffee and chocolate, can all hinder sleep, as can evening exercise, so these are worth avoiding if you’re struggling. Being hungry or too full will also make it difficult, so aim to be comfortable and content by having a nourishing, low-sugar meal two to three hours before bed. If you have a dish that includes plenty of slow-release carbohydrates, such as one with vegetables, legumes and

whole grains, plus lean protein and healthy fats, your blood sugar should remain on an even keel through the night – blood sugar dips are one of the reasons for night-time waking. Good dinner choices include nutrient-rich and easy-to-digest foods, such as brown rice, avocado, unheated extra virgin olive oil, pears, nuts, pumpkin seeds, eggs, spinach, kale, mushrooms, natural organic yoghurt and tahini. Aim to fill half your plate with non-starchy vegetables. Chew well and avoid foods which give you bloating or gas.”

Q *“I follow a vegan diet and haven’t been taking supplements as I feel completely healthy and energised. Should I?”*

RICK HAY,
nutritionist and director of
Healthista (rickhay.co.uk), says:

“It’s great that you’re feeling better on a vegan diet. It’s generally regarded as one of the healthiest diets as it’s high in fibre and colour, which helps with weight management and cardiovascular health and boosts immune function. Eating plant-based foods longer term, however, can lead to problems with vitamin B12 as levels can drop dramatically when following a vegan meal plan. Clinical deficiency can cause anaemia or nervous system damage. You could also consider looking into taking a general supplement that contains iron and calcium, and the Vegan Society recommends looking at iodine and selenium levels. These help with energy, bone health and immune function. It may also pay to take algae oil to help keep omega 3 levels high. I also advise a vitamin D supplement, whether following a vegan diet or not, throughout the darker months in the UK.”



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