

One in two

Brits give up their health kick... because they find healthy food boring

Statistics obtained from SWNS digital

SMOOTHIE SENSATION

It's been drummed into you for as long as you can remember, and as you get older it's even more essential – breakfast is the most important meal of the day. Thankfully, enjoying it has never been easier thanks to these delicious, energy-boosting smoothie additions. Simply scoop from the box, shake into a cold drink and transform your beverage

into a nutritious, refuelling smoothie! They can be desk-side for those mornings where you just don't have much time, or kept on hand at home, ready to enjoy after your workout. Get your box for £2.49, rudehealth.com



77% of UK vegans believe they have enough energy, compared to 44% of non-vegans

Statistics obtained from Bounce Foods



Health Kick Hero

Do you find it really difficult to stick to a health kick? Whether it's commitments to plant-based eating or your busy schedule that leaves you struggling, we're all guilty of slacking sometimes. If you're looking for an easy way to go the extra mile in 2019, the new Fab-In-Four programme from PRESS is designed to help you achieve your goals. The programme will deliver breakfast, lunch, dinner and two snacks per day and lasts for four weeks; it's perfect for anyone looking to lose weight healthily, maintain a plant-based diet whilst retaining nutrients, or for those who just want to lead a more vitamin-rich lifestyle with minimal effort. Although it's far from the cheapest programme on the market, the simplicity of taking away meal planning, shopping, prepping and cooking is very appealing, and a great starting point to kick-start long-term commitment. Prices start from £30 per day: find out more at press-london.com.

STRESS LESS

A major study from the University of Cambridge has found that more than eight million people in the UK are currently suffering from an anxiety-driven disorder. It might be shocking for some, but when you look at the pressure we put ourselves under, at home and in the workplace, it isn't such a surprise. Symptoms include dizziness, nervousness, poor sleep, nausea and even diarrhoea, which can take its toll on physical health, too. We would always advise seeing your GP if you're suffering, but if you're looking for some home remedies to try, we recommend relaxing in a warm bath filled with Epsom salts, or investing in a de-stress roller ball, like the Stress Check Breathe In (£16, thisworks.com). Simply glide onto your wrists and pulse points whenever you feel stressed, then take five deep breaths.



Ask Our Experts

Have a question?
Email paisley.tedder@aceville.co.uk



Q: "How can I make my veggie lunches more interesting whilst still being healthy?"

My best tip is to think ahead in the evening before you make dinner to ensure you have some extra food to be part of lunch for the next day. For instance, if you're having vegetable and lentil soup for supper, save some to have for lunch the next day, together with a wholemeal roll and some fruit.

Other ideas include: having a slice of nut loaf, or a salad made from tinned red beans mixed with vinaigrette dressing, with some salad and crusty bread; or leftover brown rice mixed with spring onion, sesame seeds and soy sauce.

Or alternatively, a 'raw food' lunch can make a nice change. It's healthy and easy to put together: it can be as simple as packing some fruit, with a handful of nuts and a few raisins.

Your expert: Rose Elliot MBE, vegetarian cookery writer and author, roseelliot.com



Q: "My skin has become dry; what foods can I eat to combat this?"

If you're not properly hydrated, it will present itself by turning your skin dry, tight and flaky. Here are two of the best foods to help get your skin glowing:

- **Cucumber:** the secret to the success of cucumber in battling dry skin is that it is 95% water, and high in vitamins A and C. Chop your cucumber and dip it into hummus, or jazz up your water by adding cucumber and mint.

- **Avocado:** not only good for your health, it also soothes dry skin. Add it to salads and smoothies or try making your own face masks to nourish your dry skin. Mash together half an avocado, one teaspoon of hemp oil and one teaspoon of lemon juice. Put a thick layer on your face and leave for 10 minutes. Wash off gently.

Your expert: Nutritionist Eva Killeen directs the Natural Chef courses at CNM (College of Naturopathic Medicine) naturopathy-uk.com