

# your healthy living

DECEMBER 2020  
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# Your health

# Q & A



**You asked: "My skin is tight and dry. What are some of the best natural remedies to combat this?"**



**GEMMA HURDITCH ANSWERS:** "Hydration inside and out is very important for our skin. Aim for 2 litres of water per day - try caffeine-free skin-loving herbal teas such as nettle, rooibos and rosehip. Essential fatty acids are also important to keep our skin healthy and lubricated. Try 1g of good quality fish oil daily, or even better eat oily fish a few times per week - sardines, mackerel and anchovies are great choices. A couple of tablespoons of fresh ground flaxseeds or an algae omega-3 supplement can be substituted if preferred."

Ensure adequate nutrition for repairing and renewing skin. For vitamin A, favour orange, dark green and yellow coloured fruit and vegetables. Avocado and almonds are great for vitamin E. Eat lots of organic fresh vegetables and fruit, and limit processed, fried and packaged foods.

When washing, water should be warm not hot, as hot water will strip natural oils and dries the skin. Finish your shower with cool water and use only gentle natural care products. Moisturise directly after showering - jojoba oil or rosehip oil for the face and coconut oil for the body. Body brushing once or twice a week with a natural loofah brush before showering can remove dead skin and stimulate repair."

■ **Naturopath Gemma Hurditch is a CNM (College of Naturopathic Medicine) lecturer. Study online with CNM, UK and Ireland's leading education provider in natural therapies which has over 22 years' superb track record and over 80 per cent of CNM graduates are practising. Internationally accredited diploma courses. Visit [cnmcourses.com](http://cnmcourses.com) or call 01342 777 747.**



**You asked: "I have been feeling very emotional and experiencing mood swings as a result of the menopause. Could flower essences help me?"**



**SASKIA MARJORAM ANSWERS:** "This is a great question. Essences can help with the emotional and behavioural side of menopause in so many ways. Of course every woman responds to this phase of their life very differently, so without further information about a specific issue it's hard for me to give examples. However, some of the common issues that essences can really help with are increased anxiety, lower tolerance of others and decreasing self confidence and libido."

Walnut essence is particularly good at providing support through this difficult time as it helps you to change without being concerned about what others think of you; imagine it being like a cocoon in this chrysalis phase of your life.

Flower essences are great tools to have when things get rough and as we get older and become more self-aware they can be great allies for any self-development work we feel we need to do as well. They are incredibly effective at releasing negative and no-longer-needed thought patterns and behaviours. Because essences are so useful at this stage of life I have put together a menopause support survival kit which lots of women find really supportive."

■ **Saskia Marjoram has been a flower essence producer and practitioner for the last 17 years. For more information, visit [www.saskiasfloweressences.com](http://www.saskiasfloweressences.com)**

**You asked: "My six-year-old son suffers with anxiety and is struggling to sleep. I think he is picking up on my stress and anxiety as a result of the pandemic. Do you have any tips for how I can help him to relax before bedtime?"**



**LUCY SHRIMPTON ANSWERS:** "It's been a tough time for everyone over the past eight months and one of the big victims of the pandemic has been a full night's sleep. As a constant feeling of uncertainty and unsettlement rests over us, we've experienced a huge rise in the number of people seeking help as their children suffer from sleep problems."

My top piece of advice is get into a consistent bedtime routine - the cue and rhythm will help them settle. The world is out of routine, with restrictions changing all the time, and it's easy to slip out of a good bedtime routine at home too. A consistent bedtime for children up to the age of eight should sit somewhere between 6pm and 8pm. And don't be tempted to let them crawl into your bed one night and then not expect them to want to do this another - consistency is vital.

Try your best to avoid screen time with kids for at least an hour before bedtime; play a quiet game or read them a relaxing bedtime story instead. Be aware of what your child is picking up and hearing - conversations you might have with other adults, on the phone, the TV or radio. When they pick up tensions or certain words it can cause anxiety, so be very careful and conscientious about what their little ears are hearing.

Talk honestly and openly with your child if they want to discuss the changes going on in the world and let them share their worries with you. While you don't have the remedy to the problem, talking about their feelings will help allay some of their anxieties, offer more security and bring you closer together. Finally, make sure your children don't have any sugary foods or caffeinated drinks before bedtime as that will create temporary alertness and hinder the onset of sleep."

■ **Lucy Shrimpton is The Sleep Nanny® ([www.sleepnanny.co.uk](http://www.sleepnanny.co.uk)). Her team of sleep consultants based across the UK and around the world help parents and caregivers of babies and young children to overcome the challenges with childhood sleep so that they can be healthy and happy and enjoy these precious years.**

Email your questions to [liz@jfnproductions.co.uk](mailto:liz@jfnproductions.co.uk)

You can also write in with your queries: *Your Healthy Living* Q&A, JFN Productions, Unit G2, Blois Meadow Business Centre, Steeple Bumpstead, CB9 7BN.

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