

# Health Choices

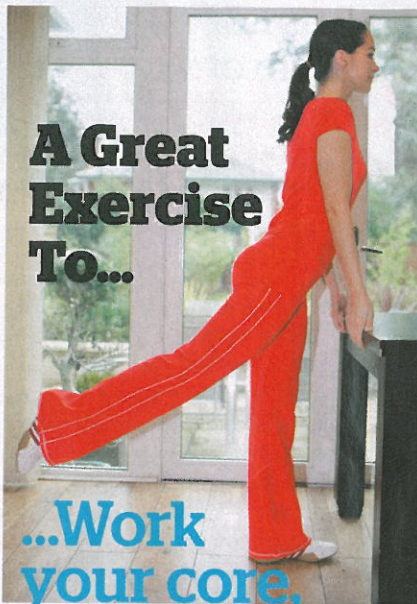
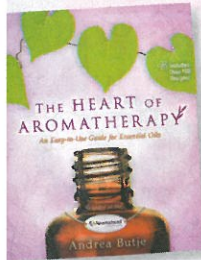
**WELLBEING SOLUTIONS**  
For your body and mind

## A New Read

**The Heart of Aromatherapy**  
(£14.99, Hay House)

**Aromahead Institute founder Andrea Butje explains how readers can use 40 essential oils at home**

— from practical information about their capabilities to tips for buying the safest forms of the essential oils. The book includes more than 100 recipes for skincare, rest and relaxation, respiratory and digestive problems and pain relief.



**A Great Exercise To...**

**...Work your core, hamstrings and glutes**

### The Standing Foldover

Holding on to a steady chair or table for support, stand with your feet hip-width apart and knees soft, not rigid. Keeping your hips parallel to the floor and your abs engaged, lift one leg behind you to hip height, so that your body forms a line as straight as you can manage. Using your glutes (not your back), slowly raise and lower your leg a few inches - making tiny, controlled movements - for up to a minute. Alternate legs three times.

### If You Usually...

**...take fish oil supplements**

### Try this...

#### Ahiflower Oil

Ahiflower Oil is a plant-based supplement, rich in omega 3, 6 and 9 essential fatty acids. Dr Alex Richardson, Senior Research Fellow at the University of Oxford and a specialist in dietary fats says, 'Ahiflower Oil is a unique and a completely natural source of omegas and a particularly good option for vegetarians and vegans, as well as anyone else that doesn't eat fish.' Thirty capsules for £12.99, [victoriahealth.com](http://victoriahealth.com).



## Not As Good As You Think...

### Using car seats as baby chairs

While it's tempting to leave sleeping babes in their carry car seats rather than waking them, scientists warn against this because the neck muscles of those under two months old are simply not strong enough to stop their heads flopping forwards. This increases the risk that they will be unable to breathe - with potentially fatal results. Medics and charities are calling for all car-seat manufacturers to give parents consistent information of the dangers and advise that infants should not be left in them for more than two hours (and for 30 minutes maximum in the first four weeks).



## News FLASH

A new study has found that **acupuncture can halve the number of hot flashes in menopausal women.** In trials of women aged **45 to 60** who had an average of four hot flashes a day, half of those who received **20** acupuncture sessions over six months reported a **47%** drop in symptoms within eight weeks and **12%** reported an **85%** reduction.



## My Healthy Life

\* **Physio, Reema Chandarana** ([apostherapy.co.uk](http://apostherapy.co.uk)) reveals how she boosts her health and wellbeing.

### My 'go-to' remedy

I've recently started enjoying fresh mint and hot water - it really helps to diminish those naughty-but-nice food cravings.

### My favourite meal

Lunch - every time: My typical lunch option would be a colourful homemade salad with chicken, assorted leaves, pulses, sweet potato and fruit.

### How I keep fit and healthy

I like variety, so do everything from Bollywood dancing to yoga and, very recently, running. As an active person, I get rewards from reducing my patients' pain so they can also remain fit and healthy.

### My perfect day

A lie-in, followed by yoga and then brunch with friends in the sunshine. Later we'd have a long walk and appreciate the beautiful surroundings, then see a theatre production or play with family to end the day perfectly.

