

Health News

TRY SOMETHING NEW

Ahiflower Oil is a new plant-based omega 3 oil, great for vegans and vegetarians or those who can't stand the fishy aftertaste of many supplements. Although it was once considered a weed, growing in the hedgerows and fields of the British countryside, Ahiflower has since been found to have higher concentrations of Omega 3 essential fatty acids than any other natural plant source. Omega 3 essential fatty acids have a variety of benefits and are vital for bones, joints, skin, heart and brain health. Ahiflower Oil (£12.99 for 30 capsules) is available from vertese.com, theproteinworks.com or ahiflower.com.

WIN! Ten readers will each win a 3-month supply of Ahiflower Oil in return for their feedback on the product. Simply email your name and address to spirit.destiny@bauer.co.uk with 'Ahiflower competition' in the subject bar. Open until 7 April 2017. Reader testimonials will be shared via social media and on the Ahiflower website.



Boost blood vessels



DIET

A super antioxidant found in cherry juice could help you keep your heart healthy, say scientists. Montmorency cherries are found to be especially high in anthocyanins, which keep blood vessels flexible, lowering your likelihood of having a heart attack or stroke. CherryActive (£8.99 for 237ml, cherryactive.co.uk) is made from Montmorency cherry concentrate, and a 30ml serving contains the antioxidant equivalent of a serving of 23 fruits and vegetables. Add to a glass of water, smoothie, or drizzle into natural yogurt.

Homeopathy Awareness Week

Explore this 200-year-old alternative therapy during national awareness week from 10-16 April. Homeopathy is based on the idea that a substance that causes certain symptoms in one person can also be used to help cure those same symptoms in another. It can be used to support healing, from giving up alcohol to dealing with anger, while studies have shown it to be effective in alleviating arthritis when used alongside other medicines. To talk to a practitioner near you visit findahomeopath.org



Ease your head pain



Vit D for headaches

New government guidelines have said that most of us are lacking in enough vitamin D to keep our bones healthy, and now researchers from the University of Eastern Finland are linking a deficiency in the vitamin to headaches and migraines. In the group of men they studied, those who reported suffering from chronic headaches at least once a week were found to be deficient in Vitamin D. One of the quickest ways to get Vitamin D into your blood stream is to use an oral spray such as EveryDay-D (£5.95, vegavitamins.co.uk)



Free therapy for PMS

Women who usually suffer from premenstrual syndrome are to be given sessions of cognitive behavioural therapy on the NHS for the first time. Four in 10 women suffer from depression, anxiety, irritability, loss of confidence and mood swings for the two weeks leading up to their period, thought to be caused by hormonal fluctuations. This new approach recognises the impact this has on women's relationships and lives, puts in place practical psychological tools they can use, and has been shown to be as effective as antidepressants.

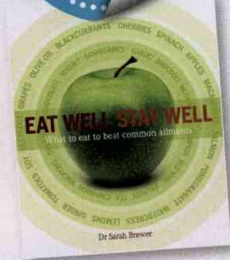


Mind, Body & Spirit

The latest alternative news, trends and health tips for your complete wellbeing



Eat Well Stay Well
 by Dr Sarah Brewer
 (£12.99, Connections)



This colourful book is a highly informative guide to nutritional medicine – how to use the food you eat to beat a variety of common health conditions from eczema, indigestion, acne and high blood pressure to depression and osteoarthritis. Dr Brewer, who is a nutritionist as well as a doctor, takes you through what you should and shouldn't be eating to give

your body a fighting chance. The first part of the book gives you the lowdown on superfoods, such as tea and spinach. The second, larger section, gives an alphabetical list of 50 common health conditions, and what to eat to alleviate their symptoms or guard against them. She also touches on the foods to avoid, so you don't exacerbate these conditions. There are plenty of box-out tips, checklists and recipes too, such as watercress soup for eye health.



Street Wisdom

You don't need to climb a mountain, visit an ancient temple or take a vow of silence to glean sacred wisdom, a walk round your home town will do. This is the idea behind Street Wisdom, a not-for-profit enterprise with groups in 25 countries. They host free, three-hour workshops, which are a mix of walking, meditation and group therapy. Devised by David Pearl, a former opera singer and creative consultant, you meet up with a group of strangers who, like you, are seeking

answers to a dilemma. First you're shown how to tune into your senses and become more aware of your surroundings, then you're sent off on a street quest - a walk by yourself where you might be told to notice things like the taste of your takeaway coffee or the sound of birds. Then you meet up with the group to share what happened. Neuroscience says slowing down and existing in the moment awakens your creative brain to help solve problems. Visit streetwisdom.org

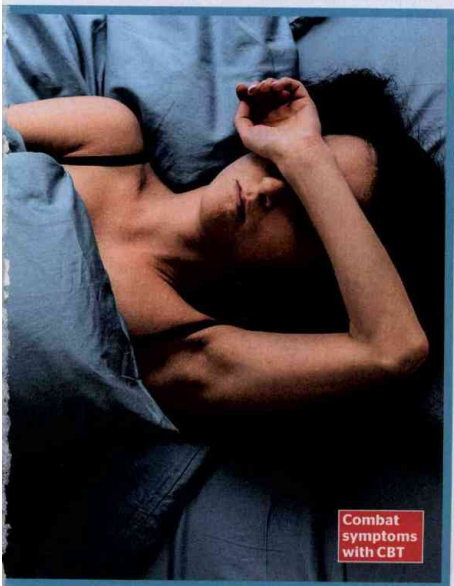
COMPILED BY EMMA HIBBS PHOTOS: ALAMY, FOTOLIA, ISTOCK, SHUTTERSTOCK

Are you a happy flyer?

British Airways wants to monitor the sleep patterns and wellbeing of its passengers during long-haul flights by giving them a 'digital pill'. The ingestible sensor would sit inside the person's body, wirelessly relaying information about whether they were hungry, unwell or uncomfortable to the crew, so they could respond, even if that just meant handing someone a blanket. The airline has filed a patent for the sensor, which it is hoped could combat jet lag.



Chicken, fish or digital pill?



Combat symptoms with CBT



The art of healing

Art therapy may be the key to helping boost the wellbeing of cancer patients receiving radiotherapy. In a study in South Korea, patients were asked to look at paintings such as Van Gogh's *Sunflowers* and Leonardo da Vinci's *Narcissus*, then take part in an art class. After eight 30-minute sessions, patients reported feeling less anxious and depressed.