

Complementary Confidential

The Chiropractor



Your body is designed to be used more actively than you may be accustomed to, and the accumulative effect of poor spinal mobility on your health should not be underestimated. Next to the common cold, low back pain is the most frequent cause of lost work days for those under 45, which is a sign of these sitting times.

Before commencing any treatment I would strongly recommend a thorough spinal health exam to establish a diagnosis. Pain is often caused by chronic muscle fatigue or even spinal joint damage from prolonged postural strain, and every case is unique. The recently published 2010 Bronfort Report found that skilled spinal manipulation and exercises are among the most effective treatments for the causes of back pain.

Dr Paul Homoky, Health for Life Chiropractic, Edinburgh, tel 0131 477 1728 www.healthforlifechiro.co.uk

Your problem solved

“ For years I’ve worked 8 hours a day on a computer and now I have poor posture and pain in the small of my back and across my shoulders. Apart from painkillers, which I take sometimes, what else could help? ”

Tony is a 49 year old IT worker from Northampton

The Reiki Healer



The energies are stagnant in your body. Remedy it by breathing fresh air, stretching and energy work such as Reiki. Reiki helps repair, remove blocks and bring energy flow. It can be received through In-person or distance. For a minimum of 5 minutes daily, follow a breathing exercise, where you intend the breath you inhale to bring in fresh energy to all parts of your body and exhale all stagnant energies through your mouth for the first few breaths and then continue to exhale through the nose.

To energise yourself, keep crystals like Blue Lace Agate, Fire Opal, Garnet and Clear quartz in your pocket and when doing the breathing exercise. From your shoulders, I feel you take life too seriously. Breathe & affirm, ‘I AM inviting joy in all my experiences’. For your back trust that life is supporting you; here affirm, ‘I trust life is easy and effortless’.

Robin Bela is a UK Reiki Federation Master Teacher and Crystal Practitioner & Intuitive Soul Coach, tel 07855614148 www.robinreiki.com

The Alexander Teacher



Most of us develop habits of poor posture over the years and back pain is one of the common effects. The Alexander Technique corrects these habits and it is proven to reduce back pain with long-lasting results (BMJ 2008).

Working in one-to-one lessons with a teacher you retrain the way you sit and move so your muscles function efficiently again. This takes the strain out of everything you do and reduces compression on your muscles and joints. Other benefits include improved breathing, circulation, posture, mobility and confidence. STAT qualified Alexander teachers train for 3 years full time and are skilled in correcting the postural causes of pain and other common problems. Find a local teacher at www.stat.org.uk

Jill Payne teaches in Beckenham, Kent, www.skillforlife.com

The Pilates Teacher



You need to set up your work station correctly. Your monitor must be at eye level, so that you are looking at the middle of the screen with your back straight and not twisting. Sit close to your desk, with the arm rests just underneath your desk so that you can rest your elbows and your shoulders will then relax. When typing rest your palms on a keyboard palm rest. Your knees must be slightly lower than your pelvis when you’re sitting up straight.

Pilates teachers have special exercises to open your shoulders. To correct your lower back problem you have to work your pelvic floor muscles which will in turn help you to sit up straight and prevent rounded shoulders.

Steve Jordan Pilates studios are located in London Bridge and Aldgate, London, tel 020 7403 4522, www.stevejordanpilates.com



To have your health concern addressed by 4 natural health experts...

Email a brief description of the problem and your first name and age to editor@yourhealthyliving.co.uk or write to Complementary Confidential, Your Healthy Living, 15 Burton End, West Wickham, Cambridge, CB21 4SD.

We’re sorry we can’t answer your emails and letters individually and your health concern may be edited when published.

YOUR HEALTHY LIVING

news...

FISH OFF THE MENU

The UN says if over-fishing continues at the current rate, all 'commercial' fish could become too expensive to catch or be extinct by 2050.

It's not just the numbers of fish taken, but how they are caught, with high numbers of unwanted and young fish thrown back dead, seabed habitats damaged and dolphins, seals and birds killed in the process.

Being vegetarian is the most sustainable option for fish; alternatively eat those not classified as overfished or endangered. Or try mackerel is a healthy oily fish and numbers are okay, except in the North Sea.

Megrim, a member of the sole family; Pollack, a substitute for cod and haddock, or whiting.

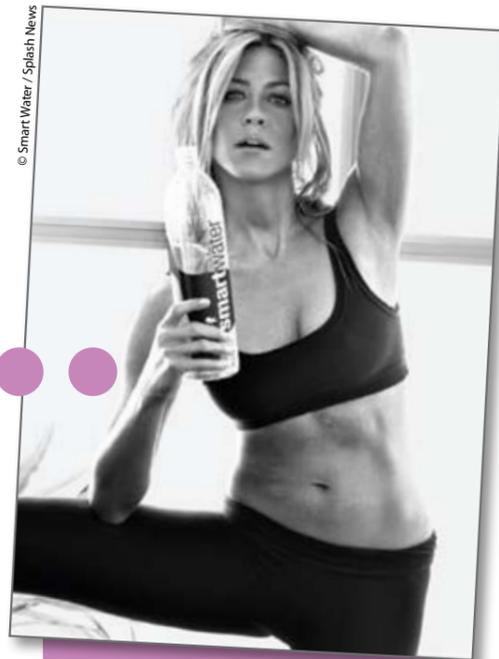


The Marine Conservation Society recommends avoiding eating these fish:

Atlantic and North Sea cod (stocks are depleted), Atlantic halibut (endangered), Dogfish (critically endangered), European eel (severely depleted), European hake (depleted), Porbeagle (critically endangered), Plaice (depleted), Seabass (responsible for high numbers of dolphins killed as by-catch), Skate (critically endangered), Sole (numbers are under pressure), Whitebait (sustainability undermined because they're juvenile fish). **You can download a Pocket Good Fish Guide from www.mcsuk.org.uk**

Did you know? Scary pesticide news

Research (from Montreal and Harvard universities) has found organophosphate pesticide metabolites – indicating pesticide exposure – in the urine of 1,139 US children aged 8-15. This was 95% of those tested. And the children with the highest levels of pesticide by-products in their urine were 93% more likely to have been diagnosed with ADHD.



How to keep a cool head!

Feeling hot and irritable or tired? Reach for a glass of water. Jennifer Aniston's new water ad campaign 'It's hydration I can feel' is too true. We do feel the positive effects of having the right amount of fluid intake, and the negative ones of dehydration.

Our bodies are between 50% and 75% water, depending on age and gender, and even a 1% drop in fluid can alter how we feel and think.

The brain is up to 85% water, so dehydration affects our ability to think clearly and 'keep a cool head'.

Emotionally, less than optimal fluid intake can cause anxiety or irritability; physically it causes muscle fatigue and can mean constipation. In the long term, there is evidence of some increase in stroke risk and bowel cancer.

The rule of thumb is 6-8 glasses of fluid a day; European guidelines say 1.75 litres for males over 14 years and 1.4 litres for females over 14, plus another half litre or so daily from food sources.

The physically active need more, in hot weather we obviously need more, and as we age we need to pay more attention to hydration because we tend to feel less thirsty. Best advice? Keep a glass or bottle of water handy and drink at regular intervals throughout the day.

'HOMEOPATHY HELPED MY ENDOMETRIOSIS'

With homeopathy taking a knocking in some newspapers last month, one woman not questioning its value is Helen Llewelyn, one of 2 million UK women annually diagnosed with endometriosis.

Says Helen, now 29, "My pain used to keep me off school, then college, later uni and work, for about 20-30 days a year since I was 13 years old years."

While an operation and laser treatment helped Helen with the physical side of her condition, mentally she was still at low ebb when she met a medically qualified homeopath at a local Endometriosis Awareness Day.

After a referral to the Royal London Homeopathic Hospital, Helen says she rarely has a day off work now because homeopathy has really improved her mental health: "Homeopathy has taken me from living beneath a cloud of anger and bitterness and given me back my life."

The British Homeopathic Association, whose members are medical doctors also trained in homeopathy, says Helen's case highlights that homeopathy is a viable option for many everyday ailments.



Summer vitamin and mineral essentials

Lack of vitamins and minerals is something most of us associate with colder months, but summer is a time when ironically we can eat less optimally and at the same time be more active. Not to mention the extra alcohol and upset stomach side-effects of over-indulging on holiday.

UK national dietary surveys show that significant numbers of us still don't achieve recommended nutrient intakes throughout the year. Make the most of seasonal fruits, salads and vegetables and consider if you need to back up your diet with a multivitamin and mineral supplement.

Dr Carrie Ruxton from the Health Supplement Information Service advises keeping in mind these nutrients during the summer:

Vitamin B – essential for tissue maintenance and repair, steady supply of energy and a healthy nervous system and skin. Eat grains, fortified breakfast cereals, beans and legumes.

Vitamin C – helps maintain the integrity of the body's connective tissue, including the blood vessels, gums, ligaments and skin. Good sources include citrus fruits, dark green vegetables, tomatoes and kiwi fruit.

Vitamin E – helps to protect cell membranes and maintain immune function and skin health. Found in vegetable oils, nuts, seeds, green leafy vegetables and wholegrains.

Zinc – critical for hundreds of processes from cell growth and development to immunity. Eat pumpkin seeds, wheatgerm and peanuts.

Selenium – works with vitamins C and E to protect the body's cells, also essential for immune function and the thyroid gland. Found in Brazil nuts and seafood.

I'm Passionate about... canoeing



Jamie Christie is a qualified nutritional biochemist, state-registered nutritionist, MD of Lifeplan supplements company and 6 times British Canoeing Champion

What excites you about natural solutions to health?

Humans are complex biological creatures, so complex that we need to look after ourselves, throughout our lives. Throughout history, before the arrival of modern-day medicines, people used plants and herbs to help maintain long-term health. The same stands true today, and in so doing, we avoid unwanted side-effects and man-made chemicals. By taking natural remedies early, many degenerative diseases can be prevented, or at least delayed. What excites me most is being in the privileged position to pass on the benefits of these natural products to others.

What do we need to know about natural health?

Natural health products can help treat and relieve the symptoms of many a condition. However, it's important to understand that they are not miracle cures. For me, it's really important people understand this and treat them as long-term preventatives.

You have a personal passion – canoeing?

I've canoed since I was 11 years old, and have competed for Great Britain at an international level for 15 years. At 38, I won my first ever silver medal and by the time you read this I will have also competed in the World Championships in Spain. I love canoeing, as it's a great way to keep fit, providing a total body workout, but one of the best things is it allows me to connect with nature. I have a favourite stretch on the River Soar that flows behind Fosse Park, an area full of wildlife, situated just behind a massive shopping complex in Leicester.

What have you learnt about helping other people to maintain good health?

Keeping fit and looking after your health is very, very hard. It is so easy to opt for a takeaway, open a bottle (or two) and spend the evening in front of the TV. Today's lifestyle also means it's much harder to get home, cook a healthy nutritious meal from scratch and then think about getting some exercise. However, if you can convince someone that the latter of these two options is much better for their health, and you can get them started, they instantly feel the benefit both physically and mentally.

What's your favourite Lifeplan product?

Echinacea, for the herb's immune boosting abilities; it's the supplement I feel I've personally benefitted from, and one that I use most. It's important to take a good dose of Echinacea though and, as you would expect, I take Lifeplan Echinacea, which is high strength.

Now's the time to...

mon	tues	wed	thurs	fri	sat	sun
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Editor's choice



...Use cool mist

With the hot weather we've been having, my top pick this issue is [A'kin] Pure Rose Hydrating Mist. A great facial spritz with Australian bush flower essences, hyaluronic acid and aloe vera leaf juice. It cools, brightens and hydrates skin under or over make-up. Loving it!

...Book a healing break abroad

How about a retreat to the Himalayas to learn reiki, crystal healing and develop your psychic intuition, with Indian spiritual teacher Robin Bela. (18-30 September www.spiritualindiaretreat.com), or enjoy a Cape Town getaway with daily lessons from top Pilates instructor Steve Jordan in-between the sightseeing (www.capeactive.com)



...Hear a health expert

Leading women's nutritionist Dr Marilyn Glenville PhD has north and south seminars on natural alternatives to HRT, breast cancer risk reduction, anti-ageing and losing that fat around the middle. Edinburgh 2 October and Brighton 13 November. Book via 0845 437 8653 or www.naturalhealthroadshow.com

...Go berry mad!

With the berry and currant season in full swing, blueberries, black and redcurrants, loganberries, raspberries and strawberries are not only delicious but nutritional superstars! Low in calories, high in fibre and antioxidants, they'll make your skin and heart sing!



...Love your gut!

To celebrate Love Your Gut Week, August 23-29, Nature's Dream, distributors of e'lifexir Flat Tummy Plus prebiotic, asked celebrity personal trainer Gillian Reeves for top tips to help achieve a flat tummy:

- ♥ Exercise for at least 20 minutes, 3 times a week to get your bowels moving and aid digestion
- ♥ There are some great moves in yoga that stretch your bowels to help release excess air and get digested food moving more quickly
- ♥ Boxing classes challenge the muscles of the torso which is great for the waist line
- ♥ Eat smart – some foods such as cauliflower and dried fruits create more gas during digestion, so like everything, eat in moderation.

For more information about e'lifexir Flat Tummy Plus, visit www.naturesdream.co.uk. Get the Gut Week pack of digestive health and free recipes from www.loveyourgut.com



...HELP THE BEES AND THE BUTTERFLIES

Help save the embattled honey bee. The Soil Association and local bee-keeping organisations offer courses on becoming an apiarist. Otherwise buy organic food – organic farmers don't use neonicotinoid pesticides thought to be decimating bees.

And with 7 out of 10 British butterflies threatened with extinction, join David Attenborough in the campaign to help record those you see for the Big Butterfly Count, from 24 July to 1 August. See www.butterfly-conservation.org

