



## ASK THE EXPERTS

Don't suffer in silence – our wellbeing wonder team of experts is on hand to answer your health questions

*My skin is tight and dry, what are some of the best natural remedies to combat this?*

**Gemma Hurditch**, naturopath lecturer at College of Naturopathic Medicine (CNM) ([naturopathy-uk.com](http://naturopathy-uk.com)), says:

“Dry skin is a problem many of us contend with, but unbeknownst to many, the secret to improvement often lies in your diet. Bringing more essential fatty acids into our meals can help keep our body healthy and lubricated. Try consuming 1g of good quality fish oil daily, or eat oily fish a few times per week instead.

“It's also important to consume things that will ensure adequate nutrition for repairing and renewing skin. This means eating more organic vegetables and fruit, as well as limiting your intake of processed, fried and packaged foods. Aim to drink at least two litres of water each day as this also keeps the skin naturally hydrated.

“Be sure to use warm water when bathing or showering as water that is too hot can strip natural oils and dry the skin. Moisturise directly after showering – jojoba or rosehip oil for the face and coconut oil for the body.”

*How can I incorporate mindfulness into my everyday life?*

**Kiran Singh**, life, mindfulness and wellness coach ([kiransingh.net](http://kiransingh.net)), says:

“Mindfulness helps you to calm the compulsive chatter in your head and to get some rest from your problems, your worries and your issues and to find some inner peace. It is about waking up to life and learning to live with a greater intensity, with greater clarity and finding more fulfilment.

“Everyday life offers endless opportunities for us to stop, to focus, to remind ourselves to be fully awake and present to what is happening now. Pick a few ordinary activities from your daily life that you can turn into reminders to stop and attend.

“When showering, focus on the sensation of the water on your body, the temperature, pressure and the movements of your hand as you wash.

“Preparing food is another great opportunity for mindfulness – you use your vision, hearing, smell and touch. Try having part of a meal in silence. Really focus on the food – the colours, shapes, sensations of eating, the flavours and the fragrance. By being mindful, you enjoy your life more, your food, your friends and family, and anything you're doing more. Anything. Even things you might think are drudgery or boring, such as housework, can be amazing if you are truly present. Try it – complete your everyday tasks but remain fully present. It takes practise, but it's incredible.”

*How can I combat hayfever symptoms naturally?*

**Max Wiseburg**, airborne allergies expert ([haymax.biz](http://haymax.biz)) says:

“Hay fever symptoms are terrible for sufferers and it is important to start taking steps to combat them up to a month before the season starts. Try applying an organic, drug-free allergen barrier balm such as HayMax ([haymax.biz](http://haymax.biz)) to the nostrils and around eye sockets, to trap over a third of pollen particles before they enter the body where they can cause symptoms.

“The principles of acupuncture also suggest that the Qu-Chi hay fever band (£14.99, [amazinghealth.co.uk](http://amazinghealth.co.uk)) is a non-invasive, natural way to treat allergy symptoms, using acupuncture to target key pressure points on the body associated with allergy symptoms. A band is worn on one of these pressure points around the elbow.

“You could also try butterbur – a herbal extract available in capsules, believed to have an antihistamine-like effect on hay fever symptoms.

“More simple ways to beat the sniffles can include remembering to close windows and doors when inside to prevent pollen blowing in, and drying your clothes indoors rather than outside to prevent pollen particles being blown onto them by the wind.”