

Woman & Home
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IN 1 MINUTE
 Lick a feel-good spoonful
 It sounds a bit Mary Poppins, but if you're short on energy and cheerfulness, an indulgent spoonful of honey gives a happy serotonin boost to your brain and a shot of get up and go, in minutes! Which honey? Any will do, but new EnergyMel honey is from bees fed on two types of ginseng and immune-supporting herbs. £20 for 120g, at health stores or victoriahealth.com.

Little moments of luxury

INDULGENT WAYS TO GET A FABULOUS FEEL-GOOD LIFT

Still not feeling that energetic vibe, even though summer is here? Trust us, there are more ways to give yourself a lift than breaking out the trainers. Try our surprising ways to relax, spoil and revive yourself in no time

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IN 2 MINUTES
 Arrange some flower power
 Dip a treat-yourself bunch of flowers in your deck or kitchen mat, then close each day. US research shows that those who do this notice higher energy levels. Make them a single colour bunch of yellow or orange and your energy will peak higher, say colour experts.

IN 15 MINUTES
 Sip some new zest
 Currently we're looking for energy boosters to get you up and going with a hit of citrus. There's a couple of handfuls of summer berries in a blender. Add a carton of yogurt, plain yogurt and a splash of honey. Blend it up. The honey and yogurt mixed with the berries is a delicious treat. You can also add a splash of lemon juice. It's a great way to get your daily dose of antioxidants and healthy fats. www.victoriahealth.com

IN 10 MINUTES Meditate on energy

Switching off and just "being" for a few minutes can boost your energy. Struggling to meditate? Try this simple technique by Mark Williams, a professor of clinical psychology.

THE CHOCOLATE MEDITATION
 "Begin by choosing some chocolate," says Mark. "Dark and flavoured, organic or fair trade, even cheap and trashy. The important thing is to choose a type you wouldn't normally eat."
 1. Open the packet and inhale the aroma. Let it sweeten over you.
 2. Break off a square and look at it. Really let your eyes drink in what it looks like, examining every nook and cranny.
 3. Pop it in your mouth. See if it's possible to hold it in your tongue and let it melt, looking for tendency to suck at it. Chocolate has over 300 different flavours. See if you can sense some of them.
 4. If you notice your mind wandering, simply notice where it wanders, then gently escort it back to the present moment.
 5. After the chocolate is completely melted, swallow it very slowly and savoringly. Let it trickle down your throat.
 6. Repeat this with one other piece. How do you feel? Is it different from normal? Did the chocolate taste better than if you'd just eaten it at a normal breakfast place?
 We tried it and, yes, we felt relaxed, energized and passed with ourselves that we'd got so much enjoyment from such a small piece of chocolate.
 Find more meditations in *Meditation: A Practical Guide To Finding Peace In A Frantic World* by Mark Williams and Danny Brown (penguin, £12.95).

wellbeing

IN 3 MINUTES Breathe in new vitality

Any time you feel you have a mountain to climb at work or home, surround yourself with a beautiful fragrance that does more than just smell good. It also has a surprising energy edge to it. You. An essentialist. Gemma Taylor suggests creating an energizing, yet calm, essential oil blend you can use in so many ways. Mix together ten drops each of:

- **RAVENSARA** A real head clearer, but with a gorgeous smell.
- **PETITOTAN** Helps you concentrate and makes you feel sophisticated.
- **BERGAMOT** Keeps you wide awake and keeps as a daily.
- **LABDANUM** Balances things out nicely.

Now by these smoo ways to use the blend:

- **MAKE A DIFFUSER** Sprinkle a few of those little wooden coffee sachets and soak them in double the basic blend. Pour any remaining liquid into a suit vase and then simply pop in the sticks. Just the right size for your desk.
- **CREATE AN AIR MIST** Filling less than vital? Pour the basic blend into an empty spray bottle and top with 50ml of water. When you need a blast of energy, just spritz around you and breathe deeply.
- **CONTACT A LINEN SPRAY** Soak the blend to 500ml of water in an empty spray bottle. Then spritz laundry before you use, for clothes that give you a lift as you wear them. PS, it also helps you zap through that spring chore!

Organic essential oils from [www.kn70_botany.com](http://www.kn70.com/kn70_botany.com). Spritz bottles from [bottleco.co.uk](http://www.bottleco.co.uk).

TIP Like trying an essential oil? The weekly recipe, the "ingredients" for an essential oil spray. Look for it first. But you can, and will, make lots from your own bottles! >>>



Now
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your hands really aren't responding.

BEST FOR

Lethargy

If you're feeling tired, rundown and in need of a boost, give EnergyMel (£25 for 120g, Holland & Barrett) a try. It's a new natural supplement made by honey bees fed on a diet of powerful plants with energising, stress-busting and restorative properties – the benefits of just one teaspoonful can be felt within an hour.



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HERE TO HELP

Agony Aunt & Relate Counsellor
CAROLINE BUCHANAN

I Need It To Work For My Daughter
Q I've had quite a turbulent love life but I'm hoping that's all behind me as I'm now engaged to a very special man. I want things to work out this time, not just for my sake but for my young daughter – how can I make sure it does?
Lizzy, Margate

A Congratulations, Lizzy. The fact that you're wise enough to think about future pitfalls indicates you're on the way to avoiding them, which is important with your little girl's feelings to consider too. Why not sit down with your fiancé, discuss your worries and agree a plan of things you can both do to tackle problems as they arise? You could also both have a session with Robyn.

I'm Heartbroken
Q My boyfriend split up with me after five years and I'm a mess. We recently bought a house and thought everything was perfect. Then one day he went out for a job, came back and said it was over. How can I ever move on?
Carmel, by email

A Obviously things weren't as perfect as you thought, Carmel, but relationships never are. Hopefully you've been able to talk by now and have more understanding of why you broke up. If there's no chance of a reconciliation, I promise that you'll head – hard as it is to imagine. Visit my website for my leaflet How To Get Over A Broken Heart.

Moving On
Q I was so sad to read your recent letter from Amelia who had a stillborn baby. I lost my first baby at 22 weeks, followed by two more miscarriages. It was the worst experience of my life, but I'd like to tell Amelia it is possible to get over it. I now have a healthy, happy baby. You never forget, but you find a way to go on.
Sandra, by email

A Thank you so much for your heartwarming letter, Sandra. I'm sure it'll bring comfort to many women who've been through a similar experience. Help is also available from the Stillbirth And Neonatal Death charity SANDS – visit us.sands.org or call 020-7436 5881.

CAROLINE'S HELPLINES
Caroline Buchanan, Now's fully qualified Relate counsellor has recorded helplines to help you cope with special problems. If you'd like advice, pick up the phone:
OVERCOMING GUILT How to find perspective and ease 09016 095126
WAYS TO MEET MEN Expand your horizons to find love 09016 095127
HOW TO FIND YOUR SOUL MATE Get what you want and focus on finding the right person 09016 095125
SECRETS OF HAPPINESS Tick into your happiness programme 09016 095125

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Health Expert & Top TV GP
DR DAWN HARPER

Understanding Anxiety
One in 10 of us will suffer from anxiety during our lives – and anyone can be affected, including celebs such as Naomi Campbell. We've always assumed that worry is a learnt behaviour, but scientists in London have developed a video game designed to induce anxiety in order to develop new ways to treat it. They scanned the brains of volunteers while playing the game and have already found that the parts of our brains which activate when anxious are the same as those that control defensive behaviour. It's early days for the research, but such findings could pave the way for new treatments.

Itchy Hands
Q I'm training to be a hairdresser and think I may be allergic to some of the products as my hands have erupted in itchy red patches. Will this settle?
Senka, Exeter

A It sounds like you've developed contact dermatitis, where your skin reacts to certain chemicals. Unfortunately, this is likely to get worse rather than better with continued exposure. First, speak to your GP about emollients and steroid creams to settle the irritation. Then, going forward, you may need to wear gloves at work.

Stubborn Warts
Q I finally plucked up the courage to have some warts on my bottom frozen off but I've had three sessions now and they're still there. Please help!
Martina, Birmingham

A Freezing is an effective way of dealing with warts but it's not unusual to sometimes need more than 10 treatments, so persevere with this. Your doctor will advise you about other options if your warts really aren't responding.

Naomi admitted she suffers panic attacks

Best For Lethargy
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Natural Products



1 Products that Social Network!

Keeping in touch with friends on Facebook or checking celebrity tweets is a sign that you're keeping up to date with social networking. Now you can check in with alternative healthcare products. The fabulous skin product Rio Rosa Mosqueta Oil has just launched its own Facebook, Twitter and blog sites! You can blog about your experience with the product or discover what other people think before making a purchase.



Facebook: www.facebook.com/pages/Rio-Rosa-Mosqueta/134533596610948



Twitter: www.twitter.com/RioRosaMosqueta

Blog: www.naturalrosehipoils.co.uk

2 Honey for Chemotherapy

A low white blood cell count is a common side effect of chemotherapy which leaves sufferers open to developing illnesses. LifeMel honey is produced by honeybees fed a special diet including herbs such as Siberian ginseng, echinacea and calendula. Research published in *Medical Oncology* shows that LifeMel Honey helps maintain a better white blood cell count during chemotherapy and apparently LifeMel can boost immunity before, during and after chemotherapy. So the saying is true...a

spoonful of sugar...

* LifeMel costs £37.50 and is available through pharmacies and health shops nationwide.

3 Beauty Donations for Save the Children

Australian natural beauty brand 'Sasy n Savy' has decided to donate £1 for every product sold from its new website www.sasynsavy.co.uk to Save the Children. These donations go directly to the Save the Children's Wish List which consists of essential educational items for children around the world. £12 can put textbooks in children's hands and £53 is enough to provide all the educational equipment a school needs. A mighty fine reason to cleanse, tone and moisturise!

- * Pure Crème Rose Geranium Cleanser £25
- * Rose Petal Balancing Toner £25
- * SPF15 Skin Firming Crème £32

4 Help for Hay fever

Don't let itchy eyes, runny nose and constant sneezing ruin your summer. Better by Nature has developed a beautiful and innovative range of bio-energy vibrational essences. The '8 Weeks To A Better You' course of Preparing Remedy (weeks 1 - 4) and Caring Remedy (weeks 5 - 8) provides sensory support

and hormonal balance which helps stop the immune system from over-reacting to pollen. Hay fever sufferers could see an improvement in less than seven days!

* Better by Nature Caring Remedy No.4 costs £39.85 available from www.betterbynature.com

5 Fake, but natural - Tantiasia!

Skin cancer is on the rise and warnings about sunbed use and sun exposure should be taken seriously. However, many fake tans are packed full of chemical nasties. Natural cosmetic company Jane Iredale has recently launched a natural fake tan which contains four key ingredients - acetyl tyrosine, monk's pepper, copper gluconate and dihydroxyacetone which stimulate melanin and accelerate skin colouring for a natural sun-kissed look without time in the sun.

* Tantiasia £24, available from www.janeiredale.com

CAMLifestyle keeping you up to date with the latest new natural products

- ✓ Novel Foods and Drinks
- ✓ Nutritional Supplements
- ✓ Herbal Formulas
- ✓ Beauty Products