

Case history

Daniella, 28, a nutrition student, has recently experienced crushing tiredness.

'A few months ago, I felt exhausted. Studying, working part-time and trying to maintain a social life left me overwhelmed. I was also diagnosed as having a borderline thyroid disorder. When I was feeling really low, a friend recommended a new functional honey produced in Israel.' EnergyMel is produced by bees that are fed a diet of medicinal plants, such as Panax ginseng, Siberian ginseng, plantain, scabwort and American spikenard. These are traditionally used to boost immunity, stamina and to help the body cope with physical and emotional stress. 'I took two spoons of EnergyMel a day and noticed a difference within the first week,' says Daniella. 'I felt a sense of wellbeing, and, for the first time in ages, I didn't feel a crushing tiredness - and stopped falling asleep on the Tube! I was worried that taking a spoonful before bedtime would disrupt my sleep. This didn't happen at all and it actually made it easier to get up in the morning. I now use it to give me an extra boost when I'm particularly stressed and tired.' EnergyMel is available from health-food stores and costs £20 for 120g.



Case history

Daniella, 28, a nutrition student, has recently experienced crushing tiredness.

What was going on?

Daniella, 28, a nutrition student, was feeling exhausted. Studying, working part-time and trying to maintain a social life left her overwhelmed. She was also diagnosed as having a borderline thyroid disorder. When she was feeling really low, a friend recommended a new functional honey produced in Israel. EnergyMel is produced by bees that are fed a diet of medicinal plants, such as Panax ginseng, Siberian ginseng, plantain, scabwort and American spikenard. These are traditionally used to boost immunity, stamina and to help the body cope with physical and emotional stress. 'I took two spoons of EnergyMel a day and noticed a difference within the first week,' says Daniella. 'I felt a sense of wellbeing, and, for the first time in ages, I didn't feel a crushing tiredness - and stopped falling asleep on the Tube! I was worried that taking a spoonful before bedtime would disrupt my sleep. This didn't happen at all and it actually made it easier to get up in the morning. I now use it to give me an extra boost when I'm particularly stressed and tired.' EnergyMel is available from health-food stores and costs £20 for 120g.

I take no more pills

EnergyMel helps to boost my immune system.

My doctor wants to add another pill but I don't want to take any more pills.

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Is my baby okay?

My baby has a rash.

My doctor says it's a rash.

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Most babies' spots are nothing to worry about

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Could I have an infection?

I have a fever.

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How do I know if my baby has a fever?

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