

3 SOLUTIONS FOR A SORE HEAD



BEST FOR TENSION HEADACHES

Headache Beads (£14.99)
www.indigohealth.co.uk

Developed by doctors and clinically tested, this DIY acupressure treatment consists of seven tiny fflarium beads on a simple adhesive strip, which you attach to your ear lobe when a tension headache starts. Our tester says, 'I had a headache all day and it almost disappeared in about an hour.'

BEST FOR MIGRAINES

MigraHerb (£7.99 Boots and
www.medic herbs.co.uk)

The herb feverfew has been used for centuries, and several clinical trials suggest it can help prevent migraines. MigraHerb is the UK's only herbal remedy

that's licensed for migraine prevention. Our tester says, 'I've suffered from migraines since my teens, but since taking MigraHerb, I haven't experienced a single one. I'll definitely continue to take them.'

BEST FOR HANGOVERS

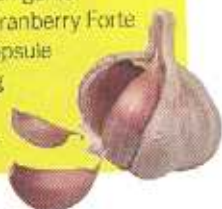
Lush Hangover Tincture (£14.95)
www.lush.co.uk

Containing white willow – which has anti-inflammatory and analgesic properties – it can ease post-party pain. It also contains herbs that boost energy and support the liver. Take three times a day in water, pre and post alcohol. Our tester says, 'I tried the tincture after a heavy night out and within a few hours my usual hangover had eased significantly.'



What's in a supplement?

- Lycopodium (£10.99; 020 7328 9797): One capsule provides 15mg of tomato lycopene – the equivalent of eating six ripe tomatoes.
- Kwai Garlic One A-Day (£4.95): Each capsule is equivalent to one large bulb of fresh garlic.
- Seven Seas Cranberry Forte (£5.25): One capsule contains 200mg concentrated cranberry juice.



ALTERNATIVE NEWS

BEAT YOUR HEADACHE; SUPPLEMENT SECRETS; FERTILITY POWERS OF ACUPUNCTURE; A GUILT-FREE SLEEP

Psst! CHRISTY TURLINGTON WENT THROUGH LABOUR WITH DAUGHTER GRACE USING YOGA BREATHING TECHNIQUES FOR PAIN RELIEF. 'THE PAIN WOULD COME IN WAVES,' SHE SAYS. 'AS LONG AS I WAS BREATHING WITH THE CONTRACTIONS AND NOT PUSHING AGAINST THEM, I FELT BETTER.'



CORNER

ECO



Now you can help save the planet from under your duvet – just by making your bedroom a little greener. Here's what to do...

→ Go organic to ensure no harmful chemicals have been used to make your mattress. ABACA (www.abacaorganic.co.uk) mattresses are made from organic cotton and wool, and are approved by the Soil Association. Prices start from £65 for a mattress pad.

→ Stay warm without cranking up the heating. Visit www.lumadirect.com and you'll find ethically produced blankets, throws and bed linen all made from natural fabrics. They're fairly traded and provide income for a large community of home weavers.

→ To complete your green living boudoir, visit Harlands at www.organic-furnishings.co.uk. Choose from a range of made-to-measure eco-friendly curtains, headboards, blinds and cushions, or do a bit of decorating with hand-printed wallpaper and organic biodegradable fabrics by the metre.



BAROMETER body boost



GOING UP Acupuncture

Recent studies from New York Weill Cornell Medical Centre found that acupuncture boosts fertility. It helps reduce stress, normalises ovulation, increases blood flow to the uterus, regulates your cycle and increases pregnancy rates for IVF couples.

GOING DOWN Rheumatoid arthritis

Rosehip extract could help soothe pain from rheumatoid arthritis. In a study, sufferers taking rosehip reported a 20% improvement in mobility and a 40% reduction in pain.