

# 5 NEW YEAR'S HEALTH RESOLUTIONS

Take inspiration from the experts when you're putting your 2006 to-do list together – here, they reveal what they'll be doing to stay healthy this year. By Sarah Owen

## 1 TAKE AN ESSENTIAL FATTY ACID (EFA) SUPPLEMENT

"Research has shown that EFAs have powerful anti-viral properties, on top of their known benefits of lowering the risk of thrombosis and heart disease, keeping joints flexible and improving the condition of skin, nails and hair. So, I'll be taking two VegEPA capsules a day which will give me eicosapentaenoic acid and evening primrose oil – both rich sources of the EFAs omegas 3 and 6 which have been clinically proven to kill viruses in the body."

■ **Professor Puri, medical researcher based at Hammersmith Hospital and an expert in the use of EFAs for depression and ME. He has written more than 20 books including *The Natural Way To Beat Depression* (Hodder Mobyus, £10.99). VegEPA capsules, £11.95 for 60 capsules. Call 0845 130 0424 or visit [vegepa.com](http://vegepa.com).**



## 3 POWER NAP WHENEVER POSSIBLE

"I'll be using a new gadget to help me take time out. Just punch in how long you've got – ten minutes to an hour – and listen to one of the hundreds of programmes of music and inspirational thoughts. After ten minutes I feel as revitalised as if I've been asleep for hours. Plus, the health benefits are huge. Studies show 15 to 20 minutes of daily relaxation reduce hot flashes in menopausal women by 60 per cent."

■ **Maryon Stewart, founder of the Natural Health Advisory Service (call 01273 487366) and author of *Beat Menopause Naturally* (Natural Health Publishing, £9.99) Pzizz Ultimate Power Napping Machine, £149.95. Available by mail order, call 020 7631 4235**

## 4 GET A SKIN CANCER RISK TEST

"Because I grew up in Australia and my dad had a melanoma a few years ago, I'm aware that my skin cancer risk is potentially high, but sun damage doesn't show up straight away – it can lie dormant for years. That's why I'll be having a new skin DNA test, Skinphysical, which will reveal how much damage has been done before anything could be spotted from a routine mole check-up. The test gives a skin cancer risk rating and I'll use the results to work out what sun protection factor I need to use and to decide how often I need check-ups with a dermatologist. If I'm high risk, I'll have frequent check-ups so any problems will be detected and treatment given as early as possible."

■ **Dr Simone Carvin, a cosmetic doctor who carries out procedures such as Botox injections, chemical peels and laser treatments. Skinphysical tests, £250 at Court House Clinics nationwide. Call 0870 850 3456 or visit [courthouseclinic.com](http://courthouseclinic.com)**

## 2 DRINK POMEGRANATE

"After all the research that's emerged about pomegranates, my resolution is to add a glass of juice to my breakfast. The fruit is too fiddly, but the juice doesn't contain any artificial rubbish and a glass (250ml) is a more powerful antioxidant than red wine or green tea. It can help lower cholesterol and is a rich source of vitamin C and folic acid. Plus, it's delicious!"

■ **Stephanie Driver, senior naturopath at Apotheke 20-20 Health and Wellness Clinic. Call 020 8995 2293 or visit [apotheke20-20.co.uk](http://apotheke20-20.co.uk).**

Pomegranate juice, £1.39 for one litre. Available at supermarkets and health stores

## 5 WEAR AN ANTI-STRESS PATCH

"From the thousands of products I saw last year, the one I'll carry everywhere in 2006 is a tin of stress patches. They're infused with ginger, bergamot, rosemary and lavender – all essential oils known for their calming properties. You just stick them on to bare skin and the oils are absorbed into your bloodstream – far easier than going for a massage and more practical than burning oils if you're on the move. I feel calmer five minutes after slapping one on!"

■ **Gill Sinclair, director of Victoria Health, a health retailer in London. Essential Oil Patches, £7.95 for 10. Naturopatch of Vermont at Victoria Health. Call 0800 3898 195 or visit [victoriahealth.com](http://victoriahealth.com).**

