

Health & Wellbeing Clinic

Our experts find solutions for dealing with rosacea, tanning safely and overcoming worry

Skin problems

Q A friend has recommended that I try a homeopathic remedy for my skin (I suffer from rosacea). I'm a bit sceptical – I can't see how taking a remedy with no physical trace of the healing substance left in it can help.

Robert Owen

A In homeopathic pharmacy, remedies are made from substances found in nature and, while the physical content is reduced, the energetic content is increased. This is 'potentiation' and is the main cause for controversy: even homeopaths don't really know how it works; but we do have sound models and principals based on study and over 250 years of clinical cases that testify to the healing power of homeopathy. We are only just starting to fathom the complexities of energy. Science is always learning – for example we don't understand how gravity works – but we have models. Millions choose homeopathy: it's the second largest form of medicine in the world today, according to the World Health Organisation.

Rosacea is a common inflammatory condition of the skin of the face that causes redness that looks like a flush or blush. Common triggers that aggravate the condition include certain foods (especially hot or spicy foods) and drink (such as alcohol and caffeine), exercise, temperature changes, exposure to the sun, rain or wind, and stress. There are 164 possible homeopathic remedies that could help you and it's important to find the right one for your individual symptoms, situation and experience. A homeopathic



Homeopathic remedies are based on natural plant substances

consultation would be needed to explore this with you and find the best remedy. To find a registered homeopath in your area, go to www.homeopathy-soh.org.

MN

Healthy tan

Q I've heard there are some things you can eat that help protect your skin from sunburn...?

M Burhaus

A However much we love a suntan, it's actually the effect of free radical damage by the sun on our skin. To help prevent burning we need to stock up on antioxidants – natural products that quench free radicals and slow down damage done to the body. They are particularly prevalent in red and green peppers, kale, greens, broccoli, wheat germ oil, sunflower seeds, almonds and avocados. Also keep the skin well hydrated by drinking up to two

litres of water every day.

The humble tomato derives its colour from flavanoids, beta carotene, lutein and lycopene (a potent antioxidant). There have been some basic trials showing people who eat cooked tomatoes in a little olive oil (as lycopene is fat soluble) have less likelihood of burning when exposed to high UV rays. The key to preventing sun damage is never to burn, and never sunbathe between 12–3pm when the rays are harshest. Always use a sunscreen suitable for your skin type – you may need a higher factor than you think. Short bursts of 20 minutes sun are quite enough. We tend to rush out as soon as the sun comes out and lie and bake, thinking it might be the only sun of the year! Of course the best prevention is not to sunbathe at all. (See p39 for some natural self-tanning lotions.)

KA

OUR PANEL OF EXPERTS

KATE ARNOLD
Kate trained as a nutritional therapist at the Institute of Optimum Nutrition in London and is a member of the British Association of Nutritional Therapists. She also offers nutrition workshops. www.katearnoldnutrition.co.uk



MANI NORLAND
Mani is vice principal of the School of Homeopathy and a trained homeopath. He is a key figure in the homeopathic community, and is also a member of the Homeopathy Course Providers Forum. www.homeopathschool.com



BRETT SANDERS
Life coach Brett's aim is to "build health from the ground up", and focus on the fundamental causes of ill health. He is a CHEK-qualified holistic lifestyle coach and exercise coach, looking at nutrition, lifestyle, stress management and conditioning. www.nutritionconditiontution.com



In the zone

Q I find myself getting bogged down and obsessing over really trivial things, taking things to heart too much. Is there a technique I could use to get past little niggles?

Helen Matthison

A We all get niggles. But remember that the world you see is just your perception, so try changing your perspective. Take control of your thoughts through mindfulness, using meditation or 'zone exercises' to relax and become more focused in all aspects of your life.

BS

*Email your health or wellbeing questions to katec@thegmcgroup.com, marked "Health & Wellbeing Q&A"; or send it to:

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