

# Alexandra Worsley's



## Health & Well-being Column

### Happy Holidays?

**Sunburn, mosquito bites, sickness, diarrhoea, parasites, jet lag, DVT (Deep Vein Thrombosis on flights) stress, the list is endless, avoid all the usual holiday ailments with this natural remedy count-down...**

Three to four weeks before travelling, if you are going on a long haul flight, consider beginning a course of Horse Chestnut and Pycnogenol capsules to help prevent DVT.

2 weeks before you head off, begin taking Rhodiola Rosea. Rhodiola is an adaptogenic herb which will help with jet lag and variations in altitude and temperature. Rhodiola is also an effective anti-stress herb and will help you deal with any holiday family tantrums or delayed flights!! Rhodiola can also be supportive to those with a fear of flying as it helps calm your nerves. Add a 200mg capsule of B1 (Thiamine) to fend off mosquito bites, B1 makes your skin smell unpleasant to insects, with no perceptible smell to humans thank goodness! It is especially effective for hypersensitive allergic individuals and takes about 2 weeks before the odour fully saturates the skin.

One week before you set off start taking Beta Carotene and Grape Seed Extract to help strengthen your skin against sunburn. There are specific formulas available, such as Viridians SPF Skin Pro-Factors which include a complex of skin strengthening nutrients, which may help you tan more safely by protecting against UV radiation. Chosen for their ability to strengthen the skin against sun damage, Viridian's SPF Skin Pro-factor Complex contains Astaxathin, which has shown to prevent oxidative damage of cell membranes and GliSODin, a patented SOD (rich cantaloupe melon extract). The first antioxidant enzyme mobilized by the cell as a defense against oxidative stress is Grape Seed extract, a free radical fighter.

Remember that these useful products do not replace the need for an appropriate sunscreen lotion or cream.

Once on holiday, supplement daily with Grapefruit Seed Extract and a good probiotic to prevent holiday tummy and parasitic infestation. Also apply a natural suntan lotion which does not contain ingredients which block the skin's pores as they may help prevent prickly heat problems. After exposure to the sun consider Viridian Ultimate Beauty Organic Skin Repair Oil, it's excellent and can also reduce the appearance of uneven skin-tone, stretch marks and scars.

Hope this helps you all have a happy holiday!!

Mention **thebeacon** when purchasing your holiday products and receive free Dr Hauschka or REN skincare samples\* to pamper yourself and get your skin glowing for that well deserved break!

\*Subject to availability so hurry!

Join me next month for some support and advice on Women's Health, need help with the Menopause? We can help!

#### **Award Announcement!**

Out of approximately 800 Independent healthstores in Britain, Alexandra Worsley Health and Wellbeing in Bramhall has been voted runner up in an award for National Independent Healthstore Retailer of the Year 2010. Having been invited to Kensington, London, Alex was blown away to be told that following only 2 ½ years in business her shop and treatment centre has been judged and scrutinised by a panel of judges and secret shoppers to be voted the 2<sup>nd</sup> best in Britain. Huge celebrations are being planned – so pop in the shop today to find out for yourself why we have done so well!

*Take care of yourself  
Alex x*

*This information is not intended to replace the guidance of your health practitioner. Consult your doctor if you are taking medication.*