

HEALTH CHOICES

Woman's Weekly

Health Choices WELLBEING SOLUTIONS for your body and mind

What's This For?

Unicough (£8.95 for 150ml, Boots) is a new treatment for all coughs. The pharmacy medicine has a unique, patented cocoa formulation and includes diphenhydramine to reduce the irritation (hypersensitivity) of the nerve endings in the throat caused by colds and flu. This means that Unicough works by suppressing the urge to cough irrespective of the type - dry, tickly, chesty or wet. Clinical trials show it works better than a linctus to reduce the frequency of the cough and reduces night-time disruption due to coughing fits.

Get You Know?

A new report has found that more than nine million adults in England are unable to swim. The report, carried out by the Amateur Swimming Association, found that 20% of men and 22% of women over the age of 64 can't swim.

The report also revealed that swimming is the most popular participation sport in England, with more than 26 million adults doing 20 minutes in the pool pool at least once a week.

If you're one of the 21 million adults keen to learn, check the websites of the Amateur Swimming Association (swimming.org) and the Swimming Teachers' Association (tsa.co.uk). Or sign up for lessons at your local leisure centre.

3 Reasons To Eat Jelly

- 1 It protects against winter colds. The main ingredient, gelatine - a solid protein that's made from boiling, weak, is packed with amino acids, such as aspartic and serine, which help build a powerful immune system.
- 2 It keeps the gut healthy. Gelatine attracts water in the digestive tract, helping keep the contents there, which means digested food and water move slowly through the body of water.
- 3 It boosts hair and nails. Eating gelatine improves the structure of hair follicles and makes nails stronger, say scientists at the University of Michigan.

Uno Stress Buster

Count to ten in a foreign language. It distracts your mind quickly and efficiently enough to deal with sudden increases in your stress levels, says Will James, psychologist.

My Healthy Life

At Alison Navey, British Acupuncture Council member and Revere reveals how she boosts her health and wellbeing.

My go-to REMEDY

Apple cider vinegar. It's known as a natural folk remedy for arthritis and joint pain. It's also an ingredient in 'bone broth', a type of chicken stock, which is a famous health tonic.

My favourite ritual

This has to be fresh wine. I'm from Northern Ireland and my dad always made it for me - even the small amounts use of horse. Made with health, carrots, parsnips and potatoes, it's really warming. Don't worry, better on a winter's day.

How I keep fit and healthy

I have regular massages. Like the traditional hot and precise giving a massage or massage by the sea. My favourite way to keep fit is to have long walks in the woods with my family or the weekend.

My perfect health day

This would start with a hot water cup of tea and an indulgent breakfast. I'm looking for a good lunch, ending with an evening at a spa with a hydrotherapy pool.

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