

SOUTH EAST CITY WOMEN

VENUS

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£2.00
WHERE SOLD



15p goes to
Children's Fire
and Burns Trust

TARA'S IN A SPIN

WE TALK
EXCLUSIVELY TO
TARA PALMER
TOMKINSON,
ZOE BALL AND
JODIE KIDD
AT V2003

IT'S AN INDIAN SUMMER!

RADIO ONE'S
BOBBY FRICTION & NIHAL

SUSHEELA RAMAN

ANEELA ROSE
EAST MEETS WEST, SEXY SARI STYLES

INDIAN FOOD AND RECIPES

BOLLYWOOD GUIDE

PLUS

TIME FOR TIFFIN

CRICKET WHITES
COME OUT TO PLAY

TOO MUCH WORK,
NOT ENOUGH SEX?

WE'VE GOT THE ANSWERS

WIN A FANTASTIC
HOLIDAY TO CROATIA





Nature's way

What's normal, what's not, what's right and what's wrong?
Ask our resident health expert and nutritionist Emma Wells for all of the answers to your health problems

SEXUALLY TRANSMITTED DISEASE

I was recently diagnosed with Chlamydia and given antibiotics. I don't want to take them as they always give me thrush, what's the alternative?

Chlamydia is a sexually transmitted disease. If left untreated it can cause pelvic inflammatory disease and infertility. Antibiotics are the only sensible option when dealing with Chlamydia. Although lots of herbal and nutritional products do have antibacterial properties they are not guaranteed to work. To guard against

keep weight down. Keeping well hydrated by drinking 2 litres of water daily, should also help. To reduce stretch marks and help to heal scars break open a capsule of vitamin E oil and massage into the skin.

HOW CAN I TREAT CYSTITIS?

Cystitis is making my life a misery, what causes it and what can I do about it?

Cystitis can be caused by sex, a bacterial infection, not drinking enough water or wearing non-cotton underwear. If you get an attack drink a

cannot be relied upon. It is better to ditch your old bottle as you can never be sure how long it was on the shelf for. In addition, if sunscreens separate or change consistency it's also wiser to buy some more. Look out for products that are one step ahead of the regulatory bodies and are already applying expiry dates to their products. Superdrug is one such company who also charge the same amount of money for a high protection product as for a low protection product.

HELP ME BE A SLEEPY HEAD

I have trouble sleeping. Is there anything I can do to help?

Daily exercise such as a brisk walk can improve sleep patterns by as much as 50%. Eating the right foods can also help. Eat a high carbohydrate snack (pasta, potato, rice) two hours before bedtime. This increases the body's formation of a hormone called serotonin that induces sleep. Increasing foods that contain calcium and magnesium can also help the body to sleep more thoroughly. Good food sources are sardines, seaweed, nuts, beans and seeds. Avoid alcohol and caffeine containing drinks such as tea and coffee before bedtime, switch to a calming camomile tea instead. Before bed a relaxing bath with some oils of ylang ylang or lavender can aid relaxation and several herbs are reported to have a 'sleep-inducing' effect; try passion flower, valerian and lemon balm. In addition some relaxation techniques learnt from a yoga or meditation class can also be beneficial.

If you have a health problem and would like a natural approach, you can contact Emma Wells Dip I.O.N at emmawells@venusmag.co.uk

But please, if you have a serious medical complaint, remember to seek out the advice of a doctor as well.

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thrush eat plenty of live sugar free yoghurt and minimise your intake of sugary foods such as cakes, chocolate and biscuits. After the antibiotics take a supplement of acidophilus and bifido bacterium. Remember to get your partner treated as well otherwise you will reinfect yourself!

HELP! I HAVE UNSIGHTLY STRETCH MARKS

I recently put on quite a bit of weight and have gained some unsightly stretch marks. Is there anyway I can get rid of them and prevent getting more?

To help prevent more stretch marks work on the elasticity of your skin. This can be improved by eating lots of essential fats found in oily fish e.g. salmon, mackerel, anchovies and tuna eaten 2-3 times a week and also seeds, such as sunflower, pumpkin, sesame and linseeds, eaten daily. In moderation they won't add to your weight gain and as they add a feeling of satisfaction, they may also help to

pint of water every 20 minutes for three hours to flush out the bacteria. To prevent further attacks, go to the toilet before and after sex, change all your underwear to cotton briefs and drink cranberry juice – about 4 or 5 glasses a day. This contains hippuric acid, which stops the bacteria from holding on to the urinary tract wall. In addition a supplement of acidophilus will help to discourage the growth of the bacteria.

AM I SAFE IN THE SUN?

I have some left-over sun tan lotion from last year – is it still safe to use?

The European Trade Association (COLIPA) and the European Commission are currently working towards regulation of expiry dates on all sun protection products. They recognise that sun protection preparations should not be used after 30 months from the date of manufacture. After this time the level of sun protection diminishes and