

# Fight flu – the expert way

We asked our panel for their tips to help you stay flu-free...

**The pharmacist** Nitin Makadia from Lloyds Pharmacy says, "Wash your hands. Last year when everyone was more hygiene-conscious due to swine flu, the infection rate fell. Also, get a flu jab. It's £10 from pharmacies if you're not eligible on the NHS, and this year it contains swine-flu protection."

**The holistic healer** Sebastian Pole from Pukka Herbs says, "Take elderberry syrup at the first sign of symptoms – it helps stop the virus from replicating. If a cold takes hold, try a formula called trikatu, made from ginger and pepper. Added to warm water, it stops a runny nose in its tracks." Find both at [www.pukkaherbs.com](http://www.pukkaherbs.com).

**The homeopath** "Gelsenium's great," says Ranjni Janda from Nelsons Pharmacy. "It's good for a runny nose and heavy head, and eases fever and weakness."

**The nutritionist** Emma Wells from LifeSmart Gym ([www.smartnutrition.co.uk](http://www.smartnutrition.co.uk)) suggests eating foods that energise your immune system. "Cut down on sugar – it reduces white blood cell activity by 30%. Eat kidney beans and dark leafy greens instead – these contain folic acid, which increases white blood cell production. And finally, add crushed (not chopped) garlic to meals. It contains an ingredient called ajoene that fights viruses."

# Body news

Be you – but just that little bit better

**Fast fact**  
When ovulating (about 14 days after your last period), women buy sexier clothes than at other times.

According to a survey, 51% of women in their mid-twenties burn themselves with hair straighteners at least once a month. If it happens to you, GP Dr Sarah Brewer says, "Run the area under cold water for at least 10 minutes or, if that's not possible, use a cooling product like Acriflex Cooling Burns Gel, £3.99. If the burn is bigger than a postage stamp or has penetrated beyond the first layer of skin, seek medical advice."

**OUCH!**  
Don't feel the burn

● For more health information, visit [www.netdoctor.co.uk](http://www.netdoctor.co.uk)

## Cosmo tests

If you find yourself the designated driver over the festive period, you don't have to stick to lemonade... a variety of super-low and no-alcohol alternatives to beer, wine and even spirits have been launched. We gave them a sip...

● **Sainsbury's Low Alcohol English Cider, 99p for 500ml**

"Tastes better than the real thing as it's not too sweet." 1% alcohol; one 500ml bottle is 0.5 units.

● **Eisberg Rosé Wine, £3.49, major supermarkets**

"You wouldn't know this rosé was low alcohol unless you were told. It's a bit moreish." 0.05% alcohol.

● **Monin Juniper Syrup Gin, £6.99, [www.thedrinkshop.com](http://www.thedrinkshop.com)**

"This gin substitute smells like bath oil and it's not quite as tart as real gin, but it's not bad with a fair whack of tonic." Zero alcohol.

● **Cobra Zero Beer, £1.80 for 4 x 330ml, major supermarkets**

"This actually tastes more beery than the alcoholic version – very hoppy, which may or may not be a good thing." Zero alcohol.

