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

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."

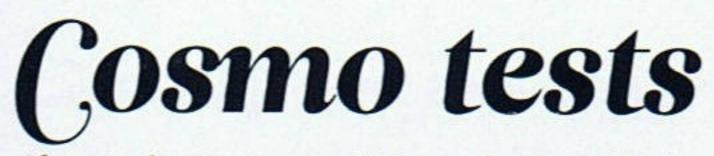
The nutritionist Emma
Wells from LifeSmart
Gym (www.smart
nutrition.co.uk) suggests
eating foods that energise
your immune system.
"Cut down on sugar – it
reduces white blood cell
activity by 30%. Eat kidney
beans and dark leafy greens
instead – these contain folic
acid, which increases white
blood cell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

Fast fact
When ovulating
When ovulating
(about 14 days after
(about 14 days after
(about 18 period),
your last period),
your last period)
clothes than at
clothes than at
other times.

8/10

EISBERG

10/10



You You You

If you find yourself the designated driver over the festive period, you don't have to stick to lemonade... a variety of superlow 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

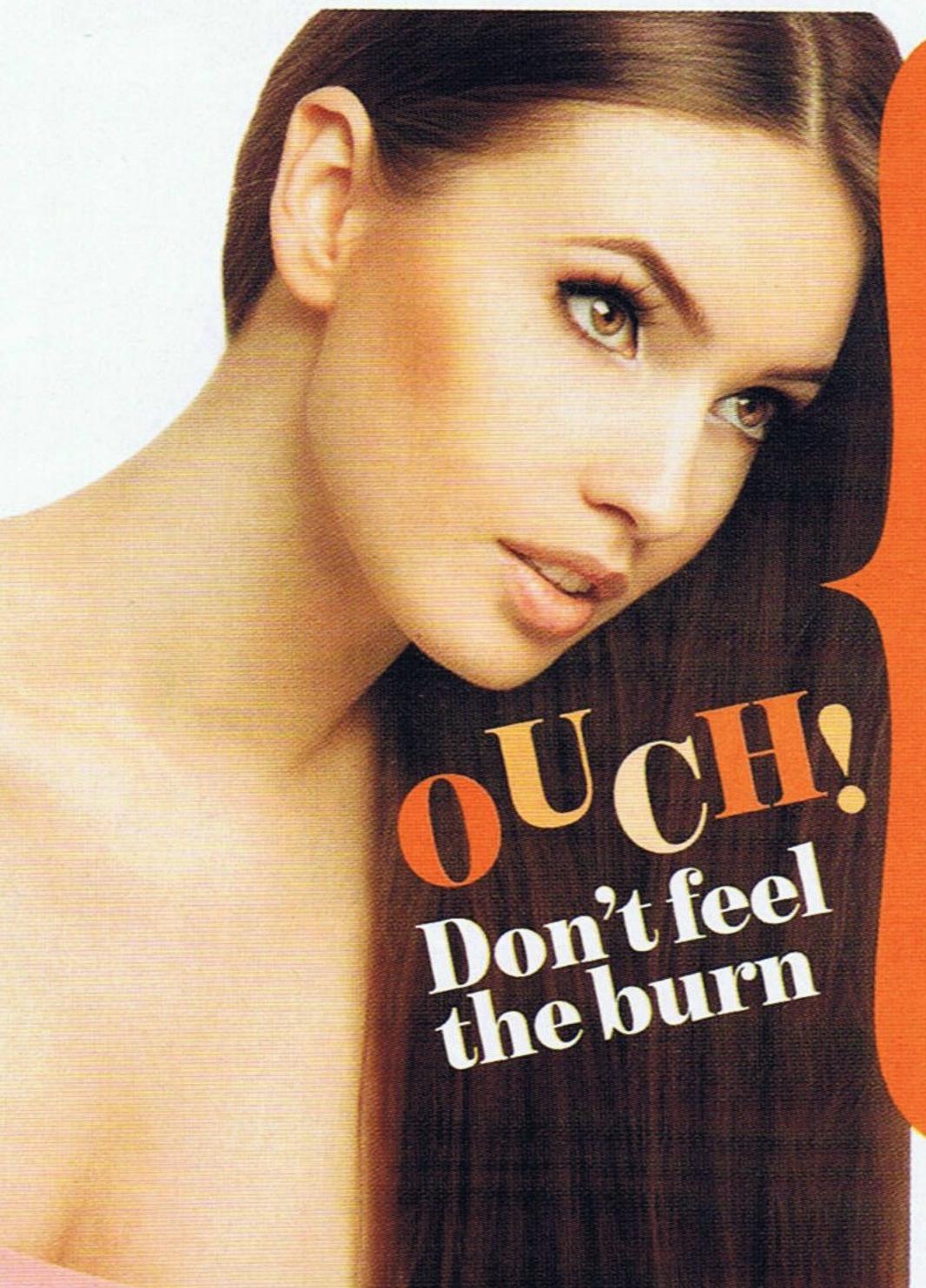
"This gin substitute smells like bath oil and it's not quite as tart as real gin, but it's not bad with a fair whack of tonic." Zero alcohol.

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.



Be you – but just that little bit better



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."

For more health information, visit www.netdoctor.co.uk

