

Health

CHECKLIST

Get your stress under control, a zesty summer breakfast, the latest wonder workout...

1 THREE ALTERNATIVE WAYS TO DE-STRESS

Not only is stress mentally draining, but high levels of the 'stress hormone' cortisol can increase our chances of succumbing to a range of illnesses, from ulcers to strokes. Taking a break from pressure is crucial, but if you haven't had a chance to book that holiday yet, try one of the following as a stopgap...

Eye masks Designed to be placed over your eyes post-yoga, during meditation or simply when relaxing, these embroidered silk eye masks (above right, £45, devotion.co.uk) are filled with myrrh and frankincense and are perfect for helping you switch off.



The Grinberg Method A cross between reflexology and counselling, this new treatment from Switzerland involves having your feet analysed to establish the root of your stress, how it may be affecting your health and how to deal with it. Sceptical? We were too, but just one de-stressing session was enough to convince us. Visit triyoga.co.uk for more information.

Float combining Said to be the equivalent of three hours' sleep, a flotation-tank session has proven health benefits, ranging from breaking addictions to easing back pain. West London's new flotation centre, Float, allows you to combine your session with a treatment such as massage or acupuncture. For more information, visit float.co.uk.

2 ASK THE EXPERTS

Can sunscreens do you more harm than good?

X NO says Genevieve Frisby, SunSmart campaign manager for Cancer Research UK. "There is no evidence that PBSA (an ingredient in sunscreens which absorbs UVB light and sparked health fears a few years ago) can increase cancer risk. If you're concerned, many sunscreens now have alternative filters to PBSA."

X NO says Dr Jean-Pierre Cesarini, oncologist and consultant dermatologist. "Some people can develop an allergy to them, due to the lanolin content, but for most of us, it is important to use sunscreens, providing you wash them off afterwards and don't use them as an excuse to stay in the sun for ages. An hour is enough."

X NO says Dr Ravi Ratnavel, consultant dermatologist and advisor to Neutrogena. "They protect the skin from the sun's UVA and UVB rays, which can cause premature ageing and cancer. But be aware that many sunscreens in moisturisers don't provide enough protection for prolonged outdoor activities."

3 HEALTH NEED-TO-KNOW

Recent research* has revealed that eating one red grapefruit a day could significantly reduce cholesterol levels. What better reason to add one to your summer breakfast?

4 JUMP THE QUEUE

If you're sick of waiting for an appointment with your GP, it may be worth trying out the new NHS walk-in centres. There are already 72 dotted around the country, with seven focused on commuters - so they're conveniently located and open from 7am to 7pm. Drop in to have minor illnesses and injuries treated without an appointment. Find your nearest one at nhs.uk.



5 SHRINK YOUR WORKOUT

The arrival of summer is always cause for celebration, except when it comes to swimwear. To burn off flab in super-quick time, it's claimed this new Power-Plate machine can achieve the same results as a 60-minute workout in a mere ten minutes, thanks to its unique vibrating platform. Used by Madonna and Claudia Schiffer, it has a hefty price tag at £2,599, but it could be the workout of the year. Visit power-plate.uk.com for information.