

Health notebook

Clever new trainers, where to go for a mole check-up and the lowdown on The Grinberg Method



WHAT'S SO GREAT ABOUT... THE GRINBERG METHOD

WHAT IS IT?

A Grinberg practitioner uses a combination of touch and breath to show you where and why you hold tension in your body. Devised by

holistic reflexologist Avi Grinberg in the 1980s, initial diagnosis starts with the feet. The theory is that postural habits we develop over the years are written all

over our soles. Within minutes of my analysis, Grinberg teacher Victoria Oldham worked out a niggling stiffness in my lower back. She touched a point there, producing an intense feeling of relief, while for the first time I felt the connection between that niggle and one which often pops up in my neck.

DO I REALLY NEED IT?

If you've hit a brick wall trying to get rid of recurring aches and pains, results are fast. A one-to-one session pinpoints problem areas, and more sessions will teach you how to release them yourself. Practitioners are well trained through an organised system, but, as yet, there are no scientific studies which show the benefits of Grinberg.

IS IT WORTH IT?

After just one session, I felt a real sense of relief from deep-seated knots in my shoulders and spine, which made me resolve to learn the at-home techniques. However, there are only three qualified practitioners in the UK, although some yoga centres, such as Alchemy in London, are now offering group sessions.



BABYTALK

Cowshed's new Baby Cow Organics is free from parabens, petrochemicals and artificial fragrances.

Our favourites are the Buttery Bottom Balm, £10, and Rich Massage Oil, £12.

3 OF THE BEST...

NEW TRAINERS



1 Nike Zoom Sister One, £70. These trainers are high on support and flexibility, as well as coming in a range of look-at-me colours.



2 Asics Gel-Kayano Walker, £80. Specially designed for walking, this clever trainer enhances your natural gait.



3 Brasher Helium XCR, £85. This ultra-light trainer is suitable for all outdoor surfaces and terrains, whether running or walking.



THIS MONTH WE'RE... * Walking or cycling with a new friend. Visit bikebudi.com or walkbudi.com to find someone to share your journey * Sipping Muzi Matcha Infused Sencha tea, £24.47, which has the energy high of coffee without the jitters. Visit origins.co.uk * Going to The Mole Clinic for 10% off screenings in Sun Awareness Week, May 11-17. Visit themoleclinic.co.uk.

