

Woman's Weekly



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Well-being

Feel your best with Health Editor, Janet Horwood

Sinus problems?

You could try this:

Yoga

Inverted poses (when the feet are above the head) may help to relieve pressure on the sinuses. The Shoulder Stand (Sarvangasana) and Plough are both worth trying. You'll need to practise so you can hold these poses comfortably for a while, because, as you relax into them, the sinuses usually open up.
Try: *Gentle Yoga* by Louise Grime (Dorling Kindersley, £12.99); it includes a 60-minute DVD with four 15-minute workouts.

Nasal irrigation

Swooshing a lukewarm salt-water solution through your nasal cavities helps with chronic sinusitis, according to new research. Neti pots have been used in India for centuries to clear sinuses — the pot looks rather like a miniature Aladdin's lamp and is easy to use; just remember to breathe through your mouth not your nose!
Try: Sinucleanse Neti-Pot System, £13.50 (plus £2.95 p&p), includes 30 salt packets to dilute. Call ShopHolic on 029 2083 0009, or visit www.shopholistic.co.uk



Eucalyptus oil is a good way to clear sinuses

Homeopathy/Aromatherapy

Common remedies that can help relieve sinuses include Kali Bic 30c or Hepar sulph 6c. Daily inhalations may also be useful — try one or two drops of essential oils on a handkerchief or tissue, or diluted in a pint of hot water.
Try: Boots Alternatives Decongestant Inhalant Oil with camphor, menthol, eucalyptus and peppermint, £1.95.

Photos: Getty (posed by models). Details correct at time of going to press

Everyone's talking about...

Manuka honey

What's so special? Made by bees from the pollen of the wild New Zealand manuka plant, this honey has particularly powerful antibacterial qualities.
Best for? You name it — gum disease, healing wounds, sore throats, superbugs, skin and digestive problems.
The low-down: Genuine manuka honey will have a UMF (Unique Manuka Factor) rating. Above ten, it's effective for healing.
Look for: Manuka Gold Active UMF* 10+, £8.99, from Waitrose, health-food stores and pharmacies; call 0870 850 7114, or visit www.manukabuzz.co.uk



3 of the best... Holiday essentials



Spray-on refreshment served here



Kiwiherb Organic Ginger & Kawakawa Syrup
£8.41 for 50ml, *Lifeplan Products* (01455 556281; www.lifeplan.co.uk).
A soothing and effective remedy for travel sickness.



Don't Bite Me! patch
£9.99 for ten patches. Call 01206 767300, or visit www.dontbite.me.co.uk
Releases vitamin B1 into the bloodstream to deter mozzies and other biting insects.



Evian Brumisateur
£3.50 for 50ml or £6.95 for 150ml, from John Lewis. Call 01622 859898 for other stockists.
Deliciously cooling and invigorating face/body mist.

'It improves my well-being endlessly'

What makes you feel good
Orienteering



Hilary Palmer, 62, on her love of an adventure.
About 20 years ago, my family and I were invited to take part in a local orienteering event. I had a vague idea about what it involved, but I wasn't prepared for how much fun it would be! Now, so many years later, I do orienteering about once a week.



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If you have any concerns about your health, visit your GP
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