



Above left: Sea water treatments can benefit mind and body. Above right: Demi Moore is a fan of Upper Klamath Algae

concentration levels to improving memory and behaviour.

It's important to eat fish twice a week, making one portion an oily fish such as salmon, sardines or mackerel. Alternatively a good supplement containing a perfectly balanced combination of omega-3 and omega-6 essential fatty acids is another way of getting these vital nutrients.

WATER WORKS!

Thalassotherapy, a range of therapeutic treatments using sea water, is powerfully restorative for both the mind and body and can also help treat a wide range of ailments from rheumatism to heart disease. Sea water contains many essential minerals, plus a wealth of trace elements and organic substances which research has shown to be important in maintaining good health.

Treatments include sea water baths, flotation, underwater massage and exercises, seaweed and sea mud body wraps, and pressurised jets of water working on selected areas of the body which all help boost circulation, eliminate toxins and also alleviate fatigue.

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OCEAN BABES

● Gwyneth Paltrow, Kate Winslet, Zoë Ball, Sophie Anderton (left) and Carol Vorderman are all big fans of spirulina, the blue-green algae, packed with vital minerals and vitamins that's a great detoxer, fat-buster and energy-booster.

● Demi Moore is a devotee of Upper Klamath algae which she says helps her to combat stress. This nutrient-packed algae is harvested from Oregon's Lake Klamath, whose source is the Pacific Ocean.

● Cameron Diaz is never far from the ocean and it's her love of surfing which has kept the star in such fabulous shape. Riding the waves helps develop strength and keep you lean. It also provides a great upper-body workout and ultra-tones stomach muscles.

● Model and presenter Nell McAndrew says: 'I always incorporate oil-rich fish into my diet, especially before a marathon. My favourite is mackerel.'

ASK HILARY

Your health issues healed!

DEAR HILARY
What's the best way to prevent gum disease?

● Regular brushing and flossing is essential to prevent the build-up of plaque which is the major cause of gum disease – characterised by bleeding, sore and swollen gums. It is also important to keep your gums healthy by eating the right foods. Fatty cheese at the end of a meal will help neutralise excess acid in the mouth.

DEAR HILARY I am a typical pear shape – is it true that this is the hardest shape to change?

● Females tend to store any excess fat in the hips, thighs and buttocks areas which gives them their pear shape. Studies have concluded that fat comes off the body from the top downwards which does make the pear shape the hardest to change. While you may not be able to alter your shape as such, you can certainly tone up to give you a slimmer appearance.



HEALTH

● Kym Marsh says she finally feels comfortable in her own skin. The 32-year-old star suffered from bulimia at the age of 16 and says that at one point she couldn't even look in the mirror. Says Kym: 'I learnt to be a fan and, these days, the desire my kids the best start is the force behind everything I do.'

● According to a recent study is the prime snacking time a day when those dreaded un-pounds are most likely to be on. According to nutritionist Hunter: 'We are a nation of but unfortunately the snacks people choose tend to be high and sugar and so have uncalories which can lead to weight problems.' Slim.Fast has come with one possible snacking with its high-protein, high-fiber drink. Hunger Shot, £2.89 for of four, is designed to help you to eat less between meals.

Dead Sea Spa Magik Conditioning Scalp Mud.

£9.75. This intensive hair treatment harnesses the properties of Dead Sea minerals.



FIVE OF THE BEST – MARINE MIRACLES

Harness the power of the sea with these goodies...



Molton Brown Seamosse Stress-Relieving Hydrossoak. £18. A blend of Dead Sea salts and seaweed to detoxify and soften the skin.

Equazen Eye Q. £7.99 for 60 capsules. A naturally-sourced fish oil formula that contains omega-3 and omega-6 essential fatty acids.



Elemis Pro-Collagen Marine Cream. £75. This anti-ageing moisturiser combines marine algae with protein-rich seaweed to instantly hydrate and boost the complexion.



Guam Thalasso Bagno Mare Shower & Bath Gel. £7.95. Gently tones and clarifies the skin.



Dead Sea Spa Magik Conditioning Scalp Mud. £9.75. This intensive hair treatment harnesses the properties of Dead Sea minerals.

