

A FEW USEFUL TIPS TO HELP KEEP YOU SAFE AND HEALTHY THIS CHRISTMAS

CURB A COLD

If you want a hot drink when you have a cold your body is telling you what it needs. Research has shown that a hot drink is not just comforting; it also eases many cold symptoms. In a study, people who had a hot drink saw an improvement to their runny nose, cough and sore throat compared to those who didn't.

MIND YOUR BACK

Wrap presents sitting at a table with everything laid out in front of you. Just 30 minutes of wrapping presents on the floor can strain your lower back and trigger sciatic pain, but even at the table get up every 20 minutes to stop your muscles from locking.

EASE ACHING FEET

After a long day shopping-and queuing ease aches and pains with this simple routine soak your feet in a bowl with a little salt in it. Bend and stretch your toes and feet for 2 minutes finish off by massaging some moisturiser into your feet.

CHOC SWAP

Swap milk chocolate for dark (at least 80% cocoa). It's packed with polyphenols, highly protective antioxidants that help your immune system combat colds. It also contains theobromine, which works as a remedy for both chronic (long term) and acute (sudden) coughs by blocking the sensory nerves that trigger the cough reflex.

SOAK AWAY A HEADACHE

When one Christmas jingle too many has left you with a pounding head, a really good natural treatment is to try soaking for 15 minutes in the bath with 2 cups of Epsom salts. The salts will help relax your tensed up muscles.

FIGHT OFF FLU

If you've lost your appetite try nibbling on pumpkin and sunflower seeds-both are rich sources of zinc which supports healthy immune function. Blueberries are also useful as they are packed with vitamin C, which will further boost your immune system and also speed recovery within your lung lining.

BE ALLERGY AWARE

Snuffles and sneezes may not be due to winter colds- your Christmas tree alone can harbour a few different moulds, some of which are allergens and these can trigger asthma attacks too. Spray your tree with a mild bleach solution **BEFORE** you bring it indoors – or if you`re an allergen sufferer plump for a fake!

