

self news

Stay well this summer



Did you know?

The first hour of the day is "The Stressing Hour" for many Brits, according to a Thriva study. In fact, 52% of us would take a pay cut to be less stressed.



Are gut issues affecting your sex life?

A quarter of women have rejected intimacy because of issues with IBS, yet our reluctance to seek medical help due to embarrassment means we're suffering in silence. "It's no secret that gut complaints are an issue, but what's surprising is that many have been dealing with discomfort for over 10 years," says nutritionist Katherine Pardo. Here's how to get back on track.

EVALUATE YOUR DIET

Rule out intolerances and sensitivities, says nutritionist Sophie Turner. "Bloating can be caused by gas from malabsorbed nutrients. Lactose, fructose, eggs, peanuts, seafood, gluten, yeast and soy are common foods that people can be sensitive, intolerant or allergic to. Try an elimination diet with support from a registered dietitian or nutritionist."

GET IT OUT IN THE OPEN

"Lots of people are afraid

to talk about their digestive health, but share your diagnosis with your loved ones, so that they can understand what's going on," says Dr Anthony Hobson of The Functional Gut Clinic.

TAKE A PROBIOTIC

"Choose one that has a high potency and can withstand bile and gastric juices," says Pardo. Try Nutri Advanced Ultra Probioplex Plus, £18.90 for 30 capsules, nutriadvanced.co.uk



FGY Loves:
ThinkWell LiveWell, £8 per month, thinkwell-livewell.com
This mindfulness toolkit is a treasure trove of exercises to help you understand your thoughts and feelings.

GIVE YOUR BRAIN A WORKOUT

How strong is your mind? "Your brain strengthens and weakens over time, partly in response to the challenges you set it," says Xavier Louis, CEO and founder of brain-training app Peak. "If you want to keep your brain in peak condition, it's important to keep exercising it." Test yourself with this puzzle...

Can you find the 8 vegetables hidden in the grid? Words may be forwards or backwards in any row, column or diagonal.

T	C	U	C	U	M	B	E	R
O	B	R	O	C	C	O	L	I
M	K	C	E	L	E	R	Y	E
A	K	E	E	L	V	D	L	L
T	Q	P	M	P	E	A	S	A
O	T	U	R	N	I	P	O	K