

FOODSENSE Make the most of your holiday

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IT'S THAT time of year when holiday destinations of all sorts come to our minds. Depending on our previous experiences, we can be looking forward to them or feeling apprehensive, but the latter can be avoided altogether.

Many people remain very busy until the last day, pack at night, get to the airport at the last minute, and fall ill as soon as they arrive at their destination. Others tend to pack well in advance, tidy the house ahead of departure, take it easy on arrival, refrain from much physical activity once there and indulge in the sun most of the time to the point of burning.

Yet another group manages to pack in time, takes the time to adjust to the new climate and diet, and enjoys the stay with a right balance between activity and rest or relaxation. Sound familiar? To get the

maximum benefit from your holiday you need time for yourself, whatever it means to you: if you have been busy – finding some space to slow down, if you have been taking it easy – maybe getting more active to re-energise the mind and body.

Trying too much, whatever it may be, does not work, so slow down before you leave, plan your time away carefully or go with the flow of what you feel like once there. But, above all, treat yourself gently.

The second thing to remember is that too much sun cream is not a good idea as most suntan lotions are laced with chemicals that not only prevent your body from synthesising any vitamin D but also increase its toxic load. Increase your sun exposure gradually from 15 minutes on the first few days to a few hours by the end of the holiday and use natural creams in

moderation. The reason skin cancer is rampant in Australia has nothing to do with lack of sun screens and the length of time in the sun per se but with Australians being short of the anti-oxidant nutrients that protect the skin from sun damage?

Another good tip is not to eat raw foods in places where you don't know the level of hygiene behind the scenes. It is best not to eat fruit or veg which you do not peel yourself and to skip salads when not sure of the water it was rinsed in. This does not always apply to good hotels but if your tummy tends to be on the sensitive side, heed caution in those places, too.

Eating fermented foods like kefir or sauerkraut is also a fast way to balancing the gastric environment after a strange tummy bug or turn. Taking a probiotic supplement with you is also worthwhile.

Yoga class

Gail Willis continues her series of simple hatha yoga moves

YOGA INSTRUCTOR Gail Willis has recruited her mother Janet Rogers to help demonstrate yoga exercises in *Choice* every month.

In each picture Janet, who is 78, illustrates the basic position for each exercise - the easiest one for the beginner. Gail illustrates the maximum position for each exercise.

You should start following Janet's position and try to increase gradually towards Gail's advanced level.

"Only build up to a level that you are comfortable with," says Gail, who is a full-time yoga instructor in Kettering. "With some exercises you will be able to do the maximum level

of stretch, but with others you will achieve only the basic move. It doesn't matter - even the easiest will be good for you and make you feel good."

Find out more

- To contact Gail, tel: 01536 515311, mobile: 07762 575118
- To find a yoga class where you live, ask at your local library, county council offices, tourist information centre, sports centre, a local school or anywhere that runs evening classes.

Diagonal shoulder lift

The diagonal shoulder lift strengthens the oblique and abdominal muscles. This month we're showing just Janet's position. Lie on your back with both knees bent, with your feet flat and hip width apart. Your right arm should be out to the side at shoulder height, and your left arm bent with fingertips to your left ear. Pull your tummy in. Leading with

your left shoulder (not your elbow or head) lift your left shoulder towards the right hip, making sure our head and neck follow the movement. Only hold for a few seconds each time you lift. You may not lift very far to begin with and do not hold your breath. Lower and repeat up to four times. Then repeat moving the right shoulder to your left hip four times.



Next month: Car journeys