

DECEMBER 2006 / JANUARY 2007 £2.95
YOUR HEALTH ★ YOUR KIDS ★ YOUR FOOD ★ YOUR LIFE

allergy

10 FESTIVE RECIPES FOR EVERYONE

SKIN SALVATION can facial hypnosis really work?

HOW TO SPOT THE ADVICE CHARLATANS

SPECIAL REPORT

New Year New You!

- ✓ Take control of asthma
- ✓ Give eczema the brush-off
- ✓ Beat hayfever and food allergies

GET YOUR KIDS ACTIVE Sports for all

REAL LIFE: How dirty is your duvet?



plus tips to survive Christmas ★ giveaways worth £1,300 ★ positive changes for 2007

HEALTHY LIFE



BEST FOR FOODIES

John Lewis Duchy originals Hamper: → contains Christmas pudding, chocolate butterscotch biscuits, Highland shortbread and cranberry sauce with port. All are organic with the profits donated to the Prince of Wales' charities - what could be better? £40 from John Lewis



BEST FOR BUSY HANDS

Ecosoapia: → organic liquid soaps are ideal for sensitive skin as they are made from natural ingredients, organic oils and plant extracts (not tested on animals and contain no animal ingredients). Available in seven heavenly scents they are minimally packaged to lessen environmental impact and 10% of all profits go to rainforest conservation charity, Iracambi. Visit ecosoaipia.com, £6 for 295ml.



BEST FOR SLEEPY HEADS

Snuggle Paws: → soft Okeo-Tex cotton tops and bottoms have built in scratch mitts and non-irritating flat seams, they are ideal for little ones suffering eczema or sensitive skin. They will protect and calm the skin while you don't have to keep one eye on the scratching. Visit snugglepaws.com or phone 0870 443 5425



Before festive fever leaves you feeling harassed, treat yourself with a little care and you'll feel more in control

best for surviving Christmas

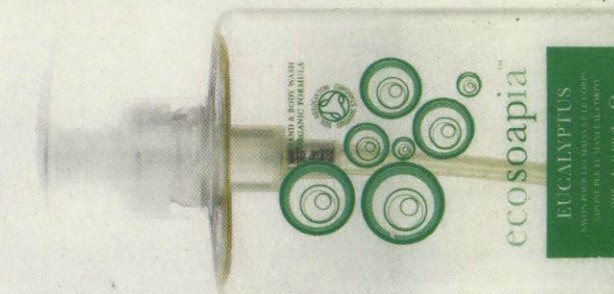
BEST FOR EASING STRESS

← **Badger natural remedies:** Sleep balm, healing hands balm and sore muscle rub. Made with organic ingredients they will relieve chapped skin, soothe aching muscles and send you into a blissful sleep. £3.99 each from Boots, Waitrose, Sainsbury's and John Lewis.



BEST FOR MIDNIGHT SNACKS

← **Nairn's organic oat cakes:** wholegrain, low GI with no artificial colours, flavourings or preservatives, what's more they are baked with rosemary and pumpkin seeds - perfect for snacks without guilt! nairns-oatcakes.com



BEST FOR BUSY LIVES

← **Origins ginger delights:** unwind with seductive, warming spices. Ginger Bath Candy, fizzing cubes £20 for 12, Ginger Retreat: body cream, bubble bath, body scrub, body wash, bath mitt and fragrance gift set for £40. Visit organics.co.uk or call 0800 731 4039 for stockists.

