

body and soul

Secrets of the HEALTH PROS

Ever wondered how your GP avoids a hangover or what food a nutritionist eats? Find out here



THE NUTRITIONIST

What I DO 'I eat a "perfect" breakfast,' says Laila Lewis, nutritional therapist at www.nourishingbynature.co.uk. 'I have jumbo porridge oats with almond milk (easier to digest than dairy) and walnuts, berries, linseeds and sultanas.'



What I DON'T do 'I avoid so-called "healthy" processed food because of the additives and preservatives, and never have low-sugar drinks containing aspartame, which has been linked to cancer.'

THE DRINK EXPERT

What I DO 'I try not to drink too much,' says Dr Sarah Jarvis, GP and adviser to education charity Drinkaware. 'But on the rare occasions I've overdone it, I've breakfasted on boiled egg and soldiers. It contains essential nutrients that can really help!'



What I DON'T do 'I don't use hangover wonder cures. They don't work.'

THE HEADACHE SPECIALIST

What I DO 'If I get a headache, I act fast,' says Dr Andrew Dowson, Director of Headache Services at King's College Hospital, London. 'I choose ibuprofen or aspirin because I find anti-inflammatories work better than paracetamol. I also down a big glass of water as mild headaches are often caused by dehydration.'

What I DON'T do 'I don't take painkillers containing codeine, unless I have a migraine. They can lead to dependency and, ironically, chronic headaches.'



THE DENTIST

What I DO 'I use the Oral-B Triumph toothbrush and Ultradex toothpaste and mouth rinse,' says Dr Mervyn Druian of The London Centre for Cosmetic Dentistry (www.londoncosmeticdentistry.co.uk). 'Electric toothbrushes are better at cleaning than manual ones while Ultradex products contain an active ingredient that re-calcifies teeth



and whitens them by oxidising organic stains.'

'I also use a water flosser (from £49.99 at www.waterpik.co.uk) instead of regular floss as I find it more effective at removing plaque.'

What I DON'T do 'There are lots of "healthy" tips I never follow as they're damaging to teeth. For instance, drinking warm water and lemon juice first thing in the morning is terribly corrosive.'

'I also avoid green tea because it stains enamel, and I water down fruit juices to avoid any acid damage.'

THE SLEEP EXPERT

What I DO 'I set a technology cut-off time two hours before I go to bed,' says Sammy Margo, author of *The Good Sleep Guide* (Vermilion, £10.99). 'The light from the computer has a negative effect on the release of my sleepy hormone melatonin. I also buy new pillows every six months.'

What I DON'T do 'I never exercise in the evening. And I never have a lie-in if I need to catch up on sleep – it leaves me feeling groggy. I just go to bed early the following night.'

