

Keeping your finger on the medical pulse

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# REVEALED

## The top secrets of the health experts



EVER WONDERED WHAT TOOTHPASTE YOUR DENTIST USES? WHAT "HEALTHY" FOODS A NUTRITIONIST WOULDN'T EAT? ASKED THE PROFESSIONALS TO SPILL THE BEANS ON WHAT THEY DO AND DON'T DO TO STAY HEALTHY BY MICHELE O'CONNOR

### THE DENTIST

**Dr Mervyn Druian of The London Centre for Cosmetic Dentistry (www.londoncosmeticdentistry.co.uk).**

**What I do:** "I use an Oral-B Triumph rechargeable toothbrush and Ultradex toothpaste and mouth rinse."

"Rechargeable toothbrushes are far more effective at cleaning than battery-operated brushes, which aren't powerful enough. Ultradex products contain an active ingredient that recalcifies, or rebuilds, the tooth enamel and whitens teeth by gently oxidising organic stains."

"I also use a water flosser – it cleans

between my teeth with water – instead of regular floss because I find it to be much more effective at removing traces of plaque."

**What I don't do:** "There are lots of so-called 'healthy' tips I never follow because they're damaging to teeth."

"For instance, drinking warm water and lemon juice first thing in the morning may be good for the digestive system, but it's terribly corrosive to the teeth."

"I avoid green tea because it stains



enamel and watered-down fruit juices to prevent getting acid damage. And I would never use an at-home whitening kit – or have my teeth whitened by a non-dental professional."

"I've heard horror stories about chlorine dioxide – a chemical more commonly found in industrial cleaners! It is highly acidic and can dissolve the tooth surface, which can then cause permanent damage, discolouration and also great sensitivity."

### THE HEADACHE SPECIALIST

**Professor Anne MacGregor, a Harley Street headache specialist (www.annemacgregor.com).**

**What I do:** "The one thing I do to prevent headaches is drink lots of water throughout the day to make sure I'm hydrated. Dehydration is one of the most common headache triggers."

**What I don't do:** "I avoid compound analgesics containing codeine – those painkillers like 'Extra' – because 'stronger' painkillers aren't better for headaches or migraines than simple ones. They can actually make them worse and can be addictive."

### THE NUTRITIONIST

**Laila Lewis, nutritional therapist (www.nourishingbynature.co.uk).**



**What I do:** "I make sure I eat a healthy breakfast. I have jumbo porridge oats (not ready-processed porridge) with coconut or almond milk, which is easier to digest than dairy, and walnuts, ground sunflower seeds and

linseed and natural sweeteners such as berries and sultanas."

"This high-fibre, low-GI/GL (glycemic index/glycemic load) combo is rich in nutrients, keeps me full, kick-starts my metabolism and stabilises blood sugar."

**What I don't do:** "I avoid so-called 'healthy' processed foods, e.g. low-fat yoghurts or cereal bars, because of all the additives and preservatives they contain."

"I eat real butter because the saturated fat is natural, unlike the hydrogenated fats in some margarines and low-fat spreads, which have been linked to heart disease and diabetes."

"I also go for natural yoghurt made with full-fat milk rather than low-fat versions, which have extra sugar and manufactured ingredients to make up for low fat. And I never drink low-calorie drinks that contain aspartame."

"I'd prefer to have a little natural sugar than this potentially lethal chemical, which has been linked to cancer."



### THE SLEEP EXPERT

**Sammy Margo, author of The Good Sleep Guide (www.sammymargo.com).**

**What I do:** "I set myself a technology cut-off time at 8.30-9pm, two hours before I go to bed. This allows my brain to start to switch off gradually because humans beings are a lot more like dimmer switches than on-off switches!"

"Exposure to the artificial light from the computer or iPad also has a negative impact on the release of the sleep hormone melatonin, which will affect the quality of my



night's sleep. I do, however, have a snack at 9pm so I don't wake up in the night because I'm hungry – and I also buy new pillows every six months without fail."

**What I don't do:** "I don't drink caffeine after lunch, and I avoid any confrontations or horror films late into the evening as these make me feel anxious and can end up disturbing my sleep."

"And I never have a lie-in if I do need to catch up on sleep. This disturbs my biological clock and leaves me feeling groggy so it is just counterproductive. I always make sure I go to bed early the following night instead."

### THE EYE SPECIALIST

**Kelly Plahay, optometrist and chair of the Eyecare Trust (www.eyecaretrust.org.uk).**

**What I do:** "I follow the '20-20-20 rule' when using my computer, tablet or mobile."

"I always look away from the screen every 20 minutes, for 20 seconds and focus on objects 20 feet away."

"This helps combat the effects of screen fatigue that can leave my eyes feeling sore, itchy or tired, bring on headaches, impair my colour perception and temporarily blur my vision."

**What I don't do:** "I'm afraid



because of my busy lifestyle, I don't always have time to eat a healthy, balanced diet – even though there are studies that show diet plays a major role in helping to prevent conditions such as age-related macular degeneration."

"So I take a Viteyes supplement to make up for not always getting the recommended daily intake of eye-friendly nutrients found in foods such as leafy greens, fruits, fish, chicken, eggs and wholegrains."

"I use Viteyes 2, which is available to buy from most high-street opticians and pharmacies and costs £57 for a three-month supply."



### FITNESS EXPERT



**Charlotte on ITV's Loser and coach for Lacrosse**

**What I do:** "I manage my stress day before I've slept"

energy levels are high, then But if I feel stressed for an I'll do yoga or go for a rela

"Exercise is brilliant for relieving stress, but it's important to use it in the right way so that it doesn't just add yet more pressure to your system, lowering both your mood and your immunity."

**What I don't do:** "I never exercise within three hours of my bedtime. This is because heavy exercise stimulates the release of adrenaline, elevates levels of cortisol and raises the body temperature – none of which are considered particularly conducive to a good sleep!"