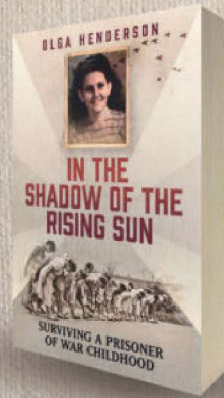


EVIL OF WAR THROUGH THE EYES OF A CHILD

Don't miss POW survivor Olga Henderson's inspirational story



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HEALTH be your best



Edited by AMY PACKER

THE FITNESS TRAINER

Sam Shaw, celebrity coach and trainer, Lemon Studios (lemonpt.com)

Don't try to be superwoman or superman, just because you're on holiday, says Sam.

"It's not wise to jump into a strenuous activity regime like going for a run in extreme heat or using the hotel gym equipment if you haven't been active in a while. Even if you're just joining in with a game of beach volleyball or football, warm up and properly stretch beforehand.

"Joining an impromptu game and exerting yourself without proper preparation puts you at the risk of injuries like twisted knees or a strained back."



THE DERMATOLOGIST

Dr Emma Craythorne of the British Association of Dermatologists (BAD)

BAD research has found 27% of people sunbathe before their holiday to build up a base tan and believe it means they'll burn less easily when they're abroad. "The concept of a 'base tan' is pure myth," says Dr Craythorne.

"Any tan is a sign of sun damage. So protect your skin. Sunscreen should be at least SPF30, and include protection against UVA. Apply it as you would a serum or a moisturiser – spread, rather than rub it in. You can actually rub off the sunscreen by being overzealous."

THE OSTEOPATH

Mr Michael Fatica (backinshapeprogram.com)

Michael says: "Travelling often means long periods in one cramped position with a compromised posture. This can take its toll, even for those who don't normally suffer from back pain.

"Take a small rolled up towel with you for lumbar support – it might not seem like much, but it supports the natural curvature of the lower back and will help ensure the best posture."

When you arrive at your destination head to the hotel bed to perform the decompression technique to alleviate pressure on the joints and nerves of your spine, he adds.

"Lie straight across the bed on your tummy so your head and arms are dangling down over the edge of the bed. Gently stretch your lower back like this for approximately 20 seconds."

THE PHARMACIST

George Sandhu, deputy superintendent pharmacist at Well Pharmacy (well.co.uk)

You could be fined – or even arrested – if you travel with medicine that's illegal in another country. "Some drugs prescribed in the UK are restricted in other countries," says George.

"Check with the embassies of the country or countries you're travelling to about restrictions and bans.

"Examples of controlled drugs include diamorphine, diazepam, codeine, morphine and fentanyl.

"You may need to bring a letter from your doctor with details of the medicine and the health condition you need it for. And always keep medicines in your hand luggage."

THE ENT DOCTOR

Dr Riaz Rampuri, Auris Ear Care (aurisearcare.co.uk)

"Swimmer's Ear – a skin infection in the ear canal – can happen after pool or sea water gets trapped in the ear and bacteria or fungus grows as a result. Use earplugs to prevent water getting into your ears and avoid silicone ones as they can easily get stuck in the ear accidentally," says Dr Rampuri.

"Take Ear Calm spray with you (this helps fight bacteria and can be bought in a pharmacy) and apply it when you think you may be developing an ear infection.

"Always keep your ears dry if you have early signs of an ear infection. Don't apply softening ear drops like olive oil, Otex or sodium bicarbonate. Bacteria

and fungi thrive in a warm, moist and closed environment and these drops will only promote bacterial growth. If nothing helps, see a local ENT specialist in the country of your travels."

THE NUTRITIONIST

London nutritionist Lily Soutter (lillysoutternutrition.com)

"Our diets often change when we're on holiday, as we're subject to what's available on planes, airports and eateries out and about. These options are often low in fibre which can contribute to constipation.

"Pack some flaxseeds in your suitcase and sprinkle them over your breakfast.

"Just two tablespoons provide more than a third of our daily target."



THE OPTOMETRIST

Giles Edmonds, clinical services director at Specsavers (specsavers.co.uk)

"Excessive sun exposure can cause irreversible damage to your eyesight and increase the risk of blindness.

"Wear sunglasses even on a cloudy day as clouds don't block out all UV light. Always check sunglasses comply with BS EN 1836: 1997 or bear the CE kitemark and are marked UV 400."

Giles adds: "Too many people choose a cosmetic pair without proper protection, which may cause the pupil to dilate, actually increasing the amount of UV light filtering into the eyes. Be aware that contact lenses offering UV protection don't cover the whole area of your eye, so should be worn with sunglasses."

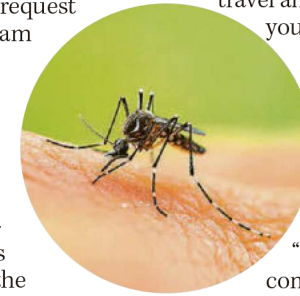
THE NUTRITIONIST & TRAVEL ANXIETY EXPERT

Nutritionist Aimée Benbow

Nervous travellers often request sedatives such as diazepam from their doctor but prescribing it for this reason is no longer recommended.

"Medication like diazepam can have side effects including drowsiness and confusion," says Aimée. "That could put the user in danger should there be an emergency on board a flight."

"Additionally, sedatives lead to much reduced movement, which during a flight can increase the risk of blood clots. Instead, try Viridian Organic Ashwagandha (£22.75 for 60; independent health food stores). The extract of the root of Ashwagandha has



THE BUG BITE PREVENTION EXPERT

Howard Carter, founder of Incognito Spray (lessmosquito.com)

"It only takes one bite to contract dengue or malaria, so don't pack your insect repellent in the hold as you risk being bitten while you're waiting for your bags. Wear light-coloured clothing so mosquitoes can more easily be seen if they land on you," Howard advises.

"If they land on dark clothing, they've got more time to be undetected and to find a vein. And avoid heavily scented

been well studied in humans to support relaxation and lower feelings of stress. Start taking it a few weeks before you travel and on the morning of the day you start your trip."



Kim Jones asks experts for their top tips to ensure you stay in tip-top condition while away this summer

Have a healthy holiday

body washes and perfumes as they attract mosquitoes."

THE PHARMACIST & TRAVEL VACCINATION EXPERT

Karen Baker, pharmacist from Care (allthecareyouneed.co.uk)

"Ask at your local pharmacy about travel vaccinations or look on the National Travel Health Network and Centre (travelhealthpro.org.uk) website," Karen advises.

"It gives you information on each particular country and explains which diseases you need to be aware of, along with malaria prevention advice.

"But do your research at least eight weeks before you travel, as it can take time to arrange vaccinations and for them to be sufficiently effective before you leave."

THE PODIATRIST

Dina Gohil, brand ambassador for CCS Foot Care (ccsfootcare.co.uk)

Beware of beach-feet burn. Always wear beach shoes or sandals when walking on hot sand as it can reach blisteringly high temperatures.

"And remember to apply sun protection all over the feet – your soles burn easily in the sun because the skin there is so tender," says Dina.

"And if you've got a new pair of shoes for your holiday, I'd advise breaking them in before you go away."



THE ADVANCED NURSE PRACTITIONER

Cheryl Lythgoe, matron at Benenden Health (benenden.co.uk)

"Heat, humidity and unfamiliar water all add up to a poorly tummy for many British tourists. Bacteria grow more quickly in warmer climates, so take extra care around riskier foods such as seafood and chicken," says Cheryl.

"Even fruit and vegetables can present a risk if they've been washed in water that we're not used to.

"Vomiting and/or diarrhoea can lead to suffering dangerous levels of dehydration surprisingly quickly.

"Take oral rehydration solutions to replace salt, glucose and other important minerals."

THE WATER SAFETY EXPERT

Ashley Jones, water safety and drowning prevention manager at Swim England (swimming.org)

"Swimming outdoors comes with the risk of cold water shock which can seriously affect your breathing and movement. The sudden cooling of the skin causes you to gasp for breath, which can send you into a panic and increases your chances of inhaling water," says Ashley.

"The initial effects of cold water pass in less than a minute.

"So if you ever do fall into cold water unexpectedly, try to keep calm, relax and float on your back until you can control your breathing. Then either call for help or swim to safety."