

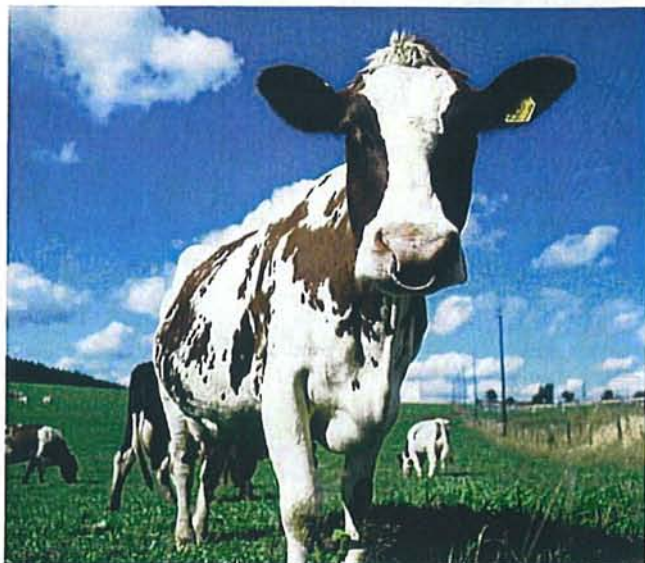


FEEL

Your wellbeing



Natural ways to ease pain, boost immunity and beat IBS, plus a relaxation technique with a distinctly country air... Anne Montague reports



Take a moo-ment

Mad or worth a try? Devon dairy farmer Graham Vallis found the gentle mooing of his cows such a powerful aid to relaxation that it inspired meditation expert Martin Boroson to create a five-minute exercise based on the bovine call. Sit with your back straight but relaxed, then close your eyes, relax any tension in

your body and breathe deeply and slowly. Chant or say the word 'moo' slowly for the entire length of the breath. Repeat it on each breath, letting the sound resonate in your body. For more ideas on relaxing with a rural theme – including other soothing sounds of the countryside for meditation – visit the website love-om.com.



Natural cures Irritable bowel syndrome

Organic pharmacist Margo Marrone has these suggestions:

- **Take care about what and how you eat** Don't rush, and chew slowly and thoroughly. Steam or lightly cook food – raw food is more difficult to digest. Increase your intake of anti-inflammatory ginger, pineapple and papaya and include watercress, celery, fennel and turmeric to help detoxify your system. Avoid gas-producing foods such as pickles, beans, pulses, onions and cabbage.
- **Try herbal remedies to soothe the gut and**



Healing art

Forget pills – gazing at a masterpiece could be enough to **ease aches and pains**. **Italian researchers** found when people in mild pain **looked at a beautiful painting**, their **discomfort was less** intense than if they looked at a blank wall. If art doesn't do it for you, **try music**. Surgical patients who chose music to be played **before, during and after their operation** needed **less anaesthesia** and fewer post-op painkillers.

Boost your immunity

With coughs and colds doing the rounds, ayurvedic consultant Dr Prasanna of the Ayush Wellness Spa advises you up your exercise to kickstart your metabolism, massage your feet and scalp to boost circulation, and eat a healthy diet: 'Cut down on red meat and dairy and include warming spices such as cumin, turmeric and black pepper. Eat plenty of fruit and vegetables, and try a teaspoon of Chyavanaprash jam (available from Indian food shops or to buy online at ayurvedasabena.co.uk). Made from the Indian gooseberry, it's one of the richest natural sources of vitamin C.'



For more health tips and ideas, visit www.allaboutyou.com/diet-wellbeing