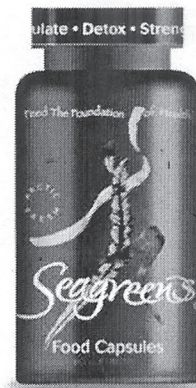


"The best detox aids on the high street,
as reviewed by Proof magazine,
... Seagreens Amalgam Detox Capsules
from Oceans of Goodness, 01444 400403
or NutriCentre 020 7436 5122."



Seagreens® Food Capsules
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BODY STRATEGY
JOANNA HALL



Your questions answered

I go to the gym six times a week, walk to and from work, and watch what I eat. But I have reached a standstill. I've been told to shake up my workout, but have no idea how to do so.

You sound pretty fit, but also stuck in a rut. I want to give you something back – some time! For the next six weeks, try cutting back your cardio sessions to three to four a week with these three 30-minute treadmill programmes that use a concept called the rate of perceived exertion.

RPE is a simple concept by which you rate on a scale of 1 to 10 your aerobic exercise intensity. RPE 1-2 is very easy, 3 easy, 4 moderately easy, 5 moderate (you should feel slightly out of breath), 6 moderately hard (if chatting, it should be sporadic), 7 difficult (to talk requires a lot of effort), 8 very difficult (talking would require maximum effort) and 9-10 is peak effort (no talking possible). Start and end each workout with a five-minute warm-up and cool-down of RPE 3-4. Depending on your fitness, this will mean brisk walking or light jogging with some leg stretches.

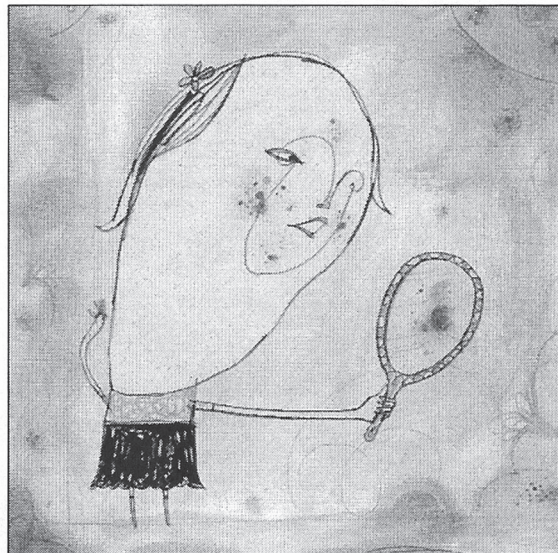
For your Double Blast session, do five minutes at RPE 5, eight at RPE 7-8, two at RPE 4, eight at RPE 7-8, two at RPE 4 and five minutes at RPE 5.

For your High-intensity Hills session: five minutes at RPE 5 with treadmill flat, five at RPE 8 with treadmill on incline. Repeat twice, then 10 minutes at RPE 5 with treadmill flat.

The Steady Climb session involves five minutes at RPE 5, five at RPE 6, 10 at RPE 7, five at RPE 6 and five minutes at RPE 5. After week three, add five minutes to each workout's hardest segment.

These are challenging but the payoff is greater fitness in shorter workouts. Complement with one Astanga yoga session a week and you should find you have got off that plateau and gained more free time.

Joanna Hall is a fitness expert (joannahall.com) Send your exercise questions to: Weekend, 119 Farringdon Road, London EC1R 3ER (weekend@guardian.co.uk).



ASK EMMA
EMMA MITCHELL

I've always had good skin, but in the past couple of months it's become blotchy. My pores have opened and my cheeks are often red and puffy.

Try to detect a reason for the change: different make-up or creams, a change in diet, higher intake of caffeine or fast food, or a particularly stressful time. You could have a build-up of toxins in your system. Cleanse and detox with a diet of organic fruit and vegetables, whole grains, seeds and nuts. Eat lots of fibre, which binds with toxins and removes them, drink lots of water and take herbs such as milk thistle and green foods such as seaweed and wheat grass. The best detox aids on the high street, as reviewed by Proof magazine, are Biofirm by New Nordic (from the NutriCentre, 020 7436 5122) and Seagreens Amalgam Detox Capsules (from Oceans of Goodness, 01444 400403).

My six-year-old daughter has had a tiny granuloma in her navel since birth. It still bleeds sometimes, particularly if she is run down.

A granuloma in this area could be subject to low-grade infections and the anti-infective (especially anti-fungal) properties of echinacea would be of great benefit. A Vogel Echinacea cream, from Bioforce (£4.49 for 35g, 01294 277344, bioforce.co.uk, or from good healthfood stores) contains extracts of certified organically grown wild pansy and echinacea flowers and roots. Apply topically twice a day. To boost your daughter's immunity, particularly when she is run down, try Sambucol For Kids (from healthfood shops)—this was developed by a world-renowned virologist, and contains black elderberry extract, propolis and vitamin C.

Emma Mitchell is a natural health therapist. Before following Emma's recommendations you should consult your GP about any medical problems or special health conditions. Send your questions to Wellbeing, Guardian Weekend, 119 Farringdon Road, London EC1R 3ER. Email: ask.emma@guardian.co.uk.

DOES IT WORK?

This week:
Face reflexology

Being a reflexology virgin, I wasn't sure what to expect from this treatment. It's pretty much like its sister, foot reflexology, but is more of a health/beauty treatment in that you get the added bonus of a fantastically glowing complexion. The session began with a quick-fire health quiz: how much water did I drink? was I stressed?—the usual questions. Next, the therapist began a very gentle face massage with rose oil, while I relaxed to the point of bliss and listened to a bit of Mozart.

All was calm until she hit upon the part of my cheek that corresponded to my stomach. Suddenly, all manner of noises came from my belly, and we turned down the Mozart so we could hear what it was saying. Apparently, it said it was out of kilter and I should take it, and my glowing face, off to the nearest health shop and buy some aloe vera juke. Mind Body Positive Face Reflexology, from £40 for 50 minutes, 07941 417441 (facereflexology.com).

INGER FOX

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