


 A woman with long dark hair, wearing a light-colored bikini and high-heeled sandals, is posing in a mannequin shop. She is leaning against a mannequin. The shop is filled with many white mannequins in various poses, some hanging from the ceiling. The lighting is warm and the atmosphere is artistic.

12 health changes to make now

Effort is nothing without inspiration, so kick off the New Year with a raft of fresh ideas. By Kelly Gilbert

Spray time

A QUICK SPRAY UNDER THE TONGUE BYPASSES THE SOLUBILITY AND ABSORPTION PROBLEMS THAT HAMPER TRADITIONAL SUPPLEMENT TAKING, SO UPGRADE NOW.

WE ESPECIALLY LIKE DLUX VITAMIN D SPRAY, £7, AT BETTERYOU.UK.COM, AND DAVID KIRSCH VITAMIN B12 SPRAY, £18, AT SPACENK.CO.UK - BOTH VITAMINS HAVE RECENTLY MADE THE NEWS FOR THEIR WIDE-RANGING HEALTH BENEFITS.

2.

If you put the kettle on, make it a fennel tea.

Fennel is something of a panacea. It is loaded with mood-boosting potassium, magnesium and calcium as well as vitamins B and C, but what really piques the interest is fennel's weight-loss benefits - it works as an appetite suppressant and a metabolism booster. Recent studies have also shown its worth in treating hormonal imbalances because fennel is rich in phyto-oestrogens, which soak up excess oestrogen in the body.

3.

Bookmark now

victoriabealth.com is an enlightening read and a compelling shopping Mecca for all the latest health supplements and curiosities.



4.

Shape up your shopping list

THE BUZZ IN NUTRITION IS FOR NUTRIGENOMICS: FOODS THAT TURN ON THOSE GENES THAT BURN FAT AND PROTECT MUSCLE MASS. WATERCRESS, CHIA SEEDS (MOVE OVER FLAX, THESE SEEDS ARE THE THING TO SPRINKLE ON YOUR SALADS FOR 2011), CINNAMON AND TURMERIC ARE FOUR SUCH HARDWORKING FOODS. INTRIGUED? COSMECEUTICAL GURU DR PERRICONE LISTS HIS TOP 200 GENE-MANIPULATING FOODS IN HIS LATEST BOOK *FOREVER YOUNG* (PERRICONEMD.CO.UK, £18)



5.

Breathe easy

If asthma, hay fever, sinusitis or a heavy cold trouble you, book a session at a salt cave, where the air's "cleansing" ionized salt particles

can pass into your respiratory system as you relax and start to breathe deeply. Even sporadic visits can reduce dependence on medication and frequency of asthma attacks, and frankly it's a rarity that a health treatment is such a joy. Saltcave.co.uk

6.

Take a mental detox

Give your mind the same attention as your body and book on to Wellbeing Escapes' Mind Unwind retreat for the emotionally overwrought (Wellbeingescapes.com/mindunwind)

7.

HIT THE SPOT

When something gets FDA approval - not an easy thing - you know it will be effective.

So now that Harvey Nichols' Medispa has introduced the newly endorsed fat-freezing machine Zeltiq, those with localised bulges of fat that refuse to be beaten by exercise or diet should be excited. One session can reduce the fat layer between 20-40 per cent through "cryolipolysis", a cooling procedure that is not exactly relaxing - and you can expect a certain amount of bruising - but, hey, there are no needles and it's over in an hour. Beyondmedispa.co.uk

Photo: Patrick Demerouti

8.

Think thin

If you are serious about weight loss, try the Benestar

centre's innovative four-day Gastric Mind Band programme, which includes a combination of cognitive behavioural therapy, hypnosis and neuro-linguistic programming. The hypnosis is progressive, incorporating the smells and sounds of the operating theatre to make your subconscious believe you have had a real band fitted. The testimonials are compelling and so is the short four-day commitment. (Benestar.co.uk)

9.

Walk this way

THE BUZZ STATESIDE IS TO PIMP YOUR WALK TO MAXIMISE THE CALORIE BURN AND TONING OPPORTUNITIES: LAYER ON A WEIGHTED WALKING VEST - THEY ARE CHICER THAN YOU'D IMAGINE AND FAR MORE EFFECTIVE THAN THE WRIST OR ANKLE VARIETY (KRSC.CO.UK). BOOK A PERSONAL-TRAINING SESSION TO CORRECT YOUR POSTURE AND IMPROVE YOUR STRIDING TECHNIQUE. THE THIRD SPACE OFFERS GAIT ANALYSIS IN ITS MEDICINE CENTRE (THETHIRDSPACE.COM). INVEST IN A PAIR OF MBTS: THEY BURN AND FIRM (UK.MBT.COM). DOWNLOAD AN AUDIO FUEL BPM WALKING PROGRAMME FOR YOUR MP3 - IT'S MUSIC TAILORED TO HELP YOU KEEP YOUR STRIDE AND MOTIVATE YOU WHEN YOUR GLUTES START TO ACHE (AUDIOFUEL.CO.UK).



10.

Get happy

Recent meta-studies have concluded that a micro-dose of Prozac (a tenth of the

dose prescribed for depression, so there are no reported side effects) taken in the five days before your period can have a neutralising effect on the symptoms of PMT. If you're suffering, ask your doctor.

12.

REGAIN YOUR BALANCE

Fitness insiders are reverting to the subtle power of holding poses which require balance as a means to increase core strength and flexibility. Try the new TRX "suspension fitness" sessions at Heartcore (Heartcore.co.uk), which consist of balancing while hanging from ropes, which encourages a gymnastic physique. (A home kit is available at Trxfitness.co.uk.) The Third Space's exciting new Marylebone club has a Retro Gym, complete with beams, climbing ropes and bars (Thethirdspace.com). At home, the Coolboard - a discombobulating device - facilitates all kinds of exercise poses. Visit Coolboard.co.uk for downloadable Coolboard classes and online technique advice. On the go, Power Balance hologram-embedded wristbands promise to boost your body's natural energy field (Powerbalanceuk.com). Then enrol in Body Balance, a programme tailored to "achieve equilibrium within the body" through acupuncture, at the Kite Clinic (Kiteclinic.co.uk).

11.

Pass the litmus test

It's all about longevity-giving alkaline foods. First, meet Gareth Edwards (Food-for-life.co.uk), who looks at your blood under a microscope to spot acidity; then kick-start a new approach with Raw & Juicy's delicious "H Perfect" home-delivery diet (£375 per week; Raw-and-juicy.com)