

# EVIL OF WAR THROUGH THE EYES OF A CHILD

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

Available from Amazon, selected  
supermarkets and all good bookshops.  
Also available in ebook



## MirrorOFFERS

The ideal space to start  
your home garden!



FROM  
£34.99  
BUY NOW!

### RAISED METAL GARDEN BED - SAGE GREEN

From £34.99 plus £6.99 p&p

A stylish raised bed in a choice of sizes is a great  
alternative to converting your outdoor space into a  
time consuming and space hungry allotment.

- Practical; This metal raised bed will provide the  
perfect base at 30cms high. Suitable for all  
your all your home-grown projects whether it's  
a stylish patio garden for vegetables and herbs  
or flower beds, what's more minimizing  
bending and stooping makes light work when  
weeding helping to avoid backache.

Call **0871 664 2457\*** (quoting RE1081) or visit **thompson-morgan.com/RE1081**

\*Calls cost 12ppm plus your phone company's access charge. Lines are open 7 days a week 9am-6pm. Please note your contract for supply of goods is with Thompson & Morgan. Subject to availability. To find out exactly how we store and use the data you give us please visit [www.thompson-morgan.com/privacy](http://www.thompson-morgan.com/privacy). Delivery to UK addresses only. We are unable to ship seeds or plants to EU countries and Northern Ireland. Images for illustration purposes only. Despatched from July onwards. Offer closes 08/08/2023.

- Assembly; Easy to assemble in less than 30  
minutes with just nuts and bolts (you will need  
a screwdriver and a pair of pliers), then simply  
fill the bed using a soil of your choice.

NOTE: There is no base to the planters, we recommend  
using a suitable liner if using on a patio. Large;  
L80xW60cmxH30cm; Weight 2.5KG.  
Extra Large; L120xW90cmxH30cm; Weight 3.5KG

**Metal Raised Garden Bed (60x60cm) -  
Sage Green (KF2823) £34.99 + £6.99 p&p**  
**Metal Raised Garden Bed (80x60cm) -  
Sage Green (G4832) £44.99 + £6.99 p&p**  
**Metal Raised Garden Bed (120x90cm) -  
Sage Green (G4833) £59.99 + £6.99 p&p**

# HEALTH be your best

## THE FITNESS TRAINER

Sam Shaw, celebrity coach and trainer,  
Lemon Studios ([lemonpt.com](http://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 ([backinshape  
program.com](http://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](http://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 medi-  
cine 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](http://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  
([lilysoutternutrition.com](http://lilysoutternutrition.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 table-  
spoons provide more  
than a third of our  
daily target."



## THE OPTOMETRIST

Giles Edmonds, clinical services director  
at Specsavers  
([specsavers.co.uk](http://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 increas-  
ing 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

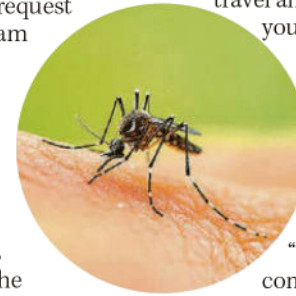
Nutritionist Aimée Benbow  
([specsavers.co.uk](http://specsavers.co.uk))

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 drowsi-  
ness 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

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."



## THE BUG BITE PREVENTION EXPERT

Howard Carter, founder of  
Incognito Spray  
([lessmosquito.com](http://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

body washes and perfumes as they  
attract mosquitoes."

## THE PHARMACIST & TRAVEL VACCINATION EXPERT

Karen Baker, pharmacist from Care  
([allthecareyouneed.co.uk](http://allthecareyouneed.co.uk))

"Ask at your local pharmacy about  
travel vaccinations or look on the  
National Travel Health Network and  
Centre ([travelhealthpro.org.uk](http://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](http://ccsfootcare.co.uk))

Beware of beach-feet burn. Always  
wear beach shoes or sandals when  
walking on hot sand as  
it can reach blister-  
ingly 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](http://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 impor-  
tant minerals."

## THE WATER SAFETY EXPERT

Ashley Jones, water safety and  
drowning prevention manager at Swim  
England ([swimming.org](http://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."



Edited by AMY PACKER



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

# Have a healthy holiday