

What's hot in health

Susan Clark, our award-winning natural health guru, answers your questions every week



I'M RUNNING A HALF MARATHON. HELP!

I'm doing a charity run in June. Is there a supplement I can take to help my body cope with the training, the run itself and my recovery?

ANNA, 39, DARLINGTON



THE SUPPLEMENT YOU NEED TO START TAKING now is CoEnzyme Q10 (CoQ10). Known in the industry as 'the energiser',

it's present in all the body's hardest-working organs, including the heart, and will help keep you going by boosting the supply of oxygen to the body's tissues. CoQ10 is present in small amounts in both meat and seafoods, too. Take a maintenance dose of 100mg a day between now and the race. During the week of the event, increase this dose to 300mg a day. I recommend you use PharmaNord's Bio-Quinone CoQ10, (£37.97, which provides 100mg of the active ingredient per capsule. Available from good health stores or order online at www.greenfoods.co.uk.

WHAT'S CAUSING MY RED, FLUSHED CHEEKS?

Over the past few months, I've developed red, flushed cheeks and my GP thinks it may be rosacea. He prescribed an antibiotic cream but it didn't really work. Could it be something else?

CAMILLA, 34, WOKING

IF THE FLUSHING IS WORSE WHEN YOU'RE IN AN OVERHEATED ROOM, drinking alcohol or eating spicy food, it's likely to be an early sign of acne rosacea. This is caused by inflammation of tiny blood vessels, especially across the nose, cheeks and forehead. Rosacea has been linked to digestive disorders and stress, which means it's best to treat the problem from the inside as well as topically. Vitamin C, in the form of Ester C, can help – take 1g a day. Also use grape seed extract (200mg, three times a day). This combination has excellent anti-inflammatory properties, will strengthen the walls of the tiny blood vessels and reduce flushing. For the outside, Kuswera Zuro, made from the African potato tuber plant, is a little known but highly effective moisturiser. A 60g jar costs £19.95 from The Little Herbal Company (01484 685100; www.littleherbal.co.uk).

My gums are bleeding – is it serious?

I've been flossing my teeth for years, but my gums still sometimes bleed. I've read this is a sign of a gum infection. How can I treat it?

NILA, 31, LINCOLN

BLEEDING GUMS ARE A SIGN OF PERIODONTAL disease – a bacterial infection that can be passed, via saliva, between people living in the same household and which, astonishingly, affects an estimated 66 per cent of younger adults. The first remedy to use is Dental Miracles, a minty herbal powder that you use dry on your toothbrush before cleaning your teeth, which will protect the gums from infection. It costs £17.99 for a 9g pot, which should last several months (from Victoria Health: www.victoriahealth.com). Then brush your teeth using your normal toothpaste and follow with Gingegal Mouth Rinse before applying Gingegal gel to gums (£7.99 and £5.99 respectively, available at Boots). They each contain hyaluronic acid, a natural substance found in the body that has been shown to stimulate the production of new, healthy gums.

*BOOK OF THE WEEK

Everyone knows home-cooked food is best for children. Now *Healthy Cooking For Children* by Mandy Francis, a mother and writer, tells you the yummy mummy tricks that will get your kids tucking into healthy food (£12.99, Infinite Ideas).

