

Celebrity clinic

I scratched my scalp until it bled

A skin condition made life hell for TV star Deena Payne, 52

Actress Deena Payne has trained as a reflexologist and aromatherapist, and believes that emotions can affect the body in a physical way. So it came as no surprise when a complementary therapist told the star, who plays Viv Hope in *Emmerdale*, that her painful, itchy scalp was the result of a stressful life 13 years ago.

'For me, the stress stemmed back to 1993, when I was juggling life as a new mum to my son, William, now 14, with work,' she says.

The stress manifested itself as an itchy patch of skin at the nape of her neck. 'Because I couldn't help scratching it, it became really inflamed,' she says. 'It spread until my scalp was covered in itchy, flaky skin.'

Deena was diagnosed with psoriasis, a condition in

which new skin cells are made faster than normal, causing thickened patches of flaking dead skin.

'The dermatologist suggested a steroid treatment, which worked for a while, but then the itching came back 10 times worse,' she says. 'I was

scratching my head so much it bled!

'Then I heard about a treatment

containing Simba, an extract of a potato tuber from Africa. It's anti-inflammatory and balances the immune system.

'I decided to try it, along with a herbal scalp cream, and within two months my scalp had cleared up.

'I still take one tablet a day, but I'm so relieved to

be free of the symptoms.'

● **For more information about Simba, visit www.littleherbal.co.uk.**

'My skin was itchy and flaky'

FIT FACT

De-stress with a gentle class of yoga, and then you can have a couple of guilt-free slices of buttered toast.

