



## Have no fear...

Does your flying phobia stop you getting on a plane? Do spiders make you cry? Try one of these alternative cures...

### Bach Original Flower Remedies

→ **How does it work?** 'They can give you the confidence to tackle your fears and reclaim your emotional balance,' says Judy Ramsell-Howard, director of the Dr Edward Bach Centre. 'For fear of flying, I always recommend mimulus. It can help make you feel much less nervous in the build-up to the flight.' For more info, visit [www.bachremedies.co.uk](http://www.bachremedies.co.uk).

### Hypnotherapy

→ **How does it work?** 'A technique called hypnosesensitisation is used,' says hypnotherapist Lisa Jackson ([www.quiet-medicine.co.uk](http://www.quiet-medicine.co.uk)). 'The patient visualises the aspect of their phobia that evokes the least anxiety (such as seeing a photo of a spider). When they can do this and feel calm, another, slightly scarier, scenario is visualised. It's increased until they can imagine their fear anxiety-free.' For info, visit [www.bsch.org.uk](http://www.bsch.org.uk).

### Acupuncture

→ **How does it work?** 'In Chinese medicine, emotions such as anger, joy or fear are associated with different organs,' says acupuncturist Ulrike Wirth. 'Fear is linked with the kidneys so a fearful response may be due to an imbalance in this organ's energy. Acupuncture restores the balance, so the benefits can be felt emotionally.' For more info, visit [www.acupuncture.org](http://www.acupuncture.org).

Laughter is the best medicine! US researchers have shown that it's linked to the healthy function of blood vessels, so why not try a laughter therapy class? To find one near you, visit [www.thelaughtersurgery.co.uk](http://www.thelaughtersurgery.co.uk).



# ALTERNATIVE NEWS

ZAP MIGRAINES; BUY ECO-FRIENDLY TEES; CURE YOUR PHOBIA; START LAUGHING!

## What's her secret?

'I take a bath with Apple every night and I always massage her with Weleda Baby Calendula Oil afterwards,' says alternative health fanatic Gwyneth Paltrow. This soothing, natural oil is great for dry or sensitive skin (£6.95; [www.weleda.co.uk](http://www.weleda.co.uk)).



## DO YOUR BIT!

Did you know that cotton production uses up to 50% of the world's agrochemicals and that it takes about 17 teaspoons of chemicals to make one cotton T-shirt? Thankfully, clothes made from organically grown cotton are now on the high street. Here's where to look...

■ Fabulous People Tree clothing (left) is sold in Topshop's Oxford Street store and it has also launched a Topshop

babywear range. For more information, visit [www.peopletree.co.uk](http://www.peopletree.co.uk).

■ Oasis launched its Future Organic range in April. Check out the organic jeans and trendy tees.

■ Look out for the Flower on H&M clothing – it's the official eco-label of the European Union and stands for the restriction of hazardous substances and reduced water pollution in clothes production.



## I CURED MY MIGRAINES WITH McTIMONEY CHIROPRACTIC



'At 16, I started getting terrible migraines after a car crash,' says Clare Garratt, 33.

'I tried McTimoney chiropractic (a method of manipulating your neck and back) because it treats the cause as well as the symptoms. The chiropractor found several of my neck vertebrae, left collar bone and left side of my skull were out of alignment. She adjusted them using the McTimoney method, which is much gentler than traditional chiropractic treatment – she used fast, light adjustments to help realign individual bones. I had five treatments and I've been migraine-free for a year!'

For more information, visit [www.mctimoney-chiropractic.org](http://www.mctimoney-chiropractic.org).