



PILL POPPING

Stress is now one of the leading causes of illness in the UK. Excess stress unbalances the body and can be the root cause of many health



Naomi Beinart is a highly regarded medical nutritionist for Solgar. She also practises at Neal's Yard Remedies clinic on London's King's Road

problems. Sadly people of all ages are experiencing this. Not only can our immune system suffer the consequences, but the impact long-term stress has on the body can include everything from weight gain, insomnia and low libido to depression and premature ageing. Over the last few years, I have carried out research into finding a 'super hero for stress survival', to help protect the body and support overall wellbeing for people who suffer from the side effects of stress. A herb used for centuries in Russia called rhodiola is my answer. A growing body of evidence shows that rhodiola significantly improves physical and mental function, supports the immune system and is extremely beneficial in treating anxiety, depression and sexual dysfunction in both males and females. I recommend Solgar's standardised rhodiola capsules as a good health tonic, to help support flagging energy levels and maintain wellbeing (along with a little break when you can!)

**DID YOU KNOW
THAT EATING A CUP
OF OLIVES WILL
PROVIDE YOU WITH
20 PER CENT OF THE
RECOMMENDED AMOUNT
OF VITAMIN E?**