



FLU FIGHTERS

A new plant sterol supplement could help to combat the effects of swine flu, it has been claimed. Dr Stacey Palastrand explains: "Immune modulation is a new and exciting medical field and immune modulators such as Moducare (available from nutricentre.com) have the ability to boost specific areas of the immune system. This would hopefully increase the probability of the body fighting viral infections."



"Celebrity It girl Tamara Beckwith swears by the mood-balancing herb agnus castus to help combat PMT"

What's the Alternative?

An insider's view on complementary therapies, lava shell massage and holistic treatments for breast cancer

NEW RESEARCH
 A study published by British scientists has found that treating endometriosis with Chinese herbs may not only relieve symptoms of the disease but appears to have comparable benefits to conventional drugs, and even laparoscopic surgery, but with fewer adverse effects.

Treatment of the month

Hot Lava Shell Massage

For those not in the know, hot lava shells are the talk of the town, so I tottered down to Chelsea Harbour Club's Amida spa to find out what all the fuss is about.

As a self-confessed lover of hot stone massages, I'd heard the rumours that these trendy shells were set to take over from my rocky favourites. Although I was highly doubtful in the beginning, I was pleasantly surprised.

As therapist Hazel Newby used the tiger shells to knead the knots out of my back, it quickly became apparent that the

Costs £50 for one hour. Available in spas nationwide. For further details go to sharedbeautysecrets.com or call 01869 338 890.



super hot shells didn't cool the way that stones do. This meant no annoying heating and reheating mid-massage bliss, thanks to the unique self-heating property of the shells. Such warmth is ensured by LavaGel, a combination of salt water activator and a blend of minerals, sea kelp and algae, which heats the shells from within.

The calming and comforting massage is a superb piece of full body maintenance that works on your arms, stomach (which is great for digestive difficulties), legs, shoulders, neck and back. Super-natural and super at pummelling away stress, these shells are not for those sensitive to heat but a gold star winner in my books. **SI**