

GRAZIA HEALTH

Fitness >> Therapy >> Nutrition

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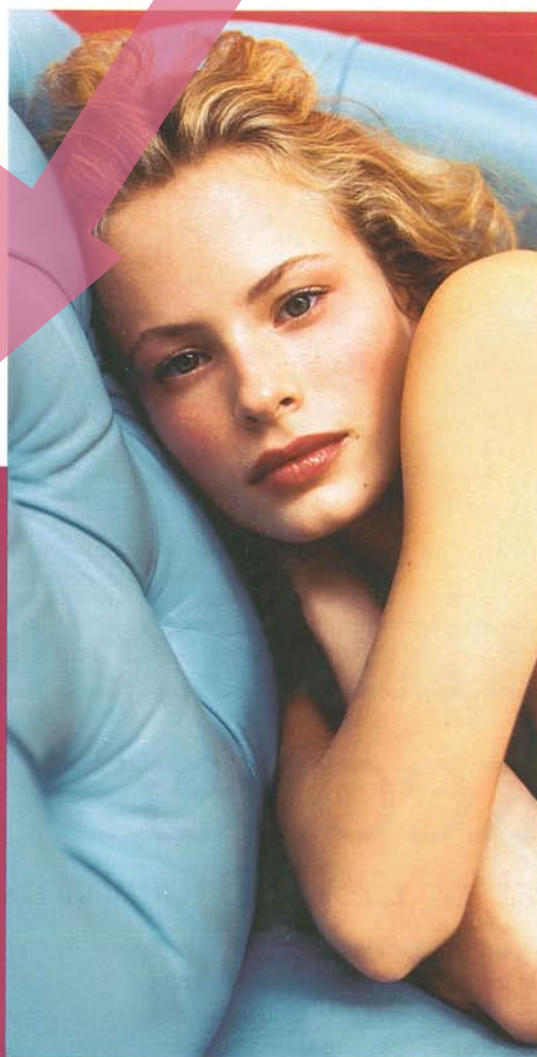
What's hot in health

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

HOW CAN I PREVENT JET LAG?

My boyfriend and I are travelling to Australia for Christmas to see his family. A friend told me to take melatonin to prevent jet lag tiredness, but my local health store says it isn't on sale here. Can anything else do the same job?

SARAH, 27, SALFORD



“ YOU CAN'T BUY melatonin over the counter here because the Medicine and Herbs Regulatory Authority (MHRA) doesn't allow the

sale of hormone supplements in the UK. But cabin crew fight jet lag with guarana, a natural stimulant from the Amazonian rainforest. Though it contains caffeine (but at 15mg per 500mg capsule, a mere fraction of the 100mg in a cup of coffee), its secret ingredients are compounds that slow down caffeine absorption. This way a low dose gives a sustained energy hit. To counter jet lag, take a dose an hour or two before landing. Try Rio Trading Guarana, £14.99 for 120 (01273 570987; www.riohealth.co.uk).

WHICH REMEDY WILL HELP PREVENT WINTER COLDS?

I always get two colds every winter but I'd love not to this year. I read last week that taking ginseng stops colds, but I've also read about a new herb called eleuthero which one is better? ask@grazia.co.uk