



Stay Healthy this summer

Summer is finally here and if the reports in the media are to be believed, it's going to be a hot one! Enjoy summer and ensure you and your family stay healthy during the heat by taking a few precautions to make sure you don't overheat or get sunburnt!

Make sure you drink enough water. During the hot weather aim for about one and a half litres of fluid a day or 6-8 glasses. Water, diluted fruit juice, squash and herbal teas all count, but tea and coffee tend to make you more dehydrated so should be avoided where possible.

If you are going abroad for your holiday, take a minute to think of your digestive health. Many people experience 'travellers tummy' when on holiday but there are several foods which can help guard against the bugs that cause the problems. Onions and garlic contain anti-bacterial and anti-viral properties, as does the herb oregano. Live natural yogurt contains beneficial bacteria that can help to protect against the harmful bacteria that bring digestive problems. A few tablespoons mixed with some colourful berries and seeds, makes a delicious breakfast.

A little sun can be a good thing as we need the sun to help us make Vitamin D, but sun bathing creates free radicals which can cause damage to our cells, so don't stay out for too long! Ensuring your diet is rich in colourful fruit and vegetables can provide 'antioxidants' which protect the cells against the damage caused by free radicals. There is a rainbow of fruits and vegetables available in the supermarket, so why not try one or two you've never tried before?

Eating food that contains 'essential fats' can help your skin stay soft, supple and ready for a summer glow. Oily fish such as salmon, trout, mackerel or sardines eaten twice a week can keep your skin, nails and hair looking young and healthy, as can nuts, seeds and avocados.

So enjoy the summer. Stay out of the sun during the hottest part of the day, wear a hat, and use plenty of sunscreen and remember that bottle of water!

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