

by Gabrielle Nathan

THERAPY NEWS

Magnetic attraction

Move over acupuncture – Magnet Therapy is fast becoming almost as popular for pain relief

The hype Fans of Magnet Therapy (MT) – who include Bill Clinton and Cherie Blair – love its non-toxic, non-invasive pain-relieving power. Peter Rose, author of *The Practical Guide To Magnet Healing* (Godsfield Press, £14.99) says magnets produce a current that 'harmonises' energy flow, boosts circulation and nutrient delivery, and carries off toxins.

The critics A study in the British Medical Journal said, 'MT

has no proven benefits,' but Stephen Barrett, MD of the US National Council Against Health Fraud, concedes that pulsed, measurable electromagnetic fields have been shown to effectively treat slow-healing fractures.

The verdict MT isn't scientifically proven, but we've heard plenty of anecdotal evidence that it works.

Find a practitioner in your area at The Complementary Medicine Association, the-cma.org.uk.



DIY MT: CHOOSE YOUR MAGNET
Wrinkles/puffy eyes Rejuvé Magnetic Face Mask, £120, The Health Shop, (01246) 454829.

Snoring The Snore Free, £6.95. Call 0845 130 5110.

Stress Philip Stein Teslar watch, from £375. Call 0870 241 8140; philipsteinteslar.com.

Joint pain Bracelet (pictured, left), from £14.95, Magnetic Therapy's Premier collection. Call 0845 130 5110; magnetictherapy.co.uk.

SCOOP!

With the annual glut of sponsored races underway, it's lucky June is Foot Health Awareness month. This year's theme is sports feet, so all you runners can get tips on foot health at feetforlife.org. Then, put an extra spring in your step with Profoot shoe inserts – see profoot.co.uk for details.



We're loving...

Wright & Teague's specially designed necklace (pictured), £95, and bangle, £65. Not only are they available at a 25 per cent discount this month, but also £15 from each purchase goes to WaterAid, the charity working to bring clean water to developing countries. Call (020) 7629 2777; wrightandteague.com. According to WaterAid, despite having it on tap, nearly one third of us drink less than two glasses of water each day – a quarter of the recommended amount. Calculate your daily intake by visiting wateraid.org/drinkwater.



WALK FOR SKIN

- Join thousands helping to fight skin diseases like skin cancer, eczema and vitiligo
- by taking part in this year's Walk for Skin on May 14th, 20th and 21st. A series of sponsored short walks are happening UK-wide to raise money for 15 different skin disease charities. For more information go to britishskinfoundation.org.uk, call (020) 7391 6341 or e-mail bsfevent@bad.org.uk.

5 OF THE BEST

Stylish sportswear

Ditch those baggy joggers and glam up your exercise gear

CYCLING

Nalini Cycling Jersey, £66.99, SheActive, 0870 766 2566; sheactive.co.uk

Italian style meets hi-tech, breathable microfibre fabric.



TRAINING

Cross-training Sports Vest, £42, Rucker, 0870 084 9118; rkrsport.com

A range designed by fitness instructors to flatter and perform.



YOGA

Wrap Pant, £35, Possession, (020) 8866 8406; possessionclothing.co.uk

You can cut these flattering, stretchy trousers to length, with no need to hem.



RUNNING

Running XA Twinskin Tank, £30, Salomon, 0800 389 4350; salomonwomenwill.com

The only vest with an adjustable bra, and the special fabric keeps you cool, too.



SWIMMING

Swimming Sculpture Premiere Tank, £35, Speedo, (0115) 910 5267; speedo.co.uk

Streamlines the figure and comes in great colours – plus, it's more chlorine-resistant.



HEALTH FACT

Break open the tofu: May 22nd to 28th is National Vegetarian Week.