Ask a straw poll of women about their sleeping patterns and I bet you'll find a significant number waking in the small hours and unable to get back to sleep. The underlying reason is invariably stress of some sort, which is, of course, made worse by the lack of sleep. An inveterate waker at 2am, 3am or 4am, I've been impressed by an ayurvedic herbal product called ashwagandha, which was recommended to me by practitioner Sebastian Pole of Pukka Herbs. It's not a magic bullet but, combined with magnesium at night, plus another supplement, shatavari,

day, it has helped to restore more normal sleeping patterns and improved my energy and concentration. Like many herbs, these products help a wide range of conditions, and there are no contra-indications for the following

and organic aloe vera during the

ASHWAGAD energy, and alle and anxiety. Sebastian say helps the body whatever state both strengther giving inner stre interruptions as even let lag."

Dose Four cap

Hypno Bed-wettii

stamina, decreasing gradually to two; for acute stress, take two capsules three times daily.

Price £14.25 for 90 capsules

SHATAVARI to ease PMS and menopause, and as a general tonic for postmenopause.

> Sebastian says: 'This herb contains a natural oestrogen and nourishes the reproductive system as well as restoring a healthy hormonal balance. It helps alleviate symptoms of menopause, such as hot flushes, riight sweats, vaginal

dryness and memory loss. It is also used to optimise fertility and increase breast milk."

Dose Two capsules three times a day, for one to six months. Price £14.25 for 90 capsules ALOE VERA for rejuvenation

and cleansing.

was 'Aloe vera is y to promote riasis and rashes, it liver, helps irritable bowel ulate the menstrual shatavari." nl) in the morning kkaherbs.com); also 8195.

healthy skin; it aids ice daily, as desired. da's aloe is organic)

MOST ... st. a new wices could hiatsu s over a chair a deep tissue which areas mote control. massaged at

49.99), which

Everyone is creative,

Small change

difference

says life coach Nick Williams, so unleash your creativity by painting, writing, singing or arranging flowers. Remember,

it's not about perfection - just about having fun!

Hypnosis offers a dry solution Bed-wetting is a common and distressing problem,

affecting one in seven children aged five, and one in 20 ten-year-olds. A possible solution is hypnotherapy - with a qualified hypnotherapist experienced in working with children - and/or listening to a specially written CD. Angie, seven, had always suffered terribly, according to her mother, Jill. They tried everything but couldn't get her dry, and the nightly disruption was making her tired for school. Within two days of listening to I'm Dry At Night (£12.95) by consultant hypnotherapist Lynda Hudson, Angie was dry and has stayed that way for six weeks. She puts the CD on repeat at bedtime, and Jill turns it off later. 'She is so confident now that she's off to her first Brownie camp,' lill reports. For information, to buy a CD or to make an appointment with Lynda Hudson, tel: 020 8402 1928 (www.firstwayforward.com).

mas warm oxacing bans underfoot, was also reported our tester. For more information visit



E-mail Sarah at s.stacey@you.co.uk

Illustrations NILA AYE