

## SUPPORT SYSTEM

With the majority of our immune system housed in the gut, it makes sense to maintain our health from the inside out. We can boost the amount of “good” bacteria in our microbiome – the trillions of bacteria, fungi and viruses in our gut – by fine-tuning our diet to include the likes of wholegrains, fruit, vegetables, nuts and seeds. Taking probiotic supplements may also help gut health. After experiencing ulcerative colitis (IBD), Aliza Marogy, nutritional therapist and founder of Inessa Wellness, developed **Inessa’s Advanced Biotic Complex**, to support gut health for people suffering from IBD, irritable bowel syndrome and Crohn’s disease. The blend contains 50 billion live bacteria. If your body feels inflamed and irritable, **Inessa Biosoothe** contains ginger, turmeric, zinc and Vitamin D3 to calm.

## WIN!

A three-month supply of Inessa’s Advanced Biotic Complex and Biosoothe worth more than £230.

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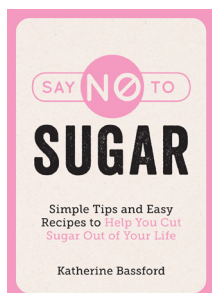


## CURB SUGAR CRAVINGS

We’re all being advised to cut down on sugar, but knowing your different sugars (free; natural; milk, fruit and veg sugars) and recommended amounts is a minefield. Personal trainer and health writer Katherine Bassford’s guide, *Say No To Sugar*, aims to put you back in control of your sugar intake and make it as stress-free as possible.

Besides tips such as how to read food labels so you know the total sugar content, Katherine includes realistic techniques to beat cravings and recipes to stave off your sweet tooth and stabilise your blood sugar level.

**Say No to Sugar**, Summersdale, £6.99. From [amazon.co.uk](http://amazon.co.uk).



## Health Matters

*Get to grips with probiotics, learn how to beat sugar cravings and discover some skincare saviours for summer...*



**1. Inessa Advanced Biotic Complex** 30 capsules and **Biosoothe** 60 capsules, £38.99 each. Visit [inessawellness.com](http://inessawellness.com) **2. Bio-Kult Boosted** 30 capsules, £24.99. From Holland & Barrett **3. Beauty Pie Uber Youth Microbiome Mist**, £100 or members pay £15.07. Visit [beautypie.com](http://beautypie.com), available from 2 September

## LOVE YOUR SKIN

As your body’s largest organ, your skin needs extra TLC during the summer months – and especially now we’re wearing face masks. The skincare buzzword du jour is “maskne”: acne caused by the fabric rubbing against your face. Designed for comfort and clean skin, **The Avantguard Aerosilver face mask** (right in blush, £39; visit [theavantguard.com](http://theavantguard.com)), is made from antibacterial fabric, with an inner moisture-wicking layer to prevent damp conditions that can cause a breakout. The reusable mask also shields your face from UV rays, which can cause premature ageing.

Summer’s soaring temperatures can also dehydrate our skin and to boost moisture, we love the vegan **Q+A Natural Skincare Squalane Facial Oil** (£10, from [hollandandbarrett.com](http://hollandandbarrett.com)). Though it’s an oil, it is lightweight and non-comedogenic, so won’t clog your pores. It is also fragrance-free and has anti-inflammatory benefits to help with skin conditions such as acne and eczema. Making it an absolute winner, the packaging is eco-friendly and almost all recyclable and Q+A is part of a tree plantation scheme to help offset its environmental impact.

