

FEELING SENSITIVE

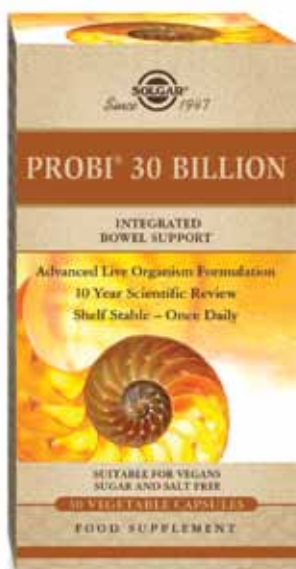
THERE ARE TIMES IN ALL OF OUR LIVES WHEN STRESS CAN GET THE BETTER OF US AND OUR PHYSIOLOGICAL WEAKNESSES AND SENSITIVITIES BECOME REVEALED.

For some, stress plays out emotionally with heightened feelings of anxiety, panic and insomnia. Many of us are familiar with the impact that stress can have on digestion, with common reactions being an

unsettled stomach, loss of appetite, food intolerances and even stomach cramps. For others the effects of stress are more obviously outward, with noticeable skin flare-ups of acne, dermatitis, eczema or psoriasis.

Or you might feel a nervous wreck with palpitations, tension headaches and even migraines. Here are a few natural remedies to help you cope when you are feeling stressed and sensitive...

SENSITIVE TUMMY



If there is one thing you could take to help smooth over digestive discomfort and help your digestive system remain resilient even during times of stress and crisis – it's a good

probiotic. Recurrent digestive issues due to stress can alter your daily living routine, to the point that what you do, where you go and what you wear is carefully planned. The new Probi 30 Billion from Solgar is formulated to survive stomach acid, so it's delivered directly into the intestinal tract and can help populate your system with a positive balance of beneficial microflora. This probiotic contains the extensively documented probiotic strain *Lactobacillus plantarum* 299v (Lp299v), which has over a decade of substantiated scientific research indicating its benefits for helping maintain digestive wellness. www.solgar.co.uk



SENSITIVE MIND

There is something very British about reaching for a cup of tea during times of stress and anxiety; it certainly helps to settle the mind and allow the space and time needed to breathe and gather one's thoughts! But you could swap your builder's brew for something a little more therapeutic. Pukka Herbs have a range of organic, herbal tea blends which follow the principles of Ayurvedic medicine. Their Three Tulsi contains green tulsi leaf, purple tulsi leaf and lemon tulsi leaf, and is designed to lift the spirits. Tulsi, often referred to as 'The Sacred Herb' or 'Holy Basil', has been used to support health and combat stress for thousands of years, and studies have shown it to be an effective adrenal adaptogen.

SENSITIVE SKIN

When their little boy Benji had a bronchial infection that put him in the hospital, parents Richard and Shann Jones bought their first goat. They were amazed to see that the raw goat's milk cleared Benji's asthma, and his bronchial infections disappeared. Shann began to put the leftover goat's milk into handmade soap and skin cream – and it cleared Benji's eczema as well! Now their online business, Chuckling Goat, sells their unique probiotic skin care range, made by hand on the farm using their raw goat's milk and probiotic kefir, along with jojoba oil, macadamia oil, rice bran oil, and healing essential oils. The Sensitive Skin Set is fragrance-free and is particularly helpful for those with dermatitis, eczema and psoriasis. www.chucklinggoat.co.uk

