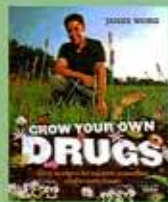


# 54%

of us shout at our PCs in 'computer rage', and 40 per cent even become physically aggressive towards computer equipment. University of Bolton



## WORTH READING

GROW YOUR OWN DRUGS BY JAMES WONG (HARPERCOLLINS, £16.99)

● If you watched James Wong's BBC2 series in the spring, you'll love his book, which is packed with simple recipes for homemade medical and pampering

treatments using plants and herbs that are growing abundantly right now. Our favourite remedy? His memory-boosting rosemary wine. Just infuse rosemary in white wine for two weeks, then drink a small glass every night after dinner. We think we could remember to do that!

## Health update ANGINA

● Two million people in the UK have angina, which is a sign your heart's not getting the oxygen it needs, causing pain when you exert yourself. It's usually treated with an angioplasty operation to widen the affected artery. But there's a one in 100 risk of death, and a safer alternative treatment, Enhanced External Counterpulsation (EECP) therapy, is becoming more widely available. The non-invasive procedure involves 35 one-hour sessions with inflatable cuffs on the calves, thighs and buttocks that squeeze to force the blood in your legs back up to your heart, reducing its workload. It's now done at a few NHS hospitals as well as private clinics. Visit [www.eecp.co.uk](http://www.eecp.co.uk).

## Quick fix

Stop an inconvenient sneeze by pressing the top edge of your right index finger below the knuckle horizontally against the hollow under your nose.



*Your tip*  
*I've had trouble sleeping for 15 years. But I recently started using Patch-it reflexology patches – plasters that stimulate key points on the feet to restore normal sleep patterns. Now I even sleep through my husband's snores!*

Shane Butt, Tiverton, Devon  
WE PAY £25 FOR A READER'S TIP  
PATCH-IT PATCHES COST £12.95 FOR SIX FROM [WWW.PATCH-IT.INFO](http://WWW.PATCH-IT.INFO), HEALTH-FOOD STORES AND LARGER TESCO STORES.

## Small change, BIG DIFFERENCE...

Rhodiola is the latest buzzword in relaxation. The herb reduces levels of the stress hormone cortisol, calming your nerves and fighting burnout fatigue. Now the first licensed traditional herbal remedy rhodiola is available in Vitano (£12.99 for 30 tablets from Boots).



## VERY personal HEALTH

**Q** How often should I be fitted for a new bra?  
**A** Most of us are never fitted properly for a bra, buying the same size off the shelf for years. And experts at the corsetry specialist Rigby & Peller say 80 per cent of women who walk through their doors are wearing the wrong size, often with serious repercussions. According to the British Chiropractic Association, an ill-fitting bra can cause back pain, breast pain, poor posture and restricted breathing. When your bra fits properly, it feels firm but not tight around the back, with the back band no higher than the wiring at the front. This means the weight of your breasts is supported by the mid to lower back, not the shoulders. For peace of mind, Rigby & Peller advises being fitted every six months.

## 4 of the best... for healthy feet

Be proud to bare your feet this summer...

**LIVE NATIVE FRESH FEET** (£9.99 for 15ml from [www.live-native.co.uk](http://www.live-native.co.uk)), the ultimate treat for overwalked feet, is packed with antioxidants and healing plant chemicals, and handmade in a kitchen on the Isle of Skye.



**TOMA FOOT THERAPY FOOT SCRUB** (£4.99 for 200ml from pharmacies and [www.madbeauty.com](http://www.madbeauty.com)) smells of yummy mint ice cream, and uses walnut shells to shift hard skin.



**WELL FOOT BRUSH** (£1.25 from Help the Aged shops and [www.helptheagedshop.co.uk/well](http://www.helptheagedshop.co.uk/well)) is good for your soul as well as your soles - it's eco-friendly, and the money you spend on it will fund help for the elderly.



**CARNATION TOENAIL SOFTENING LOTION** (£2.97 for 14ml from pharmacies) prevents toenails so thick and hard that they bend upwards and are painfully hard to cut.



Feature: Karen Evemett Photos: Getty Images

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