

Be a natural mum

These all-natural products for new mums might not be glamorous, but you'll thank us in the end!

For a post-baby belly **Baby Organics For Mom Stretch Mark Cream With Organic Aloe Vera, £12.99** (www.organicso.co.uk). It is a non-greasy cream with cocoa butter, shea-butter and coconut oil to maintain your skin's elasticity

both before and after the birth. **For post-partum exercise** **Earth Mama Angel Baby New Mama Bottom Spray, £12.99** (www.yourbirth.com). It is a cooling spray with aloe vera, witch hazel and eucalyptus essential oils to soothe

your perineum area after birth. **For preventing sore nipples** **Big-Free Breast Milkering Balm, £5.99** (www.1000colors.co.uk). Helps prevent sore, cracked nipples while breast-feeding, and is safe to leave on for the next feed.

oneminutetip

You can decrease the severity of menstrual cramps by massaging your stomach with a mixture of almond oil, lavender (two drops), clary sage (one drop) and rose (one drop) essential oils, according to a recent study in the *Journal Of Complementary Medicine*.



THE LINDEN METHOD CURED MY ANXIETY



I started to feel progressively worse at 29 when a family friend recommended yoga to me. During my 40th birthday party, I was offered the Linden Method – you receive a manual, CD and DVD that guide you through a set of techniques designed to help relax your mind and bring breathing and meditation techniques, which you can use to help to address the cause of anxiety and then combat it when it arises, but you have unlimited access to 14 online resources with the phone and online. It was amazing – after just a month, the anxiety started to lift and I was free of it altogether within six months.

It is available exclusively from £110 for individuals and £180 for couples. Contact www.lindenmethod.co.uk

ALTERNATIVE NEWS

MASSAGE FOR MENSTRUAL CRAMPS; MUST-HAVES FOR NEW MUMS; CLIMB YOUR ANXIETY; HAVE A GREEN CHRISTMAS



What's her secret?

Paralympic gold medalist Sally Swannel is a big fan of the herb devil's claw, which has anti-inflammatory and painkilling properties. 'I've had the odd ache and pain through my career, and taking devil's claw meant that I could control them without synthetic drugs.' If pain strikes, try *MedicHerb's Devil's Claw, £8.99* for 60 tablets (Beeth, Superherb, Cayleigh Pharmacy and Tesco).

DO YOUR BIT!

Keep up your green credentials while making the most of the festive season with these top tips...

- **Replace your tree** 300,000 tons of Christmas trees will be broken away this year. Contact The British Christmas Tree Growers Association 0121 6641200 to find where to buy trees with roots, so you can replant after the festivities, or call your local council to ask about tree recycling.
- **Limit packaging** Buy your meat and vegetables from a

farmers' market or your local butcher and grocer.

• **Recycle cards** After Christmas, one billion cards go to landfill sites. Take them along to WH Smith or Tesco, where you'll find special recycling bins.

• **Buy green gifts** Choose presents made from recycled materials. For ideas, visit www.recytree.com (see how the leather bag made from old belts

