

Now our guide to avoid those pesky health problems that can wreak havoc with your holiday

Hazards

HAZARD

Team sun

Apply diligently sunscreen, you're still red. Most of us use about a third as much sunscreen than it takes to reach the level of protection on the beach. That's why dermatologists agree you should apply one coat 15 minutes before you go in the sun and reapply every two hours, then reapply one-and-a-half to two hours,' says Dr. Fernandes of Environ Skin Care.

Slap on that sunscreen



HAZARD Seasonal cystitis

Why does cystitis often strike in summer? 'Lots of reasons,' says sexual health expert Dr Catherine Hood. 'Dehydration concentrates urine, which helps bacteria take hold. We may also urinate less on holiday as we can't find local loos. And then there's sex: if you're doing it more often or more vigorously, the bladder can get irritated, which brings on an attack.' To avoid problems, drink plenty of water and urinate regularly, especially before and after sex.

HAZARD The slowdown effect

So you always get a cold as you hit the beach? Dr Marc Schoen, author of *When Relaxation Is Hazardous To Your Health* (marcschoen.com) says it happens because relaxing too fast actually suppresses your immune system. 'However, if you can keep your body in a mild state of stress for the first two to three days of your holiday, the crash doesn't happen,' says Dr Schoen. And by stress, we don't mean getting stuck in traffic or arguing with your other half – simply keeping your pace, such as walking fast along the beach for a couple of times a day, will do the trick.

HAZARD Travel migraine

'Migraine sufferers don't travel well: the erratic sleeping patterns associated with long journeys are common triggers,' says Dr Anne Regor from the City of London Migraine Clinic. 'Try to stick to your normal routine and pack light so that you can move when you need to, get a trolley for the airport – Dr Regor says the heavy bags on your neck can trigger an attack.'



HAZARD Cold sore attacks

Despite the name, the sun can bring them on – UV light stimulates the virus, so wear sunscreen on your lips. Foods such as nuts and dairy can stimulate it, too – they're high in arginine, a substance that feeds the virus. If you do feel the tingle, try taking the amino acid lysine (try Quest's, £5.81 at goodnessdirect.co.uk). Or try Liquorice and Melisa Lip Gel (£7.99, skinshop.co.uk) – studies show it reduced attack severity in 73 per cent of sufferers.



HAZARD Festival deafness

If you got home from Glastonbury with your ears ringing, take action before the summer's next big gig. Ringing is a sign that your hearing's damaged – not surprising when you consider noise levels at some festivals can reach over 100 decibels. Angela King at the RNID says to protect yourself you should ideally wear earplugs (see dontlosethemusic.com for ones that limit volume, but not sound quality). And think about a glutathione supplement (such as Solgar's, £8.95). Researchers at the University of Michigan have found noise damage is more likely if your levels of this vital antioxidant are low.

Health bytes

New!

THE HOTTEST NEWS ON WHAT TO DO, BUY OR TRY

Sleep and see

If the idea of swapping your daily contact lenses for ones that work overnight while you sleep sounds like heaven, then we have exciting news. Newly launched i-GO Overnight Vision Correction contact lenses work by gently reshaping the cornea so that light correctly focuses on the back of the eye, leaving you free to enjoy your day with normal vision. These clever custom-designed contacts are only suitable for short-sighted people with a prescription of -5 or less: if this includes you, then visit igolenses.com or call 0800 0778185 for your nearest outlet.



The real super-noodles

Ultra-tasty and mega-healthy, Japanese food's a big favourite with A-list celebs such as David and Victoria Beckham. New on the Japanese food scene is a 'super-noodle' containing five different mushroom extracts: maitake, kirotake, shiitake, fukurotake and reishi, each with its own specific health property. Mikei Premium Udon Noodles can be eaten hot or cold and

taste best dipped in the sauce that comes with them. Visit haeon.com.



Beating the bloat

Feeling tired, bloated and not your best and beautiful self? Constipation could be to blame. According to a recent survey, the vast majority of UK women suffer from at least one common bowel problem, with 64 per cent experiencing that bugged-up feeling. Eating plenty of fibre-rich foods such as wholemeal bread, bran cereal and fruit and drinking 6-8 glasses of fluid per day can all help improve your digestive health. For gentle relief from constipation, try DulcoEase (£4.99 for 30 capsules).



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