

SHE

FREE
FOR EVERY READER
MANICURE WORTH £20

4 DAY SIMPLE
EATING PLAN

More energy
Better immunity
A flatter tum

ALL SORTED

35 ways to clear
clutter and
get organised

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FOUND!

The perfect jeans
to suit your size
and shape

SHOP SMARTER

How to save over
£12,000 in 2007

**ADOPTION
HEARTBREAK**

Why I had to give
my baby back

Nigella
Forget size
zero! Why
she's our
ideal woman

WIN!

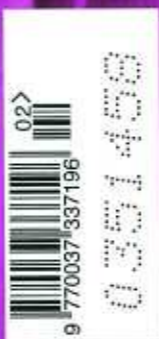
£20,000
in cash

HEALTH

Protect
your family
from
meningitis

Get great skin whatever your age

- * Latest anti-ageing treatments
- * Most effective new creams
- * Advice from top dermatologists



FEBRUARY 2007 £3

wellbeing

Consulting room

Dr Louise Selby takes an alternative approach to your health questions



Dr Louise Selby, 36, is a GP based at a large practice near Guildford in Surrey. She has been a doctor for over 10 years and has a strong interest in alternative therapies. She has two children, Anna, three, and Bella, one

CANCER CARE

A friend has been diagnosed with breast cancer and has been given a good prognosis. She feels fairly positive but is worrying about being able to keep working and how her colleagues will react.

I admire her determination to keep working and certainly it may help to take her mind off things. I would suggest she finds a quiet time to sit down and talk to her boss, as she'll need extra support to cope with the treatment as well as her workload. Employers will need to know the treatment plan as this will have to take priority over work commitments, and I'm sure they will be very helpful.

At this stage she doesn't know how ill she's going to feel from the treatment, so there needs to be some flexibility. She should also check what her sick-pay arrangements are, as it is very likely she'll need to exceed her yearly sick-leave entitlement. Also useful is www.cancerandcareers.org, a charity that offers web-based support to working women with cancer. It publishes an excellent free booklet called *Living And Working With Cancer* – in association with the Cosmetic Executive Women Foundation – which you can order from the website.

ALLERGY REMEDIES

My 10-year-old son suffers from asthma, which gets worse in the winter. I've been told that it might have something to do with

the dryness of our house. Could this be true? And if so, is there anything that I can do about it?

I suspect your son is allergic to the house dust mite. This microscopic creature lives in the soft furnishings of your home. If your house is damp, you may have small amounts of fungus in the house too. No-one is quite sure whether asthmatics are allergic to fungal spores released into the air, or whether fungi encourage the mite to proliferate.

To keep dust to a minimum, clean regularly with a damp cloth. Ideally replace carpets with hard flooring, or vacuum the carpet daily. Open windows when cooking or cleaning to allow the dust to disperse outside. Place small items, such as soft toys, in the freezer overnight to kill the mites.

Dust mites feed on shed human skin. An average mattress, over a year old, can hold up to two million dust mites. Buy high-quality mattress covers, hypoallergenic pillows and use cotton sheets and pillowcases, which should be changed frequently, to dramatically reduce the primary source of exposure to mites. Dust mites flourish in humid conditions so an extremely effective way to control them is to lower the humidity in your home. Domestic dehumidifiers are available: SHE recommends Essa Dehumidifiers from £295, www.essacu.com.

For further information and where to find stockists for anti-dust-mite

products visit www.housedustmite.org. Or call the Asthma UK helpline on 0845 701 0203, www.asthma.org.uk. Our sister website, www.netdoctor.co.uk, has a factsheet about helping children manage asthma.

KNEE TROUBLE

I'm going on a skiing holiday in four weeks but I tore a ligament in my knee last year and I'm worried it might happen again. What can do to strengthen it before I go?

Unfortunately, if you have previously damaged the ligaments in your knee, they will be inherently weaker than before. Skiing puts significant strain on the knees so it's important to strengthen the muscles around the joint. Some gyms run pre-skiing exercise classes. Alternatively



To deter allergies, put soft toys in the freezer overnight to kill mites

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