

# Health CHOICES

Wellbeing solutions for your body and mind



Catherine Rogers, 57, from High Wycombe, Buckinghamshire

## Resetting my gut helped my MIGRAINES

**F**rom about the age of 14, I started getting migraines – about three a week – but I managed them for years with drugs. I stopped taking the pills when I was pregnant and switched to bioidentical hormones and the migraines disappeared.

When I reached menopause my hormones went wild and the migraines came back. I started to wonder whether I could do anything about them by looking at my gut health. My work as a mental health therapist and having a diploma in nutrition meant I'd seen plenty of changes in people over the years who had overhauled their diet.

I already avoided migraine trigger foods, such as oranges

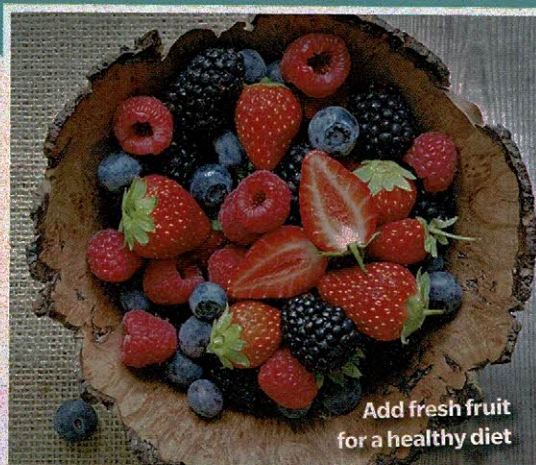
and chocolate, but could I make a difference by taking it further and cutting out foods which might be inflammatory and unhelpful?

Out went sugar, white carbs, processed foods, artificial sweeteners and too much alcohol. In came plenty of fresh fruit and veg, nuts and seeds and fatty cold water fish – salmon, cod, Atlantic mackerel. I found that gluten didn't agree with me so I ditched that too.

These days I barely get a migraine. I can't prove that sorting out my gut stopped my migraines, but I'm so convinced by it I've written

my own book (*Gut Well Soon* – £14.99, Panoma Press) and launched an online course ([ryghealth.com](http://ryghealth.com)). And I don't think any doctor would say it's a stupid approach. Gut

health is a really exciting area of medicine but we know so little about it. There's so much more to explore.



Add fresh fruit for a healthy diet

*If you usually... love an ice lolly*

**Try this instead... a healthier one**

Nice By Nature lollies are basically frozen fruit on a stick – no added sugar or flavourings, just 100% pure fruit and 22-24 calories a lolly. Choose from strawberry and raspberry, mango and banana or apple and blackcurrent.

£3 FOR A BOX OF SIX - FROM TESCO



Stitches can be controlled



**3 ways to...**

**Avoid a stitch**

**1** Breathe deeply. Shallow breathing, especially in cold air, can cause diaphragm cramping.

**2** Don't drink or eat too much before

exercise. Research shows a full

stomach or bladder can pull on ligaments.

**3** Warm up. Gently work your respiratory system as well as your muscles. If a stitch does strike, bend forwards or away from the side of the stitch and press your hand on the painful area to help ease it.

## NEWS FLASH

**Diabetes may double liver disease risk**

If you have Type 2 diabetes you're more than twice as likely to develop

aggressive liver disease according to a study from London's Queen Mary University and the University of Glasgow. But there are things you can do to help lower risk so speak to your GP if you're worried.

