

COUNTRY LIVING



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PORTION CONTROL

Forget the latest diet craze – losing a few of those festive pounds could be as simple as buying a new dinner service. Scientists from Cambridge University found that eating from a small plate could cut the amount of food we eat by an average of 159 calories a day – around one tenth. We tend to fill a plate and eat until it's empty, but using smaller ones is enough to trick the brain into thinking we've eaten enough, even though there's less food in front of us. Experts believe that buying food and drink in smaller packaging rather than 'family size' could help further reduce consumption, too.



BEAUTY BUZZ

PROBIOTICS

You may be taking probiotic (healthy bacteria) and prebiotic (fuel for good bacteria) supplements for digestive health, but the latest products are using them for skincare, too. Like your gut, your skin needs a balance of bacteria – called microflora – to stay healthy. Harsh products, damaged skin and stress can all affect this, allowing bad bacteria to take hold, which may exacerbate eczema, acne and make skin more sensitive. Try *Super Facialist Probiotic Micellar Cleansing Water* (£6.99, boots.com); *Aurelia Revitalise & Glow Serum* (£47) or *Cell Revitalise Day Moisturiser* (£42, aureliaskincare.com); *Nude Advanced Renewal Moisturizer* (£72, nudeskincare.com).

health notes



Boost your wellbeing the natural way with our round-up from the world of health and beauty

BEST BUY

...eat a tired complexion to
...Elemental Herbology
...Cleanse Facial Cleanser
... (£29) and Vital Glow
...Weight Resurfacing Cream
... (uk.spacenk.com), with
...citric acids to brighten dull
...skin and natural oils
...to improve texture.

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ENHANCE YOUR MORNING SMOOTHIE'S TASTE AND HEALTH CREDENTIALS

with Love Your Blender – sachets of superfood nuts, seeds and flowers that can be added to fresh fruit and veg before blending. Try Cherry Rose, which contains acerola cherry, sea buckthorn and rose petals (£2.99, loveyourblender.com).

DITCH YOUR HOT-WATER BOTTLE IN FAVOUR OF A YUYU BOTTLE. The snake-like shape with tie straps means it can be wrapped around an aching neck or back, and it only needs a kettleful of water (from £33, yuyubottle.com).

START THE NEW YEAR AS YOU MEAN TO GO ON WITH A MENU OF HEALTHY RECIPES at your fingertips. *Clean & Lean For Life* by James Duigan (Kyle Books, £19.99) is packed with delicious, nutritious ideas, plus advice on using spiralizers. For more tips and products, visit netdoctor.co.uk.

NATURE'S MEDICINE CABINET

Turmeric Turkey curry is not just a good way of using up the festive roast, but could help your health, too. Turmeric, a yellow spice, has more benefits than just flavour. It's been used traditionally in Chinese and Ayurvedic medicine to treat arthritis, and recent studies back this up by revealing that its active compound – curcumin – may provide pain relief for osteoarthritis. Its anti-inflammatory properties mean it could help ease other joint aches and pains, too. Scientists are also interested in its potential cancer-fighting properties, after one study showed that curcumin could stop pre-cancerous changes in cells from becoming cancer.*

