

Youthful hands

Q I take good care of my body but right now I'm losing the battle with my hands. Is there a way to make them look younger?

No woman wants to betray her true age with a simple handshake or casual gesture, which is why hand rejuvenation has become a popular way to wage the ongoing war against ageing. Age spots and discolouration from sun damage, loss of fatty tissues, and enlarged veins can all make your hands look much older than the rest of your body, but luckily there are several skin treatments to choose from to rejuvenate your hands. Topical application of Retin-A and glycolic acid stimulate the production of collagen. Chemical peels stimulate the production of new skin, while unsightly veins can be treated with conventional sclerotherapy. Finally, natural or synthetic soft tissue fillers can be used to plump up the skin, giving your hands a more youthful appearance with immediate results. – *Dr Anushka Reddy*

Anaemia

Q I think I am anaemic. How can I know for sure (other than a blood test), and what can I take that will help improve my iron levels?

The most common symptom is constant fatigue or tiredness. Other symptoms can include shortness of breath, chest pains, inability to perform physical and mental tasks efficiently, as well as memory loss and concentration impairment. As many of the symptoms of anaemia can also be caused by other conditions, such as low thyroid function, adrenal fatigue or even menopause, it is best to perform a blood test to confirm that anaemia is the cause. There can be many causes and contributing factors, such as lack of iron, vitamin B12 or folic acid. Anaemia is most common in women who have heavy menstrual periods. Risk factors include heavy periods, pregnancy, older age and diseases that cause anaemia. Vegetarians are more likely to suffer from anaemia. If you suspect you have anaemia, you could try a broad spectrum anti-anaemic supplement that contains iron succinate, folic acid, vitamin B2, vitamin B12, vitamin C and lactoferrin. – *Brent Murphy*

Gout

Q My husband suffers from gout on a regular basis. How can I get this under control?

Your husband's diagnosis should firstly be confirmed with a uric acid blood test, as there are other conditions that cause joint pain. The most important way to control this condition is through diet. He needs to avoid the following foods as they raise blood uric acid levels: alcohol (especially red wine), meat (especially red meat and sardines), tomatoes, mushrooms, asparagus and peanuts. Recent studies show that carbonated drinks can raise uric acid levels, too. It's important to drink lots of water and eat lots of fruit and vegetables to flush the uric acid out of the blood stream. There are a few homeopathic medicines you can try. They can be used in the 6CH strength, one dose every three hours. These are *Colchicum autumnale*, *Apis mellifica* and *Ledum palustre*. Useful supplements include vitamin B5 (500mg daily) and vitamin E (400IU daily), vitamin C, 3 000mg daily to lower uric acid levels. Herbs that are useful are nettle, meadowsweet and celery seed; used as directed. – *Dr Shaun Hutchinson*

Health problems from Smoking?



Fithealth Smokers Support is specifically designed to help protect smokers from the damaging effects of free radicals caused by smoking. Although the serious consequences of smoking are well known, many people just can't kick the habit.

The formulation provides potent anti-oxidants, combined with the relevant co-factors, to boost smokers' immune systems and minimise lung tissue damage.

Fithealth

Available from selected
pharmacies and health shops

www.fithealth.co.za
011 886 2932
queries@fithealth.co.za