

# Health details

## Health hedonist

ANNA MAGEE



**My name is Anna Magee and I am a treataholic.**

If I go for a week without chocolate, I have to buy myself a dress. If

I go for a week without shopping, I have to eat some expensive chocolate. And, like all addicts, I have triggers. The worst is Christmas, when I look back on the year's gym-going and yoga-honing, then play shop-till-your-credit-card-explodes.

First, I want everything from the Casall fitness gear catalogue; [cassall.com](http://cassall.com), especially the red 'diamond down' jacket to make my walks through industrial East London feel like Aspen. And then I want a posh Calmia Asian Motif Tea set; [calmia.com](http://calmia.com), for my morning white-tea ritual.

Then after Christmas, I want a course of colonic irrigation, from new high-tech spa-style clinic Aqualibria, 0800 612 9481. (Hmm, I consider intestinal cleansing a treat. Should I be alarmed?)

As for significant others: my sister, a fashionista and gym-gonna girl (never gets there but loves talking about what she might wear if she did) is getting the gorgeous Tommy Hilfiger black quilted gym bag, (020) 7235 2500. My mum, whose hobby is amateur diagnostics, is getting some stylish containers from Muji; [muji.co.uk](http://muji.co.uk), to sort out her treasure trove of vitamins. The neighbours are getting a voucher from [organicdelivery.co.uk](http://organicdelivery.co.uk), and Caroline, my very pregnant gym-junkie mate, is getting six training sessions and a DVD from [baby2body.co.uk](http://baby2body.co.uk), who specialise in post-baby shrinkage. The husband is getting an enormous supply of high-class chocolate from [rocococonocolates.com](http://rocococonocolates.com). I stick to the me-addicts motto: buy those closest to you the things you want yourself. Is that wrong?

## FLOWER POWER

I'm the first to insist on orthodox help for bona fide medical conditions but I like to use complementary therapies alongside them, or as an alternative – when it's not serious. Flower essences are a case in point: they work on the 'essence' and 'energetic' effects of a flower – the way flowers make you *feel* – and address the emotional issues that underlie some medical conditions. I take **Calm & Clear**, from Australian Bush Flower essences during stressful times (see [flowersense.co.uk](http://flowersense.co.uk)). Read more in **Flower Essences** by Clare G Harvey (Duncan Baird, £4.99).



When I look back at the year's gym-going, I treat myself to a shopping spree

## MY TOP

### CRAVING FIXERS

You want that chocolate bar. You need it. Try one of these, instead.

#### INSTANT

**PUKKA PLEASURE TEA** with cocoa, liquorice and roasted chicory. Come 4pm I can't continue without one of these award-winning brews. **£2.09** from [pukkaherbs.co.uk](http://pukkaherbs.co.uk).



#### SHORT-TERM

**CINNAMON AND ALOE** Take aloe juice with a sprinkling of cinnamon between meals. The former calms the tummy and the latter keeps blood sugar stable. **Higher Nature Aloe**, £17.95, from [highernature.co.uk](http://highernature.co.uk).

#### LONG-TERM

**MAGNESIUM AND VITAMIN B** According to nutritionists\*, a tendency for sweet cravings is often due to a lack of magnesium and vitamin B6. Try taking **Magnesium Citrate With B6**. **£5.10**, from [nutricentre.com](http://nutricentre.com).



**CAMPAIGN** There are 15,000 kids in the UK with terminal illnesses. While the government recently pledged £27 million to children's hospices, because of the resources needed for palliative care, this will only last three months. Fair Play for Children's Hospices is a campaign lobbying the government for more money – they don't want your cash, they simply ask that you log on to [fairplayforchildren.org.uk](http://fairplayforchildren.org.uk) and add your voice to thousands demanding long-term funding for British children's hospices.

## I'M LOVING IT

Vivo Barefoot Technology shoes Do more 'incidental' exercise, we are told. So I get off the tube two stops early and walk the rest of the way, but ugly gym trainers ruin my ensemble. This new range of flat boots and pumps mimic the feeling of walking barefoot, strengthen foot muscles and look good! The style pictured are great for the weekend, but there are also gorgeous black knee-high boots and cute leather lace-ups available.

From £50, call (020) 7407 3758.

