



## 60 seconds with Shilpa Shetty

Actress and healthy-living aficionado Shilpa Shetty, 35, shares her wellbeing secrets

**Healthy:** On a scale of one to 10, how healthy are you?

**Shilpa Shetty:** I would say I am a nine.

**Healthy:** Have you ever had any health conditions?

**SS:** No, I just have low blood pressure.

**Healthy:** Do you have any favourite foods that you cannot live without?

**SS:** I thought I couldn't live without brown rice - until I found out I was allergic to it!

**Healthy:** Do you take any supplements?

**SS:** After they reach 30, I think women need to take vitamins, so I supplement my diet with vitamins B and D.

**Healthy:** Do you have any vices or guilty treats that you allow yourself?

**SS:** I don't smoke, I don't drink - but I do have a terrible sweet tooth.

**Healthy:** If you've had a bad day, how do you cheer yourself up?

**SS:** I just get home and go to sleep, or play with my beagle, Princess.

**Healthy:** What are your favourite types of exercise?

**SS:** Walking in a shopping mall!

**Healthy:** When were you at your fittest?

**SS:** When I had been working out continuously for three solid months.

**Healthy:** Do you have a personal trainer? What's your fitness routine?

**SS:** Yes, Sherin Poojari. I do cardio, weights and finish off with a bit of yoga.

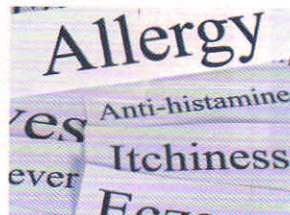
*Shilpa's Gourmet Creations are available in Holland & Barret stores.*

## Give me therapy... Natural Dermatology

Tester: Gill Packman

**What is it?** A series of blood tests, a medical (where they measure your height, weight, body mass index and body water percentage), skin analysis and urine analysis to ascertain what you are allergic to. I have had severe eczema all my life. Thirty years ago I had a series of patch tests, which revealed I wasn't allergic to anything but nickel. But my eczema never got better.'

**What can it do for me?** 'I wanted to get away from steroids and ointments - they just suppress the system rather than treating the cause. Natural Dermatology could identify my allergies and allow me to address the root of the problem.'



### What happened in the session?

'In the first session we went through my history, my skin was examined and a set of blood tests taken. In the second session, we went through the results. The tests revealed my calcium was too low, plus I'm not absorbing iron properly so I need to take vitamin A and D supplements.'

'In terms of allergies, I am allergic to the faeces of house dust mites and grass pollens. This

means I need to buy a special cover that zips my mattress in and hypoallergenic bedding.

'In terms of topical treatments, I have a new plant extract cream that is very rich but lovely. I also put oil in my bath and on my skin.'

**The verdict** 'If you know what your triggers are you can do something about them. I feel so much happier knowing I can actively help my condition. It's really changed my perspective and I am happier as a result.'

**Gill went to the Claudia Louch Natural Dermatology and Nutrition Clinic in London. Call 0207 467 1539 or visit [www.phytoclinic.com](http://www.phytoclinic.com).**



*Being slim makes a woman happier than finding a man! A 24-year study concluded our weight has a greater effect on our wellbeing than whether we're in love. But this is more to do with obesity being less socially acceptable than being single.*



## WEBWATCH

[www.thelmaandlouise.com](http://www.thelmaandlouise.com) is a travel website for women where they can swap tips on trips with like-minded ladies, search for a travelling companion or check out the latest destination guides designed for feisty females. [www.ikeepfit.com](http://www.ikeepfit.com) blends fitness with Facebook. A range of videos designed by celebrity trainer Nick Mays will keep you fit, while an interactive diary and the ability to post your progress on your Facebook profile means no slacking.

## Celeb health tip

Singer and TV presenter Louise Redknapp, 36, keeps her toned figure in trim with some fighting fitness. 'Boxing is the ideal workout. It's quite intensive and doesn't take too much time.'

