

Health On My Shelf



Claudia Louch,
nutritionist and weight-
loss expert at [www.
phytoclinic.com](http://www.phytoclinic.com) (or
call 020 3170 7970).

What's in your medicine cabinet?

I make my own immune-boosting combination of astragalus, echinacea, manuka honey, thyme and bilberry — two teaspoonfuls a day keep me healthy.

What's good in your fridge?

Fresh berries for my morning porridge; lemons, parsley, chillies and fresh fish fillets. I make a fat-free dressing, blending cider vinegar, lemon, parsley, garlic and chilli, to mix with fresh pasta and add grilled fish.

What's your favourite exercise?

Walking. I try to walk for 30 minutes a day. I hate the gym — it's far too heavy on the joints. And before my morning shower, I do some basic stretches.

Have you ever had to diet?

I lived in Bahrain for three years and piled on the pounds. I went on a diet, so I know what it means to have to lose weight.

What do you do to unwind?

I listen to the radio — Radio 4 or Classic FM — and read newspapers or magazines.

