

insight

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The Festival Issue

The very best of the 2008 **Festival and Fringe** including interviews with **Hercules & Love Affair**, **Blast Theory**, **David Harradine** and **Alan Johnston**, plus tips, previews and observations from performers, programmers and critics.

Plus: **Late of the Pier** at **The Great Escape**, festival fashion, **Loop 2008**, the A-Z of festival survival and microbrewing at the **Evening Star**...

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Live to tell the tale

Fun they may be, but festivals can prove to be a bit of an endurance test: exposure to the elements, sleep deprivation, inebriation, dancing from sunset to sunrise. So to make sure you get the most from the weekend, follow these essential tips from **Susie Perry**.

Stay hydrated

We all know that lashings of booze mixed and sun drenched days is a recipe for dehydration, but immersion in that festival vibe can easily lead you forget to drink good old-fashioned water. Drinking more water means less hangover means more time to party.

Cat nap

If you don't want your body to feel broken and bruised by the end of the festival then make sure you take time out for some sneaky disco kips. One of the reasons you can end up feeling so physically battered is sleep deprivation. Normally your body does a lot of tissue repair work and resets cells ready for the next day while you sleep. If you are going to be up most of the night then sneak off for a siesta so your body can physically catch up with itself before your next night of frivolity.

Detox boosters

After a night of tequila shots seek out juice bars selling healthy shots of spirulina, chlorella or aloe vera. These contain chlorophyll or

mucopolysaccharides which clear toxins from the blood and boost liver and kidney function. A couple of shots of these a day will limit the damage.

Eat well

If you're feeling toxic then you're not going to feel like eating much so it's about quality food not quantity. You also need to aim for a high carb factor to give you the calories so you can dance the night away for three nights in a row without any muscle damage. Don't waste your time queuing for junk food like burgers and chips. Spend a bit more money and get yourself food that is packed with nutrients. Brown rice is high in B-vitamins which are needed for cellular energy production and chicken, protein or tofu are easy to digest proteins full of amino acids needed for brain chemicals like serotonin, essential for that festival good time vibe. Meal combinations with rice, protein and vegetables can help to keep you firing on all cylinders. Look out for Manic Organic at Glastonbury and Paella Man at The Big Chill.

Sensitive stomachs

Not everyone can stomach the festival intensity and sore or runny tummies can chip away at your fun factor. If you have a sensitive tummy, don't avoid food you need it to keep you going, just don't overeat. Have small meals but top up by heading for the juice bar. Beetroot, carrot, apple and ginger are healing and detoxifying. Good bacteria in fruit smoothies made with natural yoghurt add protection to a troubled tummy.

Spiritual healing

If it all gets a bit much and you end up feeling frazzled before your time is up then step out of the main arena for a while and head to the healing fields. Hand your body over to a massage master and let their healing hands soothe your tired body and mind back into spiritual alignment. Don't head straight back into the thick of it, let your body enjoy the effects of the massage for a couple of hours, rehydrate and let your heart beat to a more natural rhythm. Rest, repair and recuperate.