

Regulars: Celebrity Shopper, Fashion, Can't Live Without, Face To Face, City Scene . . .

BRIGHTON & HOVE

Life

NUMBER 61 - DECEMBER 2004 £2.00 Where Sold

The No.1 City Magazine

ZOE BALL
brings Bollywood
to Brighton

FASHION
Party, party, party

PATSY PALMER
Brighton welcomes the original Eastend girl

EXCLUSIVE
Christmas
gift guide

CHRISTMAS
in Sussex



Property • Education • Interiors • Food • Fashion • Health & Beauty • Motoring

Also distributed in Worthing, Horsham, Haywards Heath, Lewes and Eastbourne



A healthy Christmas

This month nutritional therapist **Susan Perry** tells us how to impress the family during Christmas Lunch by serving up the best turkey in town. She also offers top tips on how to boost your immunity, beat winter depression, known as SAD, and get through the party season with your liver intact



Delicious Christmas turkey



At the heart of Christmas day is the biggest feast of the year. Don't go disappointing family and friends by serving up a dry, tough old bird. Get yourself down to Canhams Butchers on Church Road, Hove for some top turkey tucker. A trip to Canhams is a trip back in time and well worth the experience. Old-fashioned tiled walls, saw-dusted floors and smells of freshly baked home-made pies make you feel that commitment to tradition and quality are a priority.

Canhams turkeys are all reared by free-range methods on the same farm every year. The turkeys are hung for a minimum of 10 days with their innards intact. They are then trussed and made oven ready four days before sale. This combination of traditional rearing and butchering guarantees superior quality of both flavour and tenderness. Canhams is undoubtedly the best place in Brighton and Hove to order your Christmas turkey. If cooking a turkey is a first for you, then do not fear, you will be given advice on suitable weight for number of guests and details of cooking time. All that's left to do is sit back and watch your family gobble it up!

Winter immunity

Don't let a chesty cough or cold get you down this year. Boost your immune system now by eating lots of purple fruits – blueberries, raspberries, blackberries, plums and cherries. These are packed full of the plant substance proanthocyanadins which supports the action of vitamin C, boosting immunity and aiding anti-viral protection. In our clinic we have had great results with a product called Astragalus and Echinacea Tincture. This fantastic herbal formula can be taken across the winter months for general immune protection.

Lighten up, beat the winter blues



The Brite Box.

Thousands of Britons are affected by SAD or winter depression each year. The reason behind such mood change is declining levels of the brain hormone serotonin. The amount of serotonin your brain can make during a typical day is directly related to the length and intensity of natural light you are exposed to. Long days of bright intense sunlight stimulate high levels of serotonin. Short, dull and dreary winter days leave serotonin levels depleted. Since serotonin is the brain hormone responsible for generating a relaxed happy mood you can understand why we all feel a little gloomy over winter. A simple solution is now available: the Brite Box. This handy fold up briefcase contains a light box. The Brite Box gives out light which has the same frequency and intensity as natural daylight. All you need to do is sit in front of the Brite Box for 10-20 minutes a day and within 15 days

'Don't go disappointing family and friends by serving up a dry, tough old bird.'

you should notice that your mood is starting to lift. In fact it's not just your mood that will be affected. Your sleep pattern should also improve, along with your libido! The Brite Box is a great way to avoid prescription anti-depressants. For more information or to purchase a Brite Box, call 01273 775480.

Look after your liver

If you have a full social diary this Christmas and want to make it through to the new year without too many stinking hangovers, then you need to look after your liver. Too many late nights



fuelled by cocktails, champagne and rich party foods can leave your liver a little over-worked. In between your party days, focus on eating foods that help support liver function. These include root ginger, celery, turmeric, garlic, parsley, coriander, artichokes and leeks. If you have a really full party schedule this year, then it is worth taking a herbal supplement called phyllanthus complex (available from Smart Nutrition on 01273 239431). This combination of milk thistle, dandelion and phyllanthus supports liver function, helping you survive the party season.



For more information on products or nutrition please contact Susan Perry at Smart Nutrition on 01273 239431 or email info@smartnutrition.co.uk

PHOTOGRAPH: DAX DEBICE