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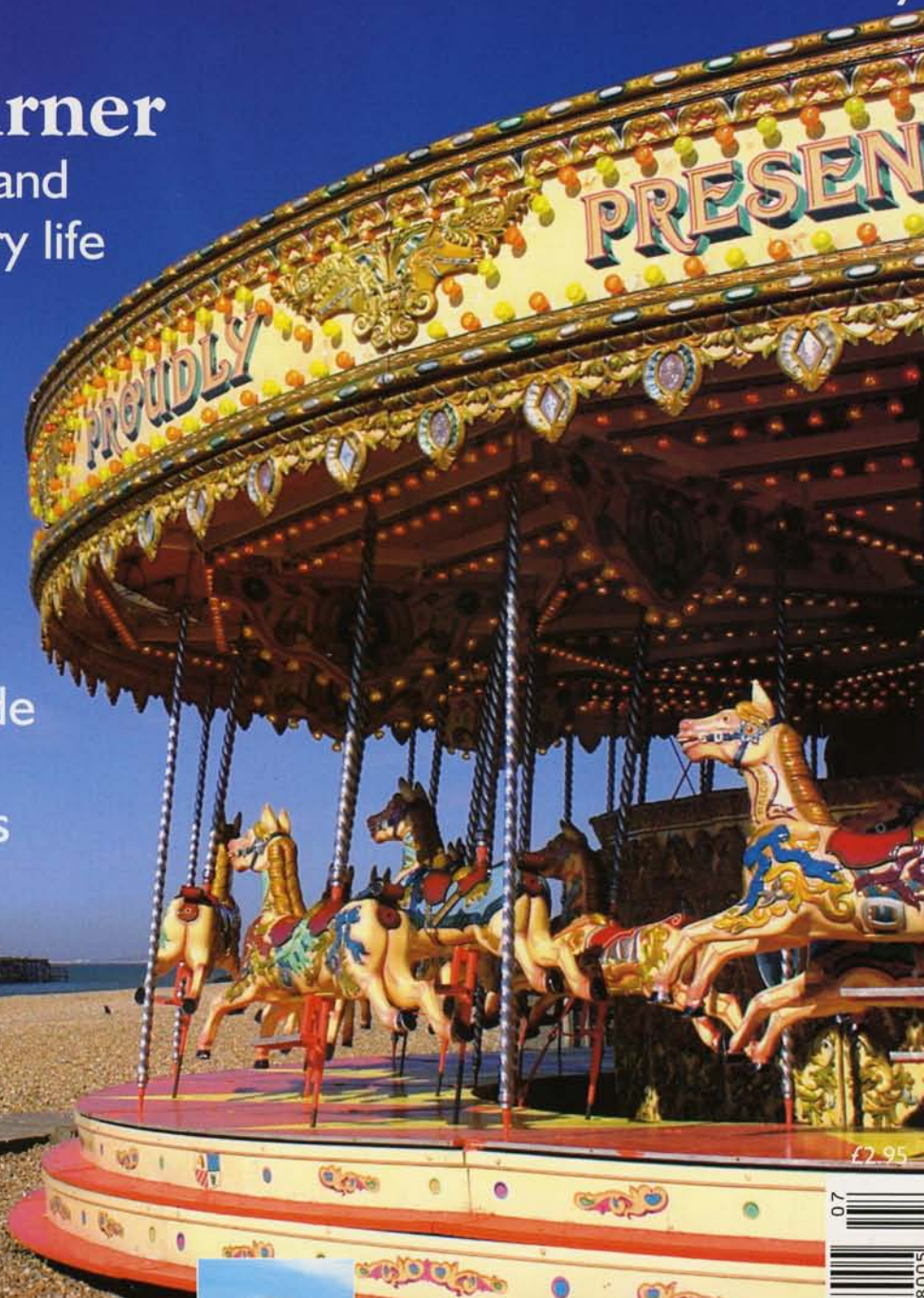
Anthea Turner

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Ask Susie

Our health expert and nutritional therapist, Susie Perry (Bsc Dip ION) delivers some practical solutions and sensible advice

Save my husbands hair

Q My husband has just been through a very stressful time at work, he is only 43 and his bald spot has got noticeably bigger over the last few months. Is there anything he can do to slow this down?

Jane, Storrington

A Unfortunately stress and hair loss go hand in hand when it comes to male patterned baldness. To save his hair he needs to find ways to lessen his stress. Increasing cardiovascular exercise, cutting out tea, coffee and sugar rich foods all help to bring stress hormones back into balance. Eating foods rich in B vitamins, magnesium and vitamin C also keeps stress hormones under control. Swap white bread, pasta and rice for brown or wholegrain options; include more green leafy vegetables at your evening meal and start the day with a vitamin C rich citrus fruit juice. Stress hormones encourage the conversion of testosterone into a harmful substance which has been linked to prostate problems and hair loss. The herbal remedy Saw Palmetto, available from all good health food shops, prevents this testosterone conversion from taking place reducing hair loss and has been known to restore hair growth for some men.

Pre-holiday shape up

Q I'm going on holiday in two months and I need to loose weight fast. I've put on more weight over this last winter than any other winter and I'm struggling with get back into shape. Do you have any good tips?

Holly, Arundel

A Yes, I've got plenty of good healthy tips to help you loose weight! Firstly, don't go fat free as this creates cravings and nutrient deficiencies. Sure go ahead and cut out foods rich in saturated fat like red meat, cheese, ice cream, butter, fried food, sausages, bacon and ham but make sure you eat plenty of the good fats found in oily fish, nuts and seeds. These good oils actually help to boost your metabolism making it easier to loose weight. Secondly, cut out starchy carbs these foods fill you up but also pad you out. This means cutting out bread, pasta, white rice and potatoes especially at your evening meal. Thirdly increase your protein from fish and poultry. This helps to keep blood sugar levels balanced, curb cravings and support a healthy metabolism. Lastly, you can't expect to achieve decent weight loss unless you increase your exercise. You need to do at least 40 minutes cardiovascular exercise three times a week.

Monthly headaches

Q My daughter has been suffering from terrible monthly headaches. She has got to the point where she is taking lots of painkillers and having to take time off work. What can you suggest?

Frances, Rye

A If they are monthly headaches from then this is an indication that they are linked to a hormonal imbalance. This is very common and is often a sign that her liver may be struggling to process her hormones. The two nutrients which help to restore female hormone balance are vitamin B6 and zinc and I would suggest that she takes a 1-3 month course of these natural remedies. To help restore liver function she needs to cut back on alcohol and caffeine for a good few months. For her liver to function correctly it's important that she doesn't get dehydrated across the day. Headaches can be a result of dehydration so drinking 1-2 litres of water a day is essential for her.

Your view

If you have diet concerns and you would like Susie's advice, then please send your question to us at: Sussex Life Health, 28 Teville Road, Worthing, West Sussex BN11 1UG or email: health@sussexlife.co.uk

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