



### Strip off your socks

If you suffer from poor circulation in your feet in winter, particularly if you're out cycling, riding or skiing, it could be because you're wearing too many sock layers. It may sound unlikely, but 'this restricts the movement of your feet, which will make them colder,' says Dan Mitchell, a Snow+Rock footwear technician. 'One warm layer is a better bet.' Whatever you do, don't ignore your cold feet. In addition to being uncomfortable, in extreme cases it can cause nerve damage.



## BAROMETER

### Halloween season

#### GOING UP Pumpkins

Chinese research has found that pumpkin extract can have a dramatic effect on regulating insulin levels in diabetic rats, leading to the hope that in future, there might be a much more natural, less invasive alternative to injections.



#### GOING DOWN Cats

A new study shows that about 25% of people have varying degrees of allergic reactions to felines. The study of 2,000 people across Europe found that having a cat made people significantly more likely to have an allergy of any type, and more likely to suffer severe allergic symptoms.



## TRY THIS

Whether you suffer from chronic period pain or post-workout strains, try PainBan X4000, a revolutionary 'wand' that uses magnetic pulses to block pain signals to your brain. As well as pain relief, this technology has proven beneficial in healing broken bones and improving circulation in a number of studies. 'I've seen promising results with PainBan X4000 in a range of conditions, including musculo-skeletal pains, ligament pain and muscle injury,' says GP Dr Iain Leith. Hold it at the site of your pain for seven minutes and the pain should ease, or at least significantly decrease. 'It completely eliminated my soreness,' says our tester, who had an old injury in her back that caused persistent pain. PainBan X4000 costs £99.95 from [www.painban.com](http://www.painban.com).

39

## PARENTING CORNER

As the cold and flu season kicks in, parents will be bracing themselves for little sniffles. Thermometers are a crucial part of any family first-aid kit, as they offer an at-a-glance guide to whether your child is simply groggy or, more seriously, feverish. They're famously unreliable, though, so mums will love the Kamillosan Baby Thermometer, a dummy with a sensor in the boat that measures body temperature accurately to within 0.1°C in two fuss-free minutes. It costs £5.99 from [www.kamillosan.co.uk](http://www.kamillosan.co.uk).



## 3 ON TEST Deodorants

### BEST FOR LONG-LASTING PROTECTION

**Mitchum 48 Hour Anti-Perspirant Deodorant, £2.49**

'I suffer from excessive sweating and have tried lots of brands. This is the only one that lasted all day,' says our tester.



**BEST FOR EXERCISING**  
**Boots Expert Ultra Dry Anti-Perspirant Deodorant Unperfumed, £1.99**

This unscented roll-on kept our tester's armpits sweat-free, even during an intense Spinning class.



**BEST FOR ECO TYPES**  
**PitRok Natural Crystal Deodorant, £5.95 from**

[www.pitrok.co.uk](http://www.pitrok.co.uk) 'I was sceptical about using a "natural" deodorant, but this kept me smell free, although it didn't stop me sweating.'

