

## Good Health

### THE EYEGYM



TO RELAX strained eyes, sit down and look straight ahead. Inhale while moving your eyes to the right and bring them back to the centre while exhaling. Repeat on the left side and then up and down.

### SOS PRODUCTS JETLAG

We choose some of the best quick-fix remedies for common ailments



**Encozyme NADH, £21.95** for 30 tablets. Natural supplement formulated to relieve drowsiness. Contains an energy-producing ingredient to combat jet lag.

Mail order: 020 7436 5122;  
[www.nutricentre.com](http://www.nutricentre.com)



**Jet Lag Visor, £299** Provides controlled exposure to bright light to help adjust the body to the new time zone.

Stockists: 01954 780 500;  
[www.lumie.com](http://www.lumie.com)



**Alpha-Stim SCS, £235** Produces tiny electrical currents, similar to those in the body, to increase alertness. Clip electrodes to ears for 20 minutes.

Stockists: 01952 670 951;  
[www.themicrocurrentsite.co.uk](http://www.themicrocurrentsite.co.uk)



**Red Kooga Energise, £6.99** for 30 tablets. Contains ginseng, which can boost

energy levels, and guarana, a natural source of caffeine, to restore alertness.

Stockists: 0191 370 9466;  
[www.redkooga.co.uk](http://www.redkooga.co.uk)



**Elemis Instant Refreshing Gel, 150ml, £26** Contains arnica, camphor and menthol to reduce

swollen ankles caused by flying and to relieve grogginess.

Stockists: 01278 727830;  
[www.elemis.com](http://www.elemis.com)