

# Forever Young

Find out all the latest news on how to look and feel great from our new Health and Beauty correspondent, Melanie Greenwood

## COOKING FOR HEALTH

Dr Jane Philpott's 18th century rural cottage in Somerton is a world away from her former life as an international bio-scientist

At the age of 10 she decided 'to solve the world food problem' and at 35 became head of Biological Sciences at Syngenta with 26,000 employees in 90 countries helping farmers feed the world. Now Jane, 48, advises on nutrition throughout the region and UK.

She offers one-to-one consultations as well as Cooking for Health courses covering super-nutrition, balancing hormones, eating to beat stress and boosting the immune system.

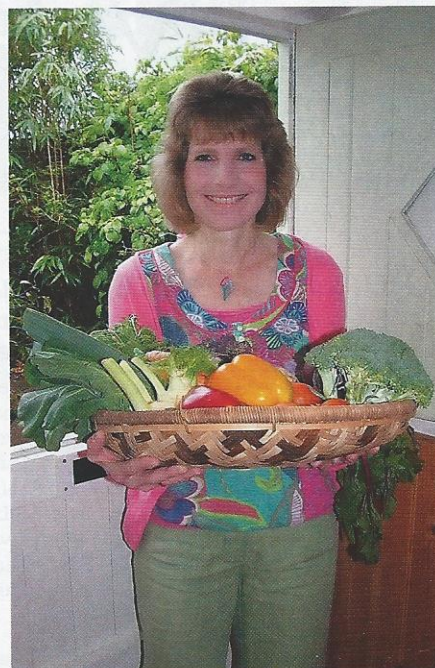
Jane says: "I teach about health food not cordon bleu. My message is about the profound effect nutrition has on your

health. People die unnecessarily from obesity, heart disease, cancer and diabetes when much is preventable. There is evidence that the risk of Alzheimers and dementia increases with long-term poor nutrition.

"Good nutrition is about playing the long game. People think they are invincible and stuff down junk food hoping a multi-vitamin on top equals a balanced diet.

"Exercise is vital. Our grandparents' generation moved the equivalent of running a marathon each week and they shopped daily for fresh food; now we go once a week or less."

Jane, who is on the boards of both the Somerset Partnership NHS Foundation Trust and Somerset Care, has been called upon by independent caterers and nurseries determined to offer more



nutritious menus.

One Government study saw her analyse nursery and school menus to discover none were compliant with even basic nutritional standards. She has worked with food safety officers in the South West advising on healthy menus and with the Food Standards Agency to improve children's menus in public places.

## Tropical Oasis Body Wrap

We may not be having a tropical summer but no matter if you are holidaying in breezy Britain or setting off for sunshine abroad you want to have your skin in tip-top condition.

As it poured with rain I was about to try the new Tropical Oasis Body Wrap at the new spa in Doubletree by Hilton Cadbury House hotel in Congresbury.



First there is the exfoliation. Therapist Louise Dutton massages on a foaming salt mousse with olive oil, which gently removes old skin cells ready for the wrap.

Then the anti-ageing pineapple and papaya creamy yoghurt wrap is smoothed on. As you get slowly wrapped up in plastic and on top of this goes heated towels right up to your neck, your only worry is the fire alarm going off.

As you heat up, the natural botanical ingredients penetrate the skin and Louise gives you a scalp massage followed by leg pressure massage over the warm towels.

Then it's the sticky unpeeling and a quick shower followed by an all-over moisturise with balm containing mango-passion fruit. My skin is super soft, feels 10 years younger.

A Tropical Oasis Body Wrap lasts 55 minutes and costs £65 from Monday to Thursday or £70 Friday to Sunday. For more information please contact [theclubandspabristol.co.uk](http://theclubandspabristol.co.uk) or call 01934 834 343

## READER OFFER – HALF PRICE SPA DAY:

The Spa at DoubleTree by Hilton, Cadbury House is offering all *Somerset Life* readers a half-price spa day at the region's top venue. For just £17.50 readers can relax and rejuvenate themselves in the award-winning spa set within the stunning surroundings of the North Somerset countryside.

Readers will also be treated to a light lunch in the lounge, rounding off the perfect girly day or romantic break. *Terms & Conditions: Available Mon-Thurs from 1-31 August.*

"It shocks me that so many people in control of children's nutrition don't know much about it," says Jane. "But there is hope. I did a seminar for independent caterers and more than 70 turned up, including Butlin's at Minehead and the Fleet Air Arm Museum."

Jane began her career with a degree in Biological Sciences from Oxford University, an MSC in crop protection from Imperial College, London and doctorate in Plant Physiology from the University of Bristol. It was there she met her husband Paul, who worked for aid agencies and was often in war zones.

Jane spent a year battling Triffid-like weeds consuming farmland and rainforest in Indonesia and as a student travelled extensively across the world. She said: "It was an amazing time. I remember wading thigh-high through the gloopy green water of a paddy field in Japan and behind me towered a giant stone Buddha."

But with two young sons, weekly meetings in Switzerland, monthly trips to America and international commitments Jane gave up her job and move to their rural idyll.

She says: "I just felt 'What's the point of having children if I'm hardly with them?' Paul took on a job at the Rural Development Agency and we moved."

Not long after, her right side became numb, followed by weeks of pins and needles. There was a stressful 18-week wait for results.

Jane recalls: "I'd spent my life looking at nutrition on a world scale, but never considered its effect on me. It turned out I had a trapped nerve, but by then I'd decided to do a degree in nutrition."

It's not all been plain sailing on the domestic cooking front for Jane. Her sons are now 13 and 11 and while one will eat anything, the other won't.

She says: "It's good because it helps me understand mealtimes can be a battle and I've become a master of disguise with food."

*Jane's Cooking for Health costs £110 per day. Personal consultations cost £100 for the first two-hour appointment and £50 thereafter. For more information contact: jane@cookingforhealth-uk.com telephone 01458 224606*

## Beauty Spot

### Cruelty-free

Green People's New Hydrating Firming Serum is a unique two-in-one hydrating serum and toner. The organic formulation increases collagen production and targets wrinkles, improving elasticity and tone. All Green People products are vegetarian, cruelty-free, use fair trade ingredients where possible and never contain harmful chemicals, plus 10 per cent of net profit is donated to charities.

*The hydrating serum costs £11.95. Ask your local health store if they can order it in or visit [greenpeople.co.uk](http://greenpeople.co.uk)*

### Zingy

Blend collective's Enlivening Body Wash with summer scents of Sicilian lemon, May Chang and zesty lime is part of a new all natural body care range with luxury fragrances. The body wash costs £14.95 and is available locally from Frontline, 11 Broad Street, Wells or go to [blendcollective.co.uk](http://blendcollective.co.uk)

*For a 10% discount on any BLEND collective product, show this article when visiting Frontline in Wells.*

### Travel-size

To celebrate summer, ESPA have released The Body Collection with travel-sized body butter, shower gel and pink hair and scalp mud in its own perfect and very British travel bag.

The Body Collection costs £35, including an exclusive competition to win a £450 ESPA skincare hamper and three runner-up prizes.

The collections will be available in local spas, salons and stores plus online at [espaonline.com](http://espaonline.com) and will include travel tips and the competition entry postcard.

### Gentle exfoliation

Award-winning beauty company OSKIA, has produced a gentle but effective micro-exfoliating balm that brightens and refines.

*Osikia micro-exfoliating balms costs £46 and is available at major retailers. For more information on products see [oskiaskincare.com](http://oskiaskincare.com)*

