

FROM
THE
EDITOR

I've got wonky hair. A hairdresser pointed it out to me about a year ago – apparently it's at least 5cm longer and thicker on one side. It's not the end of the world in the grand scheme of things, of course, but as a woman, good hair has always been something I'd hoped might follow me into old age.

So in a bid to face up to my hair's future I recently paid a visit to a trichologist for a head and hair examination. The good news? I'm not going bald – apparently it's the same density all over, it just isn't quite growing as robustly on one side. When I asked him why, he suggested one very likely culprit: inflammation. It turns out excess inflammation

in the body can result in a whole host of symptoms. From allergies to being overweight, or even, as in my very rare case, wonky hair. What's even more scary is that in some people there are no symptoms at all, yet living with excess inflammation for long periods of time can lead to depression, obesity, even some cancers. Our special report on

page 4 investigates the surprising causes of inflammation and, crucially, what you can do to start lowering your levels right away. (Clue: food is your biggest weapon!)

If you regularly feel stressed, you're a smoker or you get six or less hours of sleep a night, these can also ramp up your risk. Don't let your body suffer in silence. **– ELIN TOUGH**

YOUR HEALTHY

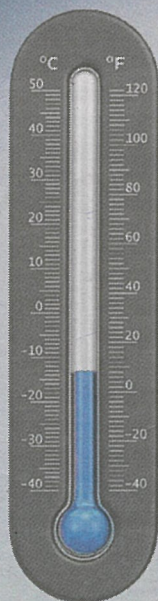
EAT BETTER FOOD / BOOST YOUR FITNESS / ENRICH YOUR WELLBEING

WEEK STARTS HERE

2

Exercise recovery

If you can handle sitting in a bath of iced water for 10 minutes, jump right in. Otherwise, have a contrast shower, where you alternate the temperature from hot to cold.



FREEZE AWAY OLD AGE

THE -130°C HEALTH SECRET THE STARS SWEAR BY

If you've ever wanted to recover quickly from an intense training session or look as ageless as Jennifer Aniston, you can now step into a chamber of vaporised liquid nitrogen that claims to do it all.

It's called cryotherapy and clinics are popping up around Australia. It works by subjecting the body to temperatures of about -130°C for a maximum of three minutes. It may sound horrible, but it's much less painful than an ice bath.

"Inside the body, the natural response to the cold is an increase

in blood flow to the internal organs and a flooding of red blood cells with oxygen, nutrients and enzymes," Jacob Ohlson, founder of Sydney-based clinic Cryo, says. "Following the treatment, your temperature rapidly returns to normal, releasing the enriched blood back into the skin and muscle tissues. This process in the blood raises the metabolism, boosts collagen production and helps to fight inflammation."

Want more ways to reap sub-zero health benefits? Try these...

1

Pre-workout endurance

Wrap a cold water-soaked towel around your neck 30 minutes before a race or an intense workout to keep you cool for longer.

3

Beauty routine

Try a cooling gel, such as Blithe Pressed Serum Crystal Iceplant (\$60, sephora.com.au), which is made with ice plant extract to soothe skin and protect against pollutants.



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