

# Woman's Weekly

## How The Experts Keep Healthy



**This week: Dr Ellie Cannon (drellie.co.uk), a London-based GP with a special interest in female health.**

**What's in your medicine cabinet?**

Ibuprofen — so useful for all types of pain; Karvol to help clear the congestion of colds or sinusitis; and Bach Rescue Remedy for when I can't sleep.

**What's good in your fridge?**

Salmon — it's a great source of omega-3 fat, which is good for heart health; a variety of fruit and vegetables; and white meat such as chicken. These foods can

help to lower blood pressure and reduce the risk of developing type 2 diabetes.

**What's your favourite exercise?**

I love running and also do interval training, which is great for your cardiovascular health. I try to mix it up with a bit of cycling and swimming, too.

**What's a special treat?**

I'm a real foodie, so I find lots of things a treat! A sushi meal out is a top treat for me but at home, it's peanut butter.

**Any childhood remedies you still use?**

I suffered from travel sickness as a child and my auntie always gave me Hula Hoops to stop me feeling sick in the car. It sounds odd but I've found it works for my children, too!