

# Improve your health in 24 hours



HEALTHY LIFESTYLE CHANGES ARE GOOD BUT, SOMETIMES, IT CAN FEEL LIKE A LONG WAIT TO SEE THE BENEFITS. DR ELLIE CANNON REVEALS THOSE FAST-ACTING HEALTH RESOLUTIONS

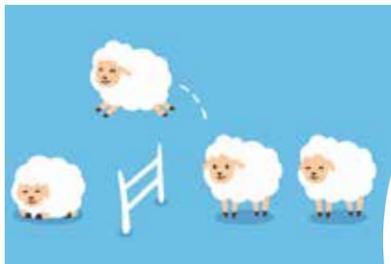
**Y**ou can achieve a lot in a day when you put your mind to it, but did you know that you can improve your health in that short amount of time, too? It's true. Whether it's eating better or cutting down on alcoholic beverages, some changes you can make will start to make you feel better in just 24 hours, so why not start today!

## PUT DOWN THE DRINK

Stop the booze for a day. Having a day off from drinking alcohol each week is great to maintain a healthy psychological relationship with alcohol, but also to protect our liver. Regularly having a day off – or even better, two – allows your liver enough time to recover. This lessens the likelihood of you developing alcohol-related liver disease. Having a day off also means you won't become reliant on it.

## HAVE AN EARLY NIGHT

There is no right amount of sleep for everyone, but if you're getting too little, you will certainly feel the effects. Not only do you feel tired regularly, but lack of sleep affects your immune system, worsens your mental health and can even make you susceptible to long-term health problems. Even after one good night's sleep, you'll start to feel more refreshed and healthier.



## CLEAR OUT YOUR FRIDGE

One of the hardest things about maintaining a new diet or lifestyle is resisting temptation, and saying 'no' to those treats you enjoy. It's far easier to say no if they're not there in the first place. If you're embarking on a new, healthy diet, start by clearing out your cupboards and fridge – or anywhere else you'd stash your goodies – and even within a day, you'll get used to those treats just not being there.

## STAY SOCIAL

Spend a day with friends, or sit down and plan some diary dates to see your favourite people. Having friends and a good social support network is good for your mental health, but we are seeing more and more that it is good for our physical health, too. The joy and companionship of being with people reduces anxiety, and improves your mood and self-esteem – you start to feel better straight away when in good company.



## STOP SMOKING

Even after a day without cigarettes, your body starts to feel the benefits. If you can go 24 hours smoke-free, your health can improve straight away. Your heart rate and blood pressure should come down to a healthier level, and your oxygen levels will be back to normal in your blood. The level of harmful carbon monoxide will have also gone down to normal non-smoking levels.



## GET SCREENED

In the UK, women are offered screening tests for bowel cancer, breast cancer and cervical cancer – all of which are quick tests to do. It is thought that just from breast screening alone, 1,300 lives are saved each year in the UK. Spending a day making sure you're up-to-date with your screening tests could genuinely improve your health and save your life.

## (DON'T) BREAK YOUR FAST

Fasting is the latest diet craze, but 24 hours with little food is definitely not for everyone. However, compared to a lot of diets, there is a good amount of scientific evidence that it can help with weight loss and control some conditions like type two diabetes. There are different fasting regimes, but they usually involve one or two days a week, eating less than 400 or 500 calories.

# Look younger with Lesley



Anti-ageing guru **Lesley Reynolds** reveals the latest treatments to help you stay youthful

Want to be slow down ageing naturally? Thanks to medical advancements, you can now recycle your own body's blood, cells and fat to help fight the ageing process

## GET A YOUTHFUL GLOW... WITH YOUR BLOOD

**Angel PRP (Platelet Rich Plasma) Therapy rejuvenates skin by taking your own blood.** It's put in a machine to separate the platelets that are then injected back into the body. The platelets release growth

factors that boost collagen production and promote healthy skin, so it looks plumper and revitalised. It's a one-off treatment, there's 24 hours' downtime and results last up to 18 months. From £1,500.

## SCULPT AND PLUMP... WITH SPARE FAT

**Fat grafting, where excess fat is harvested from one area by liposuction and transferred to another by injections, can be used to plump thin lips, reshape sagging bottoms, breasts or face, and rejuvenate hands.** The latest procedures use local anaesthesia and cause little bruising. You may need an annual top-up. From £3,500.



## TREAT SKIN IMPERFECTIONS... WITH CELL THERAPY

**Cell therapy – Recell – is a one-off treatment.** A small biopsy is taken from an area close to the skin being treated to match colour and texture. The treated area and

biopsy site will be covered with dressing, and must be protected for a week when the cells multiply and spread to restore the skin's structure. From £2,000.

## AND DON'T FORGET...

- You can slow down ageing by exercising every day. Just 40 minutes of brisk walking has been shown to reduce the risk of many diseases.
- Include more superfoods in your diet, like nuts, pulses and berries, for all-round wellness.
- Drink more water and green tea. One study showed that those drinking five or more glasses of water a day could help reduce the risk for heart disease by 53 percent, compared with those drinking two or less a day. Green tea can aid weight loss and is anti-inflammatory.
- Learn to deal with stress, which shrinks the brain and increases the waistline. Meditation is the best, but even deep breathing helps.

For more information on Lesley and her team of doctors, please visit [harleystreetskinclinic.com](http://harleystreetskinclinic.com)