

**1 SINCE STARTING SCHOOL MY DAUGHTER KEEPS GETTING HEAD LICE AND I'M CONCERNED ABOUT REGULARLY USING PESTICIDE-BASED PRODUCTS.**

**Are there effective alternatives?** *Madeleine*

● You are right to be concerned. Apart from health issues, repeated use can lead to us becoming resistant to the treatment. Unfortunately, **head lice are part of school life, and I recommend wet-combing as the safest alternative treatment.** Wash your daughter's hair, apply conditioner, comb through and rinse well. The conditioner makes the hair slippery so a good lice comb will help slide them off ([nittygritty.co.uk](http://nittygritty.co.uk), £10.99). Alternatively, try a specially formulated lotion such as Nice 'n' Clear (Boots, £9.49) and a leave-in conditioner such as tea-tree What Nits! ([thinknatural.com](http://thinknatural.com), £3.99). Lice only feed on human blood and cannot fly, so tie your daughter's hair back, persuade her to wear a hat and avoid hair-to-hair contact if possible.

**3 AFTER BACK SURGERY, I DEVELOPED ARTHRITIS. MY GP JUST PRESCRIBES PAINKILLERS. DO YOU KNOW OF ANY OTHER TREATMENTS?**

**I care for my very sick husband and find it difficult to cope at times.** *Anne*

● Skeletal stress or injury can trigger arthritic problems. Unfortunately, there is no cure, but **small changes to all aspects of your life can make a huge difference.**

A healthy diet is of course important, but omega oils are particularly relevant; eat plenty of oily fish, linseed and omega-3-enriched eggs, and try Lubramine supplements (Boots, £9.99). Another useful supplement is glucosamine, naturally produced in the body to encourage healthy cartilage. Try Biocare N-Acetyl Glucosamine ([revital.co.uk](http://revital.co.uk), £17.80) or get Alateris on prescription. For advice on natural treatments contact [arthritiscare.org.uk](http://arthritiscare.org.uk). There is also a range of downloadable self-help booklets and self-management courses at [www.arthritiscare.org.uk](http://www.arthritiscare.org.uk). The stress of being a carer could also be aggravating your pain, so try to give yourself time out to relax. For additional support contact [carersuk.org](http://carersuk.org).



**LIZ TUCKER,**  
BRITAIN'S LEADING  
HEALTH AND WELLBEING  
COUNSELLOR. ANSWERS  
YOUR QUESTIONS

**2 MY THREE YOUNG CHILDREN ALL SUFFER FROM DRY SKIN AND ECZEMA. CREAMS WORK FOR A SHORT WHILE and then the dry skin returns. Help!** *Lucia*

● Children have to go through a period of development where systems such as immunity mature, so skin problems are not uncommon, but most grow out of it. Avoid using chemical cleaners and toiletries and reduce the amount of processed, refined and sugary foods your children eat. Add more oily fish to their diets to boost omega-3, essential for skin suppleness, and make sure they drink plenty of water. **Stress and inactivity can lead to skin problems,** so organise regular fun, outdoor activities. Skin Salvation is good for soothing ([purepotions.co.uk](http://purepotions.co.uk), £10). For chemical reactions try DermaSalve Baby & Infant Cream (Lloyds, £4.49). For washing, use hypoallergenic products containing lanolin to reduce sensitivity and nourish; try the Allergenics range at Holland & Barrett. Homeopathic treatments include Arsen alb and Rhus tox, both by Nelsons (Boots, £4.15).

*Always consult a medical practitioner if your symptoms persist.  
Send your health questions, for publication only, to [liz.tucker@telegraph.co.uk](mailto:liz.tucker@telegraph.co.uk)*

## EXERCISE OF THE WEEK

### Lying one-arm tricep by Kathryn Freeland

This will work the back of the upper arm – the tricep – and is a very intensive exercise

1 • Lie on your right side with your body in a straight line, left hip directly above right. Put your right hand on your left shoulder and your left hand on the floor in front

of your right shoulder

2 • Push yourself up with your left arm, then lower yourself back to the floor

3 • Repeat on the other side

4 • Repeat eight times on each arm, working up to 16 repeats on each arm



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