

ALTERNATIVE NEWS

BEAT YOUR HEADACHE; SUPPLEMENT SECRETS; FERTILITY
POWERS OF ACUPUNCTURE; A GUILT-FREE SLEEP

BAROMETER body boost



GOING UP

Acupuncture

Recent studies from New York Weill Cornell Medical Centre found that acupuncture boosts fertility. It helps reduce stress, normalises ovulation, increases blood flow to the uterus, regulates your cycle and increases pregnancy rates for IVF couples.

GOING DOWN

Rheumatoid arthritis

Rosehip extract could help soothe pain from rheumatoid arthritis. In a study, sufferers taking rosehip reported a 20% improvement in mobility and a 40% reduction in pain.