



NEW HEALTH

WE EXPLORE THE NEWEST THERAPIES AND TECH TO ENHANCE YOUR HEALTH

1 EXTREME WELLNESS

Devotees of this trend submit themselves to physical challenges and treatments such as ice bathing, saunas, breathing techniques and intermittent fasting, with the aim of rebooting their health. Activity and inactivity are also key features, says wellness expert Professor Marc Cohen, who runs extreme wellness retreats around the world. "We do activities such as fire twirling or walking slackline to help you achieve a 'flow' state, where your mind and body are in harmony with what you're doing. Inactivity might involve lying in a hammock, realising there's always less we can do," he explains. "These practices can enhance your metabolism: you make more mitochondria, process food more efficiently and are less hungry – and everything tastes better! You become more efficient, more productive, and more fun."

5 WELLNESS TRENDS FOR 2020

5 DETOXED SHOWERS

We've long known about the importance of filtering our drinking water, but whole house water filters are set to become more common, says Professor Cohen. "There's evidence to suggest we get more toxic exposure from our bathing water than from drinking water," he says. "When water is heated a lot of volatile toxic compounds are absorbed into the blood directly through your lungs and skin, whereas, when we drink water it first passes through the liver, which helps us to detoxify it," he explains. "So it's important to filter our bathing water, using a whole house water filter."

2 MINDFUL MOVEMENT

The demand for slower, mindful movement is growing, say researchers from the Global Wellness Institute. "People are flocking to yoga, tai chi and qigong, as they want more connection with the mind, body, other people and nature," says Professor Cohen. Currently practised by 3.8 per cent of the world's population, mindful movement also includes Pilates, stretch, barre and Gyrotonic.



3 MUSIC AS MEDICINE

The healing properties of music have long been known, and singing in groups has been a growing trend. Research has found it to be energising, stress-relieving, and good for our personal and social wellbeing. "A lot of people are told they haven't got a good voice, so singing in a group is a great opportunity to be able to express themselves and make something beautiful with other people," says Professor Cohen.

4 HEALTHY HOMES

Allergens, mould, and indoor air pollutants called VOCs, which are commonly found in homes, can all have a negative impact on our wellbeing. Now some smartphones are being designed to detect these issues, says Professor Cohen. "The construction machinery manufacturer, Caterpillar, has produced a smartphone that can test for humidity, temperature, and VOCs," he says. These are measured via the Cat S61's Air app, which alerts you when you need to improve ventilation by opening doors and windows or turning on air-conditioning.



Text: Sue Ramsey. Always consult your GP before making any changes to your health routine