

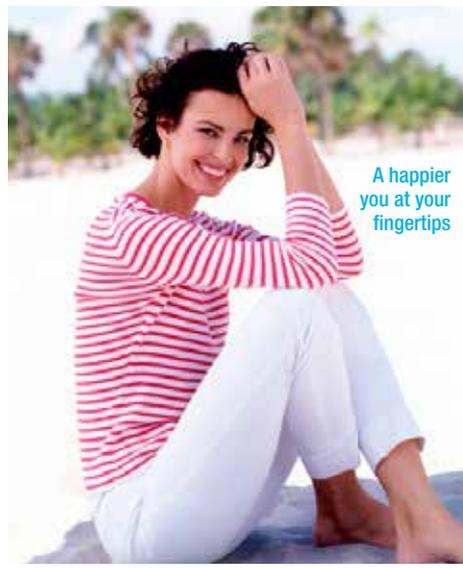
This month's round-up of the latest issues

# Click for a mood boost

**T**rust a former Good Housekeeping editor to come up with a life-enhancing idea. Welldoing.org is the brainchild of Louise Chunn, who wanted an alternative to the shopping and spending websites that dominate the internet. In contrast, 'Welldoing is for anyone who wants to understand their emotions and increase their enjoyment of life,' she says.

Alongside thought-provoking features, practical advice and personal stories will be a directory that matches therapists to clients. If you want counselling but have no idea what would suit you best, just fill in the questionnaire to find the psychotherapists most likely to help.

There's no fee and you won't have to take things further, but if you need one-to-one advice as well as inspiration, the information will be there. 'It's yet another way to help you work out what's going on in your life,' says Louise.



A happier you at your fingertips



Get flossing to boost your health and your smile

## OPEN WIDE!

**O**ne look inside our mouth can tell a dentist about our stress levels and eating habits. It can even reveal aspects of our love lives, as some sore patches are triggered by oral sex. But dentists are most likely to spot gum disease, caused by poor hygiene, which affects eight in 10 people.

Though many will close their ears to the lecture that inevitably follows, maybe we shouldn't. Bacteria found in plaque crop up in heart disease and bowel cancer, and gum disease is also linked to diabetes, asthma, premature birth and male erection difficulties.

But don't panic, because gum disease may be the symptom rather than the cause. 'If you suddenly develop gum disease, your immune system may be weakened by illness elsewhere in the body,' says gum specialist Peter Galgut. 'Think about how you feel and if you need your glucose levels or blood pressure checked.' And as it's clear that gum disease isn't trivial, it could be time to schedule a dental examination, too.

### DID YOU KNOW?

**Couples who rarely argue are much more likely to stay healthy and live longer than those who bicker. A 20-year study found that the more couples rowed, the worse their general health. Even more reason not to go to sleep on an argument.**

## 5 WAYS TO IMPROVE YOUR FAMILY'S HEALTH IN MAY

**1 Limit screen time.** Spending too long online (the average is 11 hours a day) cuts your blink rate, which dries the eyes and can trigger infection. So take a break!

**2 Pulse away pain.** GH testers with back pain found Painmaster microcurrent patches (£22.49, Boots) soothing. Best worn for three to five days.



**3 Beat hayfever without drugs.** Try vitamin C (a natural antihistamine), wraparound glasses, a saline nasal rinse (£8 in chemists) and a dab of Vaseline in the nose.

**4 Stay in control.** Pelvic floor training can help treat incontinence and boost your sex life, too. If you're affected, ask your GP to refer you to a specialist physio.



**5 Get going in the garden.** Gardening, DIY or even washing the car can help 60-somethings live 30% longer - even if it's their only exercise, according to Swedish research. □

FEATURE: LINDA GRAY; PHOTOGRAPHY (POSED BY MODELS): CAMERA PRESS, GETTY; CONDITIONS AND TREATMENTS VARY FROM PERSON TO PERSON. CONSULT YOUR GP ABOUT ANY SPECIFIC CONCERNS AND BEFORE FOLLOWING MEDICAL ADVICE ON THIS PAGE