THE WEEK

7 FEBRUARY 2009 | £2.50

THE BEST OF THE BRITISH AND FOREIGN MEDIA

THE WEEK

Always eat bruised apples. Wink a lot. And sleep on silk. The advice comes from an assortment of medical professionals questioned by the Mail as to what they themselves do to stay healthy and well. I found their ideas more interesting than the usual array of magic health tips you find in the papers. Bruised apples, for example, are recommended by a GP because the tissue in the decomposing peel contains an aspirin-like substance which thins the blood. A leading optometrist advises regular winking as a way to monitor changes in eyesight: "if you can't wink, place one hand over each eye". She also eats plenty of greens like broccoli and spinach because they're good for the eyes.

The "radio doctor" Phil Hammond says dogs are good for you because the "social interaction" between them and their owners can lower blood pressure. I bet you hadn't thought of cleaning the back of your tongue with your toothbrush but that's what a top dentist does; he says our tongues "harbour lots of smelly bugs". And a chiropractor says never sit with anything in your back pocket: it lifts one side of your pelvis and this contorts your joints. But my favourite piece of advice comes from Angelica Kavouni, a Harley Street plastic surgeon. If you feel like splashing out on silk sheets she'd approve: she always sleeps on silk, she says, so that her skin "glides rather than drags across the fabric, reducing the chances of wrinkles – particularly those in the nasal labial fold between mouth and nose".

Jolyon Connell