

BANISH YOUR BODY INSECURITIES IN TIME FOR THE PARTY SEASON



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The UK's leading names within the health industry reveal their top tips on how to get rid of your biggest body anxieties in time for some festive fun!

The party season is nearly upon us once more and, with Christmas and New Year looming, we all want to look our best for the upcoming festivities. From yellow teeth to varicose veins to odorous armpits, everyone has their fair share of body hang-ups that they desperately wish to be clear of.

To help tackle these issues, some of the UK's leading health experts have come together to provide a list of top tips on how to treat these common body insecurities before the party period begins.

EXCESSIVE SWEATING

Unless you're taking part in the London Marathon or letting loose in your local gym sauna, there's nothing attractive about excessive sweating. The condition, also known as hyperhidrosis, is an extreme production of watery sweat which can affect both men and women at any age. It is often apparent due to beads of dripping sweat on skin or damp, smelly patches on clothes, which isn't ideal for party season attire!

Professor Mark Whiteley of The Whiteley Clinic says: "It is quite common for people to believe that they need to drink 2 to 3 litres of water a day to 'detox' or to keep their skin healthy. In actual fact, drinking this much water can cause problems with metabolites in the blood, and can also result in extreme perspiration. Based on an average 70kg person, we suggest only drinking around 1.5 litres of any fluid – including tea, coffee and water in your food such as soup – to avoid an odorous outcome. This is the amount of fluid medically shown to be required by a normal person."

BAD BREATH

From time to time, we all fall victim to having less-than-lovely breath, however this can be particularly troubling during the party season due to the amount of festive functions which take place.

Dr Sameer Patel, Clinical Director and Dentist at elleven says: "There are over 700 different bacteria that thrive in the mouth and when these microorganisms fester, they multiply and give off bad odours. Maintaining good oral health is therefore essential for fresh breath and it is important to brush your teeth at least twice daily, for at least two minutes, and floss once daily to banish hidden food particles and plaque, a coating of bacteria that forms around the tooth. Also consider a visit to the hygienist before the party season to kick start your fresh breath."

YELLOW STAINED TEETH

It's a well-known fact that tar from cigarettes stains teeth, leaving them looking yellow rather than white. What you might not know is that smoking can also lead to gum disease by affecting the attachment of bone and soft tissue to your teeth, so quitting the habit brings a multitude of health benefits. In addition, there are certain food and drinks which you should avoid if you are trying to maintain a pearly white smile.

Andrew Payne from the UK's leading e-cigarette brand, Socialites, comments: "People often use alternative nicotine products to help cut the cravings and recent research has revealed that e-cigarettes are more effective than patches and gum when it comes to helping people quit the dreaded habit. Using e-cigarettes allows the user to vape without the 4,000 harmful chemicals or 60 known carcinogens found in traditional cigarettes, and users still get to experience the hand-to-mouth action associated with smoking traditional cigarettes. What's more e-cigarettes are up to 80% cheaper than traditional cigarettes, leaving you with more money in your pocket this festive season."

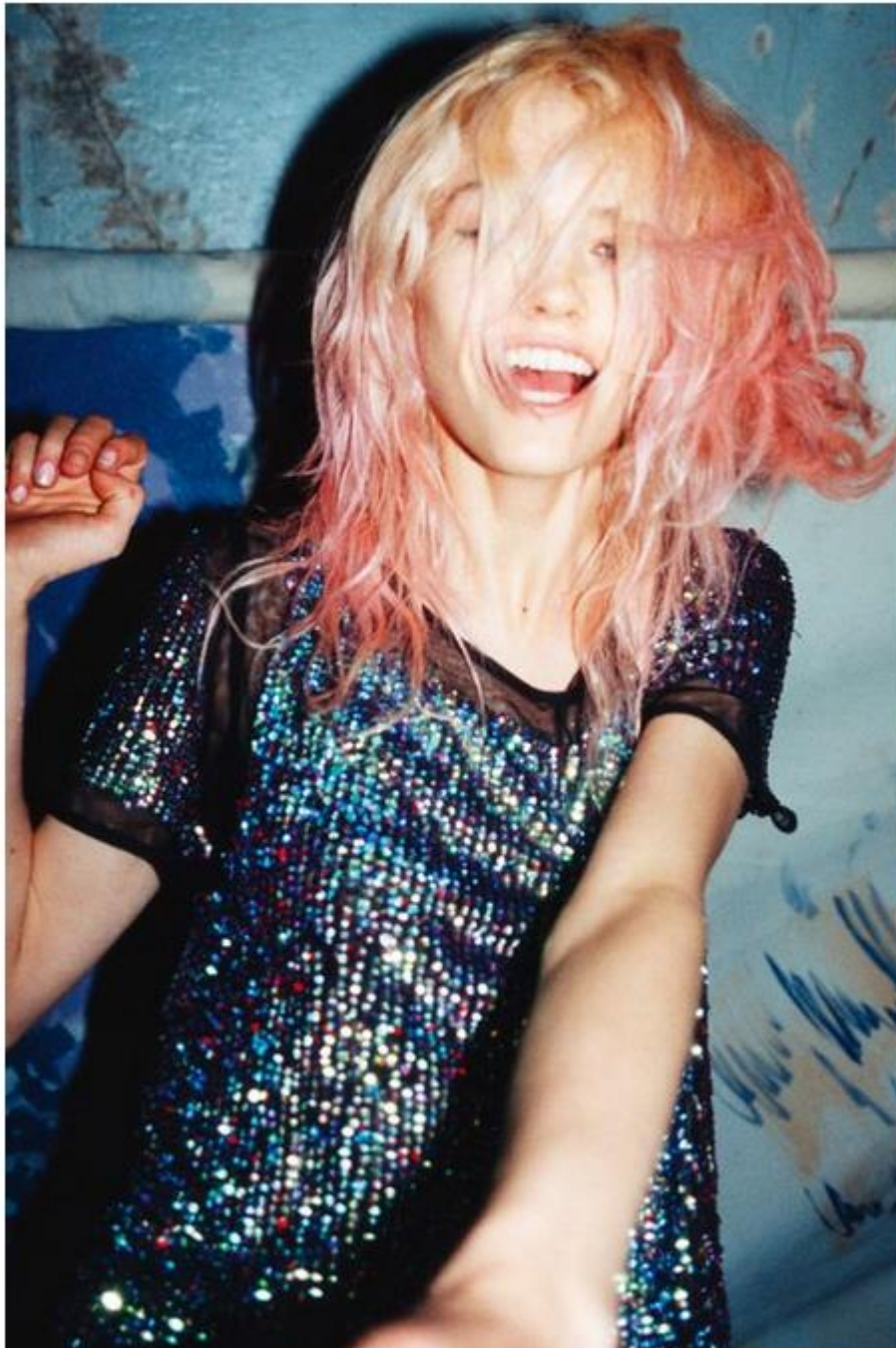


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Dr Sameer Patel, Clinical Director and Dentist at elleven adds: "Dark coloured foods are also notorious for causing discolouration in the naturally white teeth enamel. The best thing to do is try to avoid these foods and drinks such as coffee, balsamic vinegar and red wine, but if you do want to treat yourself, rinse with a glass of water after as this will help minimise staining".

VARICOSE VEINS

Contrary to popular belief, varicose veins are a hereditary condition which affects 40% of the UK population during their adult lives. Unfortunately, the majority of these people avoid getting the condition treated as they, incorrectly, believe that the condition is only cosmetic and that the treatments available are extremely painful.

Professor Mark Whiteley of The Whiteley Clinic says: "If not treated correctly, varicose veins are only going to get worse, and can potentially lead to more damaging problems such as skin damage and leg ulceration. If you think you are suffering from varicose veins, the advice would be to always get it checked out by a venous specialist. There are many cutting-edge procedures available which are performed under local anaesthetic and are much more comfortable than many other outdated treatments."



MUFFIN TOP

For many, looking streamlined in your perfect party dress can be a cause for concern; however the good news is that it isn't too late to minimise your muffin top, making you look and feel better whilst improving your health at the same time.

Jo Beach, Entrepreneur and founder of Tasty Little Numbers comments: "Portion control is king; it is important to allow yourself a bit of what you fancy to prevent overindulging on fatty foods to compensate for going without. Food swaps are also a great way to cut the calories yet without feeling like you're depriving your body or going without. Some days there is just no time to sit & eat a cooked breakfast and I don't fancy a sugary cereal, so my 60-second food swap is: 1 banana, 1 cored apple, 1 scoop of protein powder, 1 scoop of flaxseeds and 200ml of water - it takes me 20 seconds to prepare, 20 seconds to whizz to a pulp in my NutriBullet and 20 seconds to drink it. I feel super-nourished with carbs, protein and good fats in no time at all!"