



A YEAR OF HEALTHY LIVING

From the newest technological innovations to the latest holistic trends, **PENNY MC CORMICK** looks forward to a healthy 2016

JANUARY GET FIGHTING FIT

TO DO: Boost your immune system.

THE EXPERT: Nutritional therapist, Henrietta Norton, author and co-founder of www.wildnutrition.com says, "Your digestive system is where 70 per cent of your immunity resides. These good bacteria are found in live natural yoghurt or a good daily supplement and ensuring you have adequate levels could reduce your susceptibility to attack. Eating a rainbow every day will help too: vegetables provide an array of phytonutrients that keep our cells in 'fighting form'. Used in Tibetan medicine for thousands of years for the treatment of disease, shiitake, maitake and oyster mushrooms have

gradually crept into western complementary therapy. They are rich in polysaccharides that support the immune system's response to viral infection."

JOIN: The Health Club at The Shelbourne for a three-month intensive programme designed to transform mind and body. The membership includes a one-on-one session each week and a bespoke nutritional programme as well as Tabata, Pilates, kickboxing and other classes.

DRINK: Pick up a signature "Hollywood" juice packed with carrot, orange, mint leaves and turmeric, the super-spice, from The Juicery at The Westbury, created by juicing pioneer, Cindy Palusamy. In London, try the delicious "London Greens" blend of pear, spinach and coconut water at The Juicery at The Marylebone. It's as refreshing and tasty as it is nutritious.

WATCH: YouTube sensation AJ Jacobs' TED Talk: "How Healthy Living Nearly Killed Me". The New York-based writer's amusing anecdotes are eye-opening. He concludes that if you make a New Year's resolution, decide to follow it with joy rather than grim determination ...

LIFE HACK: No time to get to the gym? Try WOGA - that's web yoga - by Brooklyn's Dirty Yoga, who offer 28-day schedules at www.dirtyyogaco.com. Instant Butt Trainer, by Hanneli Mustaparta, is the best bottom workout app and is easy to use just about anywhere.

HEALTH FEBRUARY

MIND YOUR MING TANG

TO DO: Heal your energy.

THE EXPERT: Irish-born Vicky Moane is a Master of Feng Shui who informs us that February heralds the Year of the Fire Monkey - when innovation and creativity will be rewarded. Home is particularly important and, for good luck and health, Vicky suggests keeping the area outside your front door (known in the Feng Shui business as your Ming Tang) unblocked with ample space to allow the universal energy or "qi" to flow in and circulate.

Decluttering is vital apparently, as is having a metal sound somewhere in your space - a bell, chiming clock or piano music will do. Opening windows on a daily basis is important too, though if that is not possible, opening curtains will suffice.

ADD: A little colour to your life. Rose Quartz and Serenity (that's light blue and pink to me and you) are officially the Pantone colours of the year for 2016. "They reflect wellness and a soothing sense of order and peace," says Leatrice Wiseman, Executive Director at Pantone Colour Institute.

WEAR: Thomas Sabo's new fine jewellery Chakra collection is inspired by global wellbeing symbols with energy coming from a central stone.

READ: *Move Your Stuff, Change Your Life* by Karen Rauch Carter - a Feng Shui classic guaranteed to generate immediate positivity.

EAT: Brinner (breakfast for dinner), sprouted greens and Kohlrabi and Maca root - the latter being a member of the radish family, it is known for its ability to improve general health, balance mood and increase energy. Seaweed is also on the up - so time to resurrect the Carrageen Moss pudding recipes; Darina Allen served this local delicacy at her own wedding reception.

LOVE HACK: Read Mandy Len Catron's *To Fall In Love With Anyone Do This* on www.nytimes.com, based on an essential list of 36 questions to ask on a first date.



Silver Heart Chakra with diamond and green quartz pendant necklace, Thomas Sabo, €575, at Arnotts.



MARCH

TURN OVER A NEW LEAF

TO DO: Improve your working environment.

The benefits of plants in the office are manifold - from combating sick building syndrome (try *Ficus pumila*) to providing a calming effect (use *Coffea Arabica*). There is an entire green floor in Google's Dublin offices while Skype's headquarters in Palo Alto has grass rugs, wooden benches and shed-style meeting rooms to bring the outdoors in.

THE EXPERT: "Our research suggests that investing in landscaping the office with plants will pay off through an increase in office workers' quality of life and productivity," says Marion Nieuwenhuis of Cardiff University's School