



Linda Sharp at the Animal Aid and Advice Shop.
Photo by Diana Cormack

Mainly for mature women

By Diana Cormack

Readers of Good Housekeeping magazine may have recognised the person pictured on page 14 of the August issue: It was Linda Sharp, who has been a volunteer worker at the Animal Aid and Advice charity shop at 48 High Road for 18 months, and whom the magazine describes as a writer.

She was featured in a real life series in which women over forty had been surveyed about their sex lives. Under the heading "Why shouldn't I still feel sexy?". *THE ARCHER* was intrigued as to how it came about that, out of all the women surveyed, Linda was chosen to be interviewed on this topic.

Women's website

It turns out that it was through her writing connections. She writes for a website called www.femininezone.com which was set up earlier this year. It is the brainchild of two north London women who felt there was a gap in the market for a forum where mature women could discuss intimate issues. Despite its name, it does not exclude men. "What's the point of a women's relation-

ship site, if it doesn't bother to find out what's going on in the male psyche?" asks their introduction. So men's views are also to be found on the site, which was set up after lengthy research and which is building all the time.

Writers contribute from all over the world on a voluntary basis, whether they are experts in their field or someone wanting to tell their own personal story. Editor Helen Moore of Crouch End describes *Feminine Zone* as being mature, intelligent and non-judgmental. Why not take a look and judge for yourself?

Milligan statue appeal

A reminder for all Milligan fans that plans are going ahead for a bronze statue of Spike to be erected outside Avenue House. The author, entertainer and campaigner lived in Finchley for nearly 20 years, and maintained his active links with our area as Patron and first President of The Finchley Society.

The Finchley Society and Spike's family and friends are raising funds for the statue, which will cost £30,000. Anyone interested in making a donation - however small - should send a cheque, payable to 'The Spike Milligan Statue Fund', to The Secretary, 17 Abbots Gardens, N2 0JG.

Getting the needle

By Sheila Armstrong

The thing that puts most people off acupuncture is the thought of the needles. Acupuncturist Maxine Anders, now practising in East Finchley, is careful to use only very thin (and disposable) needles, which can hardly be felt at all. Trained locally in the Helping Hands approach, part of traditional Chinese medicine, she treats acupuncture points and energy lines on the body with needles. She is a member of the British Acupuncture Council and is now working in East Finchley for two days a week including evenings till 9.00pm.

After a bad car accident Maxine became interested in alternative medicine and decided to train as an acupuncturist. She takes a holistic approach so the session involves noting details of the client's medical history, sleep patterns and may involve dietary advice. She uses acupuncture most commonly to treat pain conditions, depression, stress management,



Maxine Anders. Picture by Sheila Armstrong

digestive and skin complaints, asthma, addiction and general balancing.

A session with Maxine is very relaxed; the treatment is carried out lying on a couch and may involve removal of some clothing depending on which acupuncture points are used. A slight tingling or short

sensation may be felt as the needles go in.

Reiki and massage can be used as part of the treatment. She is also trained in Electromagnetic Field Balancing. For more details of the treatment she offers or to make an appointment call Maxine on 07866 317 952.

Beat high blood pressure with diet

Simone Baroke continues her series on nutrition

High blood pressure is very common in the UK. Nearly 20% of the population develop the condition, and the older you are, the more likely you are to be affected. Everyone over the age of 35 should get their blood pressure checked regularly.

High blood pressure is referred to as 'the silent killer',

because there are usually no symptoms. It is one of the main predisposing risk factors for cardiovascular disease, including atherosclerosis, coronary heart disease and stroke. The longer the condition goes undetected and untreated, the more rigid your arteries become, and the harder it will be to control and treat. If caught early, the condition could be reversed through diet and lifestyle changes but,

even if you are put on medication, appropriate dietary changes will still help and you may require lower drug dosages. Never change your medication without consulting your doctor first.

If you are overweight, every 2lbs you lose will lower your blood pressure by 1 point (1 mmHg). So, if you carry excess weight and your blood pressure is mildly elevated, losing a stone will propel you into the 'normal' range. Another major factor is salt intake. You should consume less than 6g a day, but most people eat double that because salt is hidden in foods. One slice of bread contains half a gram of salt. Read food labels carefully: they list 'sodium' instead of salt, which is deceptive. 1g of sodium equals a whopping 2.5g of salt! Foods particularly high in salt include: processed foods, cheese, olives, soy sauce, pickled, smoked and canned foods, crisps and snack foods.

How low can you go?

A diet that has consistently been shown to lower blood pressure is one that is low in salt, animal fats, alcohol and caffeine, and high in fruits and vegetables (eat at least five portions a day), oily fish and wholegrain products. This way of eating restores the body's mineral balance, which can significantly lower blood pressure. It is also high in antioxidants (vitamins and plant compounds), which protect the arteries.

Simone Baroke is a nutritional therapist practising in East Finchley. She can be contacted on 020 8883 0915.

Light on your feet

By Susan Norman

Have your children caught the yoga bug? They will if Jenny House has her way.



Jenny wonders "What's afoot?"

Jenny, who has recently moved to East Finchley, is a qualified yoga teacher who, for adults, specialises in Dru Yoga - a gentle form of yoga with flowing postures. Jenny also teaches the 'YogaBugs' programme for children aged two and a half to seven, where postures are incorporated into adventures and creative stories.

"Like adults, children especially love the relaxation sessions," says Jenny, "and if I liaise with their teacher, I can tailor the stories to include references to topics they're covering in school." She is planning to approach local schools in the autumn to see if they'd like to incorporate YogaBugs sessions into the timetable - or offer them as an after-school activity.

As a qualified reflexologist, Jenny is also interested in getting her hands on your feet. "I suppose everything I do is aimed at reducing stress," says Jenny, "or in the case of the children, stopping stress before it starts." Reflexology is a relaxing foot massage, which works on the energy centres of the body to tone up your whole system. This holistic therapy can also be very effective for easing back pain, migraines, insomnia, IBS, asthma, anxiety and stress. So not only will your children be relaxed, you could find yourself walking on air!

Jenny is offering reflexology sessions at the Isabel Douglas Health & Beauty Centre on Saturdays.