

Sally Wisbey's Smoothie of the month



If you're one of the many people who suffer with hayfever, then you might want to try out this delicious-tasting juice which helps to combat some of the symptoms. For more tips on how to tackle hayfever, see our feature on page 36.

You will need:

- ▶ 2 apples
- ▶ ¼ pineapple (skin removed)
- ▶ Juice of half a lemon
- ▶ One inch piece of ginger

Sally says:

"This juice will help combat the nasty side effects of hayfever with its nutrient-packed ingredients. Pineapples contain high levels of bromelain, an enzyme that has been shown to act as a natural anti-histamine and decongestant. Its anti-inflammatory effect helps to reduce the swelling in the nose and sinuses. Although bromelain is found in every part of the pineapple, it's most plentiful in the stem so be sure to include this when juicing.

Apples are rich in quercetin, a bioflavonoid that acts like an antihistamine by stabilising the cells that release histamine in the body, thereby having an anti-inflammatory effect. It also acts as an immune system modulator and is enhanced by the synergistic relationship with vitamin C which is found in lemons and pineapples. Ginger also contains natural anti-inflammatory and decongestant properties and has been shown to reduce the symptoms of hayfever."

■ To find out more about Sally, visit www.sallywisbeynutrition.co.uk or follow her on Twitter: @wizznutrition

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