



HELPS Organic Easy Digestion Tea

HELPS is a range of new generation herbal teas that are 100% natural. Combining tradition with the most advanced technology, HELPS uses known medicinal benefits of natural ingredients that are specially formulated for different effects. This month I tried out the Organic Easy Digestion tea.

What's it for?

HELPS Organic Easy Digestion is an ideal way to promote a healthy digestive system. As a digestive aid it has calming and relaxing effects and can soothe irritation. The active herbal ingredients include Green Anise, Camomile and Peppermint, which have many known medicinal qualities. Green Anise has been shown to be beneficial for dyspeptic disorders such as gastrointestinal spasms and flatulence. Camomile is also used to treat digestive disorders such as mild spasms, inflammation, bloating, flatulence and nausea. It also has antiulcer, bactericidal and fungicidal actions. Peppermint also has similar benefits for dyspepsia, flatulence and gastritis. In short, this tea is recommended for anyone looking for a gentle way to feel a bit more comfortable after eating.

What's involved?

The recommended dose is two or three cups of tea a day, taken after meals.

What are the results?

I've taken to drinking it after every meal, and have noticed a difference in the way I feel - less heavy, bloated and lethargic after meals, and feel lighter and more energetic. Plus it tastes lovely, I can highly recommend it.

Cost

Prices range from Dhs 40 to Dhs 44 for a box of 20 sachets. HELPS Teas are available in pharmacies and nutritional outlets throughout the UAE including all Bin Sina and Life Pharmacies. **-L.C**

Wisdom teeth - to remove or not to remove?

The human jaw has been steadily decreasing in size for millennia, and few people have a jaw large enough to accommodate four more teeth in the back of the mouth. In only a small percentage of people do wisdom teeth actually grow straight into the normal position and can be kept clean and healthy. Many teeth grow sideways and emerge only in part, thus remaining in part trapped under the gum tissue. As it is impossible to clean such teeth, infection and inflammation can develop, and this may even damage adjacent teeth.

Some dentists believe that wisdom teeth should not be removed until they bother you. However, most dentists believe it is better to remove wisdom teeth when a person is young and healthy, since there is more than 80% chance that the wisdom teeth are likely to cause trouble eventually.

Those who advocate early removal of the wisdom teeth note that as patients get older the surgery becomes more difficult, the complications more numerous and the recovery more prolonged. However, all agree that wisdom teeth that cause some of the symptoms described above should be removed.

The most common complications of leaving malpositioned or impacted wisdom teeth in place include crowding, infection of the surrounding gum tissue, fluid filled cysts and decay or dental caries.

The removal of wisdom teeth is carried out in the Oral Surgeon's office, under local anesthesia and is a quick, one-day surgery with minimal post operation effects. **□**

