

“ I like to cook with pure ingredients

Emma Cannon, 43, is an acupuncturist specialising in pregnancy and fertility, and lives in London with her husband Roger, a photographer, and her two daughters, Lily, 15, and Violet, nine. She talks to Anna Magee about creative cooking and natural cleaning tips

'I've been practising acupuncture and complementary therapies since the early 1990s,' says Emma. Twenty years ago, she read *The Web That Has No Weaver* by Ted Kaptchuk and it began her love affair with Chinese medicine and natural remedies.

'Now, not only do I use acupuncture in my work, I use its principles in the way I live my life. Being tuned into the seasons is important and in Chinese medicine, it is believed to affect everything from the way you eat to the way you work. For example, I would never start a big project in summer because in Chinese medicine it's seen as a time to be less tied down by work and more spontaneous and open to the needs of friends, family and social life.'

Summer time means attending festivals and going camping for Emma's family. Each year, they go to a little farm in Dorset with a group of friends and their children. Emma says: 'It's a magical little slice of the countryside that we have nicknamed "the Bower farm". We set up the tents, make a fire and sit around chatting or



Nature from within: Emma uses natural remedies in her work as an acupuncturist



singing. During the day, we laze around the fields or take walks down to a little beach where fishermen cook fresh mackerel.

'Our family loves music and in the past we have attended Glastonbury altogether. This year, we're going to the End of the Road Festival in September, which is family friendly with some great music acts.'

Eating seasonally is made easier for Emma by having a box of organic vegetables delivered from Abel & Cole each week. 'It forces me to be creative with recipes as I never know quite what I am going to get. I have recently fallen in love with the cookbook *Plenty* by Yotam Ottolenghi. There is a recipe in it that features the herb lovage. I mentioned to a friend that I couldn't find it anywhere and she brought me a lovage plant that now grows in the garden along with my other cooling herbs.

'I use herbs for health, too, and see a herbalist regularly, particularly for my hay fever. I drink nettle tea as well – it's great for allergies. I buy it as loose, dried leaves and make it in a pot that I drink throughout the day. Along with reducing dairy, alcohol and sugar in my diet, these measures calm down my spring-time sniffles and streaming eyes.

'Being more in tune with nature can be as simple as cleaning the windows with some cider vinegar diluted in warm water so as not to use so many chemicals (and leaving me more money to spend on treats like shoes)! Another small nod to my health is having hot water and lemon in the morning. I drink it to help my liver function. So, if I sneak in a glass of wine in the evening, at least I know I began the day with good intentions.'

© Emma Cannon's new book *You and Your Bump* (Rodale, £14.99) is out on June 3.

Three simple Chinese health secrets

○ Eat with the seasons

There is no easier way to do this than to have an organic box of seasonal fruits and vegetables delivered and to challenge yourself to make up recipes with whatever turns up. Try abelandcole.co.uk

○ Make a power-broth

Each month after their period, Chinese women boil chicken bones to make a broth to nourish their blood. Other nourishing foods include black beans and dark-green, leafy veg.

○ Stimulate your skin

Massaging the skin with a roller helps improve circulation, elasticity and stimulate tired facial muscles. If you suffer from hay fever it can also help reduce puffiness. Try one made from jade for a cooling experience. Available from acumed.com

Pure & Natural

The new NIVEA Pure & Natural range is made from ingredients of up to 95 per cent natural origin, giving your skin the care it needs.

○ Ingredients include aloe vera, known for its natural healing properties, and chamomile to soothe and refresh sensitive skin.

○ The range offers body and face care free from parabens, silicones, colourants and mineral oils.

○ The new NIVEA Pure & Natural Anti-Wrinkle Day Cream contains organic burdock fruit for its replenishing properties and also harnesses the protective quality of argan oil.

The new NIVEA Pure & Natural Anti-Wrinkle Creams are available exclusively at Boots.



pure & natural

To celebrate the launch of the NIVEA Pure & Natural range, read more tips on bringing nature into your

life and for a chance to win a trip to New Zealand, visit telegraph.co.uk/pureandnatural

NIVEA