

## REINVENTING COMFORT FOOD

Sister act Melissa and Jasmine Hemsley (right), foodie bloggers and health gurus, are behind this year's must-have kitchen utensil – the Hemsley + Hemsley Spiralizer, which turns fruit and vegetables into noodle-like spirals. We asked the girls about their food philosophy and favourite recipes.

### Why go gluten, grain and refined sugar free?

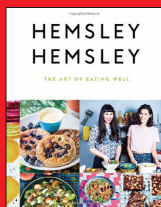
"These foods can cause problems when it comes to balancing blood sugar levels. For the majority of people, they're hard to digest, too. In our recipes, we substitute grains for veggies and pseudocereals like buckwheat, amaranth and quinoa (protein-packed seeds, free from gluten and rich in amino acids)."

### Where did the Spiralizer idea come from?

"We began spiralizing vegetables about six years ago (you get a tighter spiral than you do with a vegetable peeler). It completely changes the way you look at vegetables; instead of being relegated to a garnish, they become the star of the show."

### What's your favourite recipe?

"One of our favourites is beef ragu and courgetti, from our book *The Art Of Eating Well*. Instead of glutinous, heavy pasta, we use spiralized courgette (courgetti), topped with a hearty, bone broth based beef ragu."



Hemsley + Hemsley  
Spiralizer, £29.95



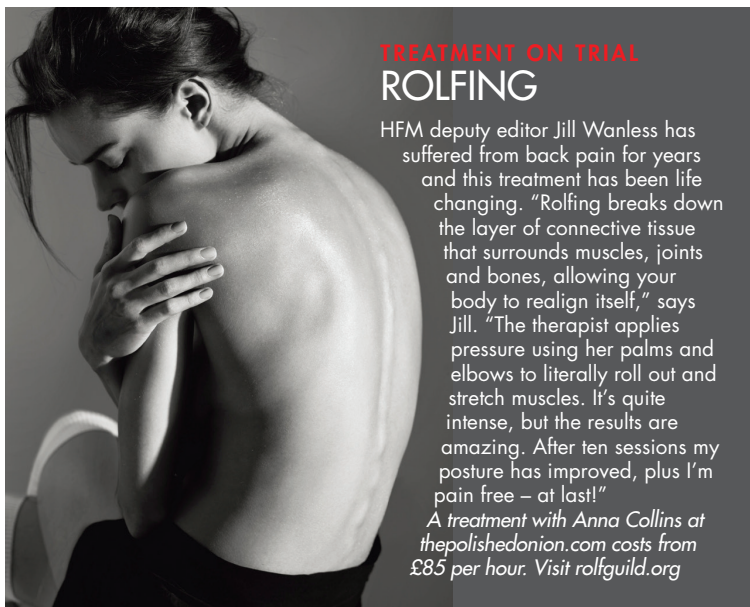
## BODY *boost*

*Talking all things health with Hemsley + Hemsley, the pillow sending us straight to sleep and an alternative way to clear aches and pains...*

### TREATMENT ON TRIAL ROLFING

HFM deputy editor Jill Wanless has suffered from back pain for years and this treatment has been life changing. "Rolfing breaks down the layer of connective tissue that surrounds muscles, joints and bones, allowing your body to realign itself," says Jill. "The therapist applies pressure using her palms and elbows to literally roll out and stretch muscles. It's quite intense, but the results are amazing. After ten sessions my posture has improved, plus I'm pain free – at last!"

*A treatment with Anna Collins at thepolishedonion.com costs from £85 per hour. Visit rolfguild.org*



### PILLOW TALK

Upgrade your goose down for something more therapeutic, but equally luxurious. The London Pillow Company's new medium-support Knightsbridge Pillow, £97.50 (includes an 800 thread count pillowcase) comes with three additional foam layers, which you can use to build up the height and adapt to your shoulder width and sleeping style. It also has a concave neck support to position your head to help reduce snoring. Plus there's a goose down topper. A dream for the sleep-deprived.



### \* ON THE RUN...

Team HFM will be pulling on their running shoes to take part in the Nike Women's 10k on 2 June in London's Victoria Park – see you there! Visit [nike.com](http://nike.com)

