



# CELEBRITY CLINIC

## **THIS WEEK SINGER LIZ McCLARNON, 27, TAKES OUR HEALTH CHECK**

### **Do you take supplements or vitamins?**

I take wheatgrass shots - they're great for your immune system. And I love Solgar multivitamins. I swear by them.

### **Do you use homeopathic remedies?**

I always use Bach Rescue Remedy when I fly, to calm my nerves.

### **Do you have any good health tips?**

L'Occitane does a product called Lavender Vinegar that's great for spot breakouts. It stings, but it works.

### **Do you have any ailments?**

Heartburn is a big issue for me. The doctor said it was caused by my love of champagne - no joke!

### **How much do you smoke/drink?**

I don't smoke, and I usually have a drink one night a week - so I'm fairly good really.

### **Have you had any health scares?**

Yes. When Atomic Kitten were at the height of their fame, I went to hospital with palpitations. I was told I had overactive muscles in my chest. Otherwise, I'm healthy!