

# Closer

## CELEBRITY CLINIC

**DANCER CAMILLA DALLERUP, 40, TAKES OUR HEALTH CHECK**

**How much sleep do you get each night?**

Eight hours, or I just don't function very well.

**How much do you smoke and drink?**

I don't smoke but I drink a couple of times a week - a glass or two of wine or vodka.

**What did you last see the doctor for?**

Hay fever. I suffered really badly last summer.

**How much exercise do you do?**

I do 20 minutes to an hour every day - a mixture of yoga, walking and running. I always take time out to exercise and meditate, no matter how busy I am.

**What do you do just because you know**

**it's good for you!**

I have acupuncture.

I first discovered it after a back injury and now I have regular sessions.

**How many fillings do you have?**

A lot! I'm not sure I took the importance of brushing my teeth very seriously as a child.

**How often are you ill?**

Not often - I have a good immune system.

● *Camilla supported Acupuncture Awareness Week. Visit [www.introducingacupuncture.co.uk](http://www.introducingacupuncture.co.uk).*

