

# Health updates

All the latest news you need to know

## Wash away germs

The flu season's here, but regularly washing your hands for at least 20 seconds, especially before meal times, is an effective way to stop the spread of infection. Try Rituals Imagine Rice Milk & Cherry Blossom Fine Liquid Hand Wash, £6.50, from [uk.ritualsstore.com](http://uk.ritualsstore.com) (020 7493 7712) – it's lovely.

## Ask Dr Ann



**Q** I've been seeing black spots in both eyes. My GP says they're nothing to worry about, but they're still there. What are they?

**A** Don't worry – they're called floaters and are harmless. Sometimes, the jelly-like stuff at the back of your eye can break up. As a result, light entering the eye doesn't shine straight through as it should, and we see this as tiny black spots. Floaters can often be a sign of high blood pressure, so get your GP to check this. Otherwise, the spots will clear without treatment within a few weeks.

## NEWS FLASH

**Cherries are the latest super fruit!** One glass of Cherry Good Juice (£1.39 for 1 litre, from supermarkets) provides the same health benefits as 20 portions of fruit and veg.



essentials  
**MINI OFFER**

## Get fit with a... calorie-counting, talking pedometer

This easy-to-use gadget is guaranteed to keep you motivated. The voice announcement lets you know the number of steps, distance and calories you've burned, plus it tells you the time you've spent walking, jogging or running, so you can keep track of your progress. It's a neat little machine (58x80x25mm) that comes with a clip to attach to your belt or waistband and is powered by two AG13 cell batteries (included). Price £14.97 (+£2.99 p&p). **TO ORDER** and for terms and conditions, call **FREEPHONE 0800 138 0088** (quoting XES240, product 509). Closing date 6 April 2010. \*Calls from mobiles and non-BT landlines may incur a charge.



Good news – there's no need to give up chocolate in your quest for a flat tummy.

## Trim and slim

Have you overindulged recently? Try these remedies to beat that bloated feeling...

### ◆ E'Lifexir Flat Tummy

**Plus, £8.99** for 30 tablets, contains the same kind of fibre found in fruit and veg, but in much higher quantities. This helps with digestion, leading to less bloating.



◆ Galaxy's new chocolate probiotic helps keep your gut healthy – and flat! With just 68 cals and 2% fat, you won't break any New Year resolutions, either. **Galaxy Probiotic, £2.89** for six.



◆ Swap your usual cuppa for **Dr Stuart's Slim Plus Naturally Caffeine Free Tea, £1.99** for 20 – it blends fennel, linden leaves and galangal root, all thought to stop hunger pangs.



## Life getting on top of you?

Relax and unwind with these troubleshooters...

### ◆ Pop a chill pill

**Boots Stress Equilibrium capsules, £4.99** for seven, are designed to help you cope with everyday stresses. The supplements contain Lactium, an ingredient that helps you to relax. If you don't feel a difference, Boots will give you your money back!



### ◆ Squeeze it!

Take your frustrations out on the **AromaSqueezeMe stress 'ball', £4** (01509 600 433; [aromatherapygold.com](http://aromatherapygold.com)). Infused with pure essential oils, as the ball is squeezed, soothing aromas are released to help calm your nerves.



### ◆ And breathe... Keep

a Tisserand De-stress Essential Oil Roll-On Remedy, £4.50, in your handbag and simply roll the calming blend of patchouli, orange and rose oils onto pulse points whenever you feel your stress levels starting to rise.



**Get in touch...** Got a health story or tip? Let us know and if we publish your letter, you'll get £30 of Boots vouchers.