

GOING UP

## The Taste Barometer

### SPICE UP YOUR LIFE!

Forget fad diets – flavour your meals with turmeric instead! According to new research, turmeric's phytochemical curcumin could reduce weight gain and the growth of fat tissue.

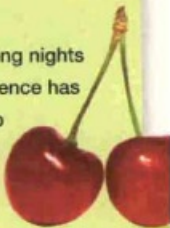
### SUMMER SPRITZ

If you're a vitamin junkie in the winter but lose the incentive over summer, try spray vitamins like Enerji Nutrition Supplement Sprays, £18.95, which are said to be more absorbent than capsule forms.

### TIME TRAVEL

Long haul trips can lead to long nights without any shut-eye, but science has shown that cherries can help to reduce jet lag. Try

Cherrygood juice, £1.39, and get set for another holiday!



### SOMETHING FISHY

Tuna contains 30 per cent more mercury now than in the 1990s, according to US Geologic Surveyors who have attributed this to the growth of industrialisation in China.

### KICK THE HABIT

We all know that our teeth don't like soft drinks but neither does our body, say experts who have warned that drinking large quantities of cola can lead to bone problems.

### HOT UNDER THE COLLAR

The heat can be overwhelming if you suffer from hormonal issues. Luckily, whether you're suffering from period pains or menopausal flushing, Essential She sachets, £39, have every supplement you'll need for a natural high.



GOING DOWN