



ward off heartburn

- ▶ Pace yourself during meals. When you eat too quickly you also swallow air, which adds extra volume. A too-full stomach can relax the lower oesophageal sphincter (LES), allowing stomach acids to travel up the oesophagus and cause a burning sensation and pain.
 - ▶ Wear comfortable clothing. After a big meal, skinny jeans or a tight-fitting skirt can feel like a girdle, which could force some stomach acids into your oesophagus.
 - ▶ Opt for herbal tea instead of coffee. Caffeine can relax the LES, as can alcohol and fatty foods.
 - ▶ Don't go to bed full. Try not to lie down within three hours of eating a large meal. Instead, go for a short walk immediately after, which may aid digestion.
- Source: Dietitian Pat Baird, author of *Be Good to Your Gut* (Blackwell Healthcare)

new on the health shelf

- ▶ Given the state of the ozone layer, using sun protection both internally and externally sounds like a great idea. **Lyc-O-Mato**, an extract of ripe, red tomatoes, contains lycopene – an antioxidant known for its cancer-fighting properties and now also said to protect against UV. Lyc-O-Mato also increases the skin's density, thickness and smoothness.
- ▶ If summer's harsh rays and fierce winds cause your eyes to dry up, Similasan's natural eye drops, **Dry, Red Eye Relief**, promise soothing, moisturising relief.
- ▶ Take the twist out of your wrists with **Ergo-Tilt**, a lightweight, portable table-top device that supports your laptop at an angle that's comfortable for your neck and wrists. Ergo-Tilt also allows air to circulate under your laptop, keeping it cool.



watch the wrap

"Plasticisers used in some types of cling film may be harmful. It's therefore wise to avoid using plastic wrap in direct contact with fatty foods (such as cheese), as the toxins associated with the plasticisers are fat soluble," says Leonore Ward, dietitian and food services manager.



Women exercise over 80% of decision-making when it comes choosing the family car

Source www.cars4women.co.za

me-time!

Leave your partner and kids at home and head for the Cape Town International Convention Centre from February 1-3 for The Women's Show 2008 – a feast of entertainment, networking opportunities and lifestyle experiences.

Open from 10am-7pm on Friday and Saturday and from 10am-5pm on Sunday. Admission is R50. Also this year, expect 80 live performances and presentations including lifestyle talks, business discussions, fashion workshops, comedy acts and dance routines plus a culinary delights corner, the "women love wine" boutique, and a gift aisle.

For more, go to www.thewomensshow.com or call 021-6710935.



ten minutes to emotional health

With crazy schedules and divergent life paths, we often lose touch with old pals. But a study in the journal *Personal Relationships* suggests we should make these people a priority.

"In today's mobile society, a long-term friend gives you a sense of emotional stability and an anchor point that often doesn't exist anymore," says the study's co-author Glenn Sparks.

Set aside 10 minutes a week to pick up the phone and reconnect. It's good for both you and your buddy.

