

FIZZLED OUT

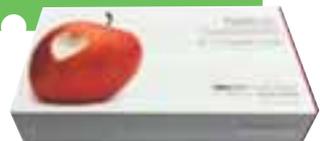
Put down that can! A new study from the University of Oklahoma found that women who guzzle just two fizzy drinks a day are four times more likely to develop coronary disease. They also have a greater risk of diabetes and fat round the middle compared to those who drink one soft drink or less. The same negative effects don't apply to men. More reasons to drink water then, ladies!

STAMP OUT INTOLERANCE!

23-29 JAN

Food Allergy and Intolerance Awareness Week

Allergy UK says 45 per cent of us suffer food intolerance. Cut out the suspect food for a month to see if the symptoms vanish, then reintroduce it. Or, try the York Test's FoodScan 113, which gauges your reactions to common foods.
 ■ £250, www.yorktest.com



Happy living

health wrap

Breaking news and top buys from the world of wellbeing

Help your heart
 Keep your ticker in tip-top shape with cholesterol-lowering food.
Oats + blueberries = heart-friendly breakfast

3 ways to...
 Transform from sluggish to soaring



Up the anti (in the morning)

Boost coenzyme Q10 – a powerful antioxidant and energy-producing nutrient – with New Chapter CoQ10.
 ■ £46.89, www.revital.com

Eat little and often (in the office)

Stay alert with low glycaemic load snacks such as oatcakes and houmous or a handful of vitality-boosting almonds.



Go bananas (in the gym)

Munch on an energy-packed banana before a workout. Bananas are loaded with potassium and zest-giving B vitamins, perfect before a session.



Eat all this...



...Or take this

Just 5ml of Hiorac: a new, super-high antioxidant formula that the body can readily absorb.
 ■ £29.99 or three for £75, www.rb-enterprises.co.uk



THE ULTIMATE DETOX

Who Anita Stabana, 35, from London
What Purifyne's Juices till 5pm Detox
The Lowdown Four delicious fresh fruit and vegetable juices, a variety of supplements and herbal teas were delivered to my home. I had the juices during the day, then a light meal in the evening.
How was it? Not for the faint-hearted! Initially I felt light-headed and food was constantly on my mind. But these feelings disappeared after day four, and the Purifyne team were very supportive, offering advice and evening meal suggestions.



READER REVIEW

Was it worth it? The plan takes willpower, but the positives include weight loss, clear skin and increased energy. A great start to the new year!
 ■ From £155, www.purifyne.com