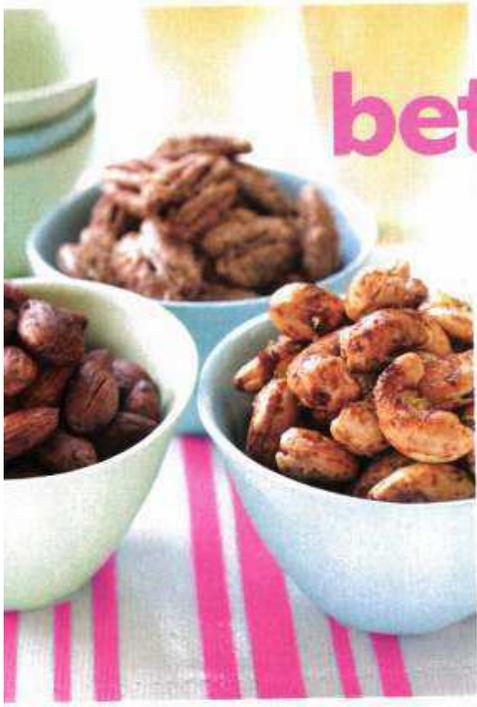




betterhealth



betteryouhealth

Learn why it's good to go nutty, test yourself for bowel cancer and give up sugar for good

Health nut

Never fear, munching on a handful of nuts won't make you pile on the kilos. In fact, it can do just the opposite! Eating a small amount of nuts helps suppress appetite and, due to their high protein and fibre content, will keep you feeling fuller for longer. Plus, just 30g of nuts five times a week will reduce your risk of developing heart disease by 30-50 per cent and can even boost metabolism. For more wonderfully nutty health facts, download *Nuts & The Big Fat Myth* at nutsforlife.com.au



DO IT TODAY

Are you 50 or older? If so, do yourself a big favour and order a non-invasive bowel cancer test. The FOB (faecal occult blood) test can be done in the privacy of your own home and is easy to do. If detected early, about 90 per cent of cases can be cured. To order an FOB test kit for \$39.95, or to find a stockist near you, call 1800 555 494 or visit dipdropdone.org

A wee problem



One of the most embarrassing health issues a woman can face is urinary incontinence, also known as bladder leakage. It's often caused by weak pelvic floor muscles and is more common than you might think, affecting one in three women over 35. To find out more and learn how you can build your inner strength, visit pelvicfloorexercise.com.au



Bye-bye sugar



Sarah Wilson was a self-confessed sugar addict, eating more than 30 teaspoons of the sweet stuff daily. Her health suffered dramatically so she decided it was time to give it up – for good! Her book, *I Quit Sugar* (Pan Macmillan, \$34.99) tells her story and includes a practical week-by-week guide with recipes, advice, personal stories and tips to help you kick the habit.

Ease the pain

Did you know as many as 90 per cent of women experience minor premenstrual symptoms? If you're one of them, you'll know it can really affect your relationships and work life, too. However, a recent study has found taking Premular, a once-daily tablet, can help relieve symptoms including irritability, anger, moodiness and bloating. Premular, \$19.65/30pk, is available from naturopaths, selected health food stores and pharmacies. Visit flordis.com.au or call 1800 334 224 to find out more.

Photography: Getty Images