



anti-oxidant drinks

NATURAL ANTI-OXIDANTS CAN BE FOUND IN FRUIT AND VEG, BUT NOW THEY'RE BEING BOTTLED TOO.

There has been a lot of hype about anti-oxidants lately, even though they've existed since, well, since time began.

They're important for good health in today's busy world, as they neutralise free radicals (thought to initiate cancers, heart disease and more).

The best-known sources of anti-oxidants are fruit and veg. Unfortunately, though, Aussie workers don't seem to be getting enough. Research from the Fruit at Work 2008 National Workplace Health Index found 60 per cent are not eating their daily serving of two pieces of fruit, with one in five claiming to not eat fruit at all.

No wonder more and more brands are taking anti-oxidants – and bottling them. One of the latest on the market is Well Naturally's AntiOx Shots – a fruit juice blend that is said to contain a daily dose of anti-oxidants. The 90ml bottles are said to have about the same amount of anti-oxidants as found in 40g of red grapes, a banana, a small head of broccoli, a half rockmelon, a carrot and a tomato – combined.

Another is nutritious drink Nutra-Life Load Up, which is said to be an easy way to “Go For 2 Fruit and 5 Veg” a day, as is the official line. A 20g serve can provide the anti-oxidant equivalent of five veggie servings.

Still, research has found supplements alone

will not have the same effect as when coupled with anti-oxidant-rich foods. US dietician Karen Collins says drinks alone "cannot provide the full benefits that come from eating solid vegetables and fruits".

Still, they do provide a quick fix when needed. Promotional material from Nutra-life Load Up states: "We all know to stay healthy we should be eating lots of fruit and vegetables. However for those with busy lifestyles or for fussy eaters, getting the daily intake recommended by government health and nutrition experts can be a challenge." And this is when such a drink can be a shot in the arm.

BIG SHOT

Well Naturally AntiOx shots (sold in three-bottle packs), \$5.95, available at Woolworths www.wellnaturally.com.au



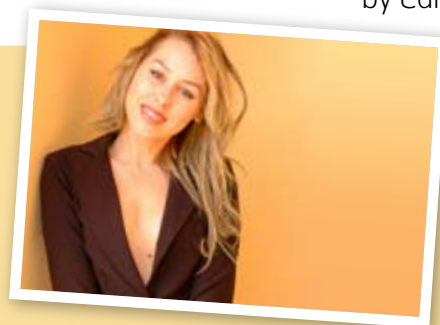
health spot

CAN-DO ATTITUDE

It's time to pull on your joggers. Non-profit program Can Too puts novices and experienced athletes alike through free professional coaching in the lead-up to its race day on September 21 (starting at Milsons Point and ending at the Opera House). In return, participants raise sponsorship dollars for cancer research through Cure Cancer Australia. Training sessions for the Blackmore's Running Festival kick off in May for the marathon program, June for the half-marathon program and July for the 9km Bridge Run training program. To sign up to a session near you, visit www.cantoo.org.au.



by Carla Caruso



WAX ON, WAX OFF

Bikini waxes are something us gals usually grin and bare. But have you ever thought about how hygienic your local salon is? EyebrowExperts' Svetlana Burckhardt (also known for her seven-minute Brazilians) says "if sanitary procedures are not followed, you may end up with a transmitted bacteria or virus". She says beauty therapists should wear gloves and never "double dip" (but use fresh, disposable applicators each time they apply wax). For more tips, visit www.eyebrowexperts.com.