

AUGUST 2008 \$5.95 (inc GST)

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TV SHOW **7**
7.30PM FRIDAY

Step back in time with our birthday special

08/08

WIN!
a silky quilt
30 to give away
IN THIS ISSUE

Better Homes and Gardens.

How to make or buy our **stunning**
QUILTS

Why move?
IMPROVE!
Reno magic

FLOOR ME
with all the
latest looks

All-time faves
food

FABULOUS
FOOD

Your garden ■ Light it up
■ Fantastic ferns ■ Fence it in ■ Jungle fever

Celebrating 30 years

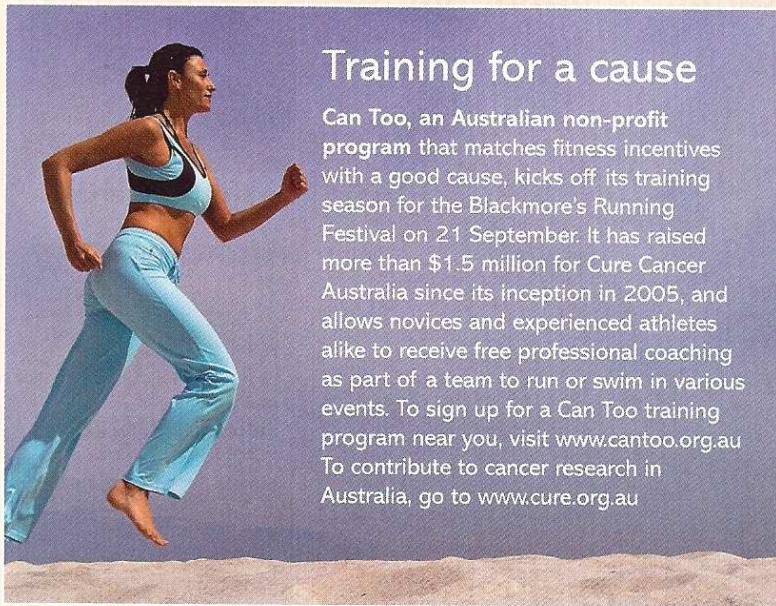
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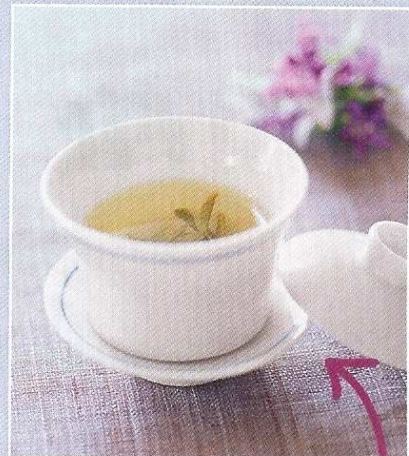
08

healthy you



Training for a cause

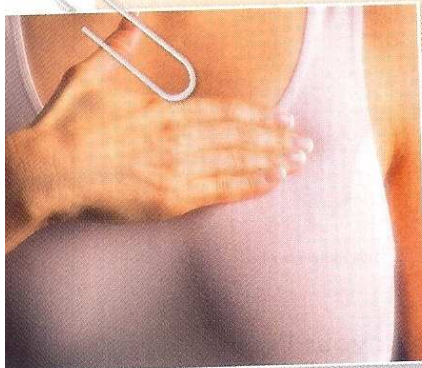
Can Too, an Australian non-profit program that matches fitness incentives with a good cause, kicks off its training season for the Blackmore's Running Festival on 21 September. It has raised more than \$1.5 million for Cure Cancer Australia since its inception in 2005, and allows novices and experienced athletes alike to receive free professional coaching as part of a team to run or swim in various events. To sign up for a Can Too training program near you, visit www.cantoo.org.au. To contribute to cancer research in Australia, go to www.cure.org.au



GOOD DIGESTION

Maybe it's because we're all so busy these days and more likely to eat meals on the run that digestive problems, such as burping, bloating, wind and reflux, seem more common than ever. There are, however, simple steps you can take to achieve good digestion. Switch to herbal teas such as peppermint or ginger, especially if you're a coffee drinker. Eat simply and chew your food well. Eat in a peaceful, relaxed environment, but not in front of the television. Don't overeat, and sit still and relax for a few minutes before and after your meal. If you suffer from poor digestion, you may find that eating cooked foods is better than cold or raw foods. Taking a regular acidophilus tablet can also result in improvements to digestive function. If all else fails, try an antacid to ease discomfort.

Breast cancer detection



A new study shows that having an ultrasound as well as a mammogram can better detect the incidence of breast cancer. The American Radiology Services study found mammograms detected only half the breast cancers present, while mammograms plus ultrasounds detected 78 per cent. Most cancers found by ultrasound were small, invasive cancers that hadn't spread to the lymph nodes. However, study author Dr Wendy Berg cautioned that using ultrasound also raised the rate of false alarms.

Cool coriander

It's almost time for the fragrant herb coriander to start reappearing at greengrocers. Herbs and spices are an excellent way to boost your daily antioxidant intake, helping to build your body's defences, boost your immune system and maximise your wellbeing. Coriander contains more antioxidants per gram than most vegetables and fruits, according to a study by the Centre for Phytochemistry & Pharmacology at Southern Cross University. It's delicious in Thai food and as a seasoning in tomato, carrot and pumpkin soups. Coriander is thought to have originated in the Mediterranean and can be traced back to 5000 BC, making it one of the world's oldest herbs. References to it even occur in the Old Testament.

