

Looking good

We often accept failing eyesight as a sign of getting older. Age-related Macular Degeneration (AMD) is believed to affect 500,000 in the UK, 40 per cent of who are over the age of 70. AMD has been linked to gender (women are at greater risk than men), eye colour (light colour irises are at greater risk), complexion (light complexion increases risk), obesity, diabetes, cataract and a family history of AMD. However, there are steps you can take to reduce the likelihood of it occurring:

- Limit eye exposure to UV and blue light by wearing sunglasses when exposed to sunlight. Sunglasses should be well-fitted, worn close to the face and comfortable to wear
- Smoking is the biggest controllable risk factor after exposure to UV. Stopping as soon as possible is an important way of decreasing the risk
- If you are obese then losing weight is an obvious way of reducing the risk
- Normal to high intake of antioxidants, such as vitamin A, C and E, along with zinc, can be beneficial
- Carotenoids rich in lutein and zeaxanthin are important protectors (although smokers should avoid it as high intake of beta carotene has been associated with an increased risk of lung cancer)
- Essential fatty acids like omega-3 help to control inflammation. Include oily fish in your diet and use a supplement like VegEPA www.vegepa.com



Health check

Don't have a cow, man

If you are allergic or intolerant to dairy but love deserts then don't despair, NOMOO is a new line of dairy-free desserts from Devon based on a revolutionary new Soya platform, which claims to offer texture and flavour exceeding any other 'diet' pud. The range of three mousse deserts and vanilla custard has no hydrogenated fats, preservatives, lactose, gluten or dairy-related content. Available in Morrisons, Waitrose and Sainsbury's. www.nomoo.com



Easy way to five-a-day

Fruitus is a fuss-free way to one of your five a day. Produced by award-winning natural snacking company, Lyme Regis Fine Foods, Fruitus offers individual bags of chewy bites and moist organic fruit and oat bars made from 100 per cent natural ingredients with no artificial colours, flavours or preservatives or added sugar. Priced £1.85 for a five bar multipack or £0.55 for a single bag of chewy bites. www.lymeregisfoods.com

Sound asleep

Get a restful night with calming bedside products by HoMedics. The SoundSpa Relaxation Sound Machine (£19.99) has six different natural sounds including Ocean and Rain Forest to create a soothing environment. The SoundSpa AM/FM Clock Radio (£29.99) has six calm sounds to provide a natural alarm call, and also projects the time onto your ceiling. www.homedics.co.uk

Natural colonic from Gerard's

When Gerard's Green Tea Abdomen treatment featured on Channel 4's *Supersize vs Superskinny*, it prompted hundreds of calls from viewers wanting to experience the 'natural colonic irrigation' that gave a remarkable combined loss of five inches after just one treatment.

The therapy contains green tea and caffeine to tone and reduce water retention and bloating. Laminaria seaweed actively reduces fatty deposits around the abdomen, while Horsetail extract and marine elements promote blood circulation. A technical deep colon massage leaves the abdomen feeling soothed and less swollen, and encourages the elimination of waste, making it particularly effective for IBS sufferers. A Green Tea Krioplast Mask is applied over the whole abdomen to smooth and refine the skin.

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