



5-SECOND QUIZ

Dodgy dairy? Weird after wheat? You might well have an intolerance or an allergy

- Do you feel bloated and/or sniffly even when you don't have a cold?
- Are you permanently exhausted?
- Do you have headaches for no apparent reason?

You could have an allergy or food intolerance – apparently, many of us are struggling on without realising that these inspecific symptoms of ill health are a sign that our bodies are protesting. Find out for sure in Superdrug, which is now offering the following two tests in selected stores. Call 0800 096 1055 for the locations near you.

ARE YOU INTOLERANT?

A special infrared test (you place your fingers on metal plates for the duration) helps detect if you have an intolerance to more than 40 of the most common problem-causing foods. Results and advice are instant and you get follow-up access to an online 'virtual nutritionist' service to help you make any necessary dietary changes. Costs £30.

ARE YOU ALLERGIC?

A capillary test that involves a painless finger prick tells you if air-borne allergens are causing your symptoms. Costing £45, results are available within 30 minutes and you are offered advice on medication and the best ways to avoid the allergens.



LOVING IT

Staying power

The natural herbal stimulant Viapro (£7.97 for two tablets) has been a huge sell out on www.superdrug.com as customers rush to try the latest 'love supplement'!



Phone bills

New research at the University of Pennsylvania shows women may live longer because we 'tend and befriend'.

So, keep phoning your mates when you're stressed!



Fun fitness

Drum on a gigantic gym ball and bash out your tensions while you burn the calories (150 in 20 minutes) at a Drums Alive class, a new US import at Virgin Active (www.virginactive.com).

CALORIE OFFSET



Easter wouldn't be Easter without chocolate – and all those extra calories... Which is why we love this genius idea from gym chain LA Fitness. Practise calorie offset (like carbon offset but much more fun) and indulge without guilt!

1 chocolate bunny > 150 calories > 45 minutes' window cleaning

1 Cadbury's Creme Egg > 170 calories > 30-minute bums-and-funs class

1 small hot cross bun > 250 calories > 30 minutes' jogging

1 Dairy Milk easter egg > 530 Calories > 60-minute spinning class

Crisps in front

of CSI? High-fat snacks eaten late at night keep you awake. Okay, the research has only been done on mice, but we just know it's true for us, too.



Ugly bras

Playtex has launched the Porcelain bra (£18) for women recovering from breast-cancer surgery. So sexy, it's a great bra for anyone who wants terrific support. Call 01475 504175 for stockists.

Excuses

The latest exercise craze from the US is buggy-based classes for new mums – no need for a babysitter! See www.babybootcampuk.com for details.



LOSE IT

45%

of us wrongly think a baked potato counts as one of our five fruit and veg a day. In fact, it's classified as a starchy food. To learn more, visit www.5aday.nhs.uk.



BUY IT NOW!

It's being touted as the new wonder supplement and here's why: Lubramine (£9.99 from Superdrug) is proven to be six times more effective at protecting joints than the old favourite, glucosamine. Its blend of super-lubricating fatty acids make it a must-have for anyone whose joints creak after exercise!



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