



## Better Homes & Gardens March, 2009

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# healthy you

## In the news

■ **If you want to lose weight,** loading up on lean proteins may help, according to new Australian research. It seems a low-kilojoule diet made up of high-protein meals improves the ability to burn fat among overweight and obese people. The study, published by Wiley-Blackwell in *Nutrition & Dietetics*, found that high-protein meals may have a subtle fat-burning effect. Examples of high-protein meals included a cheese-and-tomato omelette for breakfast, and a beef, chutney and salad sandwich, with a tub of low-fat yoghurt, for lunch. According to Claire Hewat, Executive Director of the Dietitians Association of Australia (DAA), all foods can fit into a healthy diet if they are eaten in the right amounts, and combined with regular physical activity.

■ **Good news for all women** is the launch of a new diagnostic test for ovarian cancer. The test, developed in Melbourne by HealthLinX scientists

in collaboration with ARL Pathology, is called the OvPlex™ Panel and works by identifying whether five biomarkers are present in a blood sample. Chairman of HealthLinX Limited, Professor Greg Rice, says the difference between current blood tests and OvPlex is that OvPlex measures five different substances in blood that are associated with ovarian cancer, rather than relying on a single marker for the disease. It is not a screening test, but is aimed at helping detect this lethal cancer earlier. Each year, 1500 Australian women are diagnosed with ovarian cancer; 800 of those women will die. For more information, talk to your GP.

■ **A new study,** which followed the health of more than 90,000 women over an average of more than seven years, found that those who attended religious services were one-fifth less likely to die than those who did not. The study, published in the journal *Psychology & Health*, found a significant difference in the death rate of women who reported attending the services of Christian, Jewish and other faiths at least once a week. The reason is not clear, although earlier studies have suggested that people who are part of strong social networks tend to be healthier. Religious people are also less likely to smoke or drink alcohol.



## 5 ways to stay young

**1 Eat more colours** Fruits and vegetables contain flavonoids – yellow, red and blue pigments which may help protect you from cancer, and carotenes – red and yellow pigments which help fight the free radicals that cause ageing.

**2 Surf the web** Searching the internet may help stimulate and possibly improve brain function in mature adults, say University of California researchers.

**3 Create a relaxing environment** Use colour or accessories to turn your house, or your favourite room, into the most peaceful place you can imagine. Then spend time there alone, or with company, letting go of everyday stress and recharging your batteries.

**4 Give your teeth TLC** Floss and brush your teeth daily and see a hygienist for regular cleaning. Gingivitis and periodontal disease cause ageing of the immune system.

**5 Have a healthy balance** Start exercising, eating well and relaxing now. There is mounting evidence that all the diseases of ageing, such as heart disease, dementia and cancer, take many years to establish themselves, which means it's never too late to start looking after yourself!



Learn more about nutritious eating at the Healthy Food Expo, Melbourne Exhibition Centre, 21 and 22 March. There will be products to sample, and demonstrations by dietitians and chefs. Visit [www.healthyfoodexpo.com.au](http://www.healthyfoodexpo.com.au)