

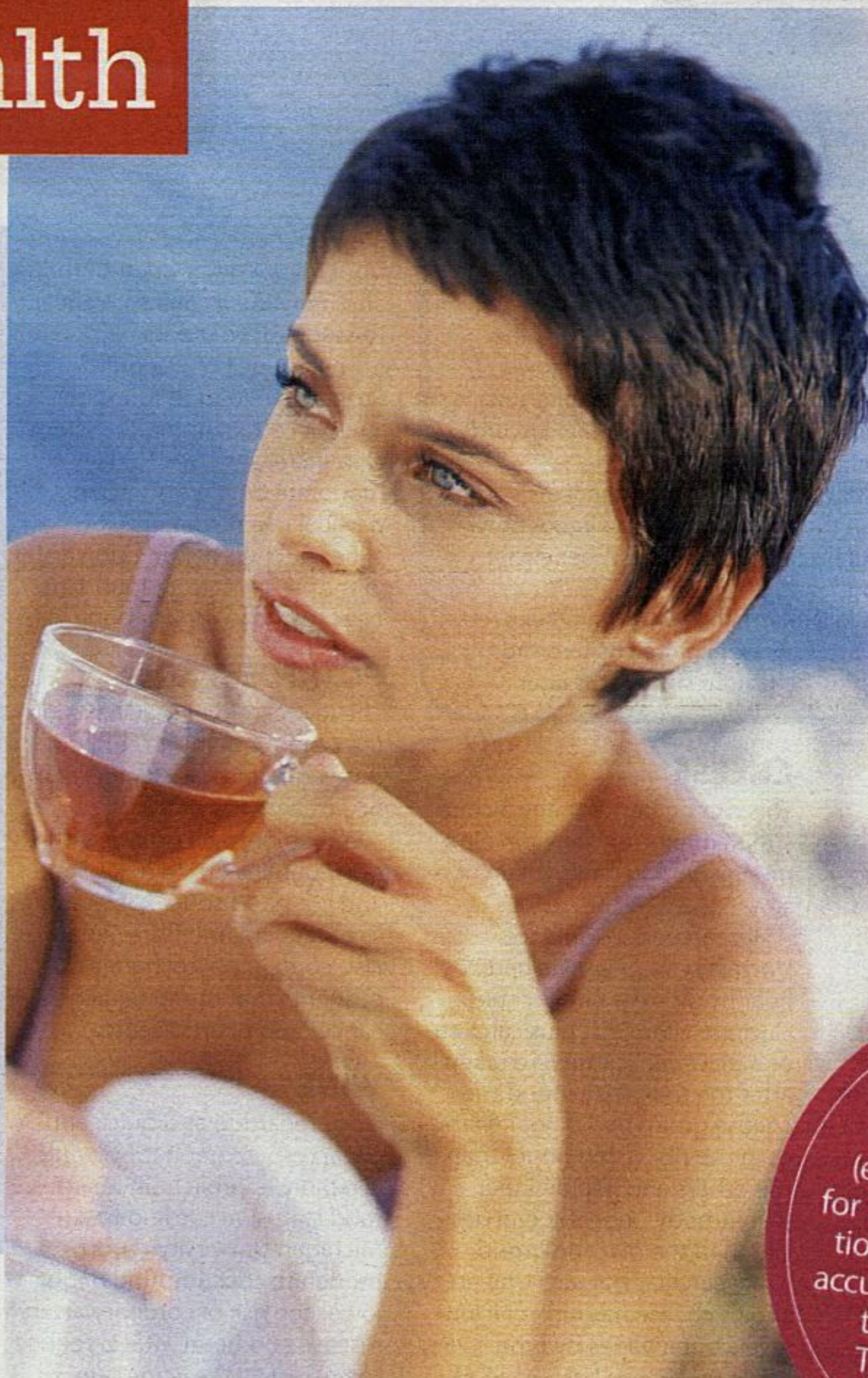
Good health

ROOIBOS FIGHTS CANCER

DRINKING rooibos tea regularly can drastically reduce your risk of cancer, according to the Cancer Association of South Africa.

Green rooibos (the unfermented version) in particular has been found to significantly inhibit the growth of cancer cells.

Researchers recommend drinking six cups a day to increase a natural antioxidant called glutathione which is known to prevent cancer.



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CHECK YOUR BLOOD PRESSURE

Here's another reason to check your blood pressure regularly – untreated high blood pressure can damage the kidneys severely enough to cause renal failure. Hypertension is the leading cause of kidney failure in South Africa, says a new study by the National Kidney Foundation of SA released to mark World Kidney Day on 12 March. The study found kidney failure due to hypertension is four times as prevalent among black people as others.

DID YOU KNOW?
A full body massage (even a DIY one) is good for increasing blood circulation in areas where toxins accumulate such as the hips, thighs and buttocks. This will help reduce cellulite.

MONEY MAKES YOU HAPPY

It turns out money can make you happy – it just depends what you're spending it on.

American researchers say spending cash on luxuries such as dinner out or a movie rather than material possessions such as a pair of shoes can increase your happiness quota.

This is because using money to buy an experience boosts feelings of wellbeing and social connectedness.

CELLPHONE RASH

A new skin disorder has been discovered – and it's caused by cellphones. Mobile-phone dermatitis is caused by an allergic reaction to nickel in the phone, the British Association of Dermatologists says. One in every 30 people is prone to it. Those who develop rashes on the cheek and ear should opt for a hands-free kit.

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THE AMOUNT OF FIBRE YOU SHOULD INCLUDE IN YOUR DAILY DIET TO KEEP YOUR DIGESTIVE SYSTEM HEALTHY.

Prunes pack a punch

Prunes are best known for their digestive benefits but snacking on prunes could also reduce your risk of suffering from cardiovascular disease or even a stroke, according to a UK study. Pectin, found in prunes, reduces cholesterol, regulates blood sugar levels and even slows the skin's ageing process.

STOCKFOOD/GREATSTOCK

