



New Idea
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slice
 CUT STRAIGHT TO YOUR NEWS

press clip

HEALTH notes

Tips and advice for a better you

Big earners

Men who earn less than their wives suffer more erectile dysfunction and sexual problems. Those wives who out-earn their husbands are more likely to suffer insomnia and take anti-anxiety drugs.

Addressing AUTISM

It affects 1 in 100 Aussie children, so donate with a difference during Autism Awareness month this April. To be in with a chance of winning a gorgeous Alex Perry gown worth \$995 (right), all it takes is a \$10 donation! After nine years as the AEIOU Foundation's ambassador, Alex has offered up one of his 'favourite gowns' from his collection. Visit www.aeiou.org.au for more information.

WIN this dress!

CHIPS MAKE YOU UGLY!

Experts say the huge salt hit in chips and popcorn causes fluid retention, which – thanks to the delicate skin under your eyes – will give you puffy under-eye bags. The super-hot cooking oil they're cooked in also leaves skin red.

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NEW Health

Addicted to ice-cream?

Can't resist another scoop of gelato? Well, it might not be just your poor willpower. Research has found that the killer combo of fat and sugar is the reason certain foods such as chocolate and cake are so very moreish.

Scientists say the effect of sweet and rich food on the brain makes it every bit as addictive as drugs such as cocaine and morphine.

In fact, scientists have found our brains release the feel-good hormone dopamine when we just look at a cookie!

'High-fat and high-sugar foods stimulate the brain in the same way drugs do,' says neuroscientist Joseph Schroeder, who headed up a study into their addictiveness. During the research, scans revealed Oreo cookies activated more of the brain's pleasure centre than drugs.

'It may explain why some people can't resist these foods, despite the fact that they know they are bad for them,' he says.

And there's more bad news – eating lots of these addictive high-fat/high-sugar foods also reduces the appeal of healthier foods that might once have been considered a treat – such as watermelon – meaning you get that satisfaction only from more high-sugar/high-fat foods, until you kick the habit.

MOST ADDICTIVE FOODS

- ICE-CREAM**
Full of sugar and fat from cream, and some salt too.
- CHOCOLATE**
No guessing why this is on the list – huge sugar and fat content!
- DOUGHNUTS**
Packed with unhealthy fat and a sugary coating.
- CAKE**
Sugar, butter, oil and usually chocolate – a heady combination!
- BISCUITS**
Hidden fat and lots of sugar.

Don't



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Text: Wendy Whittler

Don't forget...
 Buy a Solidarity String for \$5 and help raise awareness of strokes. Get yours from Chemmart Pharmacy or visit www.strokefoundation.com.au.

SING UP A STORM

Whether you're in the church choir or belting out a hairbrush ballad in your bedroom, UK researchers have found that singing twice a week reduces anxiety and depression, gives your lungs and heart a workout and increases circulation.