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THE NUMBER OF ADULTS IN A STUDY CONFIRMING EXERCISE ALONE IS NOT ENOUGH TO LOSE WEIGHT

SOURCE: BIOLOGY

Tips to combat Zika virus

THE Zika virus is in the news and most cases are spread by infected mosquitoes biting humans. Unlike the mosquitoes that spread malaria, affected mosquitoes (the Aedes mosquito) are most active during the day (but especially during mid-morning and late afternoon to dusk).



Before travelling to an affected country, seek travel health advice. Use insect repellent that contains N, N-diethyl-meta-toluamide (DEET) on exposed skin — the repellent is safe to use during pregnancy and should be applied to skin after sunscreen is applied.

Wear loose clothing that covers your arms and legs, and sleep under a mosquito net in areas where malaria is also a risk.

The Zika virus can also be transmitted through sexual intercourse.

DID YOU KNOW?

Less sunlight means that your brain produces more of a hormone called melatonin, which makes you sleepy. When the sun sets earlier, your body also wants to go to bed earlier.

KEEP WARM TO CUT HEART ATTACK RISK



HEART attacks are more common in winter. This may be because cold snaps increase blood pressure and put more strain on the heart.

Your heart also has to work harder to maintain body heat when it's cold.

Stay warm in your home. Heat the main rooms you use to at least 18°C and use a hot water bottle or electric blanket to keep warm in bed. Wrap up warm when you go out and wear a hat, scarf and gloves.

Raynaud's phenomenon is also a common condition that makes your fingers and toes change colour and become very painful in cold weather. Fingers can go white, then blue, then red, and throb and tingle. Don't smoke or drink caffeine as they can both worsen symptoms.

And always wear warm gloves, socks and shoes when going out in cold weather.



Show your mettle with an iron boost

IRON deficiency is a problem for many and can result in anaemia. Make sure you're getting enough of this important mineral in your diet.

Intakes of this mineral are a problem for many groups, especially children and women. It is important for making red blood cells, which carry oxygen around the body.

It is found in liver, lean red meat, shellfish, eggs, fortified cereals, beans, lentils, nuts, seeds, dried fruit and dark green leafy vegetables.

Tips from *Healthy Food Guide* to boost intake include:

- Enjoy small portions of lean red meat — the darker the meat, the more iron it has (eat beef or lamb).
- Go for the dark meat of chicken — it has double the amount of iron.
- Enjoy liver occasionally if you're not pregnant or planning a pregnancy.
- Swap cheese sandwiches for eggs or mash egg with light mayo to top a jacket potato.

- Snack on a hard-boiled egg.
- Choose fortified cereals — look for those with the most iron.
- Have baked beans on toast for lunch — choose tins that are lower in sugar and salt.
- Eating out? Order mussels, cockles, clams, crayfish or brown crab meat — all contain iron.
- Add a handful of cashew nuts to stir-fries — they contain the most iron of all nuts. Sprinkle with iron-rich sesame seeds.

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