

Health news

RISKY COMBOS

Herbal remedies are the drugs du jour, but they can have a negative reaction if mixed with other medication or food. Check out our chart before you mix...

If you're taking: Over-the-counter pain killers (ibuprofen, paracetamol etc).

Avoid these herbs: The majority of herbs are safe to mix with pain relief.

Skip these foods/drinks: Avoid excess alcohol, and cold and flu drinks, which contain an extra dose of paracetamol.

If you're taking: An oral contraceptive.

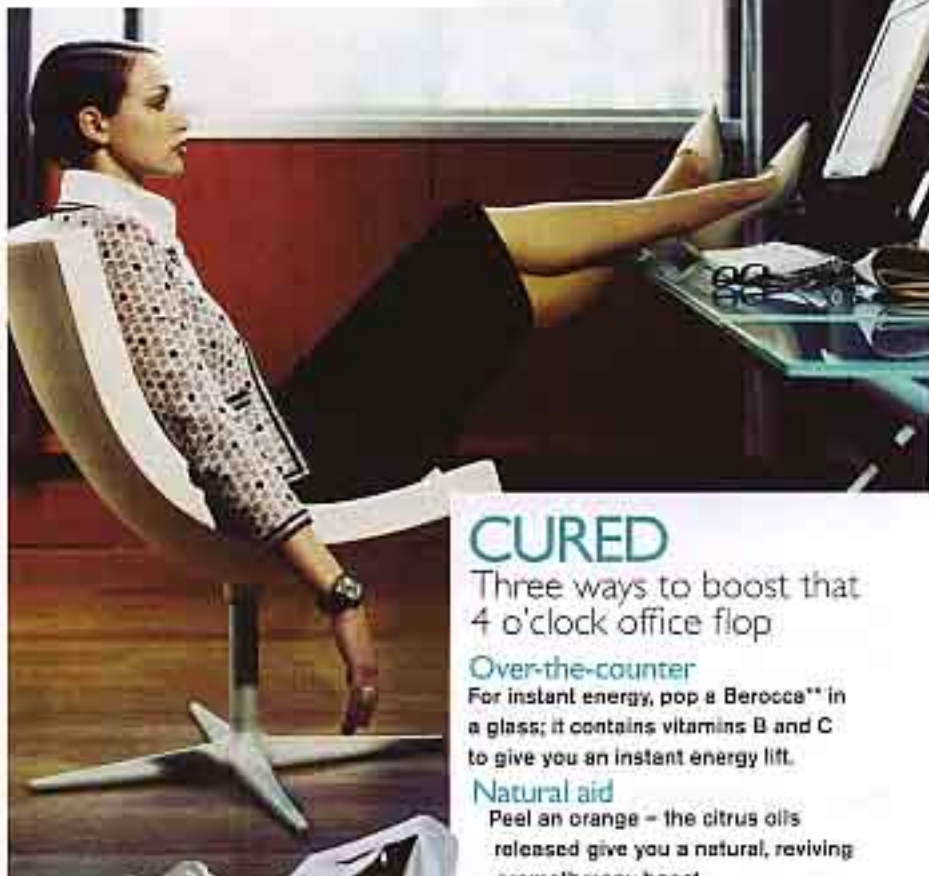
Avoid these herbs: St John's wort can decrease the level of protection, so extra contraceptive precautions are advisable.

Skip these foods/drinks: No known beverages or food affect the Pill.

If you're taking: Antibiotics.

Avoid these herbs: Some antibiotics under the tetracycline group (usually prescribed for stomach bugs or sore throats) shouldn't be mixed with iron supplements or indigestion products.

Skip these foods/drinks: Milk will affect absorption of this group of antibiotics.



CURED

Three ways to boost that 4 o'clock office flop

Over-the-counter

For instant energy, pop a Berocca** in a glass; it contains vitamins B and C to give you an instant energy lift.

Natural aid

Peel an orange – the citrus oils released give you a natural, reviving aromatherapy boost.

Practical advice

Grab five minutes to go for a walk outside. The fresh air will do wonders for reviving that lost energy, helping you concentrate for longer.

EVERYONE'S TALKING ABOUT... Funkin

This fab range of 100% pure fruit purées and juices has revolutionised the world of smoothies, cocktails and desserts. With a choice of artificial-free flavours, it is already a popular ingredient for drinks at trendy London hotel The Sanderson. You, too, can have a taste of the celebs lifestyle and make your cocktails more healthy at just £3.95 for 300g from Harvey Nichols, Selfridges or by mail order. Log onto www.funkin.co.uk or call 020 8953 9751.



Doctor, doctor

Q I am worried about a mole on my back. What should I look for before I go to my GP?

A Any changes in the form of the mole. If you think the shape, diameter or outline has changed or if it develops more than one colour or shade, get it checked out. Your local GP can refer you to a specialist. Alternative: The Mole Clinic*** offers a free consultation; screenings cost from £5.

CALORIE COUNTER

How naughty are your pre-dinner nibbles? (per 100g)

| SAINTLY | SINFUL | WICKED |
|--|--|--|
| 1 Crispy Black Olives, Pitted In Brine Calories: 112 Fat: 10.5g | 2 Sea Salt And Balsamic Vinegar Kettle Chips Calories: 476 Fat: 24g | 3 Tesco-Roasted Salted Cashews Calories: 627 Fat: 52.3g |



TIPPLE TIPS

Diageo (makers of B&W cream liqueur and Smirnoff vodka, among others) bring you tips each month on how to enjoy drinking safely. Psychologist Dr Linda Papadopoulos says:

WATCH THE CLOCK

Daytime drinking's great fun in summer, but make sure you keep track of how much you've had, before the day runs away from you.

A HOLIDAY TO REMEMBER

When abroad, spirits are often a larger measure and higher strength than here in the UK, so keep an eye on how much the bartender's pouring.

For more advice on how to ensure you have a great night out, visit www.company.com

