

# VIVID PRESS

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VOGUE HEALTH

### CLEAN AND CLEAR

Drinking bottled water is a great way to ensure your eight glasses a day are clean and free from impurities, but keeping your stocks plentiful can be tedious. The Akai Water Ionizer, \$1,595, is a simple benchtop unit that combines micro-filtration, ultraviolet treatment and ionisation to create pure, mineral-rich, ultra-healthy water that is free from impurities such as *E. coli*, *giardia* and *cryptosporidium*.

### DRESSING TO IMPRESS

Get the most out of your summer salad by ordering either a Greek or Italian herb dressing to go with it. Recent results from a joint US-Australian study, reviewed in *The Medical Journal of Australia*, has shown that salad dressings made with herbs such as basil, parsley, oregano, rosemary or mint can more than double the antioxidant content of your salad. The results were found while scientists were exploring the theory of food networking, which looks at how herbs and spices can act synergistically with other foods to dramatically increase and enhance the health-related properties of a meal. The good news is that you don't have to drown your salad in dressing – just a small quantity of herbs can make a difference.

## health dept.

KNOW YOUR BODY AND MIND  
WORDS: CHELSEA HUNTER

### RATE YOURSELF

Whether you want to increase your fitness or burn fat, one way to keep on track is to measure your heart rate. Depending on how often and how hard you work out, you should aim for a heart rate of around 120-150 beats per minute. The Interactive Fitness Trainer Pro heart rate monitor, \$150, from Oregon Scientific, measures your heart rate, recovery rate and calories and fat burned during your workout. It's also water resistant, so you can wear it while swimming laps.



### PASS UP THE PUFF

Strike up one more reason to butt out this summer. A survey of 30,000 people has found smoking is more damaging to women than men. The Chinese research found women smokers increase their risk of developing chronic obstructive pulmonary disease (COPD); a blanket term for a range of serious lung disorders. If you're still trying to quit, consider the method that worked for Ashton Kutcher, Ellen Degeneres, and Anthony Hopkins. Allen Carr's Easyway method removes the desire to smoke by focusing on why smokers continue their habit and releases them from their motivation, making it easier to put the packet down for good.

### STEP BY STEP

Stair running with a partner is a great break from the usual routine of jogging or doing weights. Find a set of stairs, preferably in a park or by the beach, and take turns at running up and down, taking a break of no more than 90 seconds between sets. This way you enjoy the aerobic and fat-busting benefits of a sprint session and have someone encouraging you to do one more set.

