

TOP 5 WAYS TO CARE FOR BRUISES

Bumps and bruises are inevitable, but here's how to make them go away faster:

- 1 REST AND RECUPERATE** Resting the bruised area helps blood to clot faster, which limits the spread beneath the skin.
- 2 KEEP IT COOL** Try to use a cold compress as much as you can for the first couple of days, alternating 20 minutes on, 20 minutes off. Cold helps constrict blood vessels and will help stop the bruise spread.
- 3 STAY AWAY FROM THE ASPIRIN** Aspirin is an anticoagulant, which helps to thin blood, stopping it from clotting as quickly. Try to steer clear of it until the bruise begins to heal to avoid making it bigger.
- 4 USE A WARM, WET COMPRESS** After 48 hours, the use of a wet, warm compress will help to stop pain and swelling. Hirudoid cream - available from chemists - is also a great way to relieve swelling.
- 5 MAKE SURE YOU EAT YOUR GREENS** If you bruise easily it could be a sign of vitamin K deficiency so it helps to eat lots of leafy greens such as spinach and kale.



GET INTO WEIGHT-TRAINING



Tone up, get fit and burn kilojoules

You may think weight-training is just for men, but nothing is further from the truth!

Women lose their muscle mass and bone mineral density unless they actively do something about it, explains accredited exercise physiologist Christine Armarego.

'Most people know that maintaining bone mineral density through weight-training is essential to prevent osteoporosis and hip fractures, but often people don't realise that maintaining muscle mass is also essential as we age,' says Christine, who is also The Glucose Club director and co-author of *Sugar Daddy*.

Having more lean muscle mass keeps the metabolism ticking over at a faster rate, helping to control weight. It also lowers the risk of injury and chronic diseases, such as cardiovascular disease and diabetes. Christine suggests doing some form of resistance training two to three times a week. 'Studies have shown that for maximum benefit increasing the intensity is the best way to go,' she says.

For a comprehensive list of weight exercises, visit www.shapefit.com.

If you only do one thing this week TAKE OLIVE LEAF EXTRACT

An Aussie study has found the anti-inflammatory property of olive leaves can aid weight-loss by reducing fat stores. It can also be an immune system booster



HOW TO EXTRACT ALOE VERA LIKE A PRO

Aloe vera is a superb natural remedy for cuts, dry skin and even sunburn

- 1 Choose a long, fat leaf from the aloe vera plant. Place your hand at the base of the leaf and pull. Be careful as the aloe vera leaf is spiky. It should come out cleanly and have a white base.
- 2 Wash off all the dirt and any debris from the leaf if necessary. Then using a sharp knife, peel along one of the spiked sides of the leaf and open it to reveal the pure aloe gel.
- 3 Use a clean spoon to scrape the gel from the leaf into a clean container, preferably a glass one that has been sterilised in hot water. Store it in the fridge and use when needed.

SMART FOOD

Nuts provide us with a great source of protein and minerals - but not all are created equal!



One handful of almonds (30g) with 7mg vitamin E.



23 handfuls of cashews (each 30g) with 6.9mg of vitamin E.