

cherries = SLEEP

Sweet dreams are made of sour cherries, according to UK researchers. They have found drinking juice made from the tart-tasting Montmorency cherry increases the body's levels of melatonin, which improves sleep. Over a seven-day test, participants who drank 30ml twice a day slept for an extra 25 minutes.



Try this: Chillax Natural Relaxation and Sleep Drink contains Montmorency cherry juice plus lactium to promote sleep. \$14.95 for 1 litre from Chemist Warehouse and Discount Vitamin Warehouse stores.

PURPLE SPUDS LOWER BLOOD PRESSURE

Preliminary research has given the potato's reputation a boost by showing purple spuds are powerful allies when it comes to lowering blood pressure and won't lead to weight gain. US scientists asked 18 overweight people with hypertension to include six to eight small purple potatoes (microwaved with their skin on and no butter or oil added) as part of their normal daily diet. After a month, the average diastolic blood pressure (the bottom number in a blood pressure reading) dropped by 4.3 per cent. The systolic blood pressure (the top number in a blood pressure reading) dropped by 3.5 per cent.



DID YOU KNOW?

FOR ADULTS OVER 40, INDULGING IN BLACK LICORICE CAN BE DANGEROUS. EATING MORE THAN 55g EVERY DAY FOR TWO WEEKS MAY LEAD TO IRREGULAR HEART RHYTHM, DUE TO LICORICE'S LEVEL OF GLYCYRRHIZIN.