



DOOR-TO-DOOR DELIGHTS

Fast, effective and efficient – being healthy has never been easier. Whether you're looking for fresh fruit and vegetables, ready-made meals to suit your diet or just a simple way to try out a new trend, there's a subscription service for you

FRESHLY GROWN

What: A variety of organic produce straight to your door.

How: Choose your selection between Monday and midday on Tuesday and pay via EFT or COD. When your order is delivered depends on your area.

Cost: R80 is the minimum order.

Delivery: R30-R40.

Need to know: A R50 box fee is added to your first order. Empty boxes can be kept and exchanged on every subsequent order. There are other items available, including meats and breads. It's only in Jo'burg at the moment, but Cape Town has many similar schemes. www.freshlygrown.co.za



JUICE REVOLUTION

What: If you've jumped on the juicing bandwagon or feel the need to detox after a few rough weekends, subscribe to the three-, five-, seven- or even 14-day Juice Revolution detox programmes.

How: Juices are blast-frozen and sealed

PALEOMONKEY

What: A subscription service that delivers paleo-approved meals three times a day, five days a week, directly to your home or office.

How: Register online, choose your options and confirm delivery times. An invoice is sent and, once you've paid, you're activated on the system.

Cost: Around R60 per meal.

Delivery: R2-R25.

Need to know: Choose which meals you want and when you want them delivered. Available in Jo'burg and Cape Town.

www.paleomonkey.com

in an insulated container for delivery – all you need to do is transfer them to your freezer and then defrost your day's juices the night before. A full explanation is provided.

Cost: The 14-day detox is R1 600.

Delivery: R75-R1 040.

Need to know: Based in Cape Town, but delivers nationally. All of the juices are made by hand from fresh, high-quality and mostly organic produce, with no added sugar or preservatives.

www.juicerevolution.co.za



DRY EYE DISASTER

Long hours in front of a computer screen can give you more than just a stiff neck, says Dr Pierre Vercueil, ophthalmologist at Sandhurst Eye Centre in Jo'burg: "The big problem with using a computer for long periods is that the user doesn't blink often enough. In a normal conversation one blinks every eight seconds. But when

you start reading information on a screen, your blink rate drops to once every 20-25 seconds. After three hours of reading, the eye surface is so dry and dehydrated that it is difficult to keep your eyes open."

Dry eye disease occurs when decreased tear production does not allow for enough lubrication on the surface of the eye. Common symptoms include irritated, burning, swollen eyes, light sensitivity, discomfort from contact lenses, mucus and excessive tearing.

For most people, treatment involves over-the-counter eye drops, such as Allergan's Optive and Optive Plus (R71 for 10ml). If the symptoms persist, discuss treatment options with an optometrist.

Patrick Holford to visit SA

British health guru Patrick Holford will be presenting a series of health seminars and workshops around SA from 10-19 October. The talks are based on his bestselling book, *Burn Fat Fast* (Jonathan Ball) and his latest offering, *Good Medicine*. Book at www.computicket.com



SPERM CELLS?



According to *Time* magazine, a University of Exeter, UK, study has shown that keeping your cellphone in your pocket can decrease sperm motility by 8% and viability by 9%. "This study strongly suggests that being exposed to radio-frequency electromagnetic radiation from carrying mobile phones in trouser pockets negatively affects sperm quality. This could be particularly important for men already on the borderline of infertility," reads the *Time* article.