

Tea time

Already known to protect against heart disease and dementia, black tea may improve attention and alertness, a study by Unilever has found. During trials, just two servings of black tea a day improved reaction time and the ability to focus attention on the task at hand, researchers said.



FAST FACT

You're **six times more likely** to catch a cold if you travel on public transport.



Man flu

Man flu really exists, say South Korean researchers who've discovered that when it comes to illness, men are more susceptible than women.

5 top life lessons

Author Andrew Jobling gives these tips in his book, *Dance Until It Rains* (Exisle Publishing).

1 You are what you are meant to be. Learn from every experience and don't beat yourself up over things you have or haven't done or said.

2 Forgive the most important person – you. We aren't perfect and we all make mistakes.

3 Use words to help yourself and others. Phrases such as "Thank you", "I appreciate you" or "You are important" lift others.

4 Never assume. Often we make up answers in our heads instead of asking a person what they mean.

5 Love yourself first and foremost. It really doesn't matter what other people think about us. It's what we think about ourselves that matters.



HEALTH

News and expert advice to keep you fit and well

In the news

Antioxidants help

Couples who have difficulty conceiving may benefit if the man takes antioxidant supplements. New Zealand researchers worked with 2876 couples having fertility treatment. Most of the men had low sperm counts or low sperm motility and researchers found that more couples got pregnant if the man took antioxidants, such as vitamin E, zinc and magnesium.

