



**BETTERHEALTH NEWS**  
 HELEN SANDSTROM



Get wise,  
**girls!**

**WE LIKE TO THINK** we are in touch with our bodies, but research shows we're not so savvy when it comes to reproductive health. New research for Sexual Health and Family Planning Australia shows that only 53% of women aged 20-30, and only 45% of women aged 30-34, can predict the date of their next period. It also found that more than 50% of pregnancies are unplanned. If you think you could do with brushing up on your understanding of contraception and the menstrual cycle, visit [understandingyou.com.au](http://understandingyou.com.au).



**RELAX!**  
 A quick recharge

**TRY THIS PICK-ME-UP** after a long day. The *viparita karani* position is a favourite among yogis and is suitable for those of us with little or no yoga experience.

Lie on your back with your hips to the wall. Stretch both legs up the wall so they're straight and parallel. Hold for 10-15 minutes.

"This is one of the simplest postures, and one of the safest to do at home," says Gregor Maehle of 8 Limbs Ashtanga Yoga in Perth. "It moves blood out of the veins in the legs and back into the trunk."

For an extra boost, put a folded blanket under your hips so they're slightly elevated above your chest and head.

"Turning the body closer to an upside-down position improves blood circulation and has a rejuvenating effect on the brain."

**Cleaning QWERTY**

**FOR A LONG TIME**, computer keyboards have slid beneath our hygiene radars, but research shows they're hot spots for germs, harbouring nearly 70 times as many microbes as the average loo. Cleaning keyboard cracks and crevices is fiddly, but new products are making the job easier.

Cyber Clean is an antibacterial cleaner that collects the gunk that gets stuck between keys. Made from soft, sticky putty, it's rolled across keys and pressed between crevices to catch dirt, dust and crumbs. Or try the Kensington Washable Keyboard, which can be fully submerged in warm, soapy water and has a permanent antimicrobial coating. (Cyber Clean, \$9.95 from Kmart, Newlink, Supercheap Auto; Kensington Keyboard, \$29.95, [smartmadesimple.com.au](http://smartmadesimple.com.au))



PHOTOS: (HOT WATER BOTTLE AND DECORANT) GETTY IMAGES; PHOTO LIBRARY



## Sweat stoppers



**IT WAS ONCE THE** case that those in need of a heavy-duty antiperspirant needed a doctor's prescription. But now, clinical-strength formulas are appearing on supermarket and pharmacy shelves. What are they? And, at triple the price of regular ones, are they worth the money?

All antiperspirants work by forming plugs in the sweat ducts just below the skin's surface. These plugs stay in place for about 24 hours, but clinical-protection formulas boast double the protection time. According to Dr Dee Anna Glaser, professor of dermatology at Saint Louis University, Missouri, and president of the International Hyperhidrosis Society, this is achieved by adding more active ingredient and switching to late-night useage. "We know that night time application – when the sweat glands are least active – works best and this is how the clinical-strength products are directed." A 2008 study, funded by Procter & Gamble and published in the *Journal of the American Academy of Dermatology*, found that, when applied at night, the new clinical-protection formulas were as good as prescription ones, and better than regular antiperspirants at protecting against wetness. An added bonus was they caused less irritation than heavy prescription products, which usually contain aluminium chloride, and are often alcohol based. If your regular roll-on is not controlling sweating, a clinical-strength version is worth a go, says Glaser.

Try Dove Clinical Protection Fresh Touch Antiperspirant Deodorant, \$13.99 or Rexona Clinical Protection Antiperspirant Deodorant, \$10.95.

## RELIEF

### FOR TORTURED TOOTSIES

**HIGH HEELS LOOK GREAT** but are agony after a few hours hotfooting it around town. Make room in your bag for a pair of fold-ups. Flipsters are origami-like thongs with rubber soles and silk straps that can be used again and again. When folded, they are smaller than a digital camera, so fit easily into even a small evening bag. (\$29.95, [flipsters.com.au](http://flipsters.com.au))

