

MAKE A  
HEALTHY DATE

18-24 MAY

Coeliac Awareness Week

[www.coeliac.org.nz](http://www.coeliac.org.nz)

## FACT

Coeliac disease is thought to affect 10% of Kiwis, although only one in 8 people with the condition is properly diagnosed.

11-17 MAY

Food Allergy  
Awareness Week[www.allergy.org.nz](http://www.allergy.org.nz)

## FACT

Up to 50% of eczema cases in young children are triggered by food allergy.

MAY 5

World Asthma Day

[www.asthmafoundation.org](http://www.asthmafoundation.org)

MAY

Host a Pink Ribbon Breakfast in May to raise money for breast cancer research.

[www.pinkribbonbreakfast.co.nz](http://www.pinkribbonbreakfast.co.nz)

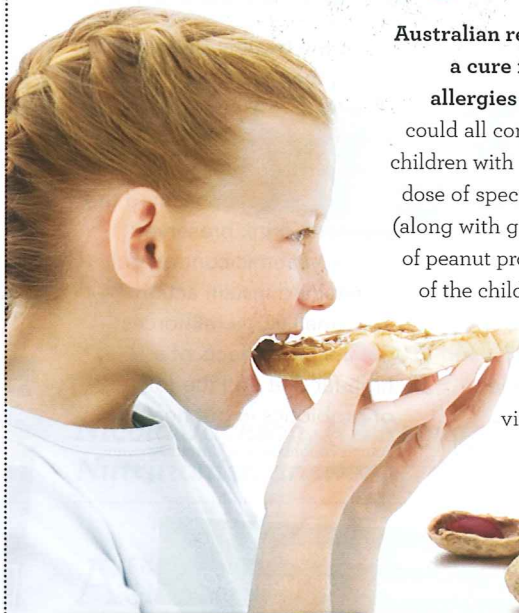
## FACT

8 Kiwi women a day are diagnosed with breast cancer.

28 MAY

World MS  
(multiple sclerosis) Day[www.msnz.org.nz](http://www.msnz.org.nz)

## A cracking discovery



### Australian researchers may have found a cure for potentially fatal peanut allergies in children.

In a nutshell, it could all come down to probiotics. After children with nut allergies received a daily dose of specific probiotics for 18 months (along with gradually increasing amounts of peanut protein), more than 80 per cent of the children were able to eat peanuts without experiencing a negative reaction.

(For more information, visit [mcri.edu.au/media/5224](http://mcri.edu.au/media/5224))

Source: Murdoch Childrens Research Institute, March 2015



## BOOK REVIEW

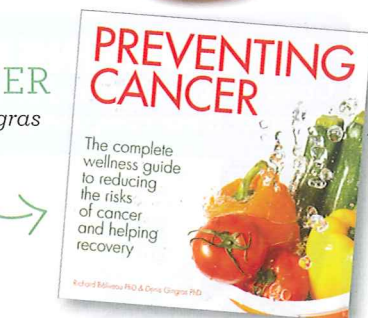
## PREVENTING CANCER

by Richard Beliveau and Denis Gingras

Published by Allen &amp; Unwin

RRP \$39.99

Cancer is the leading cause of death in New Zealand: every day, 51 Kiwis are diagnosed with the disease and 22 people die of it. It's a sobering statistic. The World Cancer Research Fund has listed 20 major lifestyle changes which can significantly reduce the incidence of cancer. These 'pillars' of good health form the basis of the book *Preventing cancer* and include not smoking, maintaining a healthy weight and diet, exercising, reducing red meat, increasing plant-based foods, monitoring alcohol and salt and



staying out of the sun. Plant foods associated with anti-cancer properties, such as green tea, blueberries, garlic, broccoli and turmeric, are also looked at. Interestingly, the authors are dismissive of the role of supplements in the prevention and treatment of cancer and point out the negative impacts of high doses of antioxidants. Overall, a sensible guide for long-term health and wellness.