



**win!**  
 TWENTY readers  
 could each win double  
 tickets to The Taste  
 of Joburg\*



## TASTE OF JOBURG

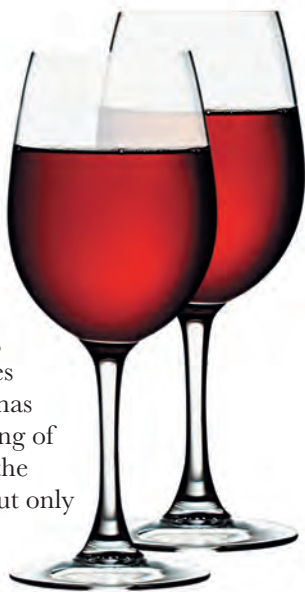
Mouthwatering, lip-smacking and unequivocally delicious are just some of the words you'll be using at this year's Taste of Joburg Festival 2010 at Bryanston High School from Thursday 30 September to 3 October. *Longevity* is giving away 20 double tickets to this yummy event. To purchase tickets visit [www.computicket.com](http://www.computicket.com).

\* To enter, **SMS** the word **LongTastes** your name, surname and physical address to **40880**. The cost per SMS is **R3**. Free SMSes do not apply. T&C apply, see page 6.

## Tipsy alert

Drinking your week's quota of alcohol on the weekend is inadvisable. A study by Suzanne Thomas of the Medical University of South Carolina's Charleston Alcohol Research Center and posted on [wedbmd.com](http://wedbmd.com), says getting tipsy just once a month triples heart-disease risk. "Alcohol is especially toxic for women because we're smaller, we have more body fat (which

processes alcohol more quickly than muscle), and we have lower levels of stomach enzymes that metabolise alcohol than men do." Thomas suggests: "I'll ask the bartender for one serving of gin in three separate glasses with tonic over the course of the night. "That's three drinks – but only an ounce of alcohol."



### LOVE THE OLIVE

A naturally occurring chemical found in extra-virgin olive oils contains anti-inflammatory properties, report scientists from the Monell Chemical Senses Center in the US. The compound, called oleocanthal, is believed to have the same effect on your body as ibuprofen. Try L'Olivier NonPareil Extra Virgin Olive Oil, which is cold pressed, unfiltered and contains no additives.

## FOOD SWAP

Swap this: Custard slice = 3 458kj

For this: Strawberry pavlova with a cottage cheese and vanilla yoghurt \* = 530kj

**And save: 2 958kj**

\* VISIT [WWW.LONGEVITYMAG.CO.ZA](http://WWW.LONGEVITYMAG.CO.ZA) FOR THE RECIPE.



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