



# GOOD MOOD FOODS

For a happier, more energised you, eat...

## BEETROOT

It contains magnesium, which is great for calming and controlling blood pressure. It also helps curb depression and prevent mood swings by balancing out your sugar levels.

- Have it twice a week in salads or as a juice.



## TOMATOES

They help your body produce mood-enhancing chemicals, like serotonin and dopamine, which help to make you feel happier.

- Snack on cherry tomatoes or have roma tomatoes with your salad a few times a week. If you have them three times a week, eat at least  $\frac{3}{4}$  of a cup each time. Have about  $\frac{1}{3}$  of a cup each time if you eat them daily.



## RED CHILLIES

They contain the chemical capsaicin, which releases endorphins that have a calming and happy effect on you.

- Eat two to three a week.



## SOY MILK

It stimulates serotonin production, thus regulating your mood and increasing your quality of sleep.

- Drink one glass of soy milk every night.



## FATTY FISH

Rich in omega-3 fatty acids, it helps to relieve anxiety and depression.

- Eat 100g of fatty fish such as herring, salmon or mackerel three times a week.



## pregnant? don't ignore breast lumps

If you're pregnant or plan to be, watch out for unusual breast lumps. Reason: As the risk of breast cancer rises as women get older, and more women choose to have children later in life, doctors expect cases of breast cancer during pregnancy to increase.

During pregnancy, in preparation for breast-feeding, breast tissue becomes lumpy and dense, making it harder to detect suspicious lumps. But don't think you'll have to terminate the pregnancy if you find a lump, because in most cases, it is possible to keep the pregnancy while getting treatment.

Surgery is often the first treatment option. Removing the affected part of the breast (lumpectomy) or the entire breast (mastectomy) under general anaesthesia won't affect the foetus at any stage of pregnancy.

As for follow-up treatments, there is no proof that they have any direct effect on the baby if treatments are timed correctly. Researchers have also found no increase in birth defects or other long-term health problems in children born to women who've had breast cancer during pregnancy.

As with all cancers, early detection can improve your chances of survival. If you are pregnant and unsure whether you have an unusual lump, see your doctor.

**EXPERT SOURCE:** Dr Esther Chuwa, breast and general surgeon at SOG Breast Surgicare, Gleneagles Medical Centre

EXPERT SOURCES: JACLYN REUTENS, CLINICAL DIETITIAN AT APTIMA NUTRITION & SPORTS CONSULTANTS, AND WWW.APTIMA-NSC.COM AND WWW.LIVESTRONG.COM