

## QUICK FIX

**The stick:** Catching every lurgy going/depression

**The fix:** Visit Uhuru or stick Schubert's 'Ave Maria' in your iTunes. A new UC Berkeley study suggests that the kind of awe elicited by encounters of the 'wow' kind could boost the body's defences. The crux is that positive emotions equate to lower levels of proteins that tell the immune system to work harder. Chronically elevated cytokines have been linked to type 2 diabetes, heart disease, arthritis, Alzheimer's and depression. Cytokines inhibit neurotransmitters including serotonin.



## SNOOZE FUSE

Here's why wine is not a worthy wind-down tactic.

Despite making you doze off faster, a bedtime tippie causes brain changes similar to those in chronic pain sufferers, leading to disrupted shut-eye and sub-par daytime function. Research published in *Alcoholism: Clinical & Experimental Research* shows that pre-sleep booze skewed sleep waves, causing a kind of sleep stage error message.

Unrefreshing sleep could undermine learning and memory, authors said.

# 49

The percentage of female chronic fatigue syndrome (CFS) sufferers who reported bleeding between periods in a study linking the enigmatic condition with several gynaecological anomalies, including early menopause. In the control group, it was 23 per cent.

A study published in journal *Menopause* reveals that CFS is most likely to strike women in their 40s. Sufferers were more likely to miss periods and to have undergone at least one gynaecologic surgery than peers. CFS sufferers log an average menopause age of less than 45, possibly due to higher incidence of hysterectomies.

## Bone up

Too rich? Maybe not, but you can be too thin...if you're a bone. Osteoporosis was linked to inadequate kip in fresh research connecting sleep duration and quality with the daily rhythm of bone turnover. Sleep apnoea and other nod anomalies may be hidden protagonists in many osteoporosis cases, scientists reported in *Journal of Bone and Mineral Research*.

## WATER WORKS

Bladder leakage is an unfortunate fact of life, and it's more frequent in the fourth and fifth decades (hello, childbirth) than myth suggests – which doesn't make it any less hush-hush. The cringe-free solution is a kind of Kegel personal trainer to be used in the privacy of your own home.

The PeriCoach System coaches you through pelvic floor work with real-time biofeedback. \$298, [pericoach.com](http://pericoach.com)



PHOTOGRAPHY: THINKSTOCK