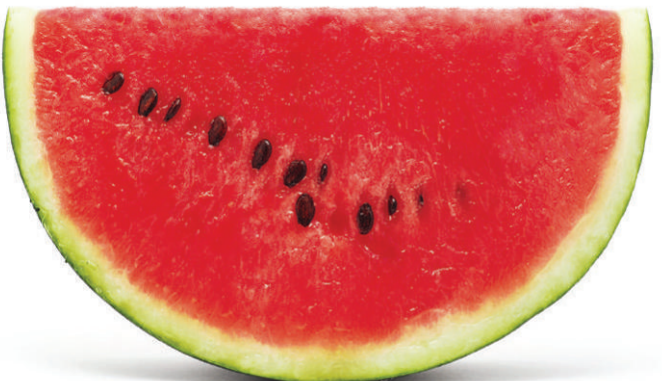


S IS FOR SALT
Aussie adults consume about 10g of salt a day, but cutting it back to 3g may reduce coronary heart disease deaths by 16 per cent. Limit processed foods as this is where more than 75 per cent of the salt in most people's diets comes from.

T IS FOR TOOTH BRUSHING
Brushing your teeth less than twice a day may increase your risk of heart disease by 70 per cent, according to a study by the University College London. Participants who had poor oral hygiene also tested positive for inflammatory markers. Researchers said, "Our results confirmed and further strengthened the suggested association between oral hygiene and the risk of cardiovascular disease."

U IS FOR UNHEALTHY WEIGHT
If you ignore a growing belly, you're also ignoring your heart health. Carrying extra weight around your middle may put you at an increased risk of developing chronic diseases such as heart disease. A waist of more than 80cm for women, and of 94cm for men indicates an increased risk of chronic disease.

V IS FOR VITAMINS
A study of more than 30,000 Swedish women found those with no history of heart disease who took multivitamins long-term had a 27 per cent lower risk of heart attack. Multivitamins may reduce risk of heart disease as a result of the mineral and antioxidant content.



W IS FOR WORK-RELATED STRESS
Women with highly stressful jobs may be 40 per cent more likely to develop heart disease than less-stressed colleagues, researchers from Bingham and Women's Hospital in the US discovered. Ease stress by exercising, nurturing relationships and practising relaxation techniques.

X IS FOR XIGUA
OK, so we're cheating by using this Mandarin word for watermelon, but a US university study reveals the refreshing fruit can protect from prehypertension. It's a rich source of an amino acid that's required for healthy blood vessel tone and pressure.

Y IS FOR YOGA
Women who routinely practise yoga may have lower amounts of cytokine interleukin-6 (a substance that increases inflammation and heart disease risk) in their blood, a study by Ohio State University shows. Yoga is equally effective for novices and pros.



Z IS ZZZ
Tucking yourself into bed one hour earlier may decrease your risk of coronary artery calcification, researchers from the University of Chicago Medical Center reveal. Calcified arteries were found in 27 per cent of those who slept less than five hours a night. People who sleep less may have higher blood pressure, which could lead to calcification.



Game 13 - Closes 30/10/2014

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16	17	18	19	20
21	22	23	24	25
26	27	28	29	30

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I have crossed off the following 6 numbers

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3	4	6	9	12	30
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