

Your daily stars with
Claire Petulengro



ARIES (March 21-April 20) Don't irritate your close ones by digging your heels in so much. This is unlike you and it's obvious to me that there are deeper issues you need to be talking about with someone else first.

Call 0906 602 5068

TAURUS (April 21-May 21) Your need to wear your heart on your sleeve often makes it hard for you not to get hurt. You can afford to be honest as you're about to find out.

Call 0906 602 5069

GEMINI (May 22-June 21) Venus has been helping cupid fire an arrow straight into your heart and its making you talk gibberish. Asking direct questions brings good news.

Call 0906 602 5070

CANCER (June 22-July 23) Saturn is trying to teach you lessons but you seem to be intent on getting involved in everyone else's problems. Is this because the truth hurts?

Call 0906 602 5071

LEO (July 24-Aug 23) You want so much excitement that you don't care if there is a bit of danger. You have powerful and impulsive feelings. Know how far to go.

Call 0906 602 5072

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LIVE TAROT What do the cards have in store for you? Find out now call 09061740163

VIRGO (Aug 24-Sept 23) Your need to blow off some steam could see you going into the red. Try to put in some thought before you hand over that card today.

Call 0906 602 5073

LIBRA (Sept 24-Oct 23) Deeper characters are emerging in your life and both you and your close ones have changed. The drama which made this happen further unfolds.

Call 0906 602 5074

SCORPIO (Oct 24-Nov 22) You're making more effort in the home. If you feel happy, your close ones will feel happy and life will start to take on the style you had intended.

Call 0906 602 5075

SAGITTARIUS (Nov 23-Dec 21) Legal links are indicated, but it seems that you have not really done all of your homework. Make sure you're not playing with fire.

Call 0906 602 5076

CAPRICORN (Dec 22-Jan 20) You may be tempted to reveal secrets which are not yours to give away. Take your time when dealing with financial issues.

Call 0906 602 5077

AQUARIUS (Jan 21-Feb 19) Irritations with family members and a complicated family set up could all see arguments arising today. Be careful of saying things you may regret.

Call 0906 602 5078

PISCES (Feb 20-March 20) You seem to need to make sense of what has happened in order to work out where you should go. Offers via text present an alternative view.

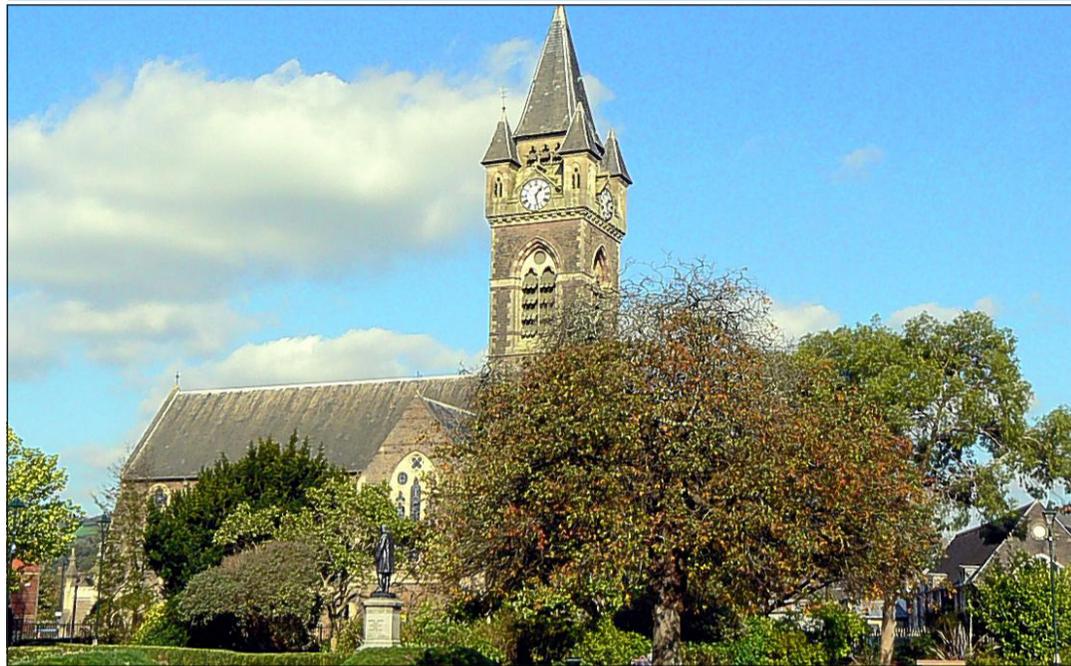
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Your photos with Steve Phillips



AUTUMN DAY at Victoria Gardens and St David's Church, Neath. Photograph submitted by Jane John, of Neath Abbey.

●Email your pictures to picture editor Steve Phillips at steve.phillips@swwmedia.co.uk

Your Diet with Kirsten Davies

Q: A friend suggested that as I am trying to lose weight I should swap my usual snack of crisps for nuts, but this really confused me as nuts have a lot of fat and I eat low fat crisps, is she right?

A: Your friend is correct. Crisps are a man-made food, in contrast to plain unsalted, unroasted nuts, which are a natural food. The fat found in nuts is largely the monounsaturated fats; nuts also contain the essential fatty acids linoleic and linolenic acids. Many nuts are good sources of vitamins E and B2 and are high in protein, fibre and essential minerals such as magnesium, phosphorus, potassium, copper, and selenium. Research shows that people who consume nuts regularly are less likely to suffer from coronary heart disease and that the consumption of various nuts, such as almonds and walnuts, can lower bad cholesterol (LDL) concentrations. Crisps on the other hand are more often than not fried in oil; so the fat that they do contain is likely to be saturated or trans fat. Crisps are also likely to be flavoured and contain salt. High salt intake contributes to high blood pressure and heart disease, so carefully monitor the salt in your diet. So I would swap the crisps for a handful of nuts as a regular snack and save crisps for every now and again.

Q: I keep reading about the benefits of manuka honey, but then I read the other day that honey was just as bad as sugar, please could you tell me what manuka honey is and is it better or worse than normal honey?

A: Unique Manuka Factor (UMF) Manuka honey, is made when honeybees gather the nectar from

Swansea nutritionist Kirsten Davies answers your questions on diet and well-being.



health however and your diet is so important. What you eat and what you don't eat can both enhance and affect your health and subsequently your immune system. Boosting immunity through your diet can be very helpful, as a diet rich in fruit, vegetables, whole grains, nuts, seeds, pulses, lean meats and fish can strengthen your immune defences.

Research has found that chicken broth helps to clear congestion and contains drug-like compounds very similar to the ones found in over-the-counter cold remedies! It is often documented that vitamin C is vital for a fully functioning immune system, but so too are vitamin A and E. Ensuring you eat fresh fruits and vegetables such as carrots, butternut squash and mangos as these can boost levels of vitamin C and A. Vitamin E can be found in oily fish, nuts, seeds and their oil. Selenium and zinc are two minerals needed for a healthy immune system, zinc is found in all meats, eggs, oily fish and oats. Selenium is found in shellfish, brazil nuts and wheat germ. Fresh or frozen fruit smoothie with natural yogurt and ground nuts/seeds can ensure you have a good dose of nutrients to start the day. Multi vitamins and minerals should be taken in the morning with food and not on an empty stomach. Solgar, Bio care, Higher Nature and Nutri are all supplement companies that I would recommend. ObtiBac and Bio-Kult sell a range of good quality probiotics.

●If you have a problem you would like to ask Kirsten Davies about, please email with as many details as possible thefoodremedy@yahoo.co.uk

the flowers of the Manuka bush (tea tree) in New Zealand. It is distinctively flavoured, richer in taste and darker than clover honey and has strong antibacterial and antifungal properties. To be therapeutic it should have an UMF of at least 10 but the higher the better! Manuka honey is renowned for its soothing and healing properties to the stomach and digestive tract. It has the same effect on the body as sugar, so use sparingly and have it with something that contains protein and fibre. An example of this would be to add half a teaspoon to porridge made with milk and ground almonds.

Q: I regularly catch colds. I try to take Berocca regularly and echinacea when I feel the symptoms coming on. Is there anything else I can do to strengthen my immune system?

A: One of the best ways to strengthen the immune system is to take probiotics, as 80 per cent of the immune system is based in the digestive system. Stress, processed food and antibiotics can all negatively affect the bacteria in your gut. Strengthen the digestive system with the use of probiotics in supplement form and you can boost your immune system. You can't just supplement your way to better

Your poems with Jo Leworthy

Three Times Merrily

I went to the rowing club to try out for Cox
The first time I went I just had to watch
The sea was too rough for a novice they said
I sat in the bow and the waves wet my head
The crew had big arms and mine are quite small
But that did not matter not one bit at all
They said come again when there's blue in the sky
When the sea is flat calm come out and try
So I did in the sun we rowed round the bay
Boat steered by me pulling ropes all the way
Wearing full make up and black ski hat on
Encouraging them "faster" and singing them songs
We made a match then and created a team
Mumbles Sea Rowing all eager and keen
Adrenalin Mike and caring calm Chris
Teresa "let's all be happy, that is my wish"
After some practice but not very much
We went for a race to put me in touch
With coxing a team of competitive blokes
Four men in a boat one of them stroke
I try to stay calm but was as nervous as hell
Checking the currents the height of the swell
Out to the start line to jostle for placing
Before I was ready the boats started racing
I went round the first buoy and made a mistake
Misjudging the speed and the skill that it takes
In to the back of the slow boat in front
The bow of our vessel bearing the brunt
We wanted to win my language was blue
I ran out of polite words and beasted the crew
From my mouth the lashings whipped out.
"Row you b***ers" was all I could shout
Nearly all in and my head in a whirl
"Come on now boys we can beat the Black Pearl"
"Row Mumbles Men pick up some speed"
The oars cut the waves with rhythm and ease
Our shoreline support team came in to view
Cheering and filming as the finish horn blew
Four big biceped men all rowing in time
The view from my seat was truly sublime

Sue Kent
via email

●Send your poems to Jo Leworthy at South Wales Evening Post, Adelaide Street, Swansea, SA1 1QT, email joanne.leworthy@swwmedia.co.uk

It happened today

1922: The first radio licences went on sale in Britain at a cost of 10 shillings (50p).
1956: Computer ERNIE was born as Premium Bonds first went on sale in Britain.
1993: The Maastricht Treaty took effect — the precursor to the European Union.
Last year: Airlines pledged to work with the Government to accommodate new security measures announced by Home Secretary Theresa May following the Yemeni plane terror plot.

Birthdays

Gary Player, golfer, 76; Larry Flynt, publisher, 69; Nick Owen, TV presenter, 64; Lyle Lovett, country singer, 54; Sharron Davies, former Olympic swimmer and TV presenter, 49; Rick Allen, rock drummer (Def Leppard), 48; Mark Hughes, former footballer turned manager, 48; Jenny McCarthy, actress and comedian, 39; Carl Cort, footballer, 34.

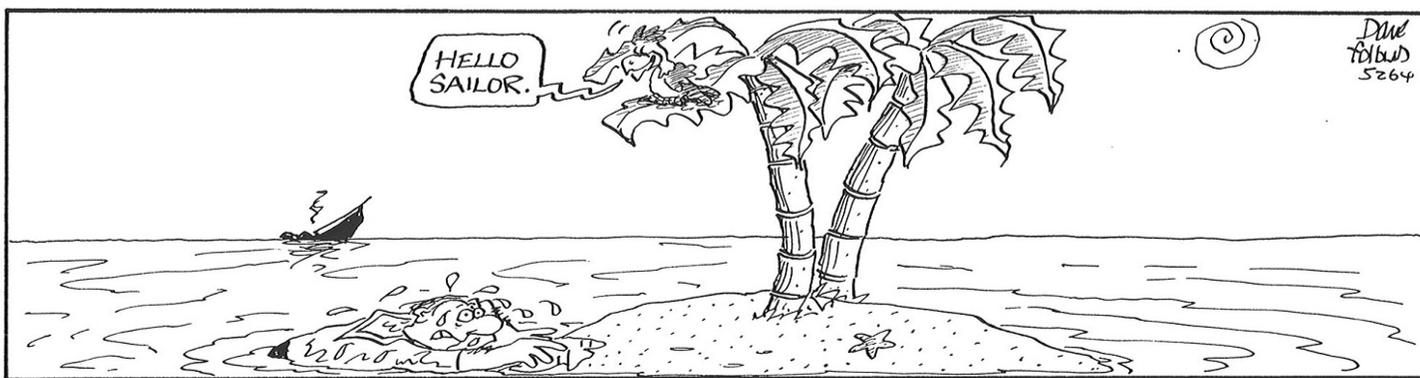
Remember when

The following events occurred in living memory. Can you guess the year?

- 1 Cecil Parkinson resigned from the cabinet
- 2 Gerry Adams was elected leader of Sinn Fein
- 3 Ex-president Gerald Ford made his acting debut in the soap opera Dynasty
- 4 Geoff Boycott was sacked by Yorkshire County Cricket Club

Answers 1983

CREATURE FEATURE ...BY DAVE FOLLOWS



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