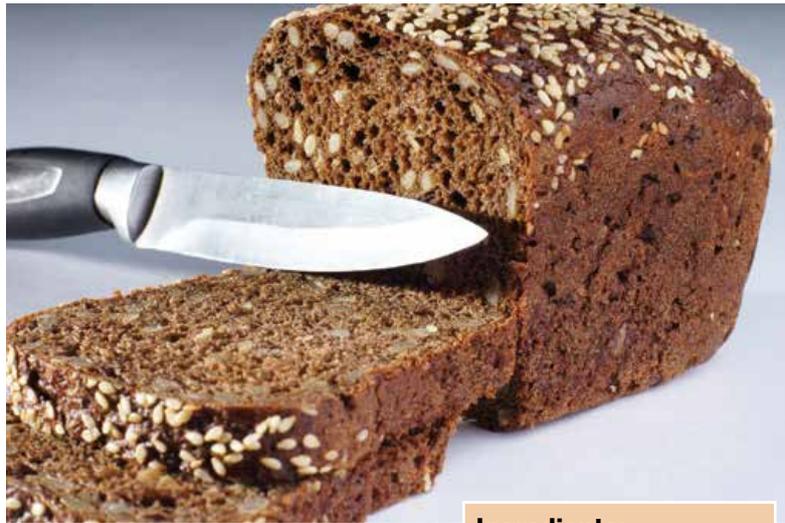


10 DELICIOUS WAYS TO EAT FLAXSEEDS



1. Add flaxseeds to give salads, soups and sandwiches crunch.
2. Make health muffins using ground flaxseeds. They can be ground in a blender, coffee grinder or food processor.
3. The benefits of a delicious and healthy breakfast of fruit salad, muesli and yoghurt can be boosted by sprinkling two tablespoons of flaxseeds on top.
4. Mix flaxseeds into oatmeal, smoothies or protein shakes for added bulk.
5. Add flaxseeds to coat chicken dishes.
6. Roll flaxseeds into french toast.
7. Flaxseeds go well with low-fat cottage cheese and ricotta cheese.
8. Add flaxseeds to the food you

Ingredients:

3 cups nutty wheat flour
 500ml buttermilk
 2 dessert spoons honey
 1 tsp salt
 2 dessert spoons of flaxseeds
 1 tsp bicarb

Instructions:

Mix all ingredients together and bake at 400 degrees F for one hour in a loaf tin.

- already eat. You can mix it into your chicken, fish and meat recipes.
9. Add flaxseeds to your favourite salad dressing.
 10. Bake a delicious and nutritious health bread with flaxseeds using the recipe above.



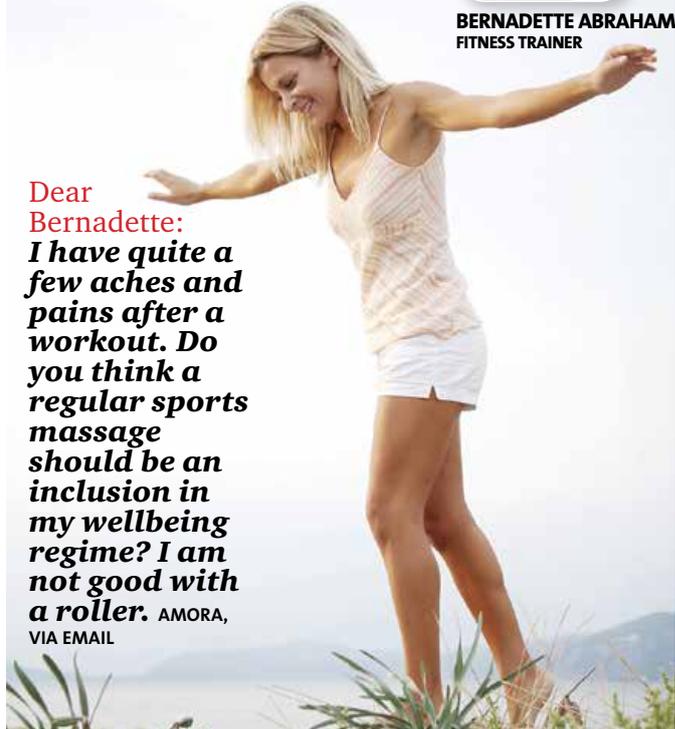
MORNING FLAX

Simply sprinkling a little bit of flaxseed over your morning oatmeal will supply your system with brain boosting omega-3 fats, as well as an extra dose of fibre.

Q+A



BERNADETTE ABRAHAM
 FITNESS TRAINER



Dear Bernadette:
I have quite a few aches and pains after a workout. Do you think a regular sports massage should be an inclusion in my wellbeing regime? I am not good with a roller. AMORA,
 VIA EMAIL

How to keep a balance

DEAR AMORA: If you're new to exercise or if you've had a very intense workout, it's normal to feel sore a day or two after a strenuous workout. However, more chronic aches and pains are our body's way of telling us to slow down and can be a signal to seek help from a medical professional.

While high intensity workouts like boot camps, Tabata, sprints, and HIIT workout videos are very effective training styles, it is important to balance out your training program with lower intensity varieties (i.e. yoga, Pilates, leisure activities, etc.), and allow enough rest and recuperation to prevent overtraining injuries. High

intensity training should be performed one to three times per week but the best guideline is to listen to your body. Push hard when you're full of energy, and go easy on milder days. If however you do have a balanced approach to training and find that stretching and rolling don't offer much relief, then yes, a regular sports massage can help. Just like a knot in a shoe lace, tugging on the ends of the laces will only make the knot tighter. Instead, you must gently loosen the knot by manipulating it with your fingers, which is what a good sports massage can do to release trigger points.