

# THE healthometer



**Hot**

**EASTER EGGS:** A US study says chocolate can help you **LOSE** weight. They found that those who eat it regularly actually have less body fat than those who don't.

**Hot**

**FOREIGN FLUENCY:** Experts at York University found that being fluent in a second language can assist people in the fight against dementia.

**Hot**

**WORK PETS:** Scientists in the US measured stress levels in employees and found they were lower in offices where workers were allowed to bring in pets.

**Hot**

**PARMESAN:** Fine food for fighting stress. It has high levels of amino acid tryptophan, which can help reduce the effects of the body's stress hormones.

**Cold**

**2nd-HAND SMOKE:** A new ad campaign warns of dangers of passive smoking to children. Experts say they face higher risk of lung disease, cot death and meningitis.

**Cold**

**BULGING WAISTS:** Obesity is blamed for a rise in kidney cancer by Cancer Research UK, who say rates have more than doubled since the Seventies.

**Cold**

**POORLY PARENTS:** A study by Kidscape found that parents who take time off sick after catching a cold from their kids are costing the economy £17billion a year.

**Cold**

**FLU:** The UK is at an extreme risk of a flu pandemic this year as millions of foreign visitors arrive in Britain for the Olympics, according to a new report.