

5 foods that fight inflammation**1. Fatty Fish:**

Start your anti-inflammation journey by heading to the seafood counter for fresh cuts of tuna, salmon and mackerel, then bake or boil them to keep things healthy. Keep in mind that, while whitefish such as cod and sole are beneficial sources of lean protein, they do not provide the same inflammation-fighting properties as their oilier counterparts.

2. Beets:

Brightly colored and earthy-flavored, beets provide heart and cancer protection as well as vitamin C in addition to their power to reduce swelling. They taste fantastic roasted, boiled and grated raw on salads, and in summer are available in shades of red, orange, yellow and pink as well as multicolored varieties.

3. Leafy Greens:

Dark leafy greens such as kale, broccoli and collards can amp up your body's inflammation-reducing abilities without changing your kitchen routine. Sub in a serving or two per day in place of lighter-colored leaves for the best shot at killing swelling.

4. Turmeric:

This traditionally Indian spice is an anti-inflammatory superstar. Its historical use in Eastern medicine has proven its use in treating a variety of inflammatory conditions, such as toothache, bruises, rheumatoid arthritis and general joint swelling, according to *The World's Healthiest Foods* (1). Add a dash of it to your stir-fries or curries for an easy dose of its inflammation-fighting properties.

5. Walnuts:

Like other tree nuts, walnuts impart a variety of health benefits to those who eat them regularly. They have anti-inflammatory as well as antioxidant properties and also possess important nutrients such as omega-3 fatty acids, copper, manganese, molybdenum and biotin. Shoot for an ounce, or about 14 walnuts halves, every day. For the culinarily adventurous, adding ginger requires nothing more than a fresh root and the will to do so; for the novice foodie, try adding a bit of ginger into your next smoothie.

QI
QUOTA

So many people spend their health gaining wealth, and then have to spend their wealth to regain their health.

~ A J Materi

The miracle isn't that I finished.

The miracle is that I had the courage to start.

~ John Bingham

When something bad happens you have three choices:
you can let it define you; let it destroy you;
let it strengthen you.

The aim is to make words using the letters in the square.

Every word must contain the centre letter.

All words must consist of four letters or longer.

Try to find the nine letter word.

Time limit of 10 minutes.
Issue 5 answer = STRAIGHTS



D	A	T
C	E	N
I	U	O

Crocodiles' faces are ten times more sensitive than human fingertips

Julius Caesar had two sisters both called Julia

Karl and Jenny Marx named all of their daughters Jenny

The first Indian restaurant in the UK opened 50 years before the first fish-and-chip shop

Wordsworth had no sense of smell

4 ODDITIES OF THE ENGLISH LANGUAGE

4. The two longest words containing only one of the six vowels (including Y) are the 15-letter DEFENSELESSNESS and RESPECTLESSNESS.
3. 'FORTY' is the only number which has its letters in alphabetical order. 'ONE' is the only number with its letters in reverse alphabetical order.
2. BOOKKEEPER is the only word that has three consecutive doubled letter.
1. 'OUGH' can be pronounced in eight different ways. The following sentence contains them all: 'A ROUGH-COATED, DOUGH-FACED PLOUGHMAN STRODE THROUGH THE STREETS OF SCARBOROUGH, COUGHING AND HICCOUGHING THOUGHTFULLY.'



Which 'Bond' film featured this vehicle?
It's owner had rather an odd job.