

RUB IT BETTER
 'People with persistent back pain may want to consider massage as an option,' says Dr Daniel Cherkin of Seattle after his recent study showed it to be more effective than medication and physiotherapy. After 10 weeks, more than one in three people said their pain was much better or had entirely gone after massage compared with only one in 25 who got the standard treatment.

BRIGHT IDEA
 Supplements containing antioxidant carotenoids (found in saffron as well as in orange, yellow and red fruit and veg) can help to prevent the onset of macular degeneration, a common cause of loss of vision. **Try: Saffron 2020 - it contains this exotic spice, which aids eye health.** £25 for a month's supply (0843 4530205, saffron2020.com).

ON YOUR TRYKE
 If you loved riding your tricycle as a child, you can rediscover all the fun and thrills by riding a battery-powered **Powatryke**, which you don't even have to pedal. It sports a six-speed Shimano gear-set, with V-brakes fitted as standard on the front, a disc brake on the rear and a sprung comfort seat. **Perfect for grown-ups of all ages.** From £1,049-£1,249. For stockists, call 01225 786791 or for more info and a chance to win a Powatryke, go to saga.co.uk/health.

20-30
 The number of minutes you need to spend in the sun three times a week to top up vitamin D levels to help the body fight infection.

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