

### 1 GET A SMARTER BRAIN

The quest for a smarter, quicker, more creative brain continues, with sales of computer games such as Brain Training from Nintendo DS Lite set to rocket even further (more than 1m people in the UK have bought it already). More worryingly, according to the British Medical Association, increasing numbers of people are illegally ordering brain-boosting drugs such as Modafinil and Ritalin over the internet to give them an edge at work. Some experts predict we'll be popping legal brain-boosting drugs like vitamins within 10 years, and trials of one type, ampakines, thought to enhance learning capacity and memory, are already under way. In the meantime, keep taking the omega-3s.

### 2 BOOK A BODY SCAN

With mail-order genetic test kits denounced as a waste of money by the Human Genetics Commission, the best way to get an insight into your future health is to have a full-body MRI scan that looks for growths, clots and other warning signs of serious disease. And now it's finally becoming affordable. The price has come down from about £3,000. Prescan, for example, offers a total-body MRI and CT scan for £1,390 ([www.prescan.co.uk](http://www.prescan.co.uk)).

### 3 ASK FOR APPLE CHEEKS

Forget frown lines and crow's feet. It's fat loss in the mid-face that leads to the first signs of ageing, according to research published in the journal *Plastic and Reconstructive Surgery*. Replacing volume, says the report, can eliminate the need for a face-lift. "We'll see a move away from simply erasing wrinkles via Botox and 'miracle' creams to plumping up cheeks and under-eye hollows with the latest fillers," says the Harley Street plastic surgeon Rajiv Grover. Restylane SubQ ([www.restylane.com](http://www.restylane.com)) and Laresse ([www.laresse.com](http://www.laresse.com)) have been developed for face sculpting. They have larger particles than the traditional fillers designed for wrinkles, and the effects last for about a year.

### 4 FOLLOW THE LEMON JUICE DIET

However much you may have been inspired to follow Beyoncé's famous Madal Bal syrup fast, chances are you couldn't stick to the no-food regime. The Lemon Juice Diet, by Theresa Cheung (Vermilion £6.99), published in January, is much more palatable. Do a 24-hour lemon-juice detox and you'll lose 2lb by the end of the week, says Cheung. Then simply sip freshly squeezed lemon juice diluted with filtered water every morning, and sprinkle lemon juice over every meal, and you'll lose another 7lb over the next four weeks. "It works by improving your digestion and helping you to get the maximum nutrients from food, which helps to curb cravings," says the author. "It also lowers the glycaemic index of any meal, keeping blood-sugar levels steady."

### 5 RELEASE YOUR EMOTIONS

Those in need of therapy but who don't fancy spending hours on the couch can have their feet read instead. Devised in Israel, big in Germany and now taking off in LA, the Grinberg method is a combination of reflexology and counselling. "Everything from niggling headaches to deep-rooted childhood experiences reveal themselves in the feet," says foot reader Victoria Oldham, who has a clinic in Switzerland and a waiting list at Triyoga in London ([www.triyoga.co.uk](http://www.triyoga.co.uk)). You are given breathing and stretching techniques designed to release emotional tension. If group therapy

WITH MICHAEL CAMERAPRESS

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