



ASK A PHARMACIST

"IS IT OKAY TO HAVE A COCKTAIL WHILE TAKING PRESCRIPTION MEDICATIONS?"

A: "Alcohol causes a decrease in alertness, coordination and concentration," says Matt Koehler, a Shoppers Drug Mart pharmacist in Thunder Bay, Ont. "Some drugs – most commonly sleep meds and those used to treat anxiety and depression – can cause some of these same effects." The end result? You may feel drunker than usual after a glass of Chardonnay. And whatever you do, don't attempt to take the wheel: Even if your blood alcohol level is within the legal range, you may be too impaired to drive. Talk with your pharmacist to find out whether your specific prescription means that you should steer clear of alcohol entirely.

Get your gaming fix at Shoppers Drug Mart, which now carries PlayStation 3 and PlayStation Portable consoles, games and accessories.

Mind games

Wish you were better at juggling multiple tasks? Fire up the PlayStation. Cognitive-science researchers at the University of Rochester found that playing rapid-paced video games (like *Call of Duty*) helps us make better decisions faster – a skill set that may lead to improvements in a range of day-to-day activities, from driving to multi-tasking to keeping track of friends in a crowd.

BLACK RICE

Move over, blueberries, there's a new cancer-fighting superfood in town. Recent research has found that a spoonful of black rice – sold at health food stores – contains more of the powerhouse antioxidant anthocyanin than the same amount of blueberries. "Black rice is also high in fibre, iron, vitamin E and B-vitamins," notes Crystal Di Domizio, a Vancouver-based holistic nutritionist. Use it instead of white or brown rice in any recipe, or boil with half water and half coconut milk for a super-healthy sweet pudding.

WE MUST, WE MUST, WE MUST INCREASE OUR BUST

Want to fill out your LBD a little better? These three exercises – from Toronto-based personal trainer Kathleen Trotter – will strengthen the muscles behind your boobs, leading to a perkier pair. (For more body-enhancing moves, turn to page 117.)

- 1. Alternate chest fly** Lie with your head and shoulders on an exercise ball and your feet on the floor, holding a weight in each hand. Straighten your arms and hold the weights over your chest, with your palms facing each other and your elbows slightly bent. Keeping your hips up, lower the right weight to shoulder height, keeping your elbow slightly bent. Return to the starting position, then lower the left weight to shoulder height. That's one rep. Do 10 reps.
- 2. Decline push-up** Place your knees on a phone book and your hands on the floor, slightly wider than shoulder width apart. (Your body should make a straight line from your head to your butt.) Perform a push-up. Do 10 reps.
- 3. Bench press** Lie on your back on a bench with your legs straddling the bench and your feet on the floor, holding a weight in each hand. Bend your elbows at a 90-degree angle. Press the weights up over your chest, then lower until your elbows are at a 90-degree angle once more. Do 15 reps.