



THE Sunday Telegraph

Date: Sunday, 11 December 2005
Page Number: 3
Edition: FIRST
Supplement: Body & Soul

Market: NSW
Circulation: 720,030
Published: WEEKLY
Editorial: [email the editor](#)
Item No: P8622775

Size: 85.25 sq. cm.

NEWS BRIEFS

Want the latest health, fitness and diet news? **Cushla Chauhan** spills it

1 YEAH BABY

When shopping for baby food, young mum Julie van Eps discovered that many were full of additives or had a shelf life of up to three years. So she decided to create her own brand and Babyboost, gourmet purees for bubs, was born. Babyboost meals are made from all-natural ingredients and contain no artificial flavours or preservatives. Flavours include sweet potato & broccoli and lentils & vegetables. From Coles and Bi-Lo.

2 DR FEELGOOD

Another hangover after drinking too much and getting into a tango with the tinsel? It might be time to try Hydrodo – a new hangover preventative. Hydrodo capsules contain amino acids, vitamins, minerals, natural sugars and an antioxidant to alleviate hangover symptoms and replace compounds that are lost when your body is trying to metabolise the alcohol in your system. Available from pharmacies and Coles.

3 SHOP, BUT DON'T DROP

If you can't face being trapped among frenzied shoppers and prodded with rolls of Christmas wrap anymore, why not buy your gifts online? Overstock Outlet is a new online warehouse that sources product from factories and distributors the world over, so is able to pass on their competitive prices to you. Simply log on to the website at www.oo.com.au, select your gifts and within a couple of days, they'll be delivered. Gift options include everything from clothing to electronics, household items and toys.