



RTE Guide

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Health check ✓

- * Too late! I told you. Act quickly, I said, if you want a few days off 'sick'. I even gave you the address of a new website that would issue you with a 'sick note' – without too many questions asked, it has to be said. But alas and alack. The site, which could be found at www.doctorsnotestore.com has decided to stop trading in Ireland because of, er, pressure to desist.
- * You'll remember the renowned campaigner and activist Erin Brockovich. She was the woman whom Hollywood decided to immortalise – in the guise of Julia Roberts – in the film of the same name. Well, she'll be in Dublin on September 20 as a guest of Ireland's organic dairy, Glenisk. Brockovich will address a gathering at UCD on a range of topics, including the power of one individual to create lasting change, the role of organic food and the importance of telling the truth. You can get more information on www.glenisk.com
- * Good news. Everybody's favourite snacks – and I'm talking crisps, popcorn and nuts – are not the fat trap we have been led to believe. In fact, it is now estimated that the 'top up' foods contribute just 5% of fat to the diet. Why? Because the companies that make the snacks are now getting much more health aware and are offering their products in bite-sized healthy options.