

YOUR GUIDE TO LIVING WELL

South China Morning Post
TUESDAY, MAY 31, 2011

HEALTH POST

Going coastal

Our guide to the cleanest,
safest beaches in Hong Kong
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THE HEAT IS ON:
SUMMER AILMENTS
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GRILL SEEKERS:
YOU CHAR
WHAT YOU EAT
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Feel Better. Look Better.

Protect yourself from the effects of pollution.

Learn more about the dramatic health benefits of Vitamin D.

Read more about widespread Vitamin D deficiency in Hong Kong, as well
as testing and treatment options.

vitamin d .hk

www.vitamind.hk

Publication: SCMP Health Post
Date: 31 May 2011
Frequency: Weekly

Gaining a toehold

The fashion police frown upon these, but **Vibram FiveFingers** shoes have got the sports world all aflutter. With minimal material on the sole, they create a barefoot feeling that is said to promote healthy development of the foot and leg muscles. The new **Performa** (right, HK\$1,230) has a buttery-soft kangaroo leather upper and grippy flexible soles that are perfect for yoga. Get them at Escapade Sports. www.escapade.com.hk



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