

health

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Karen Gomes,
Fitness Instructor
and
Personal Trainer

Battle of the bulge

A man's true story

Exclusive interview

Dato' Seri Azalina Othman

on sports, women and life

Highlights on World Heart Day

Know your heart, love your heart

Heartburn during pregnancy

What you can do to minimize
the discomfort?

The pros and cons of using rewards in parenting

How not to turn rewards into bribery

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Zap away snoring

According to the United States National Sleep Foundation, it is estimated that up to 35 percent of men and 28 percent of women snore frequently. Snoring is even more prevalent amongst the elderly and those overweight. Snoring causes sleep loss for both the snorer and his, or her partner. This can be a distressing problem for both parties.

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