

# The Argus

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## Dozens of offers to save you cash

Pages 22 & 23



## The Nutritionist



**MARTINA WATTS**

Chewing gums aren't all equal. Whereas gum with sugar can be potentially damaging to teeth, gum containing a sweetener called Xylitol may prove beneficial. Made from the bark of the silver birch, Xylitol can actively reduce the amount of the streptococcus mutans bacteria implicated in dental decay. Chewing gum can be useful if you are in the process of giving up smoking or trying to stay awake when driving long distances. Buzz Gum contains both Xylitol and Guarana, a plant used by the Amazonian Indians to maintain alertness and ward off fatigue. Guarana is a natural stimulant and a handy alternative to coffee whenever you need to go that extra mile. Buzz Gum is available from most good health stores or Rio Trading on 01273 - 570987.

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