



**YOGA EXPERT**  
**CLAIRE**  
**NETTLEY**

anything!) should  
before yoga?

*Ellie, via Twitter*

oods that leave you  
nd lethargic, and  
at least two hours  
void nausea, cramps  
If you do want  
k light and easy to  
or yoghurt. Liquids  
ration but stick  
rbal tea rather than  
er stimulants.



**NUTRITIONIST**  
**KRISTEN**  
**BECK**

**Q Why does my mouth feel  
and taste weird after  
I eat pineapple?**

*May, via Facebook*

Pineapple contains two enzymes known together as bromelain, which breaks down proteins by separating the bonds that hold amino acids together. (It's so effective that a powdered form is used as a tenderiser during meat processing!) So, that fleshy taste you're experiencing is actually the inside of your mouth being broken down. The pineapple is essentially eating you back. Yep. But don't worry: as soon as you swallow, your stomach acids neutralise bromelain while your mouth and tongue start to regenerate cells.

**Q Condoms – does  
price mean better?**

Condoms sold in Oz all meet testing requirements, so are effective at helping prevent pregnancy. The most common non-latex condoms (made of polyurethane or polyisoprene) transmit body heat better than latex can improve pleasure. 'Polyurethane kind are thinner and more likely to slip, break up. Whatever you go with, a lubricant can be useful. Water-based over oil. And store in a cool, dry place (realise your wallet or car) to reduce

**Q I've just had my  
cystitis flare-up.  
What gives?**

*#Burr*