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involves a small microchip being fitted onto the back of the eye. It was like Christmas Day. Can regular exercise stop the spread of prostate cancer? New evidence reported this week suggests that men who stay active have the best survival rates. Experts are now investigating if 'keeping fit' can also stop the cancer from spreading. And finally many of us rub it on our chests to keep colds at bay, but have we been using it in the wrong place? The word on social media is that Vicks Vapour Rub is more effective if smothered onto your feet! It is not licensed for use on the feet and its makers say Twitter users should put a sock in it. Out of sheer desperation I did that on my feet. Did it work? No. There is a bit of a placebo going on there, it feels good. If you rub the garlic on your feet you can smell it on your breath. They used to do

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mustard bats. The mustard bats. mustard baths. The manufacturers say there is nothing behind it. We sought worrying statistics about sugar and I know we have talked about this. There is a new app for people. It is good because how do you know what you are giving your child? Here is an app, it is free. Change for life introduce this to get people to eat less added sugar. You can download it for free and all you do is you hold up the barcode, for example this two litre bottle of Coke, line it up and it will tell you, these things always never work. That came out. Counting sugar... Here we are, Coca-Cola, 1.7 litre, those are the cubes in that. Look at

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those cubes! 46 sugar cubes in that alone. How useful is that? You can use it with any barcode and a child between the age of four and six should have no more than five cubes of sugar a day. Is it any wonder we have an epidemic of obesity? ? that is outrageous. Isn't it? Really worrying. They are talking about sugar tax, they have been doing it for ages, they may be a U-turn. I hope there is because two thirds of adults in this country are overweight or obese. In the next 20 years it will be 75% of all adults. It will be the normal and that is fuelling type II diabetes. 700,000 extra cancers as a result of obesity. We should do something about sugar. We should ban TV advertising at all times, not just after the watershed. Parents are

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feeding the kids this rubbish. Absolutely. Mexico introduced a sugar tax and sales went down on sugary drinks. People bought more bottled water. It could work here. Lots of people are doing a dry January. This morning we are told, I got confused, sometimes they say a glass of red wine is great, happy days! Then we are told it is not good for us. The Sun headline was great, Dry Whine. We have said for years red wine has antioxidants in it and is good for you. Let's not pretend drinking red wine is good for our health. The alcohol sets of any benefits. The benefits some grapes themselves grapes themselves. The Chief medical Officer will introduce to my new guidelines that same drink even guidelines that same drink guidelines that same say be drink even less. Again, everybody makes new

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resolutions and they might want to stop smoking and there is technology to help people. There are 1 million people in the UK living with lung disease, you almost suffocate, you can't get airing. 1 million people as a result of smoking. -- air in. The campaign launched with the help of Euan Thomas, our Olympian, his mother is affected by this lung disease and he has helped with this campaign and helped by being involved in an experiment using a resistant mask you hold on your face and a corset around your torso to feel what it might be like to have chronic obstructive airways disease. But that over your mouth and nose. Can you feel how much of a struggle it is? That is horrible. If you wore the corset as welcome I would love

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