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Body facts

BOGEY WONDERLAND

We can't get enough fascinating facts about bodily fluids and body parts. A new book - *Operation Ouch! Your Brilliant Body* - is full of them. But be warned, it's snot for the faint-hearted...

● **Got a cold?** Can't believe how much gloop you're trumpeting? The average person produces 500 litres of snot every year - that's enough to fill two bathtubs.

● **Itchy eyes?** There could be good reason. About 50 % of people have tiny creatures living on their lashes. The mites are about a third of a millimetre long, and most people never find out they've got them.

● **The largest muscle in your body?** It's in your bottom - the gluteus maximus (sounds like Russell Crowe from *Gladiator*). The smallest, the stapedius, is inside your ear.

● **With Halloween round the corner,** bear in mind it is possible to scare someone to death, by causing so much adrenaline to be released it causes fatal heart damage.

● **Feeling brainy?** If you laid out all the blood vessels in your brain, they would stretch 161,000 kilometres - round the world four times.

● **Wondered why you always feel like you need a wee?** You'll spend an average of one year on the loo in your lifetime.

NB: *Operation Ouch! Your Brilliant Body* is out now, £8.99.



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Interior addicts

Need some inspiration to snazz up your home this Autumn? We're totally hooked on the glossy daily email update we get from members' only lifestyle webstore, Achica. It's like porn for interior design addicts (don't worry, when they say members, there are no bouncers: it just means signing up to their email).

Each day you get access to a new selection of cool furniture, accessories and decorations at discount prices, but you have to buy quickly - the offers expire in 48 hours to make room for new ones.

The Premier Lighting lamp (left, in red): was £30, now £16. www.achica.com

HOME HEAVEN

CHEESEBURGER-STUFFED CRUST PIZZA

THE CRONUT

MAC ATTACK BURGER

Pizza Hut have made the lardiest, weirdest pizza we've ever seen, with the (almost) 3,000 cal Cheeseburger-Stuffed Crust Pizza, with pockets filled with a tiny beef patty, covered in mozzarella. But if you thought *that* was bad, a burger bar in Chicago has created the Mac Attack Burger, with macaroni cheese instead of the bun. Or maybe you fancy a Cronut burger? Straight out of NYC, it's a beef patty, sandwiched between a sweet, sugary donut-croissant hybrid. According to docs, the human body is 'not designed to consume such a mass of trans fats, hydrogenated vegetable oils, meat, dairy and sugar in one go.' Good luck with that one, America.

Fat food

Coronary Cuisine