

Vitals

BY VALERIE BERENYI, CALGARY HERALD MAY 19, 2011

[Tweet](#)

The Underwear Affair

Fundraiser . The Alberta Cancer Foundation is holding a cheeky five-and 10-kilometre run on June 4 to raise funds and awareness for "below-the-waist" cancers such as prostate, colorectal, ovarian and testicular.

Organizers say the run, dubbed The Underwear Affair, will help lift the taboo connected with cancers that hit below the belt. Participants are urged to get creative with saucy costumes for the run. There's an after party with prizes and food.

Proceeds from the Alberta Cancer Foundation's Underwear Affair go to support the Tom Baker Cancer Centre in Calgary and 15 other cancer centres in the province. For more details, go to uncoverthecure.org or call 403-269-3337.

Horses ease eating disorders

Study . A University of Calgary PhD candidate in counselling psychology is running a second program using horses to help women who've been diagnosed with eating disorders.

Hillary Sharpe is looking for women over age 18 with a diagnosed eating disorder to participate in a free six-week program at Healing Hooves, a facility north of Calgary in Cremona that pairs specially trained horses with people suffering from anxiety, depression, abuse or addictions. The program starts this week.

Sharpe is researching what is it about equine-facilitated counselling, or EFC, that is particularly helpful for women with eating disorders. For more information, e-mail hasharpe@ucalgary.ca. The program has captured the imagination of the folks at CBC TV show Heartland. It's donated a set visit for four, which is being auctioned to raise money for the research. To bid, go to eBay.ca and type in "healing hooves." Bidding closes May 22.

Eyefoods Smoothie with Flax Seed

New Book . To fight eye disease and promote overall health of your peepers through better nutrition, there's a new book out called Eyefoods: A Food Plan for Healthy Eyes, written by Canadian optometrists Dr. Barbara Pelletier and Dr. Laurie Capogna. Here's a recipe from it:

1/2 cup (125 mL) diced cantaloupe

1/2 cup (125 mL) strawberries

1/2 mango

1/2 cup (125 mL) unsweetened orange juice

2 tbsp (25 mL) ground flax seed

Blend in blender until smooth. Makes 2 servings.