

ask alfie



Used car specialist

Q MY 2013 Nissan Juke petrol, 1.6-litre, has done 29,000 miles. When should I have the timing belt changed?

JACK HALPIN
I've hopefully got good news for you, Jack – the 2013 Nissan Juke 1.6-litre petrol model used the HR16DE engine, which was fitted with a timing chain and not a belt. The 1.5-litre Juke turbodiesels had a belt.

Timing chains are supposed to last the life of the vehicle and, as such, Nissan doesn't quote a replacement interval for the Juke 1.6 petrol. Provided it has been properly maintained, its chain should last indefinitely.

Unless your car is making some new weird rattly noises, you've nothing to worry about.

Q I HAVE a 2005 Toyota Corolla T-Spirit with

Q&A

Send your questions to motors@the-sun.co.uk

around 95,000 miles on the clock. It has been in the family since 2007 and has been well looked after. I have been offered just £200 for it by a used-car purchasing company. If I get an MOT for it, how much could it be worth?

NIGEL ASH
A Nige, the T-Spirit used either a 1.4-litre petrol with 95hp, a 1.6-litre petrol with 110hp or a 2.0-litre turbodiesel called the D-4D,

which made 116hp. Used values don't favour any of these engines in particular, it's more to do with mileage – so expect that car to be worth £1,750 to £2,250 on the used market.

Obviously, you'll have to do the legwork in selling it yourself (taking pics, listing it, viewings etc), but it's better than an insulting £200 from an online buying firm. You should get £1,500 minimum.

Q CAN you give me a rough idea of what I might get for my dad's car, as he's no longer driving? It's a 2007 Hyundai Getz 1.4 GSi, with 32,000 miles on the clock.

PETER WILLIAMS
A The 1.4-litre was the "big" engine in the Getz GSi, so in that spec, age and condition it should fetch between £3,000 and £3,500 as is.

the Sunday

● Food ● Money

● Pets ● Motors ● Health ● Puzzles ● Deidre ● Travel

TRIED & TESTED

DURING the Covid lockdowns, many people started having "healthy snacks" – and it is a habit that lots of us have continued with ever since.

But an extra 240kcal a day over the course of a year could lead to a weight gain of around a stone.

So if you're going to snack, you have to make sure you know exactly what you're munching on.
JANE ATKINSON puts three health snacks to the test.

CRISPS

A FAMILY start-up Spare Snacks has come up with low-calorie treat that counts as one of your five a day.

Scrapples are apple crisps for kids, while Spare is the adult equivalent. They are made from wonky fruit which have superficial blemishes and contain no added sugar, salt, fat or oil.

They come in various flavours but I love the apple

and mango, which are just 43kcal and 60p per 12g bag. They are air-dried, not fried, so there is no greasy after taste with them.

They are actually crispy, too, unlike some other fruit crisps.

If you want a healthy snack this is the closest you will come to actually having a piece of fruit. See scrapples.co.uk.



FLAPJACKS

GRENADE, a well-known name in the protein snack world, has brought out a range of protein flapjacks designed as a healthy breakfast snack.

I never think a sickly sweet bar for breakfast is a great idea but if you are a sweet-toothed gym junkie grabbing something on the run, then maybe this is the perfect first meal of the day for you.

I tried the Caramel Overload – a VERY sweet bar of oats, cashew,

peanut butter and milk chocolate topped with chocolate drops. It's soft and chewy without an overpowering protein taste despite being mainly a mix of protein (soy, wheat, whey, and milk).

It also contains 19 per cent oats with milk chocolate and sweetener.

Each 45g bar has 149cal, 11g of protein and, surprisingly, just 1.4g of sugar. (£1.50 per bar, grenade.com)



VITAMINS

KNOWN for their vitamin range, Vitl has this week launched a range of protein bars with vitamins and minerals targeted at specific needs.

There is Energy, a salted caramel flavour; raspberry-flavoured Glow with collagen for skin and nails; plus chocolate brown Focus to aid mental performance. I tried Energy, which

is a chewy, bittersweet bar with vitamins B3 and B5, calcium, iodine and magnesium to support energy release from food and reduce tiredness.

The chocolate outer layer was a bit crumbly but as mid afternoon snacks go, this is pretty perfect. I loved it.

Each 40g bar has 14g of protein, 1g of sugar and 143cal. (£1.70 per bar, vitl.com)



THE Sun health+

GET UP

DR BROWNING says: "It sounds odd, but lying still in bed if you can't sleep is one of the worst things you can do."

"The longer you lie clock watching, the more anxious you are likely to get about not sleeping. It is much better to get out of bed and do something else for a while."

"Walk around the house, have a cup of tea, read another chapter of your book. But resist reaching for your phone."

DECOMPRESS YOUR DAY

"BEFORE you go to bed, take time to reflect on things that happened that day, or concerns you have."

"Writing a diary is a great way of helping to brain dump so it isn't overloaded and can switch off for sleep."

"Write it by hand – don't use a laptop or phone."

CUT OUT CAT NAPS

"MANY people I treat for sleep issues find themselves napping during the day. This is an absolute no-no."

"Even worse are cat-naps on the sofa for five or ten minutes at 9pm while watching TV."

"Why? Well, if you were trying to persuade a child to eat a healthy meal, would you give them a bar of chocolate an hour before?"

"No, because they'd say they were full up and refuse the good stuff."

"Sleep is the same. You need to fall into bed starving hungry for sleep."

M.O.T. YOUR ROOM

"YOU should change your mattress once every seven years, but if you've put on weight you might need to do that sooner."

"Although not scientifically-proven, sleep sprays, scented candles and things like CBD oil may help too."

"Creating a relaxed, comfortable environment will boost your chances of a good night's rest."



32% of over-60s at greater risk of illnesses due to lack of kip

7 ways to get 7 hours sleep and live a long, healthy life

25% increased risk of death for over-50s who sleep five hours or less

EVERYONE knows that a good night's sleep has plenty of health benefits.

But a new report this week found that not getting enough shut-eye isn't only important – it's actually a matter of life and death.

Researchers at University College London analysed 25 years of data from almost 8,000 people looking at how long they slept versus evidence of illnesses such as heart

By JANE ATKINSON

told Sun on Sunday Health: "These findings underline how important it is to ensure you are getting enough sleep."

"It is vital for our longevity. When we sleep, our brains physically repair our bodies and regulate important hormones which control the functioning of our bodies during the day."

Stresses and strains

According to NHS guidelines, the recommended amount of sleep for an adult over the age of 18 is seven to nine hours.

Yet recent studies have shown

the impact the cost-of-living crisis has had on our slumber – with almost one in four of us not getting enough and actually losing sleep due to the stresses and strains of modern life.

Here Dr Browning, who runs troublesleeping.co.uk, gives advice on getting enough sleep.

She says: "We all know the classic tips, like leaving your mobile phone downstairs or having a hot drink before bedtime."

"They can help. But there are a number of other simple steps you can take to get more sleep and transform your life."

HAVE A NIGHT ALONE

"IF you are sleeping alongside a partner, consider going into the spare room."

"We tend to sleep much better separately and although it's not a suitable option for all, for some it can actually really help."

TIRE YOURSELF OUT

"AS we get older, we get less active. That's one reason why over-60s generally require less sleep and find it harder to nod off."

"Exercise directly impacts the need for 'deep sleep' at night. Even moderate exercise like a brisk walk increases deep sleep."

"But, it is important to avoid exercise too close to bedtime, as the release of endorphins and adrenaline can be disruptive to sleep."



CBT-I

"IF none of the above work, you might need clinical help."

"Cognitive behavioural therapy for insomnia, sometimes called CBT-I, is usually recommended as the first line of treatment."

"It is a structured programme that helps insomniacs to identify and replace thoughts and behaviours that cause or worsen sleep problems with habits that promote sound slumber."

"Unlike sleeping pills, CBT-I helps overcome the underlying causes of insomnia."

Find out more by speaking to your GP or go to sleepstation.org.uk

TRUTH ABOUT...



Norovirus

AS we head into winter months, it's not just Covid we need to worry about – cases of winter vomiting bug, norovirus, are on the rise too.

It affects millions of us every year, causing vomiting and diarrhoea as well as nausea, abdominal pain and fever.

If you become dehydrated you may suffer headaches, aches, pains and feel tired or faint.

GP Dr Rachel Ward told Sun on Sunday Health: "Rates dipped during Covid times due to reduced mixing, social distancing and increased hygiene measures like regular hand washing."

"But last month there was an increase in cases reported, even compared to pre-Covid years."

"It is because socialising has returned and immune systems are playing catch-up."

Norovirus spreads very easily. If you touch an object with the virus on and then touch your mouth or if you eat food prepared by someone infected, you may catch it too.

It is known for spreading through schools, nurseries, hospitals, cruise ships and nursing homes.

Dr Ward said: "Norovirus can be unpleasant but after two to three days you should start to feel better."

"If it doesn't settle in seven days go and see your GP."

"Frail, elderly people, small children and babies are more vulnerable as they are more likely to get dehydrated."

"And those with underlying health conditions such as diabetes are more prone to complications and should seek advice from their GP."

"The best way to reduce risks is by regularly handwashing with soap and warm water."

"Hand gel does not kill the virus."



ASK Dr Jeff

GP and men's health expert

Q I'M a 45 year old woman. I've always had quite a sensitive stomach and suffered from bloating and IBS-type symptoms.

Recently my bloating is so bad that I can barely stand upright or have any close-fitting clothing. I sleep well at night but I feel lethargic during the day and I crave sugar. I eat healthy, home-cooked meals so I get my nutrients but I don't know what is causing this. What can I do to stop it?

RACHEL BINK, Stratford-upon-Avon
A be very troublesome. If this is a new symptom or something that has recently worsened for no apparent reason, then you should see your doctor as there are lots of conditions that can cause bloating, such as coeliac disease, ovarian problems and more.

If it is IBS that has worsened over time, then try and look for a trigger. Stress or anxiety can worsen IBS, so can menopause and perimenopause as well as changes in diet and lifestyle. Treatments for IBS include regular exercise, reducing stress and other emotional triggers.

It helps to keep a symptom diary. Note everything that you eat and drink, times that you were stressed, weight loss and gain, and when you exercised. This may identify triggers. In terms of medical treatments, anti-spasmodics, peppermint oil and some anti-depressant like medicines can help.

There is also the FOD-MAP diet, which is a special type of dietary restriction process that helps exclude certain food triggers and is highly successful in treating IBS.

Q I'M really worried – the skin on my penis and scrotum has changed colour in patches. Some areas have turned very white in a camouflage-type pattern. I'm embarrassed to let any potential partners see this. What could be causing it and will it go back to normal? I am 32 and normally fit and healthy.

JAMES RADNER, Nottinghamshire
A discuss it, but when it comes to the private nature of the penis, some men are uncomfortable talking about it – but there's no need to be.

The skin on our penis is subject to the same skin complaints that we get anywhere else. Various skin conditions can cause a camouflage effect, the most common being a fungal infection called pityriasis versicolor. This is easily treated with a GP prescribed antifungal medication. Other causes could be an autoimmune condition called vitiligo or a condition called lichen sclerosus. Both of these can be treated effectively when diagnosed by a doctor.

Send your questions to drjeff@the-sun.co.uk



READER'S CAR OF WEEK

SUCH a classic car this week that its owner, Stephen Gilbert, has sent me a

period photo of this 1950s motor in black and white.

He said: "I have only owned this for a

THREE . . . £6,500 lucky dip tiny city cars



2015 (65) Suzuki Celerio 1.0 SZ4 5dr, 21k, Ringley Car Sales, Radcliffe, Gtr Manchester (ringleycarsales.co.uk): Daft name and early brake issues (resolved by a recall) aside, the Celerio is classic Suzuki – affordable, practical, well equipped and cheap to run.



2015 (65) Vauxhall Viva 1.0 SE 5dr, 30k, Balkwell Motor Company, North Shields, Tyne & Wear (balkwellmotorcompany.co.uk): This Viva is no 1970s three-box saloon. Nope – this is the newer hatchback one, based on a Chevrolet Spark. Simple, cheap motoring.



2016 (16) Renault Twingo 1.0 SSc Play 5dr, 23k, The Servicing Master Centre Limited, Reading, Berks (theservicingmaster.co.uk): Buy this and convince your mate you have a tiny French version of a Porsche 911. Yep, this has a rear-mounted engine and rear-wheel drive. Funky.

DIESEL MAZDA IS TOW GOOD

WE have good news for drivers who travel long distances and tow things. Very good news.

Mazda is to offer its CX-60 SUV with a 3.3-litre six-cylinder diesel engine.

That's right, diesel. When was the last time you read about a car manufacturer developing an advanced new diesel engine?

While everyone else is rushing out battery-powered cars to appease politicians and eco-mentalists, Mazda believes a "multi-solution approach" is the way to go.

The £43k CX-60 diesel will do 56mpg, tow up to 2,500kg, and emit just 129g/km CO2. It goes on sale early next year.



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BENTLEY will hire 117 trainees next year, with a strong emphasis on digital tech and project management. Apply at bentleycareers.com.

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See Tuesday's Sun for **3 PAGES** of health

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