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Net surfing patients want detox

by Louise Durack

When it comes to health, do you know what your patients are surfing the web for?

Forget cancer and heart disease, the celebrity-inspired Lemon Detox Diet has topped the list as the most popular internet health search for Australians during 2008.

According to Yahoo!7, the controversial 10-day detox consisting of only lemon juice, water and tree sap syrup, has seen Aussies rushing to buy online in a bid to lose weight and cleanse themselves.

Number two on the top health subjects searched for is 'online calorie counters', closely followed by head lice, hay fever, how to quit smoking and anxiety disorders.

Other popular topics for web searches include type 2 diabetes, asthma and homeopathy. Nutritionist Rosemary Stanton told *6minutes* that she was very surprised about the results of the survey. "It seems people are more likely to search for those health topics that they think the internet can give them instant answers on."

Regarding the number one rating of the Lemon Detox Diet, she said: "I didn't think that Australians were that stupid; I thought they were a bit more level headed than that."

2 December 2008

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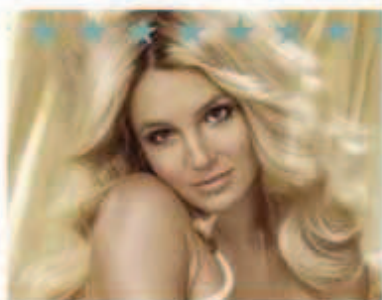
Technology

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Google releases its top NZ search terms for 2008

9:01AM Wednesday Dec 03, 2008

American singer Chris Brown and Barack Obama topped New Zealanders' most searched celebrities on Google this year, while John Key was the most searched 'John', just ahead of St John and Elton John.



Britney Spears. Photo / AP

Top Google searches

Google's top New Zealand search terms reflect what Kiwis wanted to find on the web in 2008. And being New Zealand search terms, it had a strong Kiwi flavour.

Rugby tickets topped the most searched tickets list, ahead of the All Blacks and the Warriors.

Heath Ledger was number one in 'died' searches, ahead of Sir Edmund Hillary in sixth, while Elvis and 'The Crocodile Hunter' Steve Irwin also made the list.

Miley Cyrus was the third most searched celebrity behind Brown and Obama. Britney Spears was sixth and Amy Winehouse ninth.

And the detox, lemon and free diets topped the most searched diets for 2008, while Valentines and Orbit were the most searched restaurants.

Here are some of the top 10 lists for most searched terms in 2008:

Most popular 'diets' searches for 2008

1. detox diet
2. lemon diet
3. free diet
4. soup diet
5. atkins diet
6. diet recipes
7. low carb diet
8. healthy diet
9. blood type diet
10. gluten free diet

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