

'Superfoods' are those that have a high level of health benefits with an inversely low level of harmful effects or artificial

properties. A lot of research is going into this department and most of the 'superfoods' are easily accessible. For those that aren't, there's usually a pill for that...

6. Energy drinks are out (almost)

Like that relationship that fizzled out toward the end and found itself alone in the dark, listening to James Blunt, so too shall be the insidious demise of the energy drink. People are starting to see the truth behind the energy drink - merely carbonated sugar and caffeine - and are forcing it on its way out. Let's hope it gives back the ring...

7. Health applications

Whether you're trying to sleep better, work out harder or even check the dosage for a specific medication, mobile apps are here for you. Used by both medical professionals as well as patients, mobile technology is changing the face of medicine and will do more so in 2013 than ever before. The excitement comes in the accessibility of it all, where anyone and everyone can pool their ideas and see it through onto their phones.

And there you have it, oh my readers, what to look out for in 2013. Go forth with this knowledge, get off of that invisible horse, hold your head up high and enjoy a cup of liquid cocoa - Mayan style!

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