

The *All for Health* convention in Stockholm attracts those interested in health and diet. Here are 6 trends from the convention floor.

1. Straighten up

Lots of different products aiming to correct the bad posture of our time are represented at the convention. To stand and sit as a cheese doodle is bad in the long run – but different kinds of vests and bands can help improve your posture.

2. Powder, powder, powder

Protein powders for shakes, of course. But also fruits, berries and plants in powdered form. The Lund Professor Charlotte Erlanson-Albertsson's spinach powder with the ability to increase satiety and decrease cravings for sweets was the most interesting powder.

3. Raw

We have heard of it for years now, but the raw thought just keeps on growing in the health world. The convention is packed with everything from raw beet juice to energy bars à la raw food.

4. Portable

Unexpectedly few technical news in terms of portable gadgets to measure our active bodies. But an abundance of products – belts and vests – designed to help us carry keys, money, phones and other things when we go running.

5. Balance

Yes, we do sit too much. But if we have to, we may as well add an element of balance to exercise the core while we are working. Balance seats and tipping chair inserts are the most common items.

6. Massage

There seems to be no end to the number of methods available to massage a person. And there is more. I tested the company Proma's exclusive recovery armchair with massage and

accompanying mental training program. And came out as a whole new person. The scientifically developed armchair is designed for use in the workplace, and promises an increased ability to concentrate and perform after 15 minutes.

(translation from *Sydsvenskan*)

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