

# Good Health

*How to*  
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5-WEEK PLAN**

**STAY FIT &  
FABULOUS**

**THE  
ESSENTIAL  
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OF  
WOMEN'S  
HEALTH**

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RITCHIE**

**'THE HEALTH  
ROUTINE  
THAT KEEPS  
ME HAPPY'**

**YOUR  
GUIDE  
TO GOING  
VEGAN**

**THE FEMALE  
BRAIN**

**HOW IT  
CHANGES  
OVER  
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# Welcome



## LET'S ALL CHILL...

When I read the feature in this issue about perfectionism, I felt a twinge of recognition. Sure there are many areas of my life that I'm content to be average at; try as I might my cooking leaves a lot to be desired, and I'll happily forgo a tidy house for the sake of my favourite TV show. But there are also times when I just won't let myself off the hook.

Even when something is 'good enough', I find myself agonising over how to do it 'perfectly'. It is, I believe, an increasingly common problem for women. So many of us feel this pressure to live our lives in a flawless fashion. And while that pressure might seem like it's coming from society at large, very often the only person holding us up to these incredibly high standards is ourselves. Perhaps we could all be better at learning when to take a load off?

To help you out with that, try the range of easy ways to bliss out in our Stress Busters story (page 120), or the tips for getting the best beauty sleep on page 96.

And if, as the days become cooler and darker, you're finding it hard to keep your spirits up, then fear not. On page 92 Bonnie Bayley comes to the rescue with her story Self-Help Solutions. She looks at a range of holistic techniques that can lift your mood in minutes and help improve your outlook overall - from stretches and visualisations to creating cues that help you feel calm and confident when you need it most.

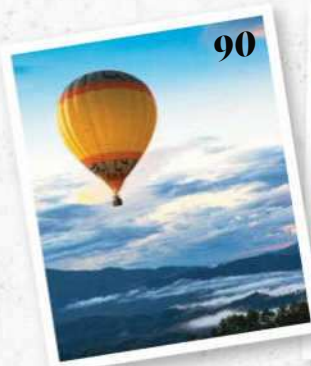
With all of this onboard, I hope you'll have a very happy and contented month.



*Nicky*

Nicky Dewe, Editor

*Check out our stories on leaving your comfort zone, smarter shopping and our cover girl Kate Ritchie.*



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### Plus...

**THE ESSENTIAL GUIDE TO MEN'S HEALTH**  
 With facts, figures and plenty of tips, it's the toolkit the man in your life needs to live a healthier and happier life.

*Winter is sorted with wellness*

# be content



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guides and healthy, comforting dishes

Read on  
for the  
latest in  
health and  
wellbeing  
news



# At a glance

EASY WAYS TO REDUCE STRESS, BURN CALORIES THROUGH WALKING, SHOP SMARTER AND FEEL HAPPIER

## Nutritional know-how



The basics of veganism



Smart shopping



Tasty ways to cut carbs

## Change your thinking



Natural therapies to lift your mood



Is perfectionism holding you back?



A beginner's guide to Transcendental Meditation

## The gentler side of life



Beauty products to indulge in



What happens in a women's circle?



Your stars for this month

*Become your best self: be informed, be nourished,*

## Expert advice



What to know about body weight



Understanding the female brain



Foods to sharpen your focus



Simple habits to curb stress

## Get moving



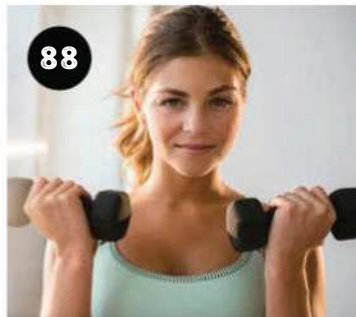
Energise your morning routine



Why walking works wonders



Tricks to whittle your waist



Savvy tips for lifting weights

## Everyday wellness



A naturopath's advice for happy hormones



Radio host Kate Ritchie on wellbeing and motherhood



The A-Z guide to women's health



Quick workout tips when you're on the go

*be energised, be inspired, simply be...*

# HAVE *your say*

WRITE IN AND TELL US WHAT YOU THINK OF GOOD HEALTH. WE'D LOVE TO HEAR YOUR FEEDBACK.



## PACKED FULL

My daughter started my subscription four years ago as my Mother's Day present and I have thoroughly enjoyed the many interesting and valuable articles. I thought the May issue seemed to be packed extra full. I really appreciated the articles on workouts and flatter tummies. I am looking forward to many more issues of *Good Health*.

– Gladys



## NO LONGER ALONE

I have just purchased a recent issue and saw the article on PMDD, 'A Vicious Cycle'. I related to the story, and I didn't feel crazy anymore. Over the past four months at least, I've really noticed that the symptoms mentioned in the article were related to my period and felt like PMS at a high level. At my worst I did feel suicidal – I couldn't explain why I felt so bad, then I'd get my period and a couple of days later I'd be fine again. It is scary to think how

many women go through this without realising, so thank you for your article. I am sure I won't be the only woman who relates and feels less alone knowing we aren't crazy after all. I'm off to buy some magnesium and calcium to help, I have been putting that off due to leg cramps but after your article I think it will help me more than I realise. Again, thank you, this issue has helped my life immensely.

– Tanya

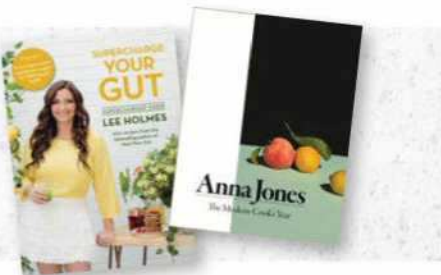
## THE HARDEST WORD

As a relative newcomer to your *Good Health* magazine, I am extremely grateful to my family for subscribing to home delivery. I really look forward to it arriving each month and enjoy all your informative articles. The article in the May issue about 'The Art of saying NO' is of particular interest to me. I am 65 years old and always struggled with saying no without feeling guilty! Now I know I can do it easily and feel proud of myself for achieving it and allowing more 'me-time'.

– Cheryl

## Write in and WIN!

This month's star letter wins a copy of *Supercharge Your Gut* by Lee Holmes, and *The Modern Cook's Year* by Anna Jones.



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# Help at home

MENTAL HEALTH ISSUES CAN AFFECT ALL WALKS OF LIFE, AND WHETHER WE'RE ALWAYS ON-THE-GO OR LIVE RURALLY, ACCESSING THERAPY CAN BE A HURDLE. HERE'S HOW THERAPISTS ARE MAKING IT EASIER TO GET THE HELP YOU NEED

*'Health isn't just about what you eat. It's about what you are thinking and feeling too'*



TEXT MONIQUE MCKENZIE PHOTOGRAPHY GETTY IMAGES

## Just a click away

**A**round one in five Australians experience a mental illness each year, but with busy schedules and family commitments – not to mention long waitlists for some therapists – tackling the issue can easily fall by the wayside. Increasingly, though, we’re seeing a rise in mental healthcare platforms connecting people with psychologists through online video sessions, where help literally is a click away.

We’re all too familiar with Skype and FaceTime, but you can now book a video session with a psychologist, and talk about everything from anxiety, depression and drug and alcohol problems to eating disorders, bullying and relationship problems. It’s empowering Australians to take control of their mental health by offering access to psychologists available around the clock, before and after business hours.

**Much like in-person therapy, online sessions will see you go through an assessment to first identify your needs before you’re matched with the therapist who can best help you.**

Not only is it convenient, but it allows you the privacy of your own home – all that’s needed is internet access and a web camera, so it’s welcome news for those in regional and rural areas.

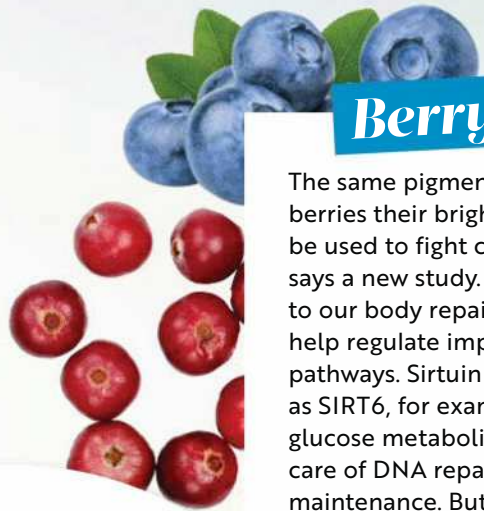
Currently, approximately 20 per cent of the population have a mental illness and 45 per cent of Australians will experience a mental illness in their lifetime. The way Australians are managing their mental health is quickly transforming. And with new studies showing that even eczema, hay fever, and asthma can be linked to an increased risk of developing mental illnesses, it’s paramount that we take a proactive approach to our mental health – even if it starts behind a keyboard.

# Be informed

*Expert tips and new thinking on healthy living*



## Berry good



The same pigment that gives berries their bright colour could be used to fight certain cancers, says a new study. When it comes to our body repairing itself, sirtuins help regulate important biological pathways. Sirtuin 6, also known as SIRT6, for example, regulates glucose metabolism and takes care of DNA repair and telomere maintenance. But ageing can cause changes in how they function, which can contribute to diseases like cancer. Now, researchers from the University of Eastern Finland have found that a particular pigment, cyanidin – found abundantly in wild bilberry, blackcurrant and lingonberry – increases the SIRT6 enzymes in human colorectal cancer cells, which could reduce the expression of cancer genes and cancer cell growth.

# HEALTH NOW

### WHAT'S TRENDING IN HEALTH AND FITNESS RIGHT NOW

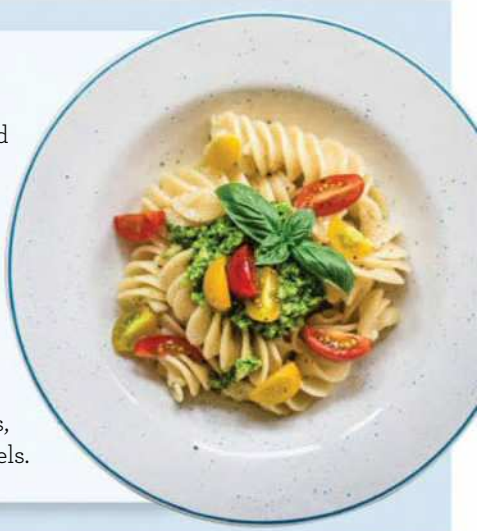


## THE PURSUIT OF HAPPINESS

We know that exercise can make us happier, but new research actually puts a number on it. A study published fittingly in the *Journal of Happiness Studies* found that people who engaged in physical activity once a week had 1.4 times the chances of being happy than those who were sedentary – though only if you are a normal weight. Compared to overweight people, active people were 1.5 times more likely to be happier. Researchers also discovered that being physically active increased the positive mental health of people in the same way it decreased mental health conditions like depression and anxiety.

## On the menu

Good news pasta lovers! The dish – long vilified because it is notoriously high in carbs – won't necessarily make you gain weight. A study, published in the journal *BMJ Open*, found participants who ate an average of three servings of pasta a week, in the place of other carbs as part of a healthy, low-GI diet, lost around 500g in the follow-up period of around 12 weeks. Researchers say it's likely down to pasta's low GI factor, compared to refined carbs, which causes smaller spikes in blood sugar levels.



*Active people were 1.5 times more likely to be happier*

## NO PLACE LIKE HOME

There's a lot to be said for a home-cooked meal, and now researchers say that eating out may increase your exposure to phthalates. The chemicals, which are used to increase the flexibility and durability of plastic, have been linked in recent years to asthma, type 2 diabetes and fertility issues. The study, published in the journal *Environment International*, surveyed more than 10,000 participants and found that those who'd eaten out the previous day – 61 per cent of the group – had phthalate levels that were almost 35 per cent higher than those who stayed at home. Certain foods, like burgers and sandwiches, were linked to higher levels, but only if they were purchased at fast food outlets, restaurants or cafés. The association between phthalate exposure and dining out was significant across all age groups, but was especially strong for teenagers. In fact, teens who frequently ate at fast-food outlets with their friends had levels 55 per cent higher than their peers who ate at home.



### TIP

Still not sure which diet is best? For weight loss, it doesn't matter so much – the trick is choosing the diet that you'll be able to stick to long-term.



## THE MIDDLE GROUND

*Low carb or low fat? There's been a lot of buzz about which diet promises better health and more weight loss. Now a rigorous study has found the answer – though it may disappoint both camps. Researchers from Stanford University studied more than 600 people, who were either overweight or obese but otherwise healthy. Participants were assigned to either a healthful low-fat or a healthful low-carb diet and followed for a year. The result? After 12 months, participants in both groups had lost similar amounts, around 5kg on average.*

*Eating out may increase your exposure to phthalates*

## Less means more

The exact cause of obesity is hard to pin down – but new research says taste may be a factor. Researchers from Cornell University in New York fed mice either a normal or a high-fat diet. After eight weeks, unsurprisingly the mice on the high-fat diet weighed more, but they also had about 25 per cent fewer taste buds than the leaner mice. The findings suggest our taste buds are particularly sensitive to damage from inflammatory chemicals that are raised when we're overweight, meaning they decline as our weight rises. It's not yet known if this is the same in humans, but researchers say the study suggests people who are overweight may find pleasant tastes less rewarding, and so may need to eat more or opt for calorie-dense foods to obtain the same kick out of food.



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## Personality preference

Our personality affects many aspects of our life, including the way we live with food allergies. A new study from the University of Otago in New Zealand surveyed 108 adults with a diagnosed food allergy every day for two weeks, asking about the occurrence of food allergy issues as well as their stress and mood, and then investigated which of the Big Five personality traits had more trouble living with allergies. Surprisingly, having a higher openness to experiences was the biggest predictor of having more issues, which included going hungry because no safe food was available and being anxious at social settings involving food. Lead author Dr

Tamlin Conner says, "It appears the demands of coping with a food allergy – requiring caution, routine and consumption of known foods – might be in direct conflict with the open personality that craves exploration and novel experiences."



## TEA TOTAL

If you want to get even more from your morning brew then try swapping out your standard tea for a cup of Kakadu Plum Milk Tea, which is packed with antioxidants. It's a little known fact that the Kakadu plum has 20 times more vitamin C than kiwifruit and 100 times more than oranges. The combination of vitamin C and antioxidants means this tea has plenty of health benefits – it can boost the immune system and may help prevent premature ageing by stimulating collagen production. As an extra bonus it's also caffeine free. For more information, including where to purchase it, visit [aumake.com.au](http://aumake.com.au).





## Body and mind

For men with prostate cancer, maintaining mental health is all-important; they're twice as likely to experience depression and are up to four times at greater risk of suicide than men of a similar age without prostate cancer. But there is hope on the horizon. Researchers from the Australian Catholic University have found that targeted exercise therapy programmes for prostate cancer patients can play a big role in boosting mental health. While the study is ongoing, leading exercise oncology expert Associate Professor Prue Cormie says early results are promising. She adds that many men going through cancer treatment don't ask for help, and those with the highest level of distress are least likely to ask for help and engage with health services. And the programme could benefit survival rates too – research shows the risk of dying can be reduced by almost half with regular brisk walking and lifting moderate weights.

## PLAY IT SAFE

Let's talk about sex... Or more specifically, safe sex. Durex has recently released the results from the Durex Great Aussie Sex survey and there are some interesting facts. Like, for example, the average Australian has sex twice a week, Saturday is the most popular day and we're altogether pretty satisfied with our sex lives (90 per cent of us, to be exact). But the survey also found 52 per cent of us rarely – or never – use contraception, and 64 per cent of men don't use any protection when having sex with a new partner for the first time. This is slightly worrying, as the survey also found one in five dating singles aren't sure if they're carrying an STI or not, as they've never been tested. When you consider that the survey also found 75 per cent of people who contracted an STI got it from someone they didn't expect – and that one in 10 of those who'd had an STI admitted keeping it from their partner – it underscores that well-known advice, that the best sex is safe sex.



**DID YOU KNOW**  
There's an upside: more than 93 per cent of Australians believe you can still have fun in the bedroom while using protection.

## Exercise for cancer patients can boost mental health



## ON THE MOVE

There's more evidence for the benefits of short bursts of exercise. A new study has found a workout doesn't have to be prolonged for you to reap the benefits, it just has to be frequent. Currently, guidelines recommend that to improve health and fitness, exercise should be sustained for at least 10 minutes. But US researchers found even if you're not improving your aerobic fitness, small, regular bursts of exercise will still improve your health. In fact, of the 4840 men and women followed in the study, those who managed about an hour in total of physical activity over the course of the day cut their mortality risk in half. The benefits were the same whether this was walking briskly for five minutes or longer, climbing a flight of stairs or walking from their car to the office.

## BETTER TOGETHER



If you've ventured out to make new friends or wondering when your acquaintances will become pals, there's good news and bad news. The good news, as a new study says, is "it is not possible to have friends without first making friends." The bad news - it will take some time. The study, published in the *Journal of Social and Personal Relationships*, found that on average, it takes about 50 hours of time with someone before you consider them a casual friend, 90 hours before they reach the 'friend' milestone, and around 200 hours of quality time before you'd consider the two of you to be close. But the study, which looked at 429 volunteers who had moved to a new city in the last six months, also found there's a time limit on when the switch flips. Acquaintanceship moves to friendship between three and nine weeks after people first meet, and generally if you haven't hit the friend mark within three or four months after meeting, the odds are that you never will.



## BACK IN BUSINESS

Omega 6 fatty acids have long had a bad rep for increasing inflammation, but a study says we may have unfairly misjudged them, especially when it comes to heart health. Finnish researchers studied 2480 men for an average of 22 years, and found those men who had the highest levels of omega 6 in their blood had a 46 per cent lower risk of cardiovascular death. Lead author Jyrki Virtanen says it's not a license to eat unhealthy or processed foods, but "there is no need to fear omega 6 in vegetables, nuts and seeds. It clearly has benefits for heart disease prevention."

### DID YOU KNOW?

*Pumpkin seeds, pine nuts and pistachios are all good sources of omega 6*



## The great divide

Want to have a healthy, long-lasting relationship? It may be time to take a long look at who's doing the chores. US non-profit organisation the Council of Contemporary Families found that sharing chores was important for reducing conflict in heterosexual relationships. Women in particular felt happier when both partners pitched in to do the dishes than for any other task. Those whose partners opted out of dish duty saw their relationships suffer, with significantly more relationship discord, lower relationship satisfaction and less sexual satisfaction. So it may be time to say 'you wash and I'll dry'...

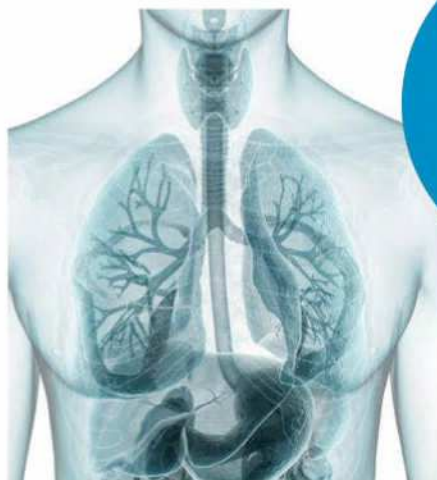


# A new hope for cancer?

**Y**ou may have heard the exciting news on the health circuit lately – scientists may have discovered a new organ: the interstitium (pronounced inter-stish-ium). There’s still debate as to whether it’s actually an organ or not, but here’s what you need to know about the latest addition to our anatomy:

## What is it?

The interstitium is a fluid-filled, 3D network of collagen and elastin connective tissue that can be found throughout the body, in or near our lungs, skin, digestive tract and arteries. The study, published in the journal *Scientific Reports*, describes it as a “widespread, macroscopic, fluid-filled space within and between tissues”. If scientists decide that it is an organ, it’s set to be our biggest, comprising about 16 per cent of our body mass, with a total volume of around 10 litres. It’s thought to play a role in quite a few functions – for example, it’s reportedly the space where tattoo ink lives, where excess water is held in the body, and where the tip of the needle goes in acupuncture. It could also act as a shock absorber for parts of the body, say researchers.



## Why all the buzz?

Perhaps the most important find from the study – regardless of whether the interstitium is ruled to be an organ or not – is it may have uncovered the mystery around how cancer metastasises. The interstitium seems to be a conduit for fluids to enter the lymphatic system – potentially spreading other diseases – but it could also carry cancer cells around the body. It’s thought that the interstitium is one of the first layers of cells a cancer penetrates when it leaves a tumour, and the fluid highway then



**THE INTERSTITIUM MAY HAVE UNCOVERED THE MYSTERY AROUND HOW CANCER METASTASISES**

allows it to travel to other sites. Dr Neil Theise, professor of pathology at New York University

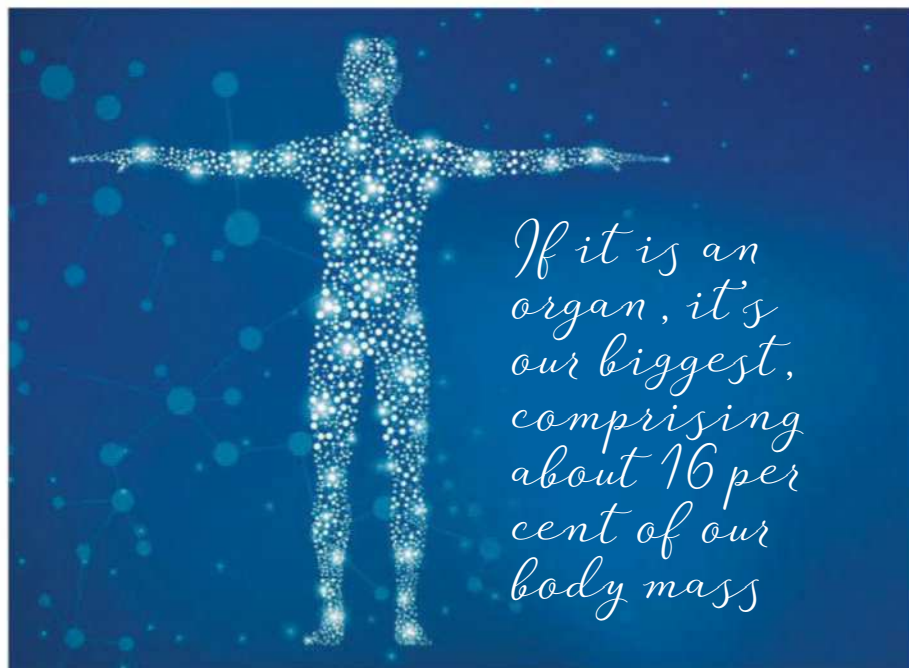
Langone Health and co-senior author of the study, says it could pose an exciting development in treating the spread of cancer. “We have never understood the mechanism of how that happens,” he says. “Now we have the ability. If we figure out the mechanism, we can figure out how to interfere with it.” And the discovery raises the possibility that “direct sampling of the interstitial fluid could be a diagnostic tool” for cancers that start to spread.

## Why haven’t we known about it before?

Theise says the interstitium is easily missed, as traditionally tissue samples examined under a microscope have been dehydrated. This process collapsed the network into something that looked crackly and dense, essentially hiding it and its function. But a new technique called confocal laser endomicroscopy – which allows doctors to examine live tissue inside the body, in real time – allowed researchers to see where all the fluid accumulates.

## So is it an organ or not?

Theise makes the case for it being an organ, as organs are usually defined as “a tissue with a unitary structure” or “a tissue with a unitary function” – and the interstitium has both. But Dr Michael Nathanson, a professor of medicine and cell biology at Yale University School of Medicine, says it’s better thought of as a system similar to blood vessels. In other words, it’s “a new component that is common among a variety of organs, rather than a new organ in and of itself”. But whether it’s an organ or not, it’s an exciting discovery nonetheless.



*If it is an organ, it's our biggest, comprising about 16 per cent of our body mass*

GUARANTEED TO

# RESTORE AND REPAIR

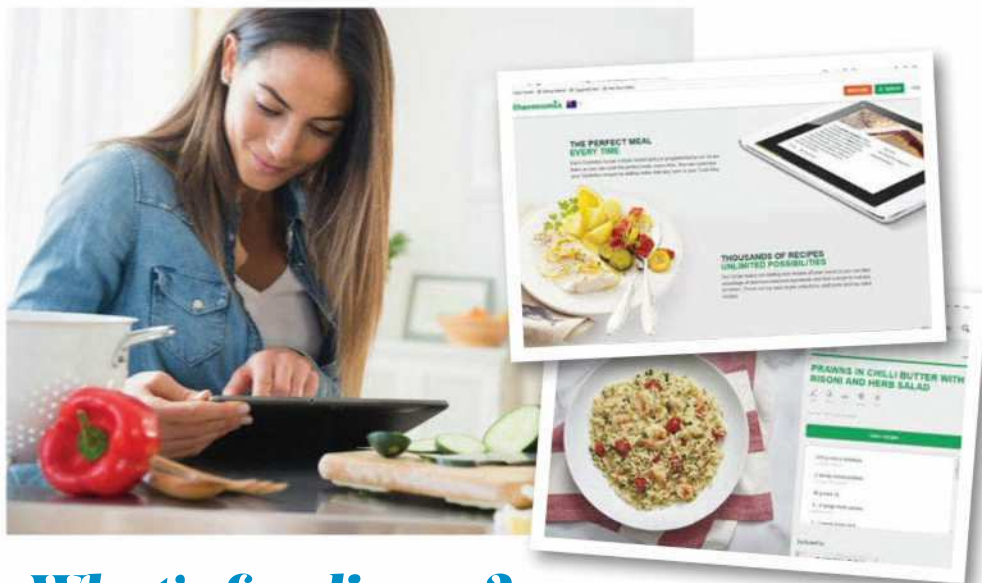
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## What's for dinner?

Stuck on what to cook tonight? Find some dinnertime inspiration at [cookidoo.com.au](http://cookidoo.com.au), where you can gain access to more than 33,000 triple-tested Thermomix recipes and make playlists for dishes you'd like to try. For cooks who like variety, new recipes are added all the time. The latest addition to the collection, Eat Well: Nourishing Foods Everyday, has more than 100 recipes made from wholefoods and minimally processed ingredients, and also has plenty of gluten and dairy-free meals as well as and vegetarian-friendly dishes. Thermomix's Cook-Key wirelessly connects cooks to the recipe hub, and lets organised cooks sync their custom recipe playlists with the meal planner. Then have dinner on the go quickly, with step-by-step on-screen instructions, pre-set temperatures and integrated measuring.

## GOOD BONES

"I decided to try out the Calcium Magnesium with Zinc and Vitamin D formula from Floradix because of the multiple benefits of these vitamins and minerals, and the fact that taking them combined actually helps the body to absorb them better – something that's hard to ensure through diet alone. Calcium is obviously essential for healthy bones and as I'm not a big fan of dairy this is a good way to make sure I'm getting enough of it. This formula would also be great for youngsters who need plenty of calcium while growing and for those later

in life when bone loss starts to accelerate. The vitamin D helps with the absorption of calcium, and the magnesium is great for supporting muscle function, among many other things including boosting mood, helping with relaxation and lowering blood pressure. Finally zinc not only helps maintain bone strength but as an added bonus it's a great thing to be having over winter as it assists the immune system in warding off bugs. The formula is gluten, lactose and yeast-free and has a nice fruity taste so it's easy to incorporate into your daily routine!"  
*Nicky Dewe, Editor*





# FIVE MINUTES WITH...

## Naturopath and nutritionist Jess Blair fires off her quick tips for common health issues

### Getting in balance

» It's important to have a lot of good fats in our diet to help balance our hormones and especially important to have essential fatty acids (EFAs), which are found in nuts, avocados, lean protein, and legumes. You also need a good fibre intake, and to limit caffeine and alcohol. Things that affect our liver can affect our hormones too so our liver needs to be looked after for our hormones to be looked after.

» Endocrine disruptors can be a problem and are in things like our deodorants, makeup and the environment. The most common one is BPA, which is used in plastic water bottles. Microwaving plastic can cause huge problems for our hormones, so it's something we should all be very conscious of limiting.

» Our food doesn't have as many nutrients as it did 90 years ago because the soil quality isn't as good. Sometimes we need to supplement with B vitamins, which we need for our hormones to work properly and they're also essential for our detoxification pathways.

### Beating the bloat

» Bloating can occur for a number of different reasons. It's usually connected



**'MAKE SURE YOUR GUT IS LOOKED AFTER. EVERYTHING STEMS FROM YOUR GUT, SO GOOD GUT HEALTH MEANS GOOD SKIN'**

### Feeding your skin

» Zinc is a product I recommend to anyone with skin issues. Most people who have skin

issues – from eczema, acne and rosacea to psoriasis – have a deficiency in zinc. Zinc is well tolerated in the body, it's safe – even children can take it – and you can add it to your skin regime. Try eating oysters, which are a very good source of zinc!

» If you're vegan or vegetarian make sure you're eating enough foods with EFAs – nuts, avocados or coconut oil. Many people with skin issues are deficient in EFAs. EFAs are your skin-healing foods and supplements.

» Everyone knows that if you eat too much chocolate you're going to have a breakout, so take out triggers and make sure your gut health is looked after. Everything stems from your gut, so good gut health means good skin.

» Collagen is a vital protein essential for your skin health, something our body needs to produce nice, plump skin. Have it in a smoothie from time to time; you don't need to have it every day.

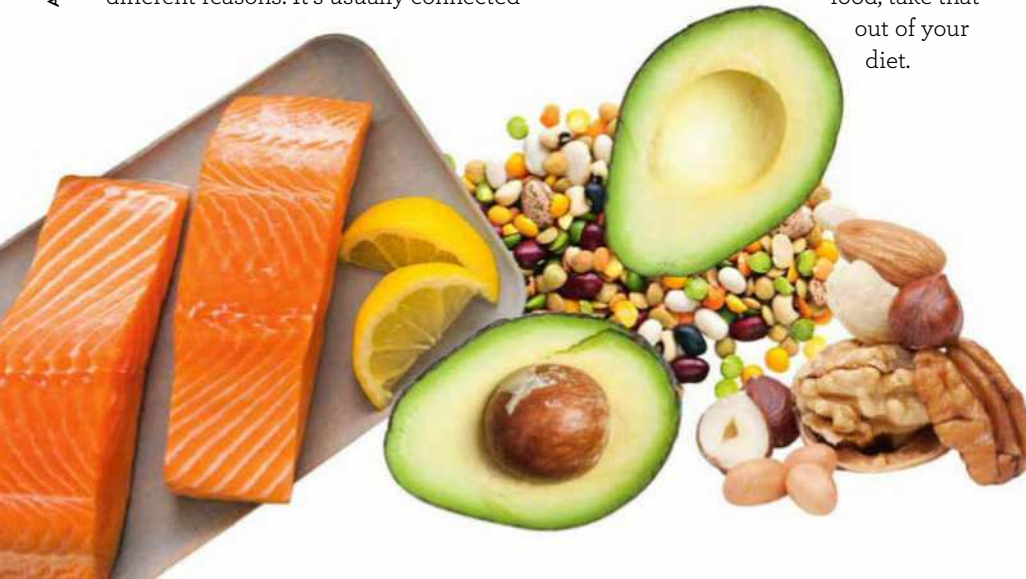
» Vitamin C is really brightening. Usually you can get enough from eating foods like oranges and kiwifruits, but if you've got really dull skin or eczema, you need a bit more. You can benefit from having a fish oil supplement, an evening primrose oil supplement, and a vitamin C supplement.

» Watch what you put on your skin. People are fake tanning, they're putting makeup on, and the chemicals in them are absorbed into the body; they may be endocrine disruptors too.

with not having enough good bacteria in our stomach, but sometimes it can be a low stomach acid problem. Apple cider vinegar may help with getting your stomach to the right pH and acidity level to be able to digest your food properly. Apple cider vinegar or a glass of lemon water first thing in the morning before you eat can help with stomach acid. Stress also causes low stomach acid so that's something to be aware of.

» Probiotic and prebiotic foods can prevent bloating. They can also help provide the good bacteria we need naturally in our stomach to flourish.

» Monitor your response to foods. If you're getting bloating from a certain food, take that out of your diet.






# Embracing the moment



FOR TV STAR, RADIO HOST AND AUTHOR KATE RITCHIE, TURNING 40 MEANS TAKING STOCK AND GETTING THINGS DONE. AHEAD OF THE MILESTONE BIRTHDAY, SHE REFLECTS ON LIFE IN THE SPOTLIGHT, MOTHERHOOD AND MULTI-TASKING.

BY TRUDIE McCONNOCHE



**T**urning 40 can mark a turning point in life, prompting reflection on all the chapters completed and all the blank pages yet to fill. Kate Ritchie, who portrayed wholesome schoolgirl-turned-mum Sally Fletcher on *Home and Away* for two decades, is on the verge of that milestone – and while she’s fairly relaxed about the event, other people are already finding it somewhat alarming.

“A lot of people who I chat to, especially people who are older than me, when I tell them I’m turning 40 they look at me and think, ‘oh my goodness, if Sally Fletcher is 40, how old does that make me?! Only a minute ago you were a small child on the television, now you’re a 40-year-old woman,” says Kate, laughing good-naturedly as she reflects on her August birthday.

“I feel good about it,” she continues.

“I’ve never been one to hide my age or worry about it. But I’m also a human being who reflects on 40 years and wonders if she’s done all the things she was meant to do. But I’m not going to give myself a hard time about that, I’m just going to write a to-do list.”

When you consider all that Kate has already achieved in her less-than-ordinary life, you can understand why she’s embracing the milestone rather than viewing it as cause for lament. There’s the award-winning radio gig she presents on Nova alongside Tim Blackwell and Marty Sheargold, which recently rated number one across the country in the coveted drive-time slot. There’s the swag of Logies she won during her 20 years as a Summer Bay favourite. Her happy marriage to former rugby league player Stuart Webb and motherhood to three-and-a-half-year-old »



● be informed

● be nourished

● be energised

● be inspired

● simply be

# 'I think I'm turning into my mother in many ways'

daughter Mae. The success of her first children's book *I Just Couldn't Wait to Meet You*, which came out last year. Her ambassadorships with QV Skincare and Jockey underwear. And what has underpinned everything she has done is her robust health and wellbeing – something Kate never takes for granted.

"I've always considered myself to be quite a healthy person but when I left *Home and Away* at the end of 2007 my health regimen changed in many ways, partly because I had a lot more time on my hands – I wasn't up at the crack of dawn [on set at] Palm Beach for 14 hours a day – and I was able to focus on my health as a whole. I had to reassess what my purpose was, without my career, and I think exercise, and good health generally, really came into play there."

It's no surprise that leaving *Home and Away* left Kate somewhat aimless. On one hand, she was excited about new opportunities, but on the other, having devoted most of her life to the beloved Aussie show, she missed the structure it had given her days. Support came from an unexpected ally – former *Aerobics Oz Style* presenter-turned-pilates-instructor, June Jones.

"My pilates instructor almost became my director," recalls Kate, whose energy

instantly makes people feel at ease. "I was so used to having a director on set saying to me, 'Hey Kate, that was great, let's move on to the next scene' and I didn't have that anymore. June was almost filling that void of encouragement."

There were significant physical benefits, too.

"It was the first time that I actually felt any real change to my body," says the popular media personality. "I could visibly see a physical change that had to do with physical strength and, thankfully, along with that came a bit of mental strength as well."

## Getting physical

Although Kate now gets to pilates only once a week – "on a good week" – due to her busy schedule, exercise remains a vital component in keeping her physically, mentally and emotionally healthy. For that reason, she's drawn on a technique familiar to all mums in order to shoehorn more physical activity into her days: multi-tasking.

"I used to wake up before the rest of the house to do all my planning for *The*

*Kate, Tim and Marty Show*, because it was the most productive time," she says. "But I realised I was sitting hunched over a computer every morning in a dark little room. I was getting my work done but I didn't feel as though I was achieving much else."

**'IT WAS THE FIRST TIME THAT I ACTUALLY FELT ANY REAL CHANGE TO MY BODY'**

"It's probably been 12 months now where I've tried to get into a good routine of combining my planning with walking on the treadmill at the gym. I allocate probably an hour, on as many days as I can, to having a walk, on a bit of an incline, while planning the show on my phone."

It certainly shouldn't be my entire exercise regimen but it makes me feel a lot better than I did sitting hunched over a computer."

Talking to Kate – who is every bit as warm, relatable and lacking in airs and graces as you'd imagine – it becomes clear that planning is important to her.

"I hate to say it but I think I'm turning into my mother in many ways," she says, laughing. "There is a little book from a magazine which has been handed down in our family full of weekly food plans, and I had always thought it was so ridiculous – I mean, how hard can it be to feed a family?! – but, my goodness, I only have one child and I'm overwhelmed with washing and trying to put food on the table every night! So I do think a meal plan for the week is the best way of knowing you are going to be fuelling your body in the correct way."

She adds, "Talking of becoming my mother, I always thought that freezing food was the worst thing anybody could ever do and now I've realised that it makes sense. I absolutely love to cook, and I do a delicious big batch of food and freeze it so we can eat nutritious food every day."

Among regular meals on rotation in the Webb-Ritchie household are spag bol, and fish, with ocean trout being a particular favourite.

"We're lucky that Mae has a really good appetite and will attempt »

## KATE'S FAVOURITE THINGS

### BOOK

#### The Magic Faraway Tree

by Enid Blyton. It continues to inspire me and my writing.

And besides that, every cookbook is my favourite book!



### BEAUTY

#### QV Rescue Balm Gel, and also eight hours of good sleep,

which is the best beauty product anyone can get.



### FOOD

I eat everything, but if I had to pick one favourite it would have to be pipis in xo sauce (a Chinese dish) with a glass of riesling.



### FRAGRANCE

#### Estée Lauder Aerin Gardenia Rattan



### TV SHOW

Big Little Lies, followed closely by *Playschool*.



### SINGER

Adele. I don't know if she's my all-time favourite, but she's pretty incredible.

PHOTOGRAPHY YIANNI ASPRADAKIS HAIR AND MAKEUP LILLY MILJKOVIC STYLING JULIE RUSSELL KATE WEARS P21 TOP SPORTSGIRL JEANS SEEDHERITAGE P23 DRESS UNIQLO SHOES WITCHERY P24 TOP ZARA JEANS SEED HERITAGE SHOES WITCHERY



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● simply be



*'It's been a very good learning*





anything,” Kate says. “We’ve taught her to be very adventurous with food, and in the long-run that’s made life a lot easier. She has a very varied diet, which means we’re not cooking two lots of meals – we can all eat what’s in front of us.

“In fact, we’re going through a period at the moment where she’s doing a lot of role playing; she wants to play characters. When she was me, I had to be the baby telling her I didn’t want to try the food we were eating, and as the mother she responded by saying, ‘You just really have to try it’. I thought, ‘well, I have taught her something!’”

### Body awareness

Mae is proving to be one of Kate’s greatest teachers. Watching her wide-eyed daughter in front of the mirror, for example, has led Kate to examine her own relationship with her body.

“I think, ‘oh my goodness, is that me checking out whether my jeans are too tight?!’” she muses. “[Children] really do pick up on every single thing that you do. It’s been a very good learning curve that we need to be kinder to ourselves. I find myself every day censoring what I would normally say about what I am wearing or how I feel about my body, and I think in turn that’s teaching me to love myself a little bit more.

“Mae loves to play with my makeup, and she’ll often put it on and ask me whether she looks beautiful. And I’m very conscious to respond with, ‘Honey, of course you look beautiful, but do you know what, you look beautiful without that makeup as well’. And I think, ‘wow, Kate, you should probably take a little bit of this on board.’”

Growing up in the public eye – she was just eight when she started on *Home and Away* and left at age 29 – could have saddled Kate with serious hang-ups about her body. But thanks to

her grounded upbringing in suburban Campbelltown, south-west Sydney, the scrutiny hasn’t had a lasting effect.

“In the old days television did make you look bigger than you really were,” she says. “I spent the formative years of my life having people come up to me saying, ‘Wow, you’re not as fat

as I thought you were’. People think they are paying you a compliment, and it comes from an honest place.

But I can’t deny that in some ways it made me develop a self-consciousness. The last thing I would want is for my daughter to have...

I don’t want to say ‘body issues’, but I’m very conscious of curtailing any behaviour around feeling self-conscious.”

**‘IT’S NOT VERY ROCK STAR, BUT I LOVE TO HAVE A FULL DAY REALLY GETTING INTO THE GARDEN’**

### Getting dirty

If you want to see Kate at her most comfortable, you won’t find her in a studio, but with her hands deep in the soil on a perfect weekend. Gardening brings her immense satisfaction, not only for the beautiful surroundings she can create, but because the process itself brings her joy. There is a physical pay-off, of course – “I’ve woken up many mornings with sore glutes after pulling weeds out the day before” – but it’s the wellbeing she values most.

“I know it’s not very rock star, but I love to have a full day getting dirty ruining my nails, slathering myself in sunscreen at intervals and really getting into the garden,” says Kate, who has another children’s book coming out this year. “That kind of exhaustion when you reach sundown is so rewarding.

“When I water the garden late in the afternoon, the smell of the grass reminds me of my childhood, when my dad would water the lawn at the end of the day, so I think I’m emotionally attached to that nurturing of the home. I find it really good for the soul.”

*curve that we need to be kinder to ourselves’*

A woman with dark hair tied back, wearing a white cardigan over a yellow top, is smiling and looking upwards while holding a slice of apple. The background is a bright, sunlit room with a teal curtain and a bed with yellow and white pillows.

*Eating two  
pieces of fruit a  
day slashes  
your risk  
of heart attack  
and stroke*

# YOUR WINTER GUIDE TO HEALTH & HAPPINESS

IT'S GETTING COOLER.. BUT THAT DOESN'T MEAN YOU HAVE TO SLUMP WITH THE WEATHER. TRY THESE EASY WAYS TO STAY FIT AND FABULOUS ALL YEAR LONG

## EVERY DAY

### » Take a two-minute walk every hour

A study of 3000 people found this lowered the risk of premature death by 33 per cent.

### » Snack on apples

Eating two pieces of fruit every day slashes heart attack and stroke risk by up to 40 per cent, found a seven-year study of half a million people by Oxford University.



### » Enjoy your tea break

Three daily cuppas are linked with a 30 per cent lower risk of fractures, say Australian researchers, who monitored 1200 older women for 10 years.

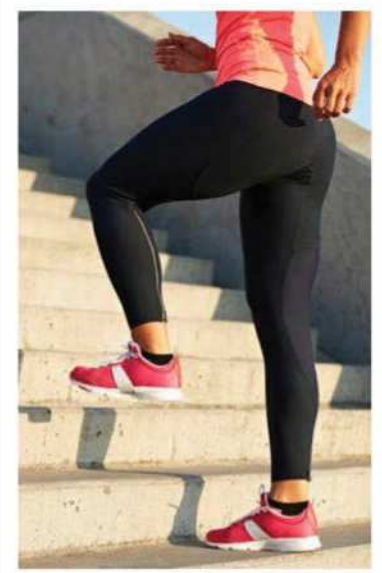


### » Talk to yourself

Whether it's repeating the name of someone you've just met or vocalising where you've put your keys, talking aloud helps memory, say experts.

### » Avoid the lift

Taking the stairs instead of the lift or escalator could increase life expectancy by improving fitness levels and reducing body fat.



### » Start your day with a kiss

It lowers levels of the stress hormone, cortisol. Psychologists found those who kissed their spouse each morning also missed less work through illness.



### » Stretch during the TV ads

It will boost blood circulation, increase flexibility, improve posture, prevent lower back pain and relieve stress. »



## EVERY WEEK

### » *Have salmon for dinner*

Recent studies have shown that eating oily fish weekly can protect against dementia and heart disease.

**TAKE SOME TIME OUT TO DO THE THINGS THAT MAKE YOU HAPPY: SIT IN THE SUNSHINE AND READ, DRAW OR PAINT, WORK ON A HOBBY, OR WRITE IN A JOURNAL**

### » *Try a new vegetable*

Eating a wide variety of fruit and veg offers greater cancer protection than eating a large volume of only a few vegetables day in, day out.



» *Bath before bed* Scientists say stepping out of the water mimics the natural drop in body heat that happens before sleep, tricking your brain into producing the sleep hormone melatonin.

### » *Clean your mobile phone with anti-bacterial wipes*

In tests, one in six tested positive for the potentially deadly bug *E. coli*.



### » *Don't drink on Monday and Tuesday (if you normally drink alcohol every night)*

"Two consecutive days without alcohol every week reduces the impact on your liver," advises Professor Ian Gilmore, consultant hepatologist.

*Australian scientists found those with the strongest network of friends lived longest*

## EVERY MONTH

### » *Meet up with mates*

Socialising is as effective as mental exercise for improving intellectual performance, say University of Michigan researchers. And Australian scientists found those with the strongest network of friends live longest.



### » *Check your smoke alarm*

You're more than twice as likely to die in a fire at home if your alarm doesn't work. Press the test button to see if it needs new batteries.



### » *Have a clear-out*

Ditch your toothbrush if you've had a cold or other illness, and replace old makeup as it can cause eye infections. Also unclutter your handbag; if it weighs more than 1.3kg, it'll put pressure on your back.



## EVERY 6 MONTHS

» **Replace your pillows** Worn-out, unsupportive pillows increase the risk of fatigue and aches – while up to a third of the weight could be made up of dust mites and their droppings.



» **See your dentist** Studies show that those with 20 teeth or more at the age of 70 have a higher chance of living longer than those with fewer than 20 teeth.



### » Change your regime

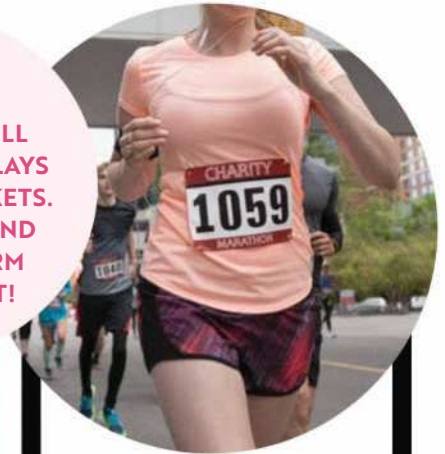
To prevent things getting boring, and avoid hitting a plateau if you're trying to lose weight, vary your workouts on a regular basis.



## ANNUALLY

» **Give blood** The Australian Red Cross needs around 25,000 individual blood donations each week to meet patient demands. Head along to [donateblood.com.au](http://donateblood.com.au) to find out how it works, if you are eligible to donate, to find a centre near you and to make an individual/group booking.

SOME THEATRE COMPANIES SELL 'BUNDLES' OF PLAYS OR SEASON TICKETS. IT'S CHEAPER AND MAKES IT A FIRM COMMITMENT!



### » Book a theatre visit or weekend getaway

"The mere anticipation of an upcoming event can boost overall happiness for up to eight weeks before it happens," says Shawn Achor, author of *The Happiness Advantage*. So plan a trip and mark it on your calendar for maximum feel-good factor.

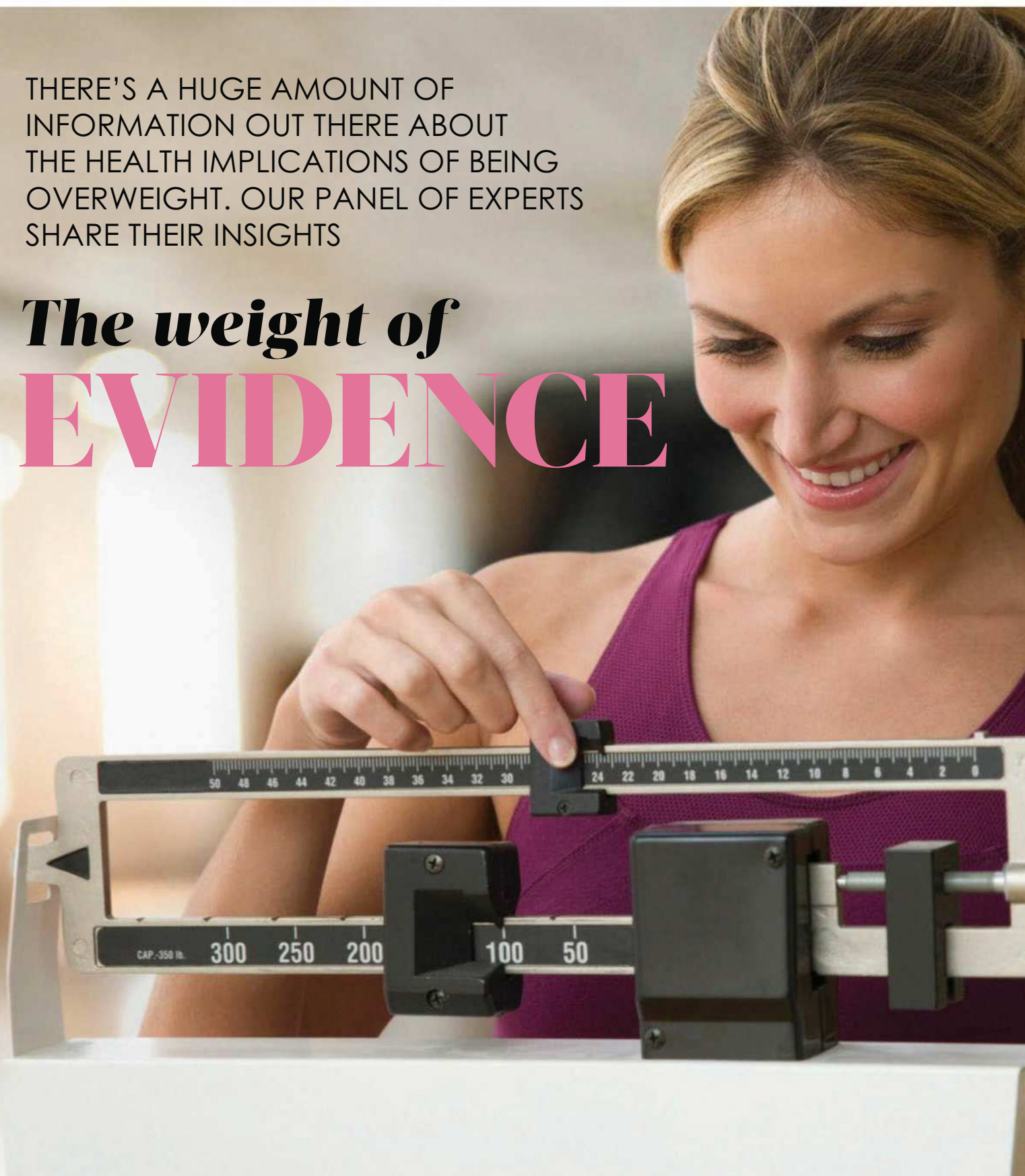
### » Get fit for a cause

Sign up for a charity challenge to motivate your fitness. You could even make a holiday of it by heading to [inspiredadventures.com.au](http://inspiredadventures.com.au) for charity challenges in exciting overseas destinations.

*'The mere anticipation of an upcoming event can boost overall happiness'*

THERE'S A HUGE AMOUNT OF INFORMATION OUT THERE ABOUT THE HEALTH IMPLICATIONS OF BEING OVERWEIGHT. OUR PANEL OF EXPERTS SHARE THEIR INSIGHTS

# *The weight of* **EVIDENCE**



## Our panel of experts



Sandra Villella, naturopath



Farah Wilson, dietitian



Steve Pratt of the Cancer Council



Paul Burton, surgeon and researcher



Beth Sheehan, exercise physiologist

### MAINTAIN A HEALTHY WEIGHT FOR YOUR BRAIN'S SAKE

British research says that from middle-age, the brains of obese men and women age more quickly. It seems the volume of white matter (the tissue that connects areas of our brain to help our brain communicate) reduces in the brains of overweight people. But it's not clear why people who are overweight have a greater reduction in the amount of white matter. The study found an overweight person at 50 had the same amount of white matter as a slimmer 60-year-old - so their brain had aged another 10 years.

### Know the risk

"There is strong evidence that 13 different cancers are linked to excess body weight or excess fat," says Steve Pratt from Cancer Council Western Australia. Those are: post-menopausal breast cancer, bowel cancer, kidney cancer, pancreatic cancer, liver cancer, endometrial cancer, multiple myeloma - cancer in the bone marrow - cancer of the gallbladder, stomach, thyroid, oesophagus, ovarian and meningioma - a type of brain tumour. "Fat tissue is not just a benign store of energy; it's biologically

active," he adds. "Fat around the vital organs releases chemicals that are pro-inflammatory and a lot of diseases, like cancer, are diseases of inflammation."

### Take care of the basics

"There's a delay between your stomach becoming full and your brain receiving that fullness or satiety signal, so you can end up eating too much because you are not recognising that you are full," says Sandra Villella, naturopath at Jean Hailes for Women's Health. "Become a more mindful eater and chew each mouthful of food 20 to 30 times." Slowing down your eating will help you listen to your body and recognise that you are full. "Sleep also has an impact on the hormones that control satiety and hunger," says Sandra. "A lack of sleep affects the production of leptin, which controls hunger and gives a feeling of fullness, and it affects the hormone ghrelin, which increases our desire to eat. So, get enough sleep to help control your hunger, too." To do this, adopt good sleep hygiene - listen to your body clock and go to bed when you start to feel sleepy. Make sure your room is a comfortable temperature and keep TVs and devices out of the bedroom.



### SMALL CHANGES

"A small amount of weight loss, around five to 10 per cent, can make a big difference if you already have diabetes. It can help prevent type 2 diabetes, too," says Farah Wilson, an accredited practising dietitian at Diabetes

Victoria. Uncontrolled diabetes can damage blood vessels and nerves and lead to vision loss and kidney problems. It can also lead to peripheral neuropathy that causes weakness, numbness and pain to hands and feet. "Small changes in

eating patterns help; swap a sweet biscuit at morning tea for a piece of fruit and eat smaller portions. Look at the ingredients on food labels and avoid products that list sugar in the first three ingredients," says Farah. »

Two large glasses of wine contain 1400 kilojoules

## AVOID BIG WINE GLASSES

Do you know how many kilojoules are in a glass of white wine? Or a beer? A British survey found about 80 per cent of people don't know how many kilojoules are in common alcoholic drinks.

Nor do they realise just how alcohol contributes to weight gain. Two large glasses of wine

contain around 1400 kilojoules and each gram of alcohol contains around 28

kilojoules compared to a gram of protein at 16 kilojoules. So, know the kilojoule content of different alcoholic drinks, opt for unsweetened mixers or soda water and bypass big wine glasses. "With the insidious increase in the size of wine glasses in bars and restaurants in the past decade, it seems likely many of us have unwittingly increased the number of invisible calories we consume in alcohol," says public health researcher Professor Fiona Sim.



## Measure your waist every few months

American research looked at whether your BMI or waist measurement are the best indicator of increased risk of cardiovascular disease – and it turns out waist circumference may be more reliable in measuring harmful visceral fat, or fat around major organs. In women, obesity around the waist particularly correlated to an increased cardiovascular risk.

So, measure your waist every three to six months. Men should aim for a measurement of less than 94cm and women should aim for under 80cm. Measure your waist correctly by finding the top of your hip bone and the bottom of your ribs. Breathe out normally and place the tape measure midway between these points.



## Take your BMI seriously

**'A BMI IN THE HIGH 20s IS SIGNIFICANT, BUT I DON'T KNOW IF PEOPLE TAKE THAT SERIOUSLY ENOUGH'**

Being aware of your BMI is still really important though says Paul Burton, surgeon and senior research fellow with the Centre for Obesity Research and Education. "At least 25 to 30 per cent of Australians have a BMI of 30 or above - and that means 50 per cent of your body weight is fat. A BMI in the high 20s or above is significant, but I don't know if people take that seriously enough," he says. "Carrying weight centrally dramatically increases the risk of metabolic disease and some cancers like oesophageal cancer, which has increased 400 per cent in the past 25 to 30 years. That rise is almost definitely due to the rise in obesity." Aim for a number between 20 and 25. If it's outside that range, see it as a health issue to be tackled.



## WALK TO EASE PRESSURE ON YOUR BACK AND JOINTS

"Excess weight around the waist and mid-section increases load on the lower back and that can lead to back pain and muscular tiredness or weakness. This also has a chain reaction on feet, knees and hips – the excess load

being placed through those joints can lead to injuries," says Beth Sheehan, exercise physiologist at Exercise & Sports Science Australia. Simply walking on a regular basis can kickstart weight loss. The American College of

Sports Medicine recommends 150-250 minutes of moderate-intensity exercise each week for weight loss – that's about 35 minutes a day. "Aim for a combination of cardiovascular and resistance training, mix up your routine regularly and include some higher intensity activity in bursts," says Beth.



# Tired of being tired\*?

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**Floradix** contains a source of iron balanced with a range of B Vitamins. When taken as directed on the label, Floradix may assist in the maintenance of general health for the whole family, from young children to expectant mothers and elderly people.

Floradix is a special liquid formula that:

- Contains iron in a soluble form
- Contains herbal extracts
- Contains Vitamins B1, B2, B6 and B12

\*Iron supplementation may help reduce tiredness and fatigue when the dietary iron intake is inadequate. Always read the label and use only as directed. If symptoms persist, see your healthcare professional.



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The Gotcha4Life Foundation is a charity designed to deal with men's health head on.

This year during Men's Health Week happening from 11-17 of June, Gotcha4Life will launch a seven-day campaign to raise funds and awareness on Men's mental health.

As part of the campaign, Gotcha4Life and Lynx have teamed up to launch the new Gotcha4Life Lynx Body Spray. Proceeds from each sale will go direct to the charity to help support the vital work of the foundation.

For more information about the charity, its programs and initiatives, and how you can support please visit [www.gotcha4life.org](http://www.gotcha4life.org).

Join the chat on Twitter @Gotcha\_4\_Life, and check them out on Instagram and Facebook, @gotcha4life.



\$4.99

**TAKING ACTION ON MEN'S MENTAL HEALTH**  
Gotcha4Life is a charity dedicated to making a positive impact on the mental health of boys, men and their families.



@Gotcha4Life

FIND OUT MORE @ [WWW.GOTCHA4LIFE.ORG](http://WWW.GOTCHA4LIFE.ORG)

PURCHASE TO SUPPORT MEN'S MENTAL HEALTH

EXCLUSIVELY AVAILABLE FROM 25/5 AT [WWW.CHEMISTWAREHOUSE.COM.AU](http://WWW.CHEMISTWAREHOUSE.COM.AU)



# AN **A-Z** GUIDE TO WOMEN'S HEALTH

YOUR HANDY REFERENCE TOOL FOR  
HEAD-TO-TOE WELLNESS

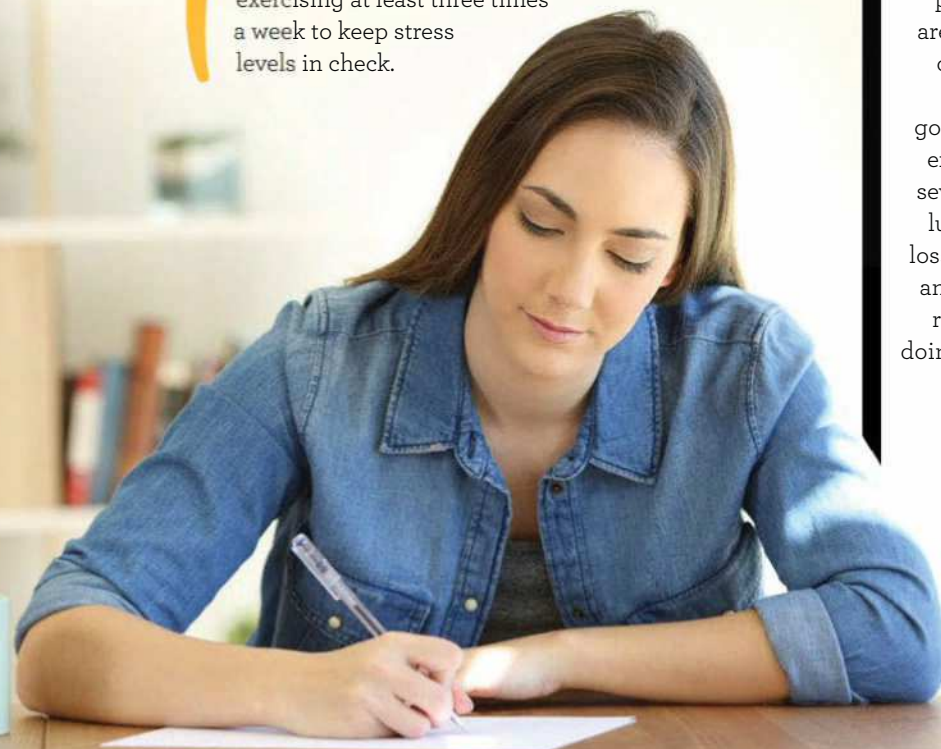
## **ANXIETY**

**A** Anxiety is on the rise in our country. According to the Australian Bureau of Statistics, more than two million Australians will experience anxiety over a 12-month period – that's one in four people on average. And that's only the diagnosed cases. While serious anxiety issues require treatment such as medication and counselling, there are also proven benefits to keeping a gratitude journal, doing regular meditation or guided relaxations, and exercising at least three times a week to keep stress levels in check.

## **BOWEL CANCER**

It's no secret that the rates of bowel cancer in Australia make for some unsettling stats, and experts say it's time we started talking about it. Cancer Australia estimates 17,004 new cases of bowel cancer will be diagnosed this year, and it's expected to claim the lives of more than 4000 people. Common symptoms are: rectal bleeding without any obvious reason; a persistent change in bowel habits (eg going to the toilet more often or experiencing looser stools for several weeks), abdominal pain, lumps in the stomach, weight loss and tiredness (a symptom of anaemia). You can reduce your risk by getting screened and doing your best to live healthily. »

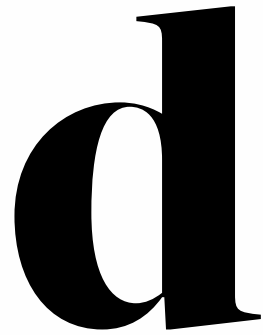
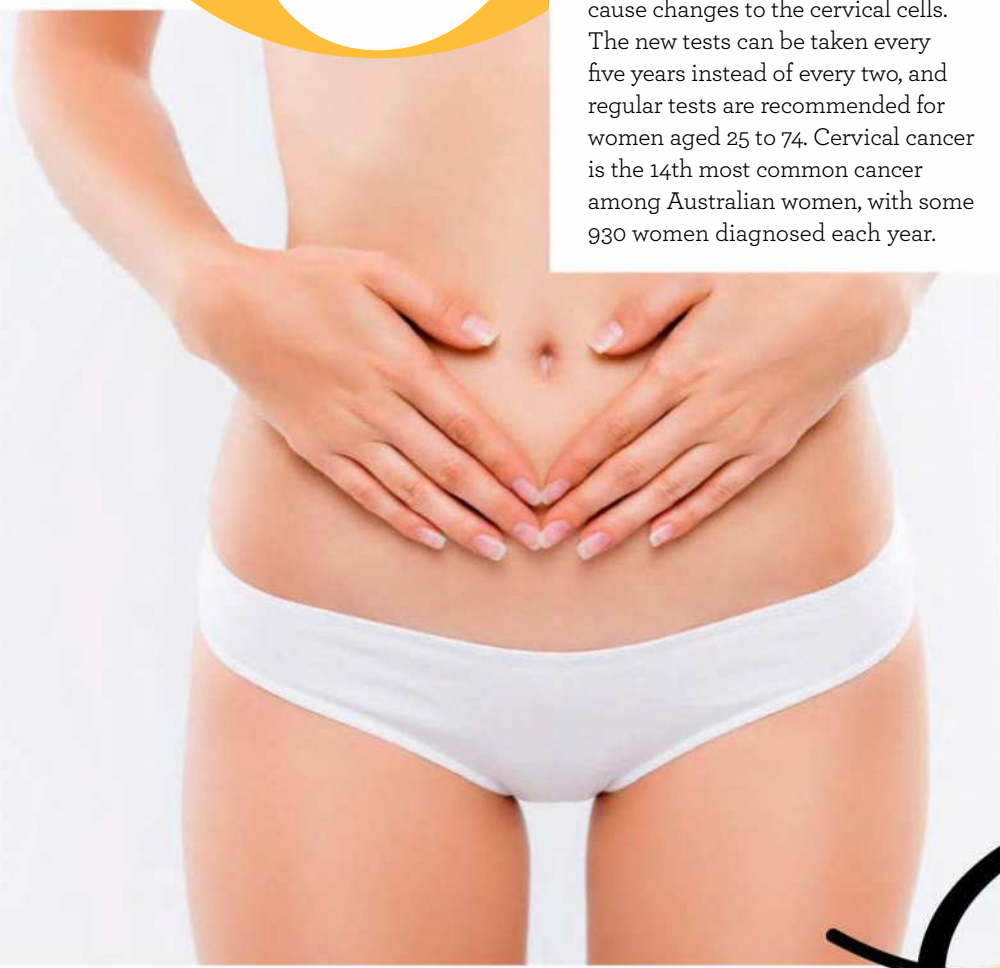
# **B**





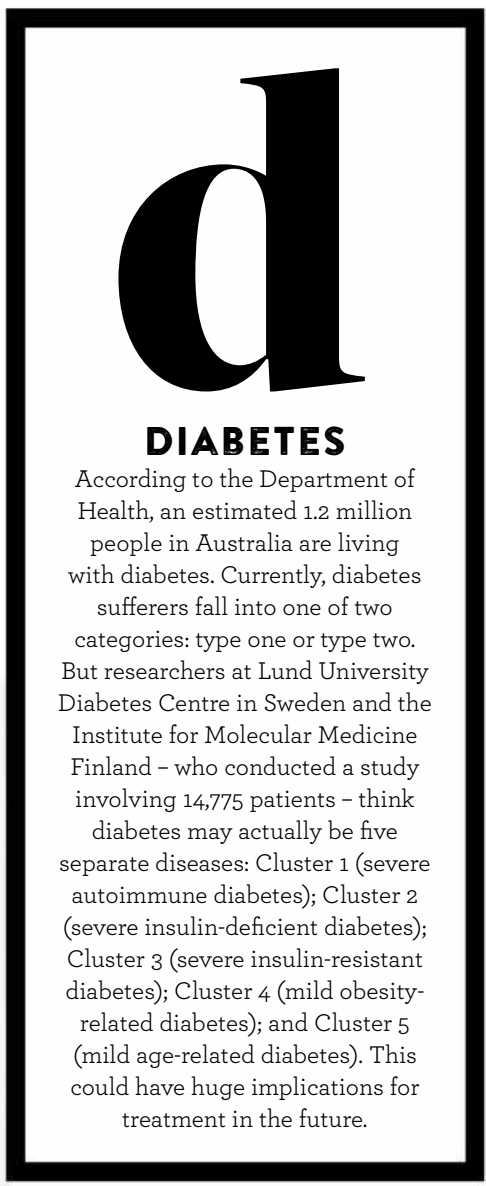
## CERVICAL SCREENING

Cervical cancer is one of the most preventable cancers, and regular screening is your best safeguard against it. According to the National Cervical Screening Program, the latest cervical screening tests are more accurate than the Pap tests used previously, and can help to detect a common virus that can cause changes to the cervical cells. The new tests can be taken every five years instead of every two, and regular tests are recommended for women aged 25 to 74. Cervical cancer is the 14th most common cancer among Australian women, with some 930 women diagnosed each year.



## DIABETES

According to the Department of Health, an estimated 1.2 million people in Australia are living with diabetes. Currently, diabetes sufferers fall into one of two categories: type one or type two. But researchers at Lund University Diabetes Centre in Sweden and the Institute for Molecular Medicine Finland - who conducted a study involving 14,775 patients - think diabetes may actually be five separate diseases: Cluster 1 (severe autoimmune diabetes); Cluster 2 (severe insulin-deficient diabetes); Cluster 3 (severe insulin-resistant diabetes); Cluster 4 (mild obesity-related diabetes); and Cluster 5 (mild age-related diabetes). This could have huge implications for treatment in the future.



## EXERCISE

It's generally agreed that exercise is an important part of maintaining a healthy lifestyle. And it seems the earlier you start, the better. A new study from the Liggins Institute at the University of Auckland says exercise in early life can counteract some of the damaging effects of a high-fat diet. The researchers found that bones retain a 'memory' of the effects of exercise long after a workout ends, and this bone memory continues to change the way the body metabolises a high-fat diet. The best part is these positive changes may continue way into midlife.



## FOOD LABELLING

When it comes to getting the right fuel, reading ingredients labels and looking out for food with the least amount of chemicals and additives is a cornerstone of smart nutrition. And as we know, whole real food is our best choice for optimum health. Food Standards Australia New Zealand requires ingredients to be listed on labels in descending order, meaning that when the food is manufactured, the first ingredient listed is the one present in the largest amount and the last listed contributes the least. Obviously food advice varies enormously, but it's safe to say if the first ingredient listed is sugar, it might not be the wisest choice.



## g

### GENOMIC SEQUENCING

Our DNA is so important in determining personal health solutions, and genomic analysis is what gives us that clear picture, so we can devise a plan that works for each of us as an individual. While the Human Genome Project took from 1990 to 2003 to complete, things have moved much faster in recent times and now a company called Oxford Nanopore has developed a handheld device for \$1000 that can sequence the human genome in real time. A future where personalised medicine is the norm is suddenly looking a lot closer.



## HRT

Hormone replacement therapy (HRT) is medication containing female hormones to replace those the body no longer makes naturally after menopause. It's used to treat common symptoms of 'the change'. It recently made headlines, however, after results from the Million Women Study, the Women's Health Initiative Study and the Nurses' Health Study showed that women taking combined hormone replacement therapy (with both oestrogen and progesterone) had an increased risk of breast cancer during use and for two to five years afterwards. Oestrogen-only HRT, however, showed little or no change in breast cancer risk. When weighing up the risks it's important to note that results show there is still a stronger link between breast cancer and obesity, and breast cancer and excessive alcohol consumption than there is between breast cancer and combined HRT. Speak to your GP if you have any concerns.»



## IUI (INTRAUTERINE INSEMINATION)

Research at Auckland University has found intrauterine insemination (IUI) combined with clomiphene – medication used for women who do not ovulate – is three times more effective than continuing to try to get pregnant without treatment. Although this procedure (where sperm are injected directly into the uterus) is nothing new, there have been no studies, until recently, to prove its effectiveness. A total of 201 couples were involved in the study between March 2013 and May 2016. Half continued to try to get pregnant naturally, while the others were given up to three IUI cycles. In total, the IUI group had 31 live births, compared to nine in the other group.



## KINESIOLOGY

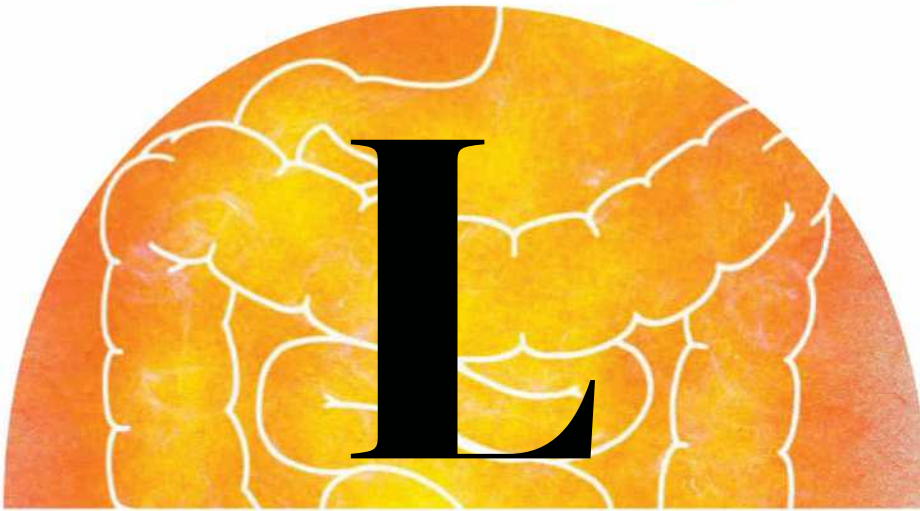
This holistic therapy uses muscle testing to reveal energy flows throughout the body, and identify the underlying causes of health issues. Kinesiologists say it's crucial to get to the root of the problem so the body can heal itself. The practitioner applies light pressure to a muscle and gauges the response. They then tell you what they believe is most likely to bring the body back into balance.



## JOINT HEALTH

As winter well and truly sets in, many people with painful joints really start to feel an increase in symptoms. While research is still taking place into how to help those with debilitating joint issues, there's a growing belief that vitamin E and C, glucosamine, chondroitin and essential fatty acids could be helpful to sufferers. Arthritis Research (ARC) in the UK gave fish oil derived from fatty fish such as sardines and salmon the maximum score of 'five' for effectiveness. Sardine sandwiches might not win over your colleagues but there's some hope that eating them might help reduce joint pain.





## LEAKY GUT SYNDROME

While mainstream medicine doesn't officially recognise it, many alternative therapists believe that cells in the gut lining can become inflamed and damaged and refer to this as leaky gut syndrome. When this happens, they argue, undigested food, bacteria and toxins can pass directly into the bloodstream through the now bigger gaps, potentially causing an autoimmune response. Holistic practitioners suggest dietary aids such as bone broth, sprouted grains, coconut products and fermented vegetables will help close up the gaps in the lining.



## MAGNESIUM

Magnesium is an essential mineral for general good health, affecting every cell in our bodies. According to a new meta-analysis by researchers from Zhejiang University and Zhengzhou University in China, a diet rich in magnesium may reduce the risk of diseases including coronary heart disease, stroke and type 2 diabetes. This analysis of the evidence on health outcomes involved data from more than one million people across nine countries. They found people in the highest category of dietary magnesium consumption had a 10 per cent lower risk of coronary heart disease, 12 per cent lower risk of stroke and a 26 per cent lower risk of type 2 diabetes compared to those in the lowest category. Their results also indicate that an extra 100mg per day of dietary magnesium could reduce risk of stroke by 7 per cent and type 2 diabetes by 19 per cent.



## NEURO-LINGUISTIC PROGRAMMING (NLP)

Neuro-linguistic programming is an interesting therapy for those with stress-related health problems, as it deals with underlying thought patterns you may not even know you have. It is a non-invasive therapy designed to alter behaviour by reprogramming unconscious patterns of thought and is performed by NLP-only practitioners, sometimes as an add-on to hypnotherapist sessions. Treatment varies from practitioner to practitioner but usually involves a one-on-one session where you explain what's troubling you, and you learn how to identify and quickly change those patterns that aren't serving you. NLP still sits on the alternative side of health remedies, but many people claim to have gained excellent results from it. »



## OBESITY

Increasingly widening waistlines is a dangerous trend in much of the Western world – and Australia is no exception. According to recent statistics from The Heart Foundation, almost five million Australians aged 18 and over are obese. When you break it down, that's close to 2.5 million women, or about 27 per cent of adult women. And the most concerning part? The obesity level has risen dramatically since 1995, when it was 19 per cent. Obesity, is a major risk factor for cardiovascular disease, type 2 diabetes, some musculoskeletal conditions and some cancers.

For expert advice see page 30.



## PROBIOTICS

We've heard a lot about the benefits of probiotics for the gut over the past five-10 years but it's not just about digestion. Recent research shows that a probiotic given in pregnancy can help prevent or treat symptoms of postnatal depression and anxiety. Over two years, the study looked at 423 women, all between 14 and 16 weeks pregnant; 212 women were given the probiotic, and 211 a placebo. The probiotics group had significantly lower depression and anxiety scores than the placebo group and rates of anxiety were half that of the placebo group.

# P



## QI GONG

Qi gong, a type of traditional Chinese medicine thought to be at least 4000 years old, is based on the belief that the human body contains a network of pathways through which vital energy called qi (also called chi) circulates. You may have heard this theory if you've ever had acupuncture. There are two main types of qi gong practice: internal and external. Internal qi gong is something you practise yourself using special meditation, subtle movement, visualisation, and breathing techniques. With the external type of qi gong, a practitioner projects qi into you with the aim of boosting circulation and improving overall health.





# R

**DID YOU KNOW?**  
**REFLEXOLOGY IS BELIEVED TO HAVE ITS ROOTS IN ANCIENT CIVILIZATIONS.**

## REFLEXOLOGY

Reflexology is a type of foot massage that focuses on specific pressure points on your sole that are said to connect to different organs, glands and energy systems in your body. Reflexology has reported benefits for a range of conditions including PMS and other hormone imbalances, sinusitis, sciatica and sleep disorders. And now three studies funded by the National Cancer Institute (NCI) in the US have established the validity of reflexology as a therapy to reduce symptoms and enhance physical functioning for cancer patients. Physical improvements in day-to-day living were recorded from regular reflexology compared to patients who only received a 'placebo' foot rub.

# S

## SLEEP

Whether it's too much Netflix, working late into the evening, or simply bad habits, many of us are getting less than the recommended amount of sleep. But according to the National Institute of Neurological Disorders and Stroke in Washington, sleep is as essential to survival as food and water. Without it you can't form or maintain the pathways in your brain that let you learn and create new memories, and it's harder to concentrate and respond

quickly. Sleep affects almost every bodily tissue and system - from the brain, heart and lungs to metabolism, immune function, mood and disease resistance. Research shows a chronic lack of sleep, or poor quality sleep,

increases the risk of high blood pressure, cardiovascular disease, diabetes, depression and obesity, just to name a few. So prioritise getting to bed at a reasonable time; your body will thank you for it. »





## TELOMERES

The ageing process all starts deep inside our cells. Within our cellular structure are chromosomes, which carry our genetic makeup, and on the ends of these chromosomes are protective caps made of protein; these are called telomeres. Our telomeres shorten with age, meaning they can't protect our chromosomes properly so our cells cannot replenish effectively. This is what impacts how we biologically age. In their book *The Telomere Effect*, Elissa Epel and winner of the Nobel Prize for medicine Elizabeth Blackburn say that to stop our telomeres shortening - and therefore delay diseases associated with ageing - we need to improve our lifestyle. Specifically this means managing chronic stress, exercising, eating better and getting enough sleep.

## UBIQUINOL

You may well have heard of CoQ10, an antioxidant supplement touted for its benefits for heart health and high cholesterol, among other things. But Ubiquinol is a form of CoQ10 that is 'fully reduced', meaning it is more bioavailable. This helps the body absorb it in greater amounts, where it assists with multiple functions, including the neutralisation of tissue-damaging free radicals.



W

**TIP:**  
SOME PEOPLE  
DON'T ABSORB  
VITAMIN D AS WELL  
AS OTHERS, SO GET  
A BLOOD TEST AND  
SUPPLEMENT IF  
NECESSARY.

V

### VITAMIN DELIVERY

One of the latest trends in wellbeing overseas is having vitamins specifically prescribed for you and delivered to your door, all individually packaged, to increase your chances of actually taking them! You can sign up to a service online where you answer a questionnaire and have a pack made up according to what they think you might need. Your dose of different vitamins, addressing each of your personal needs, is then packaged up in a single bag for each day and delivered on a monthly basis.

### WITHANIA

Withania is a herb used frequently in Ayurveda, and it's now becoming increasingly popular outside India too. Many medical herbalists here use it as a go-to for stress-related conditions as it's said to be calming but non-stimulating. Also known as ashwagandha, Indian ginseng and winter cherry, withania is often used to support convalescence and tackle general fatigue. It's also thought to be especially useful for those experiencing periods of stress, anxiety and nervousness, and bouts of insomnia.



X

### XENOESTROGENS

Synthetics xenoestrogens are widely used in industrial compounds like plastics, pesticides and resins and they may be harming our health.

It's thought xenoestrogens can mimic the oestrogen we produce naturally, upsetting our internal balance of hormones. While research is ongoing, it's worth avoiding plastics containing BPA (reflected in the amount of companies moving away from its use in their manufacturing). »



# Y



**NEW TO  
YOGA?  
HATHA YOGA  
IS GOOD FOR  
BEGINNERS AS THE  
PACE IS SLOW AND  
THE POSES  
EASY.**

## YOGA

Ever wondered if your downward facing dog was really having any benefit aside from learning how far your muscles can or can't stretch? It seems it could be, according to research from the American College of Cardiology. Heart disease patients who practised yoga in addition to aerobic exercise saw twice the reduction in blood pressure, body mass index and cholesterol levels when compared to patients who practised either yoga or aerobic exercise alone. The study looked at 750 patients who had previously been diagnosed with coronary heart disease.

One group of 225 patients participated in aerobic exercise, another 240 patients participated in Indian yoga, and a third group of 285 participated in both yoga and aerobic exercise. The aerobic exercise only and yoga only groups showed similar reductions in blood pressure, total cholesterol, triglycerides, LDL, weight and waist circumference. However, the combined yoga and aerobic exercise group showed double the reduction compared to the other groups.



# Z

## ZINC

This trace mineral is important for a raft of functions including brain health, immunity and good skin, but recently scientists have discovered that zinc deficiency may have a role in the development of autism too. A study of zinc concentrations in hair from more than 1900 children with autistic disorders found that nearly 50 per cent of those aged three and under had zinc deficiency. The rate was around 28 per cent for children aged four to nine and dropped to around three per cent for those aged 10 to 15. It's an exciting development in a condition that still baffles the medical profession in so many ways.

# 1 IN 20 KIDS NEED YOUR HELP

Henry, 4  
Metabolic Disorder

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# On the

FROM PREGNANCY TO  
MENOPAUSE, THERE ARE PLENTY  
OF TIMES OUR BRAIN GOES  
THROUGH CHANGES.  
SARAH MARINOS TAKES A LOOK

**I**t's the organ that affects our body's functioning and wellbeing - from top to toe. And the brain adapts and evolves as a woman goes through various ages and stages. From the moment a girl takes her first breath, to the time a woman takes her last - the brain is a vital and dynamic mechanism.

Here we explore some of the many changes the brain goes through during a lifetime...

## THE ROMANTIC BRAIN

When it comes to sex and love, the female brain is an important piece of the puzzle, because desire and arousal involve an invisible 'on'/'off' mechanism in the brain. When we feel aroused the 'on' switch dominates - and the 'off' switch that reminds us why we shouldn't find a certain person attractive takes a back step! This on/off mechanism

relies on a complex network in the brain fuelled by chemicals such as dopamine, oxytocin and noradrenaline.

"We know dopamine release leads to feelings of intense pleasure and the motivation to seek out the pleasurable experience again," says Dr Sarah McKay, a neuroscientist and author of *The Women's Brain Book*.

# mind

“Oxytocin triggers labour, it’s involved in lactation and it’s involved with love and pair bonding and orgasm. There’s also some correlation between oxytocin acting as a buffer against stress. It nudges us towards social connection and, perhaps, is a biochemical means by which we vaccinate against stress.”

On the flip side, the brain chemical serotonin is a sexual dampener – which is why people taking selective serotonin re-uptake inhibitors for depression can see their libido flag. The medication has a ‘sexual braking’ effect, says McKay.

The female brain is also a major player when it comes to the big O. Around 30 different areas of the brain are activated before, during and after orgasm. But, unlike the male orgasm which is an essential step in releasing sperm for conception, the female orgasm isn’t biologically necessary. Scientists say it may simply happen so a woman’s body and brain are flooded with the chemicals that encourage closeness and bonding – so they are motivated to stay with a partner and have babies.



## THE PREGNANT AND PARENTING BRAIN

There’s a persistent myth that women suffer ‘baby brain’ during pregnancy, says McKay.

“Some studies show that, in very late stages of pregnancy, some aspects of memory or thinking are slightly impaired – but that may be to do with a lack of sleep. The hormones that flood our brain during pregnancy, like oestrogen, oxytocin and prolactin, actually have positive effects on brain health and cognition,” she says.

But pregnancy does alter the makeup of the female brain, and those changes can be

permanent. The surge

and fluctuation

of sex-related

hormones

including

oestrogen,

progesterone,

prolactin,

oxytocin and

cortisol bring

changes in the

brain’s grey matter,

and this especially affects

something that scientists call ‘theory of mind’. This relates to how we read faces and emotions.

McKay says studies of the brains of female rodents – which scientists believe may also apply to humans – show that brain changes see females



automatically develop maternal, protective behaviours, such as nesting. Detailed brain studies in rodents also revealed how these same chemicals made female rats who had reproduced act ‘braver’, have a better memory, and become better at foraging and catching prey. Perhaps even more interesting is that these brain benefits seem to last for life, with research showing that older female rats who’ve had young tend to display healthier ageing brains.

“Motherhood is not quite an MBA for our brain, but there is plenty of evidence that it can make us smarter,” says McKay. »

*Pregnancy does alter the makeup of the female brain*

## THE MID-LIFE BRAIN

Menopause usually occurs around age 51 and hot flushes are a common side effect. Part of the brain called the hypothalamus controls hot flushes because it can tweak the body's natural thermostat.

But Dr Sarah McKay says research shows remaining fit and active may lessen their impact.

"Exercise doesn't reduce the number of hot flushes but being fit and healthy does make them much more bearable," she explains. "Women who are fitter, who take care of their mental health, who have social supports and who reduce stress tend to find the transition to menopause easier."

Between 40 and 60 per cent of menopausal women also complain of not sleeping soundly and waking at night for no obvious reason. The body clock, or circadian clock, that dictates when we wake and when we feel sleepy is also in the hypothalamus, and fluctuating hormones during menopause may affect how smoothly that clock runs.

McKay adds that midlife can also be a time when women are juggling a multitude of stresses – teenage

children, ageing parents, relationship problems and a busy working life – and this may exacerbate poor sleep.

"Good sleep hygiene can help. Avoid stimulants around bedtime, keep your bedroom dark and cool and limit artificial light sources after sundown," advises McKay.

'Brain fog' is another complaint of mid-life and menopause. It describes difficulty focusing, confusion and forgetfulness. Some of this may be a result of poor sleep, but there is an interplay between the brain and oestrogen. Oestrogen keeps our thinking sharp because it keeps synapses in the brain healthy and firing. Falling oestrogen levels in menopause sees those synapses become less efficient.

"Oestrogen keeps us cognitively fit, emotionally balanced and when levels of oestrogen start to go down, that can have an impact on some women. After menopause, when hormones flatline, women recover, and that brain fog goes away," says McKay.

### DID YOU KNOW

Alzheimer's is more common in women, and a study published in *PLoS One* says one factor may be falling oestrogen levels during menopause, which causes metabolic changes in the brain.



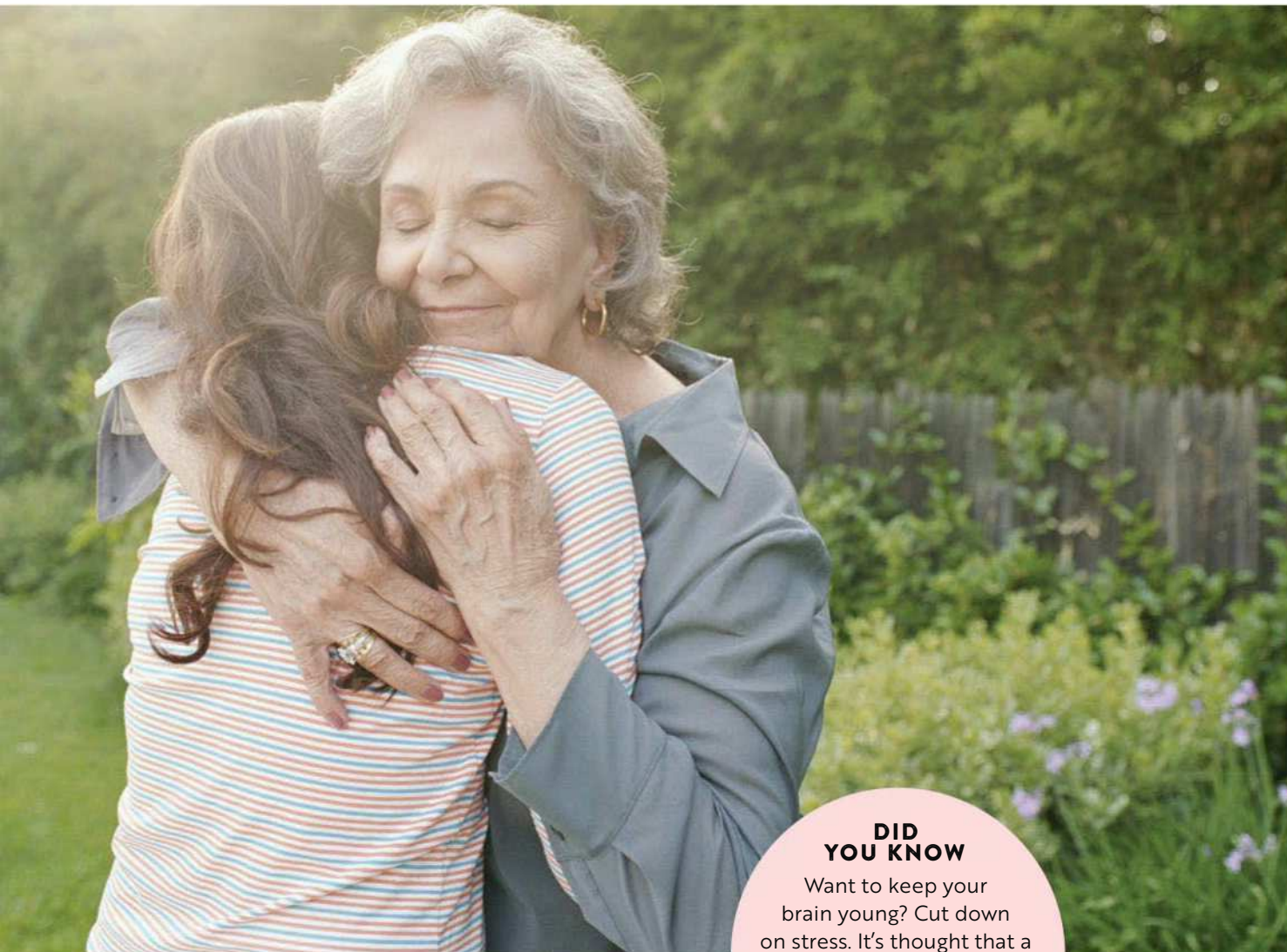
### COOL IT DOWN

*They're a normal part of menopause and nothing to worry about, but hot flushes can be uncomfortable. You can ease symptoms by cutting down on alcohol and spicy foods, wearing loose layers and making the bed just with sheets so you can remove them as you need to during the night.*



*It's never too late for the female brain to grow and*





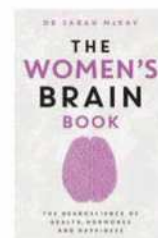
### DID YOU KNOW

Want to keep your brain young? Cut down on stress. It's thought that a higher stress load can drive the female brain towards faster age-related decline. Time to start meditating...

118, her brain retained the capacity for plasticity or to change."

She adds that dementia is not an inevitable consequence of ageing and while there is no cure for those who have it, there are steps that can be taken to try to reduce the risk. Maintaining a healthy weight, not smoking and staying mentally active and stimulated all help.

*The Women's Brain Book: The Neuroscience of Health, Hormones and Happiness* by Dr Sarah McKay, Hachette Australia, \$32.99



## THE SENIOR BRAIN

The older brain can be too readily linked to issues like dementia and memory loss, but an ageing brain doesn't have to be a decaying one. Around 30 per cent of longevity is tied up with the genes we are given - but that means around 70 per cent of how long we live and how well we live is to do with lifestyle, such as exercise, a healthy diet, reducing stress and building social connections.

And it's never too late for the female brain to continue to grow, change and to build new connections between neurons.

McKay says the example of French woman Jeanne Calment shows how the

brain can change as it ages. Calment was born in February 1875 and died in 1997 - she was 122 years and 164 days old. While blind, almost deaf and wheelchair bound, those who knew Calment said she remained alert until her death.

"When she was 118-years-old, a group of researchers did neuropsychological tests on her to test her verbal memory and mathematical skills. Jeanne repeated the tests over six months and, during that time, her test results improved," says McKay.

"Brain scans confirmed that even at

*build new connections between neurons*

# Ask the expert



DR PENNY ADAMS SHARES HER ADVICE ON TAKING MEDICATION OVERSEAS, GETTING ECZEMA UNDER CONTROL AND MANAGING HEAVY PERIODS

**Q: I take painkillers containing codeine for my chronic back pain. Is it true that I may have problems carrying these when I travel to the Middle East?**

**A** Many countries, particularly in the Middle East, have extremely strict regulations when it comes to narcotics (including codeine), benzodiazepines (anxiety medications and sleeping tablets) and other so-called 'psychotropic' drugs (including common anti-depressants) being brought into the country. This even includes transiting on flights. It is essential to check the website of any country you are traveling to or transiting through regarding medication rules. Many countries will not permit you to carry these medications even if you have the original prescription and a letter stating their use from your doctor. One other point - codeine has been proven to be ineffective for chronic back pain (and addictive). Ask your GP to review your pain medicine or refer you to a pain specialist.



**My five-year-old daughter has patches of eczema in the creases of her elbows and knees. It is not responding to hydrocortisone cream. Is it safe to use stronger steroid cream?**

**A** Not only is it safe to use a stronger steroid cream (actually the ointment preparation works better than the cream), it is often necessary to use them to get more severe eczema under control. There is also a popular misconception among some doctors and pharmacists that they must be used 'sparingly' for eczema. This is incorrect - apply them generously to the affected areas until the eczema resolves completely and then you can stop the treatment. You will need to see your doctor for a prescription.

**DELAYING MEDICATION WHEN YOU PLAN TO HAVE SEX CAN HELP**

**Since being started on anti-depressant medication, my mood is much better but I seem to have lost my ability to have an orgasm. How can I get it back?**

**A** Sexual dysfunction is a relatively common (and difficult) side effect of antidepressant medications, especially ones that affect the neurotransmitter, serotonin (Prozac-like drugs).

Sometimes lowering the dose may help or changing to one that is less likely to cause sexual dysfunction. Delaying your medication for a day when you plan to have sex can also help. For men, adding some Viagra will improve things but sadly this doesn't help in women. As always, any medication changes must be discussed with your doctor first.

**My periods are getting so heavy that I sometimes have to use both a pad and a tampon and I still go through them.**

**A** Heavy menstrual bleeding (menorrhagia) occurs in about 20 per cent of women. There is a long list of possible causes and you must always see your doctor to be checked for these. Treatments can include hormones (like the Pill), IUDs, and sometimes surgery. You may also need an iron supplement.



*If you'd like one of our experts to answer your question, email it to [health@bauer-media.com.au](mailto:health@bauer-media.com.au). No personal correspondence will be entered into.*

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# SEASON'S EATINGS

A still life arrangement of autumn produce including pumpkins, squash, and flowers on a wooden surface. The scene features several pumpkins in shades of orange and yellow, a large yellow flower with a dark center, and a smaller orange flower. The background is a rustic wooden plank surface.

WITH ALL THE USUAL FAVOURITES AROUND, WINTER IS A GOOD TIME TO TRY OUT NEW DISHES. HERE'S SOME INSPIRATION FOR THE SEASON

**W**e may be past the season of salads and strawberries, but there's no need to worry – the late autumn harvest brings plenty of produce to see you through the colder months. Many of our favourites still feature – think root vegetables, kale and cauliflower – and yes, fruit is a little harder to find, but there's still a lot to love – persimmons, mandarins,

passionfruit, rhubarb. Not to mention, this is the season when local lemons and limes are abundant.

When we think of winter veg, it's easy to get stuck in the trap of thinking about stodgy meals, but this is a great time to get creative about whipping up comforting dishes perfect for nights in. Leafy greens like silverbeet and kale come into season now, and you can go the route of melting

them into hearty soups like minestrone, or stir fry them with onion, plenty of garlic and lots of sliced Brussels sprouts (also a good winter veg). Grate over some fresh lemon zest, chopped roasted almonds and golden raisins, and serve with crumbled feta and you'll forget that winter is fast approaching.

Carrots may be a pantry staple, but these sweet vegetables tend to be underappreciated. Roast them with turnips and toasted cumin seeds, mint and lime juice, or capitalise on their sweetness by glazing them with maple syrup and a little thyme. And with so many root vegetables on offer, why not try a twist



on a traditional dish and slice parsnips, sweet potato and turnips into a gratin? As always, the greater variety of veg you eat the better, so add some celeriac - it's in season too.

Salad fans, don't worry - a roast vegetable salad with pumpkin and beets is always a good standby. Or forgo the cooking altogether, and grate raw broccoli along with carrot, Granny Smith apples and red cabbage to make a winter slaw - raw broccoli has a natural sweetness and no bitterness. Add a dressing of sesame oil, a little crushed ginger and garlic, lemon juice and apple cider vinegar, and you'll be doing double

duty in keeping winter chills away.

If radish is a favourite, you'll be pleased to know that late autumn is the best time to source daikon radish - why not make a weekend project of it and get started on a batch of daikon kimchi?

There's plenty of veg to enjoy this season, and plenty of ways to try something new in the kitchen. If you've been inspired to plant your own kitchen garden - and get a head start on next winter - this is an ideal time to plant cauliflower, cabbage, spinach and lettuce. For now savour this season's veg and think about the bounty you'll be picking come summertime.

TEXT XJULIA BRAYBROOK

# Be nourished

*Eat for energy and healthy food made easy*





**SPOTLIGHT ON**  
**KVASS**  
FERMENTED FOODS ARE  
TAKING THE HEALTH SCENE  
BY STORM – MEET THE LATEST  
ONE ON THE MARKET  
BY SARA BUNNY

**Y**ou already know about kombucha, and now there's another fermented brew that's starting to make waves on the local health scene - a spritzzy concoction called kvass. But if you've never heard of it, you're not alone. On our shores the kvass market is still reasonably small and boutique, but over in Eastern Europe where the drink originated, kvass is big news. In Russia, many families have their own traditional recipes for their favourite flavours, shop shelves are lined with various brands of the drink, and the widely-consumed brew is steeped in history.

To add to its appeal, those in the know say kvass is a breeze to make, it's packed with probiotic goodness, and it's a low-sugar thirst quencher. The refreshing, savoury taste of traditional kvass means it's used as a virtually zero-alcohol alternative to beer in parts of Europe, while the beetroot version has a wide range of health pluses.

### The right flavour

In its original form, kvass is made out of the leftovers of the dark rye bread that's a daily staple in Russia and the Ukraine. The crusts are soaked in slightly sweetened water and yeast to get the lactic fermentation progress going, and the brew is kept in a warm spot for a few days for the 'good' bacteria to develop. Unlike kombucha, you don't need a 'scooby' (symbiotic culture of bacteria and yeast) to get things started, and as the mixture is predominantly lactic acid bacteria rather than a yeast

## The jewel-toned tonic can promote intestinal health

and bacteria combo, the fermentation process is faster.

If you don't want to add anything else, the base flavour is similar to a light beer, but kvass connoisseurs add everything from coffee and cinnamon to lavender and cacao to enhance the taste of their favourite brew.

When it comes to getting the most health benefits, however, it's the beetroot variety that packs the biggest punch. Made solely with chopped raw beetroot, water, salt, and sometimes whey or sauerkraut juice, beet kvass tastes earthy, savoury, and slightly tangy.

Due to its abundance of the gut-friendly Lactobacillus bacteria that multiplies during fermentation, the jewel-toned tonic can promote intestinal health and aid digestion. And then there's the nutrient

power of the beetroot. This humble veg is rich in vitamins A and C, high in folic acid and manganese, and packed with antioxidants. Studies have also suggested that the naturally-occurring nitrates in beetroot can promote healthy blood vessels and help to lower blood pressure.

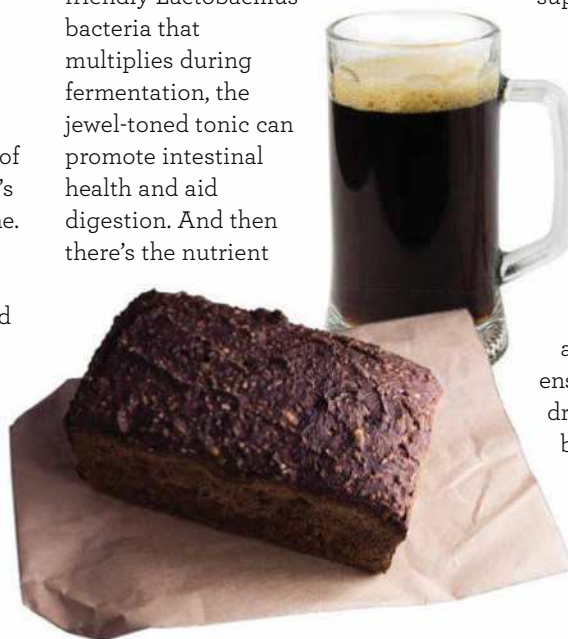
Beet kvass fans say you can drink the tonic as is, use it in cooking in the same way you would use vinegar, mix it into salad dressings or add a splash to soups. Others say a shot of the beet tonic after an exercise session can support recovery, as studies suggest the nitric oxide molecules in the juice can help support the repair of fatigued muscles.

### Traditional meets modern

Early records show kvass has been a part of Slavic culture since at least 1000AD, but it's only in recent years that the drink has been produced here.

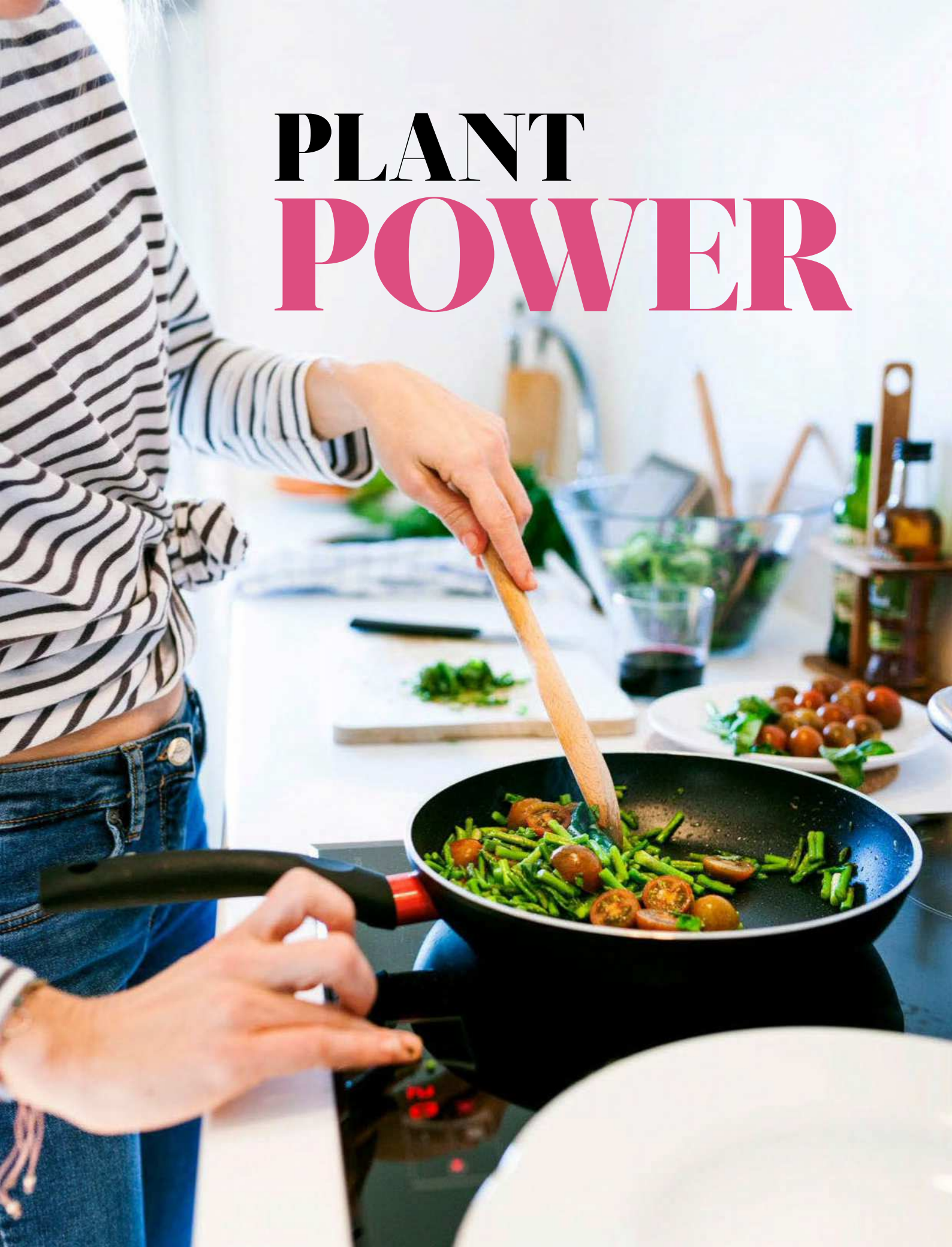
To get the most health benefits, kvass should ideally be enjoyed as soon as possible after brewing, to ensure the bacterial strains within the drink are still alive. Some kvass experts believe this is a 20-day window after the product is created, and after that time the live bacteria levels start to drop, along with the natural health properties. This timeframe, plus the fact that adding preservatives to lengthen the shelf life of a bottle of kvass could also kill the good bacteria, make brewing large quantities tricky.

But artisan producers, including Brisbane-based Living Craftworks; Wholefood Company in the Hunter Valley; and BioBeet Kvass, are slowly bringing the fermented drink to this corner of the world. It might have a strange-sounding name, but with its gut health-boosting goodness, kvass is set to become increasingly popular. And we say cheers to that!



Those in the know say kvass is a **breeze to make**, it's packed with **probiotic goodness**, and it's a low-sugar **thirst quencher**

# PLANT POWER





# WHETHER YOU'RE A VEGETARIAN THINKING OF TAKING THE NEXT STEP OR NEW TO THE PLANT-BASED LIFESTYLE, HERE'S ALL YOU NEED TO KNOW ABOUT STAYING HEALTHY WHEN GOING VEGAN

It was once the domain of greenies and hippies, but these days, going vegan is a lot cooler and less niche than it used to be. It's trending on Instagram, it's being discussed on mainstream media, and even the tiniest local cafés are adding vegan-friendly offerings to their menu. On a larger scale, veganism is a key part of the health and wellness zeitgeist, fitting in to a new wave of consciousness around environmental and animal welfare issues, not to mention boosting sales of coconut oil and chickpeas throughout the developed world.

For many, it's triggered a greater awareness around our food traditions and eating habits, and in a world where what's on our plate is an increasingly hot topic, it's safe to say that veganism is one of the fastest growing health trends of 2018. But it's also one of the most controversial. Without some level of care and nutritional know-how, a vegan diet can potentially be dangerous to our health. Some critics have labelled it as just another fad, while others have said veganism can be a risk factor for disordered eating. News headlines have frequently incited fierce debate, and depending on how you look at it, veganism can be so shrouded in ideological complexities, it makes your head spin. For those who follow the lifestyle, there are as many reasons why a person might choose to go vegan as there are interpretations and viewpoints on the

topic. Regardless of where you sit on the subject, it's a simple fact that shunning meat is now more popular than ever. Here, we take a look at the nutritional aspects of going vegan.

## VEGAN 101

Vegans choose not to eat meat - including fish, shellfish, livestock and poultry - eggs, dairy products, honey and gelatine. For some people, the vegan lifestyle also means avoiding materials derived from animals, including leather, fur, silk, and wool, as well as cosmetics and soaps containing animal products or which are tested on animals. In recent years, widespread messaging has brought the benefits of eating less meat into the spotlight, paving the way for veganism to go increasingly mainstream. Overseas, restaurant chains like Wagamama and Pizza Hut have put vegan dishes on the menu, and large-scale supermarkets worldwide have extended the range of vegan products on the shelves.

As more people jump on board the plant-based bandwagon, experts say the diet has some great health benefits, but there are some key aspects to be aware of if you're thinking of diving in. According to holistic nutritionist Natalie Brady, learning to listen to your body's unique needs is an

important part of the process.

"I've noticed a huge increase in vegan clients in the past year, and people often tell me they are going vegan because of documentaries like *What the Health* and *Cowspiracy*. Some of them have switched within a week of seeing these films! It's a really individual choice, but of course it's important to do it for the right reasons.

"A lot of younger people seem to do it because of what they have seen on social media. Some people do really thrive off being vegan, but it's important to remember that everyone's body has different needs, no body is the same, and it's about figuring out what is in your best interests."

## IT'S ALL ABOUT BALANCE

You don't have to look far to read about the benefits of a more plant-focused diet, although the definition of the term is up to the individual. At her clinic, Natalie advises clients to stick to 80 per cent plant-based foods, and 20 per cent meat sources. But for those who do prefer to exclude animal products entirely, there can be some big positives if you do it right.

"If it's a wholesome, well-balanced diet, veganism promotes an abundance of wholegrains, legumes, nuts, seeds, veges and fruit," Natalie says. "This often means a whole lot more folate in the diet, as well as more vitamin E, vitamin C, and magnesium. Vegans can get a far wider range of vitamins, minerals and antioxidants compared with other diets."

The high vegetable intake that's part of the vegan diet means it's »

**'IF IT'S A WHOLESOME, WELL-BALANCED DIET, VEGANISM PROMOTES AN ABUNDANCE OF WHOLEGRAINS, LEGUMES, NUTS, SEEDS, VEGES AND FRUIT'**



## FAMOUS FOLLOWERS

With veganism becoming a buzzword among the celebrity set, here are some famous faces who are dedicated to going meat free, or have dabbled in the vegan diet.

### ELLIE GOULDING

The singer was vegetarian for nearly a decade before ditching her long-time love of dairy to go fully vegan.

### NATALIE PORTMAN

She regularly talks in interviews about her commitment to veganism and clean living, and her concern for animal welfare.

### LIAM HEMSWORTH

The actor has said his vegan lifestyle makes him “feel nothing but positive, mentally and physically”.

### BEYONCÉ AND JAY-Z

The power couple have both been on-and-off vegans for years, and while Bey is a fan of the diet, Jay-Z has said going without cheese is too much of a struggle.



typically rich in fibre. And with research saying most adults don't incorporate enough fibre into their daily diet, this is a major plus. Experts say men should consume about 38g of fibre a day and women about 25g, although research from the University of Minnesota found Americans average only 14g of fibre each day - and it's thought to be a similar case for many who follow a typical Western diet.

## VITAMIN WATCH

When it comes to the nutritional downsides of ditching meat, Natalie says vitamin and iron deficiencies, and a lack of protein and essential fatty acids, are factors to keep an eye on.

“The biggest one is definitely a vitamin B12 deficiency,” she explains.

“It's very hard to obtain optimal levels of B12 following a vegan or vegetarian diet.



***‘Becoming a vegan has been a three year journey, with two stopovers as a pescetarian and vegetarian’***

– Maria Hoyle

**Why do it at all?** I gave up eating meat as it sat uneasily with my love of animals, then it made less and less sense to be okay with eating creatures with gills and fins too. Once I'd given up fish, veganism seemed the next logical step. And bizarrely, in a world awash with choice, the idea of restriction appealed to me, from a culinary challenge point of view. Dedicated carnivores joke about vegans chomping on lettuce leaves, but most of the vegans I know put

a lot of thought and effort into their cooking. It's so satisfying, for example, to turn veges, or pulses, or tofu into a rich, flavoursome, creamy curry made with coconut milk. And I do think veganism is good for you. Or it can be. I don't buy into the argument that the vegan lifestyle is healthier per se. Fried spuds with tomato sauce is vegan but it's hardly clean eating.

What do I miss most? I thought I'd miss cheese but I don't. Though I've found a really yummy aged nut



The B group vitamins can't be stored in the body, and B12 in particular is found in its highest concentration in red meat."

Fatigue, shortness of breath, mood disturbances and headaches are among the many signs of a lack of B12, and a simple blood test can determine whether a supplement is necessary. Iron deficiencies are common the world over, especially in women, but a vegan diet can make it harder to keep iron levels where they need to be.

"If you don't eat meat, there's still a lot you can do nutritionally to boost iron, like including lots of leafy greens in the diet, and spirulina is another good source," Natalie says. "But it's important to remember you have to have really good gut health to get the most benefits. The plant-based form of iron, called non-haem iron, is a lot harder for the body to absorb."



**'I WOULD ADVISE A WHOLEFOOD VEGAN DIET, RATHER THAN FOCUSING ON SOY PRODUCTS, WHICH CAN BE HIGHLY PROCESSED'**

## THE PROTEIN FACTOR

We all know the importance of protein, but it's the amino acids within it that are vital for optimal health. Out of the 20 amino acids found in protein sources, nine are essential and need to be consumed daily, and 11 are non-essential, Natalie explains.

"All meat sources contain all 20 amino acids, but vegetarian and vegan sources like beans, legumes and nuts don't have the complete count. On the plus side, however, soy products like tofu and tempeh do have the complete set."

Experts say we should be eating about 0.75-1g of protein per kilo of body weight for normal, everyday function, although those who exercise a lot or have specific conditions may need more. To put it all in perspective, 100g of chicken has roughly

25-30g of protein, while tofu has about 10g of protein per 100g. Tempeh packs a higher plant-based protein punch at 19g per 100g, while a serving of a quality protein powder can provide 15-20g.

"I advise vegans to look at protein combining, which means having a couple of different sources at the same time, like nuts and legumes, or wholegrains and beans," says Natalie. "That helps to keep a good amino acid count throughout the day. I would advise a wholefood vegan diet, rather than focusing too much on soy products, which can be highly processed."

And in order to keep vitamin, protein, and energy levels high, it helps to have a bit of know-how and some sharp organisation skills.

"One thing I say to people who come to me wanting advice on going vegan is 'How much are you willing to prepare?'" says Natalie. "You need to put in a bit of effort to make sure you are getting your protein and iron, and that comes down to preparation.

"It requires more effort as a vegan to stay healthy and thrive every day. You have to put that time aside and prioritise your health more."

cheese that I'd probably eat even if I wasn't vegan. It's eggs that are the issue. To be honest (please don't judge; I do still have my training wheels on)... I succumb to the odd (free-range) eggs on toast if I'm away for the weekend. Because here's the thing with eggs. Just like when you split up with your boyfriend all you seem to see are happy couples, when you break up with eggs suddenly they are *everywhere*: in sandwiches, pies, cakes, puddings, sauces, bread. I was also a huge lover of full-fat milk, and I'm not keen on the plant-based options. But that has made me healthier I reckon as I used to eat a lot of sugary cereals with milk. And I recently discovered

just how creamily delicious an almond milk flat white is. Plus there *are* ways around the difficulties. First, there are heaps more vegan-friendly products now, even in supermarkets. Cafes are mostly very clued up about it too; and even if there's no specific vegan option, there'll always be avocado on toast. And there are hundreds of recipes online; including great offerings from non-vegan chefs like Jamie Oliver.

**How do I feel physically?** Better, but let's be clear about this. If I sleep badly, I still feel terrible. If I eat lots of sugar, coupled with lack of exercise, I still feel like a slob. But in general, healthier. I rarely get that weighed down, 'I just ate

a brick' feeling. A big plate of bolognese made of veges and pulses in a rich tomato sauce is divine, but without that leaden feeling mince gives you. I try to eat unprocessed food, get lots of fruit and veg and eat plenty of protein (nuts, pulses, tofu, tempeh – but remain wary of too much soy). I take vitamin B12, but don't always remember.

The truly hard part of being vegan? Saying 'I am vegan'. It feels like you're looking for a fight, even when you might just be trying to explain why you'd rather not go halves on the steak tartare. A staunch vegan friend even said to me 'Just say plant-based. It's less loaded'. So I am practising that. Along with saying no, every time, to eggs.

# SNACK BAR

LONG WORK HOURS, STRESS AND LATE NIGHTS LEAVE US IN NEED OF A FUEL BOOST BETWEEN MEALS. CHOOSE TWO OF THESE ENERGISING, SUSTAINING AND HEALTHY SNACKS A DAY AND YOU'LL HAVE ENERGY TO BURN!



## SALTED POPCORN

A good source of wholegrains and vitamins, popcorn is an excellent substitute for higher-cal snacks such as chips and biscuits.



## FRUIT JUICE

Green juices are full of antioxidants, phytonutrients and potassium, the great hydrator. Keep fruit content to a minimum (think one apple, pear or kiwi) and instead load your juice up with veg like spinach, cucumber and kale.



## CHOCOLATE SHAKE

200ml chocolate milk provides protein from the milk and, combined with its naturally occurring sugars and a little added sugar, makes this a top snack, especially post-exercise.

## SPICY ROASTED CHICKPEAS

Chickpeas are a great source of energising vitamin B and magnesium. Drizzle 1 tbsp olive oil over a can of drained chickpeas and season with salt, pepper, cumin and chilli. Bake in the oven for 40 mins. Enjoy in handful-sized portions as a fab chip alternative.



## COTTAGE CHEESE

Try 125g low-fat cottage cheese with 1 tbsp unsweetened pineapple. This protein-packed munch provides a sweet hit minus a big calorie hit.



## PROTEIN-PACKED AVOCADO

Mix a small avocado with 2 tbsp cottage cheese and chives for a snack that's high in protein and healthy fats.



## PEANUT BUTTER SLICES

Cut an apple into 6 slices and lightly spread each one with peanut butter. It won't break the calorie bank and packs a sufficient fat and fibre punch to keep the mid-afternoon munchies at bay.

## OLIVE HIT

A snack of 10-15 olives will give you a small iron hit and a slightly bigger dose of antioxidant vitamin E.



## FIGS

A source of fibre and iron, enhance the energy-boosting aspect by mixing a couple of fresh figs with 1 tbsp natural yoghurt or enjoy 3-4 dried figs with some (10 or fewer) almonds.



## DARK CHOCOLATE

A small amount (30g; minimum 70 per cent cocoa) of dark chocolate is a natural energy booster when you need a quick pick-me-up.



# The shopper's NUTRITION GUIDE

WHEN IT COMES TO NAVIGATING THE SUPERMARKETS – NOT TO MENTION THE 'HEALTHY FOOD' SECTION – IT CAN BE CONFUSING KNOWING WHERE TO START. NUTRITIONIST FIONA HUNTER IS HERE TO HELP

## Must I give up *carbs*?

**I love bread and pasta and I'd really miss them... I seem to be in the minority having a sandwich for lunch these days.**

Despite what the growing army of wellness bloggers and lifestyle gurus would have us believe, carbs are not bad for us. It's simply that we tend to eat the wrong type – highly refined and processed carbs, which have been stripped of their nutrients and fibre, but are full of fat, salt and/or sugar. Experts agree that carbs are an important part of a healthy balanced diet, so don't cut them out – opt for low-GI, fibre-rich carbs, like wholemeal bread, beans and pulses, and wholegrain cereals.



## Is *fruit* now bad for me?

**I know sugar is public enemy No 1, but it seems mad to stop eating fruit – should I? It just seems crazy to ditch something that I always thought was good for you.**

The resounding message from the experts is "don't panic and keep eating fruit". Yes, it contains sugar, but it's packed with stuff that's going to help keep you healthy – like vitamin C (which helps reduce signs of ageing and risk of cataracts), minerals like potassium (helps to cancel out some of the negative effects of too much salt) and lots of phytochemicals, which numerous studies show offer protection against many diseases associated with ageing, including dementia and many cancers. So fruit is good... but in moderation and when eaten as nature intended, not in a giant smoothie or juice. »

*Opt for low-GI, fibre-rich carbs*





## Why is everyone so hung up on protein?

Everyone at my gym seems to be drinking protein shakes... should I be too? I'm doing a 'normal' workout and eating a relatively healthy diet. Am I okay?

The short and official answer is yes you are. The recommended daily amount of protein depends on your weight, age and health, but for women it's around 0.75g protein per kilogram of body weight. Some experts suggest there may be benefits from eating more protein, which takes longer to digest than carbs or fat and has a high satiety value – great for dieters. More protein would help to reduce muscle loss in the over-50s, who should aim for 1g protein per kg of body weight. For a woman weighing 60kg, this is about 45g protein a day. So what is the protein content of some common foods? One chicken breast provides 30g protein; a pot of low fat yoghurt (also has calcium), 6g; salmon fillet, 26g; one large egg (also has vitamin D), 8g.



## Is gluten free the way to go?

All my friends are going gluten free – should I? They're not coeliac, but swear it's improved their health. I do suffer a bit with bloating; would it help with that?

The first thing you need to know is that if you believe you have coeliac disease, and it hasn't been officially diagnosed, then going on a gluten-free diet is the last thing you should be doing. Cutting out gluten before you are tested for coeliac disease is likely to give a false negative, which can lead to much confusion and a delayed diagnosis. Pretty much everyone who tries a gf diet says they feel better – but for most, the reason they feel better is because they're eating a healthier diet – it's not that gluten is unhealthy, it's simply that they

are cutting out a lot of processed foods. Then there's the placebo effect – we've all been brainwashed to believe gluten is the devil incarnate. Although bloating is a symptom of gluten intolerance, it's more likely to be caused by eating too fast and too much, gulping fizzy drinks while eating, not getting enough fibre, or an imbalance of bacteria in your gut. However, a gluten-free diet isn't going to lead to serious nutritional deficiencies so if you want to give it a try, go for it.

If you do need to go gluten-free, buyer beware. Hidden sources of gluten may be found in sausages, dry roasted nuts, pasta sauces, rice bubbles, baked beans and marinated meat.





## Is high fat now okay?

I saw a report saying we should all go back to a high-fat diet – was that disproved? I do feel a bit confused over whether I should be eating butter or marg, sunflower oil or avocado oil...

You need to remember that all fats – be they good or bad – are highly calorific, so if you are worried about your weight, you need to be mindful of the amount of the fat you eat, regardless of type. Low-fat diets were once hailed as the panacea for all that ailed us, but this was wrong. By creating low-fat foods, manufacturers took out the fat but replaced it with sugar and a host of additives; the process of turning vegetable oils into margarines turned harmless polyunsaturated fats into hydrogenated fats, which was far worse than saturated fat; and finally, because many assumed (wrongly) that if something was low fat, we could eat as much as we wanted. The bottom line is to eat fats in moderation and choose good fats, like nuts and avocados. As a nutritionist with more than 30 years' experience, I choose full-fat products over low fat (the only exception is milk), but eat smaller portions. Fancy oils like avocado may taste good but are no better than rapeseed or olive oil. The choice of butter or margarine is not easy – although butter tastes better, it should be eaten in moderation. If you have raised cholesterol and eat a lot of saturated fat, choose marg.



## THE SKINNY ON THE LATEST FOOD FADS – HEALTHY OR HYPE?

» **Kale:** Why is it so much better than other 'greens'; won't cabbage do? All greens are good for you, but kale has a slight edge over its leafy cousins because it contains high levels of some key nutrients, like calcium and iron. **HEALTHY**

» **Coconut oil:** Loved by wellness bloggers, loathed by dietitians – all the benefits associated with coconut oil are hype. Expert bodies, including The Australian Heart Foundation and the Department of Health, warn that coconut oil is high in saturated fat and should be consumed only in small quantities. The British Nutrition Foundation advises that if you see coconut oil high up the list of ingredients on a food, think twice about eating it on a regular basis. So until we have some science to support the claim that coconut oil isn't harmful to heart health, give it a wide berth. **HYPE**

» **Matcha tea:** With its vibrant green colour, it looks like it should be good for you, and fans claim its benefits guard against cancer, boost the metabolism, and reduce the risk of heart disease and high blood pressure, plus it's anti-ageing. It's rich in a group of antioxidants called polyphenols, and studies confirm that people who eat a diet rich in polyphenols have a lower risk of heart disease and some types of cancer, but you can get these polyphenols from foods like onions, ordinary tea and chocolate. **HYPE**

*Eat fats in moderation and choose good fats*

# *Treat* YOURSELF

YOU CAN EAT HEALTHY  
WITHOUT FEELING  
DEPRIVED, AS JESSICA  
SEPEL SHOWS WITH  
THESE WHOLEFOOD  
TAKES ON CLASSIC  
FAMILY FAVOURITES



## Healthy muesli bars

- » **PREP TIME: 50 MINUTES**  
(INCLUDING REFRIGERATION)
- » **MAKES 12 BARS**

Most packaged muesli bars have a lot of refined sugar. These are packed with all sorts of good things.

- ½ cup almonds
- ½ cup pistachios
- 1 cup pumpkin seeds
- ½ cup white quinoa
- 1 cup shredded coconut
- ½ cup sunflower seeds
- ¼ cup chia seeds
- 20 pitted dates**
- 6 tbsp coconut oil, melted
- 4 tbsp raw cacao powder**
- 2 tsp vanilla extract
- 2 tbsp raw honey**
- ½ cup rolled oats
- ½ cup dried cranberries
- 2 tbsp raw cacao nibs

- 1 In a food processor or high powered blender, add the almonds, pistachios, pumpkin seeds, quinoa, shredded coconut, sunflower seeds and chia seeds, and pulse a couple of times to roughly chop. Set aside.
- 2 Add the dates to the food processor, along with the coconut oil, cacao powder, vanilla and honey. Blend it until it reaches a smooth consistency. You may need to stop a couple of times to scrape down the side and add a little extra coconut oil (or water).
- 3 Add the date mixture to the other ingredients. Stir through the rolled oats, cranberries and cacao nibs until well combined.
- 4 Press the mixture firmly into a lightly greased and lined 28cm x 18cm baking pan and refrigerate for 30 minutes.
- 5 Cut into thick bars and store in an airtight container. They will keep for a week in the fridge.

*These are packed with good things*



## Cauliflower pizza

- » **PREP TIME: 55 MINUTES**  
(INCLUDING COOKING)
- » **SERVES 2**

*Who doesn't love Friday night pizza with the family? My family and I make our own cauliflower pizza variations. I top my personal pizza with leek, mushroom, parmesan and rocket.*

- ½ head cauliflower, cut into florets
- 1 free-range or organic egg, lightly beaten**
- 1 onion, finely chopped
- 1 tsp ground cumin**
- 1 tsp ground coriander
- 1 tsp finely chopped rosemary**
- 1 tsp finely chopped sage
- 1 tsp cold-pressed extra virgin olive oil**
- Himalayan salt and ground pepper
- Toppings of your choice**

- 1 Preheat the oven to 180°C (160°C fan-forced). Line a large baking tray with baking paper.
- 2 In a food processor, pulse the cauliflower until it's the

consistency of fine crumbs.

You can either steam the cauliflower first or use it raw; it works both ways.

- 3 Place the cauliflower in a clean tea towel and squeeze out as much moisture as possible. The key is to make a crisp pizza base.
- 4 To a mixing bowl, add the cauliflower and combine with the egg, onion, spices, herbs, olive oil, salt and pepper.
- 5 Place the cauliflower mixture in the centre of the tray. Lay a second sheet of baking paper on top and use your palms or a rolling pin to flatten into a circle.
- 6 Bake for 20-25 minutes or until the base is firm and slightly browned.
- 7 Remove from the oven and top with your favourite ingredients. You may also want to add more seasoning, plus some extra olive oil.
- 8 Return the pizza to the oven for another 10-15 minutes.
- 9 Take the pizza out of the oven and cool for a few minutes before slicing.

*Just about the healthiest and tastiest loaf ever*

## Almond and rosemary paleo loaf

» **PREP TIME: 45 MINUTES**  
(INCLUDING COOKING)

» **SERVES 8**

*Paleo, grain-free, gluten-free, dairy-free and so nutritious. Just about the healthiest and tastiest loaf ever.*

2 cups almond meal  
 $\frac{1}{4}$  cup **psyllium husk**  
 $\frac{1}{4}$  cup chia seeds  
 $\frac{1}{4}$  cup **ground flaxseed**  
 $\frac{1}{4}$  cup raw walnuts, roughly chopped, plus 2 tbsp extra to decorate

**2 tbsp rosemary leaves, roughly chopped, plus extra sprigs to decorate**

1 tsp Celtic sea salt

**$1\frac{1}{2}$  tsp baking powder**

1 clove garlic, crushed

**3 eggs, lightly beaten**

$\frac{1}{4}$  cup almond milk

**1 tbsp olive oil**

**1** Preheat the oven to 190°C (170°C fan-forced).

**2** Combine all the ingredients in a large bowl (except the loaf decorations) and mix well using a wooden spoon.

**3** Spoon into a lightly oiled and lined standard loaf tin (approximately 21cm x 11cm), gently smooth the top, and decorate with the extra walnuts and rosemary.

**4** Bake in the oven for 30 minutes, or until the loaf is cooked. To check if it's cooked, insert a skewer into the middle of the loaf. If the skewer comes out dry, it's done. Cover with foil if the top is browning too much.

**5** Cool, and serve the loaf sliced.

### TIP

*This is a great bake to make on a weeknight, but if you want to turn it into a weekend project, try making your own almond milk to use in it.*





## Berry, fig and almond crumble

- » **PREP TIME: 50 MINUTES (INCLUDING COOKING)**
- » **SERVES 6**

*Fresh figs are such a treat when in season. I love this combination, but you can switch out other berries in this classic crumble recipe.*

- 700g frozen mixed berries
- 3 fresh figs, sliced (dried figs if not in season)**
- Juice of 1 lemon
- 1 tsp vanilla extract**
- 1 tbsp ground cinnamon

### CRUMBLE

- ½ cup almond meal
- ½ cup coconut flakes
- ½ cup roughly chopped almonds
- ½ cup mixed seeds (pumpkin, sesame and sunflower)
- 2 tbsp chia seeds
- 2 tbsp psyllium husk**
- 1 tsp grated nutmeg

### 2 tbsp maple syrup

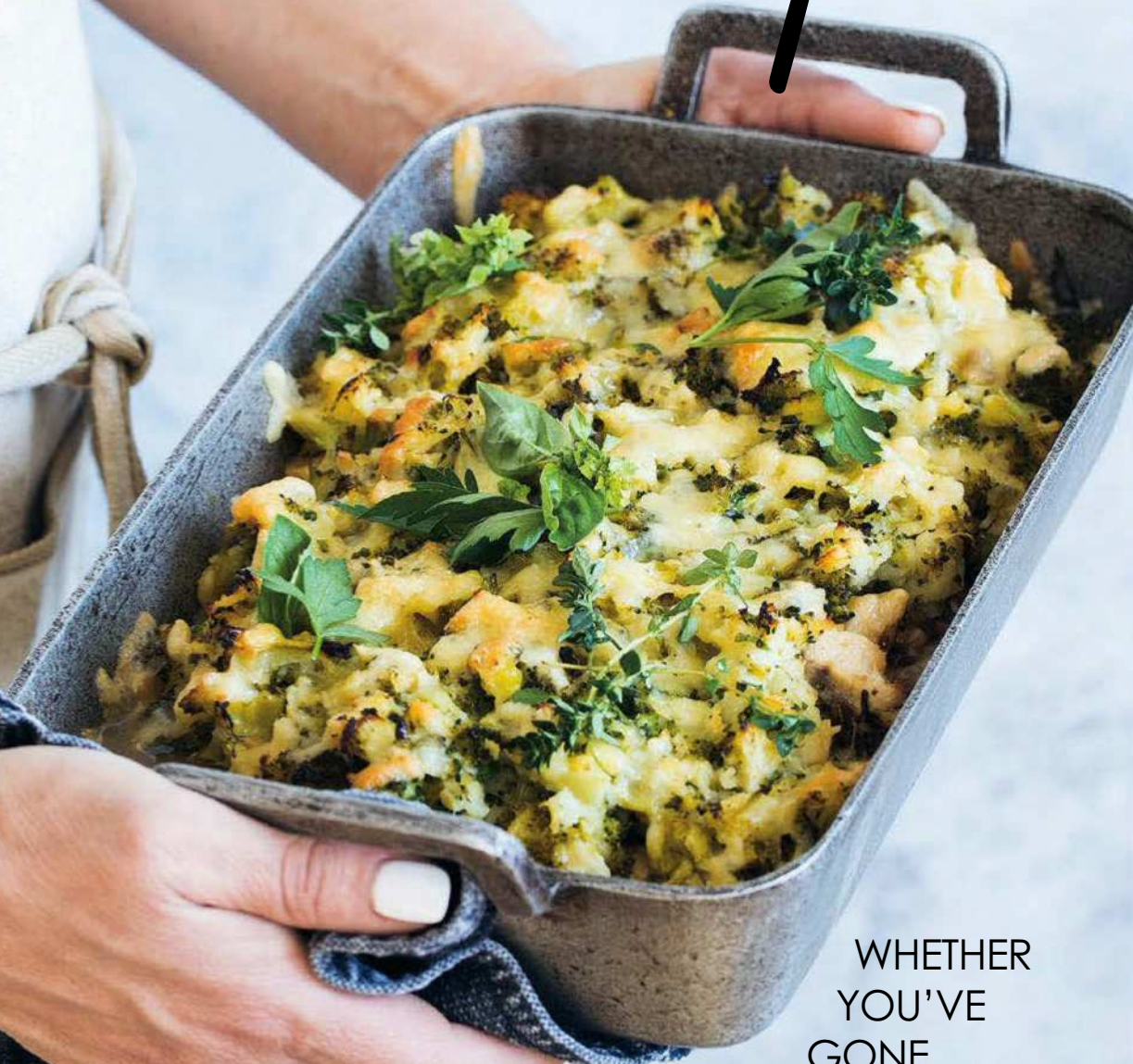
- 2 tbsp virgin organic coconut oil, melted
- ½ cup Greek-style yoghurt (to serve)

- 1 Preheat the oven to 180°C (160°C fan-forced).
- 2 Place the berries and figs in a pie dish. Add the lemon juice, vanilla and 2 tsp of the cinnamon and gently stir to combine.
- 3 To make the crumble, combine all remaining ingredients in a large bowl and mix until it reaches a sandy texture.
- 4 Sprinkle the crumble mixture over the berries and figs and place in the oven.
- 5 Bake for 30 minutes or until the fruit is tender and the topping is golden.
- 6 Serve with a dollop of Greek-style yoghurt.



Recipes extracted from *The Healthy Life* by Jessica Sepel, Pan Macmillan Australia, \$34.99.

# Lighten *up*



WHETHER  
YOU'VE  
GONE  
FULLY

LOW-CARB OR JUST  
WANT TO GO EASY ON THE  
GRAINS, THESE MEALS ARE  
SURE TO PLEASE

## Chicken and lentil cottage pie

- » SERVES 4
- » PREPARATION: 25-30 MINUTES
- » COOKING: 20 MINUTES
- » 3G CARB PER SERVE

1 tbsp olive oil

**400g lean chicken breast fillets, chopped**

2 cloves garlic, crushed

**320g tinned lentils, drained and rinsed**

2 tbsp lemon thyme leaves, plus extra to serve

**1 tbsp rosemary, finely chopped**

2 cups (500ml) salt-reduced chicken stock

**1 cup small basil leaves, plus extra to serve**

½ cup chopped flat-leaf parsley, plus extra leaves to serve

**80g cheddar, finely grated**

### MASH

**300g broccoli florets, chopped**

300g peeled celeriac, chopped

**2 tbsp olive oil margarine**

2 tbsp chopped chives

**1** Heat the olive oil in a large saucepan over high heat. Add the chicken and garlic and cook, stirring occasionally, for 3 minutes or until light golden. Add the lentils, thyme, rosemary and stock and cook, stirring occasionally, for 10 minutes or until cooked through and the sauce has reduced by half. Remove the pan from the heat. Stir in the basil and parsley and season to taste with freshly ground black pepper.

**2** Meanwhile, to make the mash, steam the broccoli and celeriac together for 10 minutes or until tender. Transfer to a bowl. Add the margarine and mash until smooth. Stir in the chives and season to taste with freshly ground black pepper.

**3** Preheat the oven grill to high. Spoon the chicken mixture into a 5cm deep, 20cm x 12cm flameproof baking dish. Top with the mash and sprinkle evenly with the cheese. Cook under the grill for 4-5 minutes or until bubbling and golden. Rest for 5 minutes, then serve topped with the extra lemon thyme, basil and parsley leaves.



## Tofu falafel fritters with braised greens

- » SERVES 4
- » PREPARATION: 25-30 MINUTES
- » COOKING: 20 MINUTES
- » 10G CARB PER SERVE

160g tinned chickpeas, drained and rinsed

**200g firm tofu, finely chopped**

1 cup flat-leaf parsley leaves

**2 cloves garlic, roughly chopped**

1 tbsp tahini

**Finely grated zest of 1 lemon**

2 tsp sweet paprika

**3 tsp garam masala**

4 eggs

**2 tbsp rice bran oil**

### BRAISED GREENS

**1 tbsp olive oil**

200g tomatoes, chopped

**300g courgette, very thinly sliced into rounds**

½ cup (125ml) salt-reduced vegetable stock

**100g baby spinach leaves**

½ cup coriander leaves

**Juice of 1 lemon**

**1** Process the chickpeas, tofu, parsley, garlic, tahini, lemon zest, paprika and garam masala in a

food processor until smooth and well combined. Add the eggs and process until well combined. Season to taste with freshly ground black pepper.

**2** Heat the rice bran oil in a large frying pan over medium-high heat. Working in batches, add 2 tbsp measures of the mixture and cook for 3-4 minutes each side or until golden and cooked through. Transfer to a plate and cover to keep warm. You will have enough mixture to make 12 fritters.

**3** Meanwhile, to make the braised greens, heat the olive oil in a large saucepan over medium heat. Add the tomato and courgette and cook, stirring occasionally, for 3 minutes or until starting to soften. Add the stock and cook, stirring occasionally, for 10 minutes or until the vegetables are very tender and the stock has reduced by half. Add the spinach in batches, stirring until wilted before adding the next batch.

**4** Remove the pan from the heat and season to taste with freshly ground black pepper. Stir in the coriander and lemon juice.

**5** Serve the fritters with the braised greens.

## Tuna and courgette bake with lemony greens

» SERVES 4

» PREPARATION: 25-30 MINUTES

» COOKING: 30 MINUTES

» 6G CARB PER SERVE

1 x 425g tin tuna in springwater, drained and flaked

**4 eggs**

450g courgette, very thinly sliced into rounds

**4 spring onions, very thinly sliced**

110g ricotta

**40g cheddar, finely grated**

½ cup dill

**¼ cup chopped chives**

### LEMONY GREENS

**2 tbsp olive oil**

25g green beans, trimmed and

halved diagonally

**100g peeled celeriac, cut into long thin strips**

50g baby spinach leaves

**Finely grated zest and juice of 1 lemon**

80g pine nuts, toasted

**1** Preheat the oven to 200°C (180°C fan-forced). Line the base and sides of a 4cm deep, 28cm x 18cm baking dish with baking paper.

**2** Combine the tuna, eggs, courgette, spring onion, ricotta, cheddar, dill and chives in a large bowl. Season to taste with freshly ground black pepper. Spoon the mixture into the prepared tin and level the surface.

**3** Bake for 30 minutes or until golden and cooked through. Rest for 5 minutes in the tin before slicing.

**4** Meanwhile, to prepare the lemony greens, heat the olive oil in a large deep frying pan over medium-high heat. Add the beans and celeriac and cook, stirring occasionally, for 10 minutes or until cooked and golden. Stir in the spinach, lemon zest and lemon juice and cook until wilted. Remove the pan from the heat and stir in the pine nuts.

**5** Season to taste with freshly ground black pepper. Serve the tuna bake with the lemony greens.



Extract from The CSIRO  
Low-Carb Every Day by  
Assoc. Professor Grant  
Brinkworth and Pennie  
Taylor, Pan Macmillan  
Australia, \$34.99





## Beetroot and beef rissoles with herb salad and mustard tahini

- » SERVES 4
- » PREPARATION: 25-30 MINUTES
- » COOKING: 10 MINUTES
- » 9G CARB PER SERVE

75g mixed salad leaves  
**1 cup mixed herbs (flat-leaf parsley, basil, chives, tarragon)**  
300g cherry tomatoes, halved or quartered  
**150g courgette, cut with a vegetable peeler into long, thin ribbons**  
Finely grated zest and juice of 1 lemon

### MUSTARD TAHINI

**2 tbsp tahini**  
3 tsp wholegrain mustard  
**Finely grated zest and juice of 1 lemon**

### RISsoles

**600g lean beef, chopped**  
1 egg  
**150g beetroot, skin scrubbed, coarsely grated**  
150g carrot, coarsely grated  
**1 clove garlic, crushed**

**1** To make the mustard tahini, mix together all the ingredients with 2-3 tbsp warm water in a small bowl (the mixture will be quite thick). Season to taste with freshly ground black pepper. Set aside until required. You may want to add a little extra warm water before serving if it has thickened further on standing.

- 2** To make the rissoles, place all the ingredients in a food processor and process until minced. Using slightly damp hands, divide the mixture into 12 equal portions and roll into rissoles.
- 3** Heat a barbecue chargrill to medium. Cook the rissoles for 4-5 minutes each side or until golden and cooked through.
- 4** Meanwhile, toss together the salad leaves, mixed herbs, cherry tomato, courgettes, lemon zest and juice in a large bowl. Season to taste with freshly ground black pepper. Divide among serving bowls.
- 5** Divide the rissoles among the bowls. Spoon over the mustard tahini and serve.

# Green goddess tart



WHETHER A WEEKNIGHT DINNER OR A WEEKEND LUNCH, A HOMEMADE TART IS AN EASY AND HEALTHY OPTION, ESPECIALLY WHEN IT'S PACKED WITH GREENS



**T**here is something so enormously satisfying about tart made from scratch. My Green Goddess Tart is packed with goodness and – although I know it looks like a lot of steps – it's really incredibly easy to make! I know you'll love the oaty nutty base and its creamy filling loaded with all your favourite greens. This tart is delicious served up at any time of the day – for breakfast, lunch or dinner. It also makes a great packed lunch, accompanied with a fresh crispy salad.



Christina Leon runs health and lifestyle community Reveal Yourself

## Green goddess tart

### BASE

- 1 cup rolled oats**
- 1 cup almond meal
- ¼ cup spelt flour**
- 2 tbsp arrowroot powder
- ½ tsp sea salt**
- 4 tbsp extra virgin coconut oil
- 2 tbsp cold filtered water**

- 1 Place the rolled oats into the food processor and process until you create a flour-like consistency.
- 2 Transfer to a bowl, add in remaining dry ingredients and mix to combine.
- 3 Add in the coconut oil, and with your hands mix until the mixture is a crumbly consistency.
- 4 Add in the cold water 1 tbsp at a time and mix until the mixture comes together to create a dough (if the mixture is too dry add 1-2 tbsp cold water).
- 5 Shape into a ball, wrap in cling wrap and place in the fridge for at least 15 minutes.
- 6 Preheat the oven to 170°C.
- 7 Remove dough from the fridge and unwrap. Grease your baking dish (ideally one with a removable base) with coconut oil.
- 8 Using your hands, press the mixture

- evenly to cover the base and sides. Prick with a fork and place in the oven for 10-15 minutes until slightly golden (just keep an eye on it so it doesn't get too brown).
- 9 Remove from the oven and set aside while you make the filling.

### FILLING

- 5 organic free-range eggs**
  - ¼ cup plant-based milk
  - 100g sheep milk feta (or feta of your choice)**
  - Pinch of sea salt and black pepper, to taste
  - 1 clove garlic**
  - ½ leek
  - 1 cup spinach leaves**
  - 1 cup kale leaves (de-stem)
  - 4-5 cavolo nero leaves (de-stem)**
  - ⅓ cup green peas (slightly cooked)
  - 1 sliced courgette (optional)**
- 1 In a bowl whisk eggs, add in milk and crumble in feta. Season to taste. Mix well and set aside while you make your green filling.
  - 2 Chop garlic and leek. Roughly chop spinach, kale and cavolo nero greens.
  - 3 In a pan on a medium-low heat



*You'll love  
the nutty  
base and  
its creamy  
filling  
loaded with  
greens*

PHOTOGRAPHY ANGIE HUMPHREYS / BAUER MEDIA STUDIOS  
STYLING ANGIE HUMPHREYS AND CHRISTINA LEON PROPS CRISP HOME

add 1 tbsp coconut oil and sauté garlic for 1-2 minutes, then add leek (you can also add your courgette at this point) and sauté until softened.

**4** Before removing the pan from the heat, add the cavolo nero and sauté for a further 2-3 minutes.

**5** While you are sautéing your greens, slightly cook green peas.

**6** Remove the pan from the heat, add in spinach and kale and combine until they begin to wilt. Allow the mixture to cool slightly before adding it to the egg and feta mixture. Add greens and peas to the mixture and mix well.

**7** Pour the mixture into the tart base and place in the oven at 170°C. Bake for 35 minutes or until the top is fluffy and slightly golden.

**8** Allow your tart to cool slightly before slicing.

● be informed

● be nourished

● be energised

● be inspired

● simply be

# Ask the expert



DIETITIAN MELANIE McGRICE ON WHAT TO EAT TO BOOST CONCENTRATION, THE DREADED WORKPLACE CAKE TRADITION, AND THE TRUTH ABOUT EGG WHITES

## What type of diet should I eat for heartburn?

**A** Avoid fatty, spicy or acidic foods as they exacerbate heartburn. And limit alcohol and caffeine. However, you'll make the biggest improvement by reducing your portion sizes. You may need to eat six to eight times a day to get enough food in, but smaller portions can ease the pressure on the sphincter of your oesophagus, reducing the ability for acid to flow back up your windpipe. Eating slowly is also important. Try using a teaspoon, oyster fork or chopsticks so you take smaller mouthfuls, and always put your cutlery down between bites.



**EAT SLOWLY AND ALWAYS PUT YOUR CUTLERY DOWN BETWEEN BITES**

*'Avoid fatty, spicy or acidic foods'*

## Which foods should I eat to help me focus better at work?

**A** **» SALMON:** It's one of the richest sources of omega 3, which is important for concentration.

**» PASTA:** It's great for our gut microbiome (which influences our brain) and provides low GI carbs to help prevent 'brain fog'. You only require a small portion (½ cup) - not a big pasta bowl full, and it's best eaten at lunch to fuel your brain throughout the afternoon.

**» NUTS:** Research shows that 30g of nuts each day helps to protect against age-related brain decline.

**» BANANA:** Bananas make a quick and easy snack to give your brain a glucose-boost when you're low on concentration.

**» MILK:** Research shows dairy products like milk, yoghurt and cheese increase glutathione concentrations in the brain. Glutathione is an antioxidant which has been found to protect the brain against ageing.

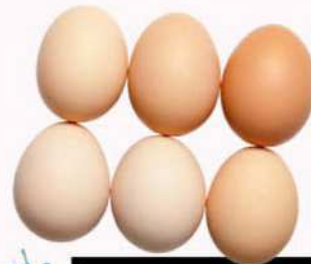
## We have so many birthdays at work that we end up having cake every week! How do I politely decline?

**A** You're not alone! The best strategy is to take control of birthday cake organisation so you can change the routine. For example, bring a healthy snack platter as well as birthday cake so those wanting a healthier option can join in too, or offer to cut the cake, so you can portion only a tiny sliver for yourself. Or consider starting a new birthday tradition such as a game or giving a box full of notes so everyone can write down something they like about the birthday person.



## Are egg whites bad for cholesterol?

**A** No, egg whites are not bad for cholesterol. It's the egg yolk which contains cholesterol. So, even though recommendations now show that you can enjoy up to six eggs per week without having an impact



on your cholesterol levels, you can enjoy more egg whites than this if you choose to do so.

*If you'd like one of our experts to answer your question, email it to [health@bauer-media.com.au](mailto:health@bauer-media.com.au). No personal correspondence will be entered into.*



**SUPER  
FOR THE  
FAMILY**

## Sweet Potato and Broccoli Frittata

» PREP 20 MINS | COOK 50 MINS

### INGREDIENTS

500g sweet potato, peeled, thinly sliced

Olive oil spray

8 eggs

½ cup (125ml) light thickened cream

¾ cup (90g) grated tasty cheese

100g small broccoli florets, blanched

2 tbsp shredded basil

### DIRECTIONS

**1** Preheat oven to 200°C/180°C (fan forced). Lightly grease and line base and sides of a 20 x 30cm rectangular slice pan.

**2** Place sweet potato on a lined oven tray. Spray with oil and bake for 15-20 minutes until tender.

**3** Beat eggs, cream and half of the cheese together. Layer sweet potato and broccoli over base of pan. Pour over egg mixture. Sprinkle with basil and remaining cheese.

**4** Bake for 25-30 minutes until golden and set. Stand for 5 minutes before slicing.

# SIMPLE, SWEET & *supercharged*

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**W**hen it comes to delicious and healthy ways to eat smart, Australian sweet potatoes are the powerhouse side. Packed with goodness for adults, kids and babies, just 75g of baked sweet potato will provide 100% of the daily Vitamin C intake required by under-threes as well as more than 60% of their Vitamin A needs. Good for everyone, sweet potatoes are also low-GI and rich in niacin, magnesium, dietary fibre and folate too.

Roasted, mashed, steamed, barbecued or baked, the versatile sweet potato looks great

on your plate, is super-simple to prepare and packs a tasty punch in every bite. Buy firm, bright produce and store in a cool, dark spot before serving up the sweet and smart sensation your whole family will love.

**Supercharge your meals with Australian Sweet Potatoes. For more info and delicious recipes visit, [www.australiansweetpotatoes.com.au](http://www.australiansweetpotatoes.com.au)**



# SEIZE *the day*

FEEL LIKE YOU'RE STARTING THE DAY ON THE BACK FOOT? HERE'S HOW TO CREATE AN ENERGISING ROUTINE, WITHOUT EXTRA EFFORT

**W**ake up. Snooze. Snooze. Snooze. Coffee. A mad dash around the house. Out the door. Repeat. Sound familiar? We've all been there for those mornings where you wake up still tired and groggy, dragging yourself out of bed at the last possible minute. In fact, scientists say this period of 'sleep inertia', while short-lived, "may be as bad as or worse than being legally drunk" when it comes to how you perform in the mornings. Of course you can improve your chances of waking up ready to go by getting a good night's sleep, but for those who need a little extra help, here's how to create a morning routine that has you ready to meet the day head on.



## » HYDRATE

Going roughly eight hours without hydrating is a long time, so make drinking a big glass of water one of the first things to do when you wake up. Being tired is a sign that you're dehydrated, so refuelling can boost your alertness and energy levels. If you don't feel like plain or cold water first thing in the morning, try herbal tea or adding a slice of lemon to your glass.

## » BE PRESENT

Okay, so lying in bed doing breathing exercises doesn't sound like a way to get energised, but it's a good way to bridge the gap between waking up and feeling ready to get out of bed – minus the snooze button. Pharmacist Shabir Daya uses this routine as a go-to: "Wake yourself up slowly, connecting to your breath. Lie on your back, feet hip-width apart, arms loosely by your sides, palms facing the ceiling, with your chin level so you can relax your neck. Slowly inhale and exhale 10 times, before bringing your legs together, arms up over your head for a big stretch. Slowly open your eyes before getting up."

## » MEDITATE WHILE YOU MOVE

Taking time to meditate in the morning can feel like a big ask, especially when you're short on time. Instead, use your routine as a time to be mindful. "Treat your first waking hour as a kind of moving meditation," says leadership expert Steve Farber. "While you're brushing your teeth, taking a shower, [and] pouring your coffee, don't think about what's ahead. Don't think about your tasks, deadlines, pressures, or calendar. Let your thoughts and awareness move to the people and things in your life that you're grateful for."

be

energised

*Walking workouts and waist exercises to keep you winter-fit*



# WALKING

## THE BEST WAY TO

# FITNESS

WALKING IS EASY, FREE AND YOU CAN DO IT ANYTIME, ANYWHERE... LET US INSPIRE YOU TO GET ACTIVE!

## HOW IT HELPS YOUR BODY

**W**alking is simply one of the best ways to keep you healthy – it makes your blood pressure dip, strengthens your bones, recovers your waistline, raises your spirits and, if you start out right, it can spark a love affair with the simplest fitness regime on the planet.

### IT'S A GREAT ENERGY-BOOSTER

Studies have shown that if you're tired, working out at a rate of about six out of 10 for exertion is the sweet spot that makes you feel alert without sapping your energy reserves and leaving you feeling fatigued. A brisk walk measures about six out of 10 for effort.

### IT HELPS REGULATE YOUR HORMONES

Women who walk after menopause can lower their risk of breast cancer – even if they do absolutely no other form of exercise – according to research by the American Cancer Society. Walking for at least an hour a day can cut your

risk by 14 per cent, possibly because it regulates levels of hormones that can encourage breast tumours to grow.

### IT FEEDS YOUR BRAIN

According to Italian research, older people (over the age of 65) who used the most energy walking reduced their risk of developing dementia by 27 per cent. It's believed that increased blood flow caused by exercise helps to nourish the brain. It's worth noting that an easy-to-perform activity such as walking provided the same cognitive benefits as other, more demanding activities.

### IT CAN CUT YOUR CRAVINGS

As well as burning around 300 calories an hour, depending on how much you weigh, a brisk 15-minute walk mid-afternoon reduces the amount of sweet stuff people consume, according to research from the University of Exeter. Researchers believe that snacking on high-calorie foods, such as chocolate, can become a mindless habit that leads to weight gain – but a short walk



helped people to regulate their intake by half.

### IT HELPS FIGHT MAJOR DISEASES

Walking is just as effective as running for fighting diabetes, high blood pressure and heart disease, according to US research comparing the two groups. So long as you burn the same number of calories as a runner, you get the same benefits in these three areas. That means you need to walk a little bit longer – or a little bit faster. To increase your pace, try pumping your arms





as you move. The faster they move, the faster your legs will go.

### **IT REDUCES SYMPTOMS OF MENOPAUSE**

If you're heading into menopause, get your walking shoes on! Walking could reduce the severity of your symptoms, particularly those which are related to stress, anxiety and depression. Approximately 40 minutes' walking five times a week was the point the benefit kicked in, according to studies – but that didn't have to be done all at once.

Researchers also found that walking can help reduce stress in post-menopausal women too.

### **WALKERS ARE LESS LIKELY TO QUIT**

When scientists compare how often exercisers quit their routines – they found 80 per cent of walkers stick to their programmes, compared with just 30 per cent of runners. Reasons for this include the fact that walking doesn't hurt so much during or afterwards, and it comes with a lower risk of injury.

### **IT'S A NATURAL MOOD-BOOSTER**

It's official – walking actually makes you feel better, whether you're just shaking yourself out of a bad mood or something more serious. When researchers asked people with depression to walk for 30 minutes three times a week for 16 weeks, they found it had similar mood-boosting effects to the anti-depressant Zoloft. And when researchers followed up their subjects six months later, those who had kept on walking had a far lower risk of relapse: only eight per cent of the exercise group relapsed compared with 38 per cent of those using only medication.

### **WALKERS HAVE STRONGER BONES (FOR LIFE)**

Every time your feet hit the ground while you walk, your bones get a jolt that strengthens them. No wonder women who walk at least 1.6km a day have a higher bone density after menopause than those who walk less. But, even after menopause – when the rate of bone loss tends to outstrip the rate at which it grows – walkers get benefits. Researchers at the US Tufts University say walkers have a slower bone loss rate in the legs.

---

### **IN AN HOUR YOU COULD, DEPENDING ON YOUR WEIGHT, BURN AROUND...**

- » **170 calories walking at a leisurely 3km per hour pace**
- » **250 calories if you stepped it up to a moderate 5km per hour**
- » **300 calories when you hit a brisk 6km per hour »**

## GET YOURSELF SUPPLE

You don't have to be fit to walk, but stretching to make muscles supple and, in turn, more flexible and less injury-prone, is a brilliant move. Try the **Body Booster (below)**, a nifty one-move indoor routine devised by Joanna Hall, creator of the Walkactive programme. "Studies show doing something in the morning is far more effective at getting you into a positive state of mind," says Joanna. "Aim to do it 3-5 times on most mornings of the week, working up to 6-8. It's a great body-awakener, posture-improver and streamliner."

- 1** Start on all fours, knees under hips and hands under shoulders.
- 2** Tuck your toes under and push yourself up to an inverted 'V' position so your hips are high.
- 3** Press your weight back towards your hips, so you increase the stretch on the back of your thighs.
- 4** Keep your abdominals tight and hips level and slowly lift one leg, extending it back and contracting your buttocks.
- 5** Slowly come down. Now repeat on the other leg.

**IT'S NOT WHERE YOU START, IT'S WHERE YOU FINISH**

This could be your walking mantra because starting slowly and loving it will embed it in your psyche - establish it as a habit and make it part of your routine for good.

### THINK YOU'RE NOT FIT ENOUGH?

If you can walk then you're fit enough. This isn't a race. Start with a leisurely 15-minute amble every day or every couple of days and build up from there.

### THINK YOU NEED TO LOSE WEIGHT BEFORE YOU START EXERCISING?

This is your chance to do just that, explains fitness expert Joanna Hall.

"Walking is potentially one of the most effective forms of exercise," says Joanna. "In as little as two weeks, I've seen women walk off inches from their hips, thighs and tums. Get your technique right and you will see a huge difference in your body shape."

### FIND A WALKING BUDDY

Short on friends as keen on walking as you? If your powers of persuasion fall short, try joining a walking club in your area, or if they don't exist, why not start one yourself?





## Practise your style

Do it right and walking becomes easier, you'll be prone to fewer injuries and – if it's your aim – burn more calories.

» *Always look straight ahead; don't look down at the ground. It's great for posture and prevents neck stress.*

» *Keep your arms relaxed, elbows slightly bent and hands gently cupped. Move them front to back, not out to the sides as you walk, and don't let hands rise about your chest. Going uphill? Bend your arms more to pump things up.*

» *Stand tall with your shoulders stacked over your hips, and your hips over your feet. Leaning forward or back is a no-no, even if you're heading uphill. However, you can 'sit' back a little if you're going down a steep incline, but still keep your hips over your feet.*

» *Walk naturally and don't try to change your stride length; go with it instead. But to increase your speed, take shorter steps rather than be tempted to take longer ones.*

» *For the right footwork, strike with your heel first, then roll through to the ball of your foot.*

## WHAT SHOULD I WEAR ON MY FEET?

Invest in proper walking boots or shoes – ordinary trainers just won't hack it in terms of giving your feet the right support. Boots are preferable because they can cope with any terrain and weather condition, and give vital ankle support. If you're likely only to be walking in warm, dry weather over fairly flat ground, then you could 'downgrade' to walking shoes instead.



## LEATHER OR NOT?

It depends what sort of terrain you're walking on: solid leather uppers are best if you might run into boggy ground, but are heavier. Good material boots will be waterproof, but they won't give you quite as good protection when the going gets a little heavy.

# JOANNA HALL'S WALKING PLAN

## AIM FOR 5 DAYS A WEEK

	WARM UP	EXERCISE ZONE	COOL DOWN	TOTAL SESSION TIME	TOTAL WEEKLY TIME
<b>WEEK 1</b>	Walk slowly 5 mins	Walk briskly 5 mins	Walk slowly 5 mins	15 mins	75 mins
<b>WEEK 2</b>	Walk slowly 5 mins	Walk briskly 7 mins	Walk slowly 5 mins	17 mins	85 mins
<b>WEEK 3</b>	Walk slowly 5 mins	Walk briskly 9 mins	Walk slowly 5 mins	19 mins	95 mins
<b>WEEK 4</b>	Walk slowly 5 mins	Walk briskly 11 mins	Walk slowly 5 mins	21 mins	105 mins
<b>WEEK 5</b>	Walk slowly 5 mins	Walk briskly 13 mins	Walk slowly 5 mins	23 mins	115 mins



# 3 WAYS TO *whittle* YOUR WAIST

OVER-INDULGENCE CAN LEAD TO EXTRA WEIGHT QUICKLY SITTING AROUND OUR WAISTLINE. BUT WITH THE RIGHT EXERCISES – FOCUSING ON OBLIQUE MUSCLES – YOU CAN MELT AWAY THOSE KILOS FAST. TRY THESE THREE MOVES...



# 1

## *Standing waist twist*

In a standing position, come into a split stand with one leg in front. Have a slight bend in your knees, with both arms extended straight and around towards the side of the leg behind. Now slowly bring both arms straight out in front, keep tummy muscles pulled in, hold then take the arms

back around to the same side. Aim for 20 reps, then repeat on the other side, again aiming for 20 reps.

### **TIP**

Want more? Hold a dumbbell in front of your stomach, step back into a lunge and twist your torso so the weight crosses your leg.

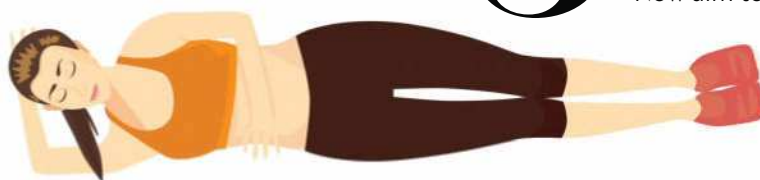


# 2

## *Reach up abs*

Lying on the floor, extend your left leg straight up, keeping your right leg slightly bent, your head and shoulders on the floor and both arms out to the sides. Now, pulling in your abs, lift your right arm off the floor and aim to touch the outside of your left foot, hold then lower back down. Aim for

16 reps then change to the other side.



# 3

## *Tummy tightener*

Start by lying on your side with your top arm bent, using your fingers for balance, and legs straight, one on top of the other.

Now aim to lift the lower part of your body very slightly off the floor, hold for a couple of seconds, then slowly lower. Aim to do 10 of these then change to the other side and repeat for 10 reps.

**DON'T JUST INCREASE YOUR REPS** of an

exercise; increase your range of motion: squat deeper or elevate your front foot on lunges. Get more from each move and your body will thank you for it.

**AIM for small goals instead of large ones, like a four-month weight-loss challenge. Instead focus on the day-to-day, like going for a run or to a gym class.**

**LIFTING WEIGHTS** sees many people contract their muscles slowly then release more quickly. If you do it slowly in both directions, you're maximising each move. Lift and lower to a five-second count in each direction.



# Short and sweet

GET THE MOST OUT OF YOUR WORKOUT WITH THESE QUICK TIPS

**UNLESS YOUR WORKOUT** is really long or tough, you don't need a sports drink with electrolytes; water is fine. If you're dehydrated, your muscles may cramp so have a drink every 10-20 minutes during your routine.

**IT'S BETTER to run twice a week consistently than to run half a dozen times and then not run for the next three weeks.**

**HOLDING A STRETCH** before a workout can tire your muscles and curb your performance. Dynamic stretching – going through the moves of your workout at a lower intensity – is better.

**TRY TO WORK OUT** at the time you have the most energy. So if you perk up as the day goes on, plan your activities in the afternoon or evening.

# EAT - SLEEP - YOGA - RETREAT!

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# Ask the expert



FITNESS COACH HEIDI LINDAHL ON WORKING WITH WEIGHTS FOR HEALTHY AGEING, HOW TO GET FLEXIBLE, AND STAYING MOTIVATED IN WINTER

## Should I feel pain when lifting weights?

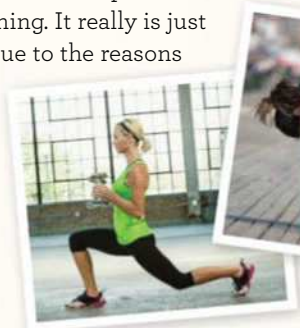
**A** No, mild discomfort occasionally but not pain when you're doing the exercise. But it is normal to feel pain from weights day/s afterwards; this is called delayed onset muscle soreness (DOMS) and happens due to small muscle fibre tears that occur when lifting weights. This is generally a good thing; it means you've challenged your muscles in a way that has caused a breakdown of tissue and as they begin to heal, they'll increase in size and strength. So focus on working your muscles to fatigue – not to or through pain. If you feel pain while lifting stop immediately and ask a professional for advice, if you think it's technique related. Or ask your GP if you feel it's more medical related.



*'If you feel pain while lifting, stop immediately'*

**I'm 55 and I've been told to lift weights weekly. Why is that?**

**A** If you've been sedentary for a while, chances are your muscle mass has declined along with strength and bone density. This can lead to increased risk of falls, fractures and overall instability as well as potentially speeding up the ageing process. While most of us understand the importance of aerobic training (such as walking, riding, swimming, etc to strengthen the heart and lungs and manage weight), we don't put as much emphasis on resistance training. It really is just as important due to the reasons stated above, as well as to increase muscle definition. So start pumping some iron!



**I'd like to be able to touch my toes; how can I achieve this?**

**A** Generally if you can't touch your toes it means you have tight/inflexible muscles in the hamstrings, lower back and calves. To improve flexibility you need to stretch these muscles regularly (at least every two days), ideally when you've warmed up. Try the yoga pose downward dog (make an inverted V with your body, keeping heels on the floor, glutes in the air and fingers touching the floor). Or lie on your back with one leg in the air with a towel around the raised foot, gently pulling the foot towards you. For an easy standing stretch, place one leg straight in front of you with the other leg slightly bent behind, and gently push down into the front heel.



**I always lose motivation in winter; how can I stay on track?**

**A** » Think of a reward to keep you pushing through, eg 20 workouts a month equals a massage  
» Commit to helping a friend exercise  
» Get your hands on some new, warmer activewear  
» Plan your workouts a month ahead. Write down each style of workout on a calendar so you take the thought out of what to do and will be less likely to make excuses.



**If you'd like one of our experts to answer your question, email it to [health@bauer-media.com.au](mailto:health@bauer-media.com.au). No personal correspondence will be entered into.**

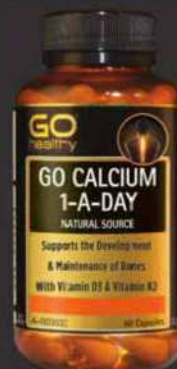


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# Beyond BOUN

IT'S A DAUNTING EXPERIENCE,  
ZONE BEHIND CAN

**W**e've all been there – opted to stay inside our comfort zone rather than having that difficult conversation, taking that fitness class we've always wanted to try, or negotiating a promotion at work because, well, it's more comfortable not to. If you can venture out of your comfort zone and make it a regular habit, you'll be able to hone the crucial soft skills your success depends on.

It's totally normal to want to stick with what's familiar. But the more time you spend clinging to your comfort zone, the harder it'll be to leave it. Many people spend their entire lives never venturing outside to find what else they're capable of. The soft skills crucial for high emotional intelligence, however – adaptability, listening, and problem-solving – are not easy to develop otherwise.

You can train yourself to get outside your comfort zone. It starts by interacting with people, ideas, cultures, and challenges in less familiar environments. Here are some tips from emotional intelligence expert and author Harvey Deutschendorf.

## » Build self-confidence

We're not all born with confidence. It's something that can be developed by setting goals, achieving

goals, and setting more goals. By being able to face your fears, you step up to do something you're not sure you can do. That exhilarating feeling that comes with achieving something risky is a huge confidence accelerator that helps you realise you're capable of more than you thought.

## » Expand your sense of possibilities

Those who never venture far will never know what might've been if they'd taken that risk. Emotionally intelligent people are good at imagining possibilities – they have a sense of what's possible despite any doubts about what's logical; the likelihood of failure doesn't alter the ability to envision success. Going outside your comfort zone can help you train yourself to imagine possibilities that might not occur to you otherwise.

## » Develop inner strength

It's a popular saying that insanity is doing the same thing over and over again and expecting a different result; that's also what clinging to familiar experiences does. Trying something new, which will make you a little uncomfortable, is the only way to test and improve the inner strength you need to push your boundaries. Even if you fail, it remains a learning tool you can draw upon next time. It's these encounters with the unfamiliar, regardless of their outcome, that result in a more ambitious, emotionally intelligent approach to life.

# *the* DARY

BUT LEAVING YOUR COMFORT  
BRING MANY BENEFITS

**THIS MONTH I WILL BREAK OUT  
OF MY COMFORT ZONE BY...**

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*'If you are tuned out of your own  
emotions, you will be poor at  
reading them in other people'*

Be  
**inspired**

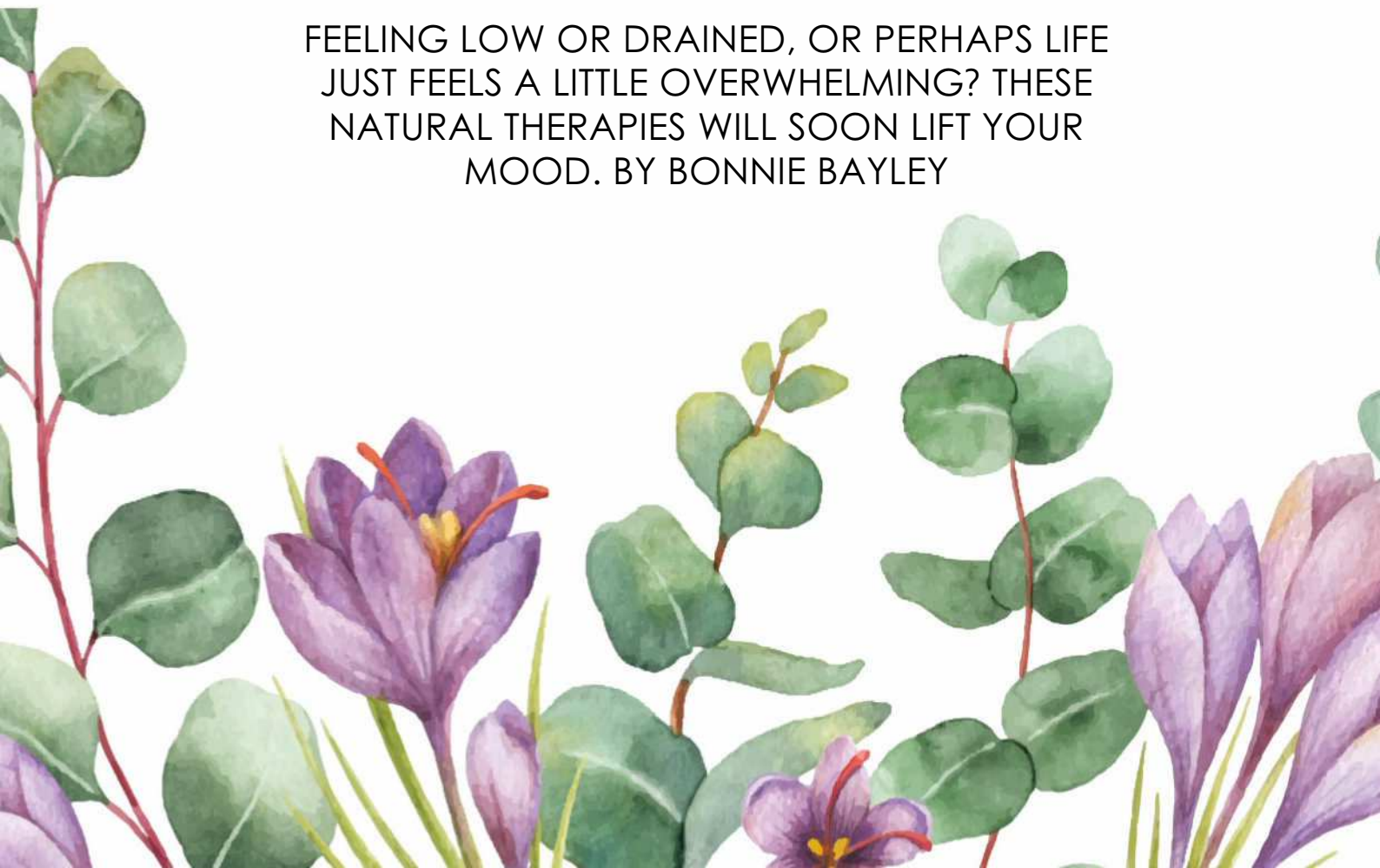
*Smart  
ways  
to look  
after your  
emotional  
wellbeing*





# *Self-help* SOLUTIONS

FEELING LOW OR DRAINED, OR PERHAPS LIFE  
JUST FEELS A LITTLE OVERWHELMING? THESE  
NATURAL THERAPIES WILL SOON LIFT YOUR  
MOOD. BY BONNIE BAYLEY



**W**e all experience emotional challenges like stress, anxiety or feeling drained from time to time. Thankfully, when these emotions surface, there's plenty we can do to overcome them, and foster a sense of calm, centredness and renewed optimism in their place. Here, we look at the best holistic and alternative techniques that can change your mood in minutes and create positive transformation in your life.

## Kinesiology 'hook-ups'

A kinesiology-based exercise, hook-ups are useful for when you feel frazzled or overwhelmed. To do them, extend your arms straight in front of you, crossing one wrist over the other, interlacing fingers and drawing clasped hands up towards your chest. Cross your ankles and breathe in, keeping your tongue touching the roof of your mouth, relaxing your tongue as you breathe out. Repeat the breath three times, then uncross your hands and legs and repeat the breath three more times. "When we're stressed, anxious or stuck in the 'fight, flight, freeze' response, all our energy rushes to our extremities, ready to run or fight," explains kinesiologist

Carolyn King. "Hook-ups bring our energy back to the midline of our body, so we can calm down."

## Tapping

Tapping (also called Emotional Freedom Technique) is a combination of Chinese acupressure and psychology and helps to defuse intense emotions. "When we tap on meridian (energy) points, while saying how we're feeling, it releases trauma and lowers cortisol levels, allowing us to look at things differently so we don't have an emotional response," explains EFT practitioner Sally Thibault. First, find a word to describe how you feel (eg stressed). Identify where in your body you feel that emotion (eg shoulders) and rank it from 1-10. Then, tap with two fingers on the side of your hand, as you say: "Even though I feel this stress in my shoulders, and it's a level 10, I deeply accept how I feel." Repeat three times. Then, tap on the following points, saying the accompanying phrases: eyebrow - 'this stress'; side

## Grounding your energy

Our fast-paced, pressured lives see many of us stuck in our heads, juggling endless stresses and mental to-do lists. Taking a few minutes to ground your energy can help tame a racing mind. "Go outside and place your bare feet on the earth and breathe the energy of the earth up through your feet and into your body," says Ruthie Johnson, heart healer and teacher of mystic arts. "I like to visualise a magnificent vine coming from the core of the earth, winding around my feet, legs and body, holding me energetically to the earth."



of eye - 'this stress in my shoulders';  
 under eye - 'this stress';  
 under nose - 'my level 10 stress';  
 chin - 'this stress'; collarbone - 'my level 10 stress';  
 under arm - 'all this stress';  
 top of head - 'this stress in my shoulders'.  
 "Take a deep breath, measure your level of stress now and repeat the round until you'd rank the stress as zero to two," advises Thibault. It's worth noting that tapping can bring up emotions, so when you tap you take responsibility for your own responses. »

## Cutting the cords

If you tend to feel flat or drained after being around people, or easily pick up on the stresses of others, cord cutting can help. "Every time we come into contact with another person we send out a cord of energy to them, and they send one to us, but if you've connected to someone with a low vibration, you may end up feeling drained," says heart healer Ruthie Johnson. "Start by closing your eyes and calling in the support of whoever or whatever you believe in, to help with the process, then say 'I now release all cords past, present and future; I am ready to release these cords from a place of love and reverence,'" says Johnson. "You might like to imagine a vortex of golden white light whirling around you, cutting away any cords." Finally, imagine your own energy returning to you like soft clouds of smoke or light.

*'When we tap on meridian (energy) points, while saying how we're feeling, it releases trauma'*

● be informed ● be nourished ● be energised ● be inspired ● simply be

## Automatic writing

Automatic writing lets you access your own inner wisdom for guidance, whenever you feel lost, overwhelmed or upset. Start by doing a few minutes of deep breathing, connecting to and breathing into your heart. Next, write at the top of a page the issue you need help with, in a question form, such as 'How can I be more at peace?', or 'How can I shake this low mood?' "Pick up a pen and start writing, without analysing what's coming through - just allow the words to flow and then go back and read it," says Johnson. "This exercise teaches you how to connect into your own divine wisdom, because the answers come from your higher self."



**'SITTING WITH YOUR EYES CLOSED, SEE YOURSELF AS IF YOU ARE CALM, CONFIDENT AND GROUNDED AND REALLY FEEL HOW THAT WOULD FEEL IN YOUR BODY'**

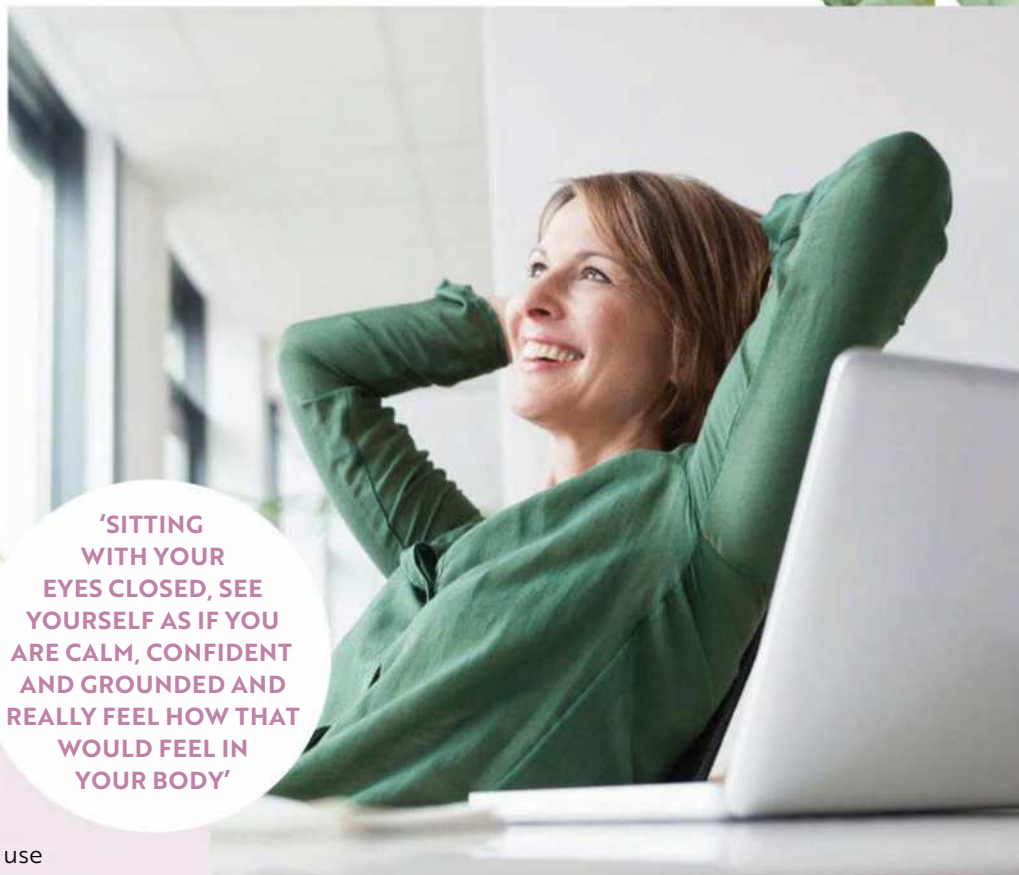
## NLP anchoring

Anchoring is a neuro linguistic programming (NLP) tool that you can use to instantly replace negative emotions with positive ones. "It involves setting in place a trigger or cue that we can use to fire off a specific emotion within ourselves," explains NLP practitioner Laura Banks. "So, for example if you're experiencing anxiety, you can fire that trigger and it will trigger good feelings in your body and basically the anxiety gets squashed."

First, decide on the positive emotional state you want to feel instead of tension, anxiety or whatever emotion you're grappling with.

"Sitting with your eyes closed, see yourself as if you are calm, confident and grounded and really feel how that would feel in your body, then set your anchor by clicking your fingers," advises Banks. Repeat the exercise for five minutes when you wake up and five minutes before bed, for at least two weeks. Once your anchor is established, simply clicking your fingers next time you feel anxious or stressed will trigger off a positive response in your body and mind.

*'Start writing, without analysing what's coming through'*



## Mindful smiling

Mindfulness, or the act of bringing your attention to the present moment, helps restore inner peace, but adding in an element of joy, through smiling, amplifies the benefits.

"It's like an added layer of wellbeing, because you're tapping into powerful, feel-good endorphins," explains Ros Ben-Moshe, director of LaughLife Wellbeing Programs.

To practise mindful smiling, take a few deep breaths and place a smile on your face.

"Think about a time in your life when everything was going really well or you felt unconditionally loved, and connect with that feeling," says Ben-Moshe. Think about how your face feels as you smile, then direct the smile into your heart space, before allowing it to travel down deeper into your gut.

"Breathe in and as you exhale, imagine every single cell, tissue and fibre of your body smiling back at you," says Ben-Moshe. Teamed with deep breathing, a five-minute daily practice can boost your mood and revitalise your wellbeing.

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# *Sleeping beauty*

SHORT ON ZZZZ'S? THERE'S A NEW CROP  
OF PRODUCTS ON SHELVES WITH STRESS,  
SLEEP AND BEAUTIFYING BENEFITS



**T**he nature of a modern 'always on' lifestyle is that we often find it hard to switch off, which ultimately takes a toll on our wellbeing. Among life's pressures, eight hours' rest and a comprehensive beauty routine can seem near impossible. However, it turns out there may be a link between stress, sleep and beauty after all, and there's a whole horde of products tapping into it.

**Puffy under eyes are a sign of too little sleep. Try an eye gel with a metal rollerball applicator and massage around eyes. Or chill two green tea bags and rest them under your eyes for five minutes to reduce puffiness.**

## Beauty sleep is real

We all know that familiar sight that greets us in the mirror after a night of poor sleep: puffy eyes, dark circles and a less than lively complexion. And if you're sleep-deprived, you'll likely be suffering from breakouts too due to abnormal cortisol levels, which fuel sebum production. So what is going on to produce all these tell-tale signs?

## While you were sleeping

Even though we may look fast asleep when we're snoozing, our body is still very active. It's in repair mode, busy reversing the day's damage. A typical night of sleep comprises five different cycles, each lasting around 80 minutes.

Each phase plays an integral role in the quality of sleep (it's not just about quantity!), so when this is disrupted the body's ability to regenerate is too.

Poor sleepers – it's bad news for your skin. You're likely to observe diminished skin barrier function, poor stem cell activity and most notably an increase in transepidermal water loss, collectively leading to a dehydrated and drained complexion, as well as premature signs of ageing.



**Look for a moisturiser that addresses water loss: Clinique Moisture Surge Hydrating Supercharged Concentrate, \$69; Arbonne RE9 Night Repair Cream, \$133; or Avene Hydrance Optimale Aqua Cream-In-Gel, \$56.99.**

*When we're snoozing, our body is in repair mode*

## Sweet dreams

We know beautiful skin starts with a good night's sleep but for many of us, it's just not that easy. From stress and lack of exercise to poor evening habits, there are a range of obstacles to us getting some quality shut-eye. Fortunately, there is hope in sight. On the following pages, we feature products that harness the power of scent to promote sleep, natural sleep aids, and a checklist of healthy night-time habits to have you sleeping like a baby. »

# The power of scent

Of all senses, olfaction (smell) is regarded as our most powerful and influential – studies have found scent receptors to be about 10,000 times more accurate than taste buds! Stimulating the brain with scent has the ability to instantly trigger memories and evoke emotions, which is the basic premise of aromatherapy. Keep stress at bay and help promote sleep by adding one of the below to your self-care arsenal.

**Not only great for promoting sleep, Epsom salts have also been found to effectively relieve muscle tension. The magnesium in the salts helps the body absorb vitamins, and helps regulate nerve and muscle function.**

## BATH SOAKS

A bath at night is a bedtime ritual with real merit. When you come out of a warm bath into a cooler bedroom, your body temperature will drop. This drop in temperature signals to your body that it's time to rest, slowing down essential functions like your heart rate, breathing and digestion. For optimum results, dissolve a scented Epsom salt solution in your next bath. Stress drains the body of magnesium and also boosts adrenalin. Renowned for its remedial qualities, Epsom salt helps to naturally replenish magnesium in the body, in turn producing serotonin, a mood-elevating chemical that induces a feeling of calm.



**TRY: Dr Teal's Pure Epsom Salt Soaking Solution in Soothe & Sleep – Lavender, \$19.95.**

*Epsom salt helps to naturally replenish magnesium*

## Calming mists and pillow sprays

Utilise essential oils in spritzing form with a pillow spray or calming mist. Spray onto your pillow or face before bedtime.

**TRY: L'OCCITANE Aromachologie Relaxing Pillow Mist, \$30; REN & Now To Sleep Pillow Spray, \$33; or Sodashi Calming Rose Face Mist, \$79.**



## HOME SCENTS

Whether dispersed via a diffuser or candle, the therapeutic effects of scents throughout your home, may well be conducive to a restful night's sleep. The healing properties of essential oils have long been leveraged, but their sedative effects are still greatly underutilised and underrated when it comes to sleep, despite the support of modern research.

"Naturally free from chemicals, essential oils are pure plant extracts with an aroma that is at least 70 times more concentrated than

the herb or plant from which it is extracted," explains Kim Morrison, aromatherapist and founder of Twenty8 Essentials. "Stress is usually emotionally driven and our sense of smell is closely linked to our emotions. Due to their chemical constituents, essential oils can help change the way you think and feel within just four seconds." Morrison recommends using essential oils through spritzing for a quick and accessible solution or an ultrasonic diffuser to alter the mood of a room.

The most common calming oils for promoting sleep are lavender, rose, frankincense and sandalwood. But beware of imitations – not all essential



**Essential oils don't come cheap, but for good reason. The extraction process is very involved. To give you an idea – it takes 10,000 roses to fill a 5ml bottle (about the size of your thumb).**

oils are created equal! "Watch out for synthetic counterparts as they don't have the same therapeutic qualities as a pure essential oil – price is often a good indicator of quality," she warns.

**TRY: Twenty8 Instant Calm, \$36.95; Natio 100% Pure Sleep Blend; \$19.95; Twenty8 Signature Diffuser, \$71.**



## Scented skin creams and oils

Swap out your night creams with those that contain both beautifying and stress-relieving benefits. Look for formulations that are predominately natural to ensure you reap the rewards of the blend. Ingredients proven to provide fast-acting physical and mental relief include chamomile, ylang ylang oil, geranium, neroli, patchouli and, once again, lavender.

**TRY: Dermalogica Sound Sleep Cocoon, \$120; LUSH Sleepy Lotion, \$16.50; This Works Stress Check Face Oil, \$74. »**



# Natural stress relief and sleep aids

Ease away the day's anxieties and encourage healthy sleep patterns with one of the below remedies.

## »» This Works Stress Check Breathe In, \$29.

This concentrated blend of pure essential oils features refreshing eucalyptus to cleanse, invigorate and help counter physical and mental fatigue, as well as lavender oil to combat tension. Roll on your wrists and pulse points at any time and breathe in deeply to relieve tension – perfect to keep in your handbag or desk drawer.

## »» Nod Deep Sleep Support Drops, \$58.

This 100 per cent natural elixir is a powerhouse blend of aromatherapeutic herbs and essences that can induce a deeper level of sleep. The hero ingredient of manuka contains sedative benefits.

## »» Osmosis Relax Harmonized Water, \$54.55.

This formula can help to promote sound sleep and minimise stress throughout the day. It works by balancing energetic disharmonies in the body and may help assist a 'harmonized' circadian rhythm. It may take up to two weeks to work, but many see results in the first few days.



## FATIGUE-FIGHTING SKINCARE

If the above falls short, mirror the glow of a full night's rest with these masks and creams, which can help reduce signs of fatigue like puffiness, dark circles and a tired complexion.

**TRY:** Aspect Gold Probiotic Sleep Mask, \$59; Lancôme Energie de Vie Sleeping Mask, \$85; The Body Shop Drops of Youth Bouncy Sleeping Mask, \$49; Nivea Q10PlusC Anti-Wrinkle + Energy Skin Sleep Cream, \$23.99; Osmosis Enrich Restorative Night Crème, \$115; Shiseido IBUKI Beauty Sleeping Mask, \$54; MitoQ Eye Renew – AM + PM, \$135; or Darphin Vetiver Aromatic Care Stress Relief Detox Oil Mask, \$81.



*Masks and creams can help reduce signs of fatigue*



## Tips for a good sleep

Healthy sleep habits can make all the difference. Try to incorporate the following sleep practices on a daily basis.

### » **Stick to a schedule**

Try committing to a similar bedtime and wake-up time every day as this will help to regulate your body clock.

### » **Detox from technology**

Limit electronic devices at least 30 minutes before bedtime. If you like to read before bed, ensure it is a physical book or e-reader that doesn't emit blue light.

### » **Remove clocks from vision/arm's reach**

Don't charge your phone near the bed – if you suffer from sleep anxiety, you'll likely feel anxious and inclined to check the time throughout the night. Move your alarm clock and phone to another area of the room.

### » **Exercise during the day**

People who exercise regularly fall asleep faster and deeper.

### » **Dim the lights**

If your lights have a dim function – use it! Alternatively, turn lights off completely 30 minutes before bed and light candles instead. A relaxing ritual each night will help to prepare your body and mind for sleep.

**TRY: ECOYA X MR COOK**  
– Pomelo, Mint & Vanda Orchid  
Madison Jar Candle, \$49.95.



### » **Avoid alcohol and heavy meals in the evening**

Both can disrupt sleep, particularly large or spicy meals, which can cause discomfort and indigestion.

### » **Temperature control**

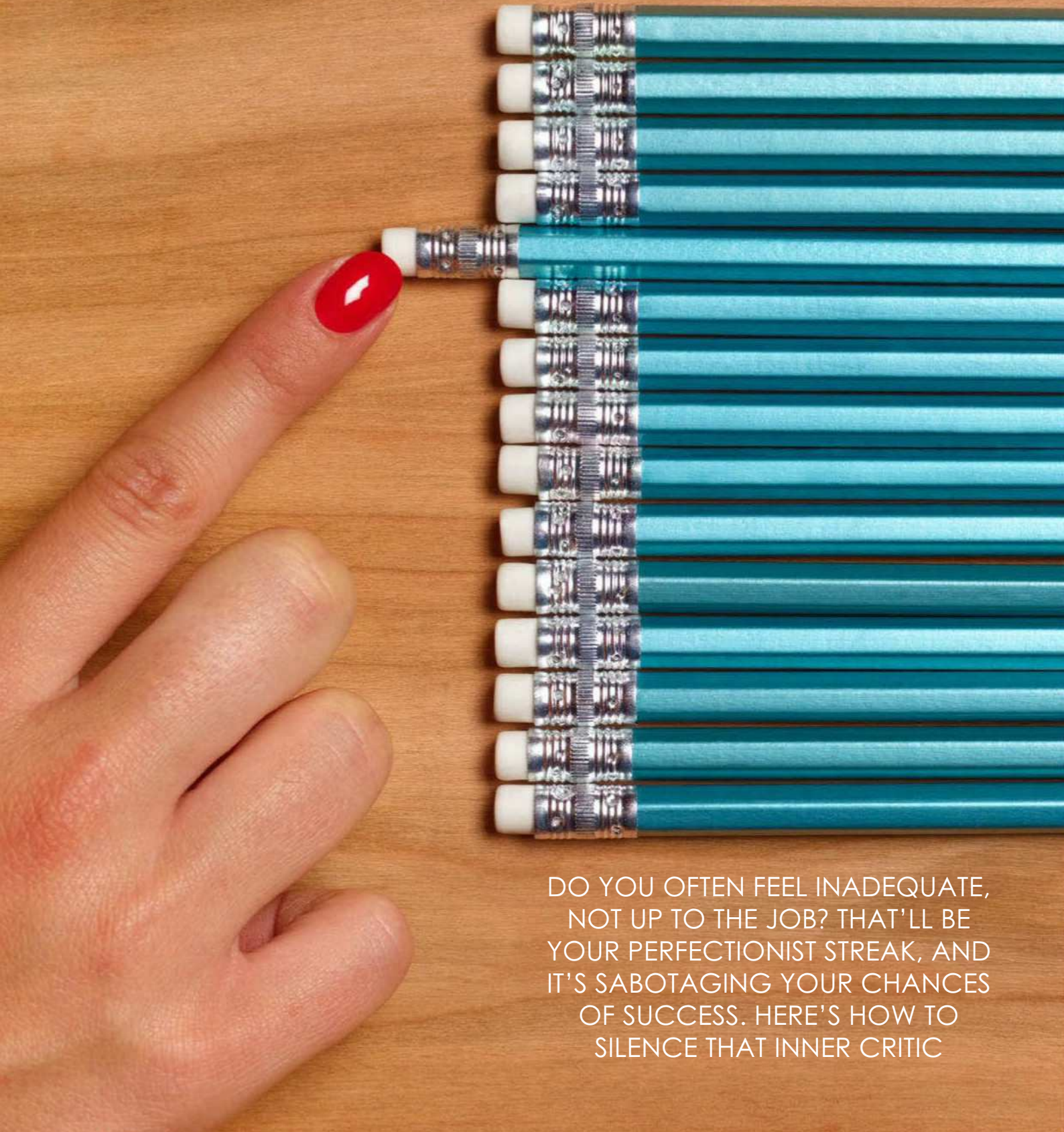
A room that's too hot or too cold will affect your quality of sleep, so take a little time to ensure the temperature of your bedroom is right for you.

### » **Limit daytime naps**

### » **No caffeine after 2pm**

**TRY: Add a scoop of Vida Glow Beauty Sleep Vanilla Chai, \$59.95, to warm milk for a yummy alternative, which also boasts sleep benefits.**

# NOBODY'S



DO YOU OFTEN FEEL INADEQUATE,  
NOT UP TO THE JOB? THAT'LL BE  
YOUR PERFECTIONIST STREAK, AND  
IT'S SABOTAGING YOUR CHANCES  
OF SUCCESS. HERE'S HOW TO  
SILENCE THAT INNER CRITIC

# PERFECT



**W**hen it comes to getting what we really want out of life, having high standards can be a good thing. It keeps us focused on our goals, it can make us stand out from the crowd, and with the right amount of effort, it can lead to some big rewards. But what happens when the scale tips too far, that high-achieving mindset becomes a burden, and that harsh inner critic starts to rear its ugly head all too often?

It may be that you're a perfectionist.

And while it sounds positive on the surface, this modern-day affliction can do more harm than good. Whether it's agonising for a week over a simple task at work, or not being able to rest before you've cleaned the house from top to bottom, perfectionism can hold us back, make us sick, and ironically, it may make us fail.

Former perfectionist Eloise King says it's a mindset that can turn you into your own worst enemy. "You're awash

with stress all the time as you're either beating yourself up for something you haven't done perfectly, or you're wishing for something in the future where life was more perfect," she explains. "This self-flagellation takes place whenever anything is perceived to have gone wrong. You do anything in your power not to make a mistake, but when you do make a mistake, you're so flooded with negativity that you can't ever learn from it or see it as the lesson that it is." »

● be informed

● be nourished

● be energised

● be inspired

● simply be

For Eloise, it was suffering a burnout that made her realise things needed to change. "It felt like everything in my life had been programmed from a place of stress and fear," she says. "I needed my decisions and actions to come from somewhere that was more loving and more creative."

## WHEN PERFECT BECOMES TIRING

Almost everyone has that 'type A' friend, but when does it tip over into something more serious?

Psychologist Sara Chatwin says perfectionism is about striving to the point where it becomes detrimental to a person's wellbeing.

"A perfectionist will try and try and try, to their own distraction," she explains. "It may start off as a desire to please others, but more often than not a perfectionist doesn't want to appeal to other people; they are mostly competing against themselves. For some people, it can be about the desire to control, and it doesn't have to be related to a job, it can show up in cooking, cleaning, parenting... There are lots of ways a person can try to attain perfectionism."

Eloise, who developed The Self-Love Project, an online programme to help perfectionists quash negative thinking, says playing host to a harsh inner critic is a hallmark of the condition.

"For a perfectionist, nothing is ever good enough; you're never smart enough, witty enough, fit enough - it never ends. Another factor is setting really lofty goals, things that are either impossible or so hard to achieve that the process of doing it can make life painful."

While it can be extremely stressful for those in its clutches, and sometimes irritating for others around them, perfectionism is particularly difficult to navigate.

"One of the reasons it's quite hard to deal with is that culturally it's seen as a positive trait," says Eloise. "This is seen

**'WOMEN FEEL MORE STRETCHED IF THEY CHOOSE TO HAVE REALLY HIGH STANDARDS, BECAUSE THEY ARE WEARING A FEW HATS'**

in the education system, and an intense focus on academic excellence can be one of the precursors to perfectionism."

## WORSE WITH AGE

Sara agrees perfectionism often starts young, and says while kids can often make the best of it, once the stressors of adulthood are added to the mix, it can become too much.

"If you're very young, you can probably make it work quite well, but once you have other things to deal with at the same time as having to maintain those high standards, that's when it gets exhausting," she says.

"When a perfectionist encounters a brick wall or gets a sense of failure, the inner critic grows. Something else happens, and it grows a bit more, and then a bit more, until it gets to be a feature - that's when people find it difficult."

While it's thought to be more prevalent

*'Perfection is the enemy of progress'*  
- Winston Churchill



in the developed world, there are no official stats on how many people identify with a perfectionist mindset. And despite what popular culture may lead you to believe, experts say it affects men and women in similar numbers.

"In my practice, I'd see about 60 per cent women and 40 per cent men with perfectionism, so it's more equal across the sexes than you might think," says Sara. "Women tend to be more verbal about it, and I think women perhaps feel more stretched if they choose to have really high standards, because they are often wearing quite a few hats. By a certain age and stage, they are often someone's mother, someone's wife, somebody's colleague or employer, so they maybe feel it more."

Looking at the bigger picture, academics say perfectionist traits tie in with our modern capitalist culture, the demise of community living, and the widespread move towards a more individualist outlook on life.

"Since about the 1970s, the Western world has had this neoliberalist position, which has elevated a competitive culture,"



Eloise says. "Rather than working for the common good in communities, we're more pitted against each other. It's survival these days to be better, smarter, more attractive or have better social networks. People have become more self-interested, and it's about having financial security in a capitalist world. But it's stressful for us, and it feeds into an anxiety about whether we will be able to keep up."

And not only is this modern malaise affecting our wellbeing, it's a mindset we're passing on to the next generation.

"Experts are now saying two in five children are showing perfectionist tendencies," says Eloise, a Sydney-based researcher who healed herself from her own debilitating burnout in 2015. "We're feeling this need to compete against each other, so in turn we think, 'if my child doesn't know how to write perfectly, compete athletically, do well academically, and have this ability to strive towards excellence, then they are going to get left behind.'"

## BREAKING THE HABIT

Although cultural norms and modern day life might be working against us when it comes to keeping perfectionism under control, it's not all doom and gloom. With the right tricks, perfectionist tendencies can be overcome, and Sara says having an honest look at how it fits into your life is a good place to start.

"It might not even be that you have to change it, but it helps to check in with yourself to see if it's affecting

you negatively," she explains. "This process can be thinking about your own behaviour more, and asking some people close to you about it. Is it controlling you or do you control it? If you feel in control of it, then it's probably okay. But if you're feeling edgy then it can be at least informative to go and check it out with a professional, and talking to a GP is a good first step."

**'IT'S ABOUT BECOMING INCREASINGLY AWARE OF THE QUALITY OF THE CONVERSATION GOING ON WITHIN YOU'**

Experts say it's also important to remember behavioural patterns are part of a continuum, so under the same banner of perfectionism, the extreme end could look very different from a milder case.

"It's not a bad thing to have high standards and to want to achieve", says Sara. "But at the other end of the spectrum, it can be dangerous. With a lot of things, if you take it to the extreme it's not going to be a good outcome."

For Eloise, who battled through an eating disorder and anxiety issues before realising her perfectionism was at the heart of the problem, the solution was to learn to control the self-criticism.

"I think a big part of it is noticing and meeting your inner voice," she says. "It's amazing how harsh and how strong that inner critic can be. It's about becoming increasingly aware of the quality of the conversation going on within you. It takes a bit of training and reflection to live from a self-loving rather than a self-loathing place, but over time it gets easier and easier, and then automatically instead of that inner critic jumping out, it's the cheerleader that is there instead."

## LOVE YOURSELF

After suffering a burnout in 2015, Eloise King set about developing The Self-Love Project, a six-week online programme to help those with a perfectionist mindset form healthier habits. With daily emails,

video coaching and 'exercises' to keep you on track, the goal is to create a mental toolkit that you can bring out when life gets stressful or throws a curveball.

[theselfloveproject.com](http://theselfloveproject.com)

REAL LIFE

## LEARNING TO LET GO

"I used to love drawing but hadn't for years. But recently I did a life drawing class where, for the first 15 minutes, the teacher got us to do quick sketches of the model: 10 seconds, then 30 seconds, then 1 minute. Initially I thought 'I can't draw anything in that time'. But first of all yes, actually you can. And secondly that wasn't the point; he wasn't asking us to do a perfect drawing, he was getting us to loosen up, to ditch our left-brain after a day at the office. It worked – and I am still drawing now." – Angela

"Getting started on something is often the hardest part for me. It's almost like that fear of something not turning out the way I want it to can take over before I've even begun! It helps if I think about all the times I have achieved a similar task before, then map out a rough plan of attack before jumping straight in." – Amy

"Sometimes when I'm fretting about not being able to do things perfectly (and feeling terrified about making a mistake) I think about the important people in my life, particularly my children, and how much I love them – through all their mistakes and imperfections. It's only when we make mistakes that we grow and learn the most. And at the very least, a mistake often makes for a very funny story in the future." – Ellen

# The next BIG THING

CAN YOU BELIEVE IT? WE'VE OFFICIALLY HIT THE MIDPOINT - TIME FOR A BEAUTY UPDATE

June is a timely, sometimes confronting, reminder that we're halfway through the year. However, when it comes to beauty, there's nothing to be concerned about - in fact quite the opposite; there is plenty to look forward to! We find out what's new and noteworthy from experts at the forefront of the beauty industry. From need-to-know ingredients to metallic makeup, the future of beauty is looking anything but dull.

## The 'it' ingredients

» Move over kale, there's a new breed of leafy-green superfoods in town, packing some pretty promising beauty benefits.

First off, matcha, the ground up powder formulated from green tea leaves. Full of antioxidants and disease-fighting polyphenols, matcha is said to deliver an abundance of internal benefits, from a boosted metabolism to increased immunity. But can your skin drink up the benefits too? Matcha powder is naturally detoxifying and anti-inflammatory, which means when utilised in skincare, it's great for reducing redness, irritation and even helping calm conditions like acne and rosacea. It's also been found to stimulate elastin production and protect against free radicals that can cause premature ageing.

**MATCHA-INFUSED PRODUCTS:** The Body Shop Japanese Matcha Tea Pollution Clearing Mask, **\$35**; Garnier SkinActive Purifying Matcha + Kaolin Sachet, **\$3.95**.



» Cannabis might seem like an unlikely ingredient in your moisturiser but there's actually real merit in topical application. 'Cannabis beauty' - not to be mistaken for the illegal variety - is fast becoming the next frontier in skincare. Last year Food Standards Australia New Zealand authorised the sale of hemp seeds for consumption, making it all the more accessible in the pantry and our beauty cabinet. Rich in antioxidants, vitamins and amino acids, industrial hemp seed oil is renowned for its hydrating and antibacterial properties. It's ideal for very dry and irritated skin, particularly skin that's been exposed to extreme weather conditions or central heating. Expect to see more of this wonder leaf in the coming months!



**HEMP-INFUSED PRODUCTS:** The Body Shop Hemp Rescue Balm, **\$35**; and Hemp Heavy-Duty Face Protector, **\$20**; Maaemo Vitalize Face Elixir, **\$59.95**; Dr Bronner's 18-in-1 Hemp Rose Pure Castille Soap, **\$12.95**; and Skin Republic Detox Charcoal + 10 Superfood Formula Face Sheet Mask (contains hemp seed oil), **\$9.99**.

» Another superfood brimming with beauty benefits is turmeric. Typically used to add kick to your food, this vibrant spice can also pack a punch in your skincare. Known for its antioxidant and anti-inflammatory properties, it's been used historically to treat skin imperfections and improve skin luminosity.

**TRY:** Kiehl's Turmeric & Cranberry Seed Energizing Radiance Mask, **\$58**; and Verso Antioxidant Turmeric Booster, **\$139**.



## 'Clean' is the new natural

While natural and organic are still huge, there's a shift towards 'clean beauty'. But what's the difference? While there's no singular definition, the clean trend embraces synthetic and natural ingredients, but with one non-negotiable: products exclude certain harmful chemicals. "With clean beauty it's what we leave out of the ingredient deck that really matters," says Kay Roby, corporate educator for Osmosis Skincare. "It means taking a more holistic approach, as to make positive and permanent change in the skin, we need to feed it nutrients not nasties." Most clean beauty products avoid parabens, sulphates, silicones and synthetic fragrances. They're also generally oncology-friendly and ideal for highly sensitised skin. "Clean is also about transparency and traceability," adds Shelley Empson, a director of Cali Press. "Consumers want to make an informed choice."

**TRY:** Osmosis Nourish Organic Facial Oil, **\$95.** »



be informed  
be nourished  
be energised  
be inspired  
simply be



## Probiotics

You may already be familiar with the benefits of taking probiotics for optimum gut health, but did you know your beauty regime could benefit from this friendly bacteria too? Introducing probiotics into your skincare can help to strengthen the skin's barrier and restore balance. So if you struggle with skin that's too oily, dry or sensitive, probiotics may be the key to a healthy, glowing complexion.

**TRY:** Elizabeth Arden Superstart Probiotic Boost Skin Renewal Biocellulose Mask, **\$85** (four masks); The Beauty Chef Probiotic Skin Refiner, **\$49.95**; and Tailor Renew Morning and Night Probiotic Serum, **\$65**.



*Probiotics may be the key to a healthy, glowing complexion*

## Beauty meets wellness

We will increasingly observe an overlap between beauty and health products, with a focus on beautifying from the inside out. We've understood for some time now that beauty isn't just skin deep - outer beauty is a reflection of how healthy we are on the inside. So if you're hoping to achieve complexion perfection solely through creams and lotions, you may want to rethink your approach. Traditional beauty retailers are now also stocking a suite of vitamins, supplements and powders to work alongside your skincare.

**TRY:** MitoQ Skin Support Complex, **\$129**; Vida Glow Beauty Skin, **\$59.95**; Nutra Organics Collagen Beauty, **\$44.95**; and Swisse Ultiboost Radiant Skin, **\$29.99**.



By the same token, market research company Mintel predicts an increase in fitness-focused products to support active lifestyles.

"Looking ahead, we will see more brands driving the 'active beauty' trend by launching innovative products that not only support consumers before and during physical activity, but aid in the recovery process as well," predicts Vivienne Rudd, director of global insights at Mintel. We can also expect to see more gym bag-friendly sized products and skincare with motion-activated technology, where ingredients are released upon exercise.

**TRY:** Clinique CliniqueFit Workout 24-Hour Mascara, **\$39**; and CliniqueFit Workout Face+Body Hydrating Spray, **\$26**.



## Glass skin

Thought you'd heard it all? Enter 'glass skin', the coveted complexion trend, which refers to luminous, ultra-smooth, seemingly 'crystal clear' skin. If you're seeking a healthy, poreless and refined glow, it requires long-term commitment. To achieve this airbrushed look, you'll need to start from within with products that deliver actives deep into the dermis. Invest in ultra-hydrating and brightening serums to give the skin a more youthful appearance. But first, your skin needs to be thoroughly double-cleansed and prepped. Smooth skin is essential for a glassy complexion, so routine



exfoliation is key, says Corinne Morley, global beauty expert for Trilogy.

"Introducing regular exfoliation to buff away dulling dead skin cells will ensure maximum absorption of product and smooth texture."

For glass skin, there is no such thing as too much hydration; swap out any lightweight moisturisers for richer substitutes. It's also key to incorporate

corrective and clarifying products into your regime to address environmental damage such as uneven skin tone. However, keep in mind it can be difficult to achieve this with products alone.

"Sonophoresis is an effective treatment that uses ultrasound technology to gently penetrate a tailored infusion deeply into the skin – it feels like small vibrations," says beauty therapy trainer Taryn Johnstone. "Results are immediate and long-lasting, with skin looking instantly more radiant and hydrated."

Other non-invasive treatment options include a course of LED light treatments, chemical peels or the cult Vampire Facial Plus.



**HYDRATING AND CLARIFYING PRODUCTS:** Kiehl's Clearly Corrective Brightening & Soothing Treatment Water, **\$54**; Murad Multi-Vitamin Infusion Oil, **\$122**; The Body Shop Oils of Life Intensely Revitalising Cleansing Oil-In-Gel, **\$25**; Ultracuticals Ultra Brightening Serum, **\$142**; and Trilogy Gentle Facial Exfoliant, **\$36.95**.

## Head to toe

You've got an extensive face care regime – all the cleansers, serums and lotions under the sun – but what about from the neck down? If you've been neglecting the skin on your body, now's the perfect time to start giving it the TLC it deserves. Brands are releasing targeted serums, creams and oils for your body, with ingredients you'd usually expect to see in your face care – perfect for when winter wreaks havoc on the skin, leaving it dry and flaky. Just as with your face products, there are varying price tiers ranging from bargain body buys to all-over indulgent experiences.

**TRY** (Clockwise from top right): Lux Aestiva Gypsy Oil, **\$42**; Grown Alchemist Intensive Body Cream: Rosa Damascena, Acai & Pomegranate, **\$85**; Shiseido Future Solution LX Total Regenerating Body Cream, **\$195**; Linden Leaves Gold Body Oil, **\$61**; Weleda Pomegranate Regenerating Body Oil, **\$29.95**; and Kiehl's Crème de Corps Smoothing Oil-to-Foam Body Cleanser, **\$54**. »

**TIP**  
The best time to apply body products is after showering on damp skin. Ingredients are absorbed quicker and retain moisture for longer.



## Powerful packaging

From high-tech delivery mechanisms to sustainability considerations, innovative packaging is the way forward. Earth-friendly packaging is also on the rise, with brands increasingly using plastic-free or biodegradable alternatives. Purveyors of the movement include handmade cosmetics company Lush, who created the world's first 'naked' shampoo and shower gels, which are like a liquid but come in solid form so there's no bottle to deal with. And gone are the days where putting your mitts in a tub of cream was the standard – now there's no risk of contamination with the new breed of airless packaging, which sees the perfect amount of product dispensed into a dish-like lid.

**TRY:** Ethique Pinkalicious Shampoo Bar, **\$22**; Lush Naked Shower Gel, **\$14.95**; Aspect Dr Resveratrol Moisturising Crème, **\$94.60**; and Murad City Skin Overnight Triple Moisturiser, **\$105**.



## Cosmetics

Here's a look at what's set to be big in beauty for the latter half of the year.

### AU NATUREL

The old adage 'less is more' has never been truer – natural is in, but before you freak out, it doesn't mean going barefaced. The new wave of complexion enhancers conceal any imperfections while also binding seamlessly and acting like a 'second skin'. "We'll see lots of minimalist makeup looks with soft contours and a sheen finish," predicts Lisa Matson, a makeup director for L'Oréal Paris. "A natural look is predominantly about the skin so your base needs to be smooth and glowing." Matson recommends taking extra time to moisturise and prime before application.

### FOR RADIANT AND NATURAL COVERAGE TRY ONE OF THESE:

L'Oréal Paris Infallible Pro Glow, **\$27.95**; Revlon PhotoReady Insta-Filter Foundation, **\$34.95**.



### Tips:

» Apply foundation and concealer as lightly as possible, building only if necessary. Mix foundation with liquid illuminator or a little facial oil for a dewy finish.

**TRY:** Lancôme Custom Highlight Drops in Rose Gold, **\$50**; or Shiseido Synchro Skin Illuminator in Pure Gold, **\$49**.



» Choose soft colour palettes in pink, peach, nudes or earthy shades to enhance your natural features.

**TRY:** Nude by Nature Natural Illusion Eyeshadow Trio in Nude, **\$29.95**.



» Natural lashes are back in – switch out heavy volumising mascara formulas, which tend to clump lashes together, for those that separate and add definition.

**TRY:** L'Oréal Paris Paradise Extatic Mascara, **\$24.95**.



## LIP STAINS

This trend is one we busy girls can really get around. The new crop of long wear liquid lipsticks is like a ‘tattoo for the lips’, meaning no touch-ups necessary and no lip bleeding or feathering. You can say goodbye to awkward stained teeth too!

**TRY:** Maybelline New York Super Stay Matte Ink in Lover, **\$19.95**; MAC Retro Matte Liquid Lipcolour Metallics in Pearl Punk, **\$42**; and YSL Tatouage Couture in Rouge Tatouage, **\$57**.



## UNIVERSAL COLOUR PALETTES

Finally, well overdue, beauty brands are releasing inclusive foundation lines and adding shade extensions to their existing ranges. One size does not fit all where makeup is concerned and for far too long the diversity of skin tones has not been catered for.

### CHECK OUT THESE ALL-ENCOMPASSING FOUNDATION LINES:

Nars Natural Radiant Longwear Foundation in Manaus (33 shades), **\$71**; MAC Studio Fix Fluid SPF 15 Foundation in NW47 (39 shades), **\$54**; and Lancôme Teint Idole Ultra Wear Foundation in Moka (24 shades), **\$57**.



## GLOW FOR GOLD

This trend is looking to outshine the rest, literally. In stark contrast to natural makeup, shimmery looks are also going to dominate. Think glittery eyelids, metallic lips, iridescent cheekbones and copper and rose gold undertones. We'll also see a first in beauty; body makeup for an all-over shimmer.

**FACE:** MAC Prep + Prime Fix+ Goldlite, **\$36**; Stila Magnificent Metals Glitter & Glow Liquid Eye Shadow in Bronzed Bell, **\$35**; Revlon Color Charge Lip Powder in Peach Pucker, **\$9.99**; and Karen Murrell Natural Lipstick in Crown Jewel, **\$29.95**.



**BODY:** Frank Body Magic Shimmer Oil, **\$21.95**; Lux Aestiva Shimmering Gypsy Oil in Rose Quartz, **\$42**; Nars Body Glow, **\$85**; and MAC Strobe Body Lotion, **\$56**.



## Smart beauty

One innovation that's predicted to gain ground is try-before-you-buy virtual technology. “New product development in augmented reality is providing the next step so consumers can now visualise the effects of products on the skin and hair before purchasing,” says Vivienne Rudd of Mintel. ModiFace, the leading producer of virtual reality apps, has already partnered with the likes of L’Oréal, Estée Lauder and Sephora to enhance the beauty shopping experience. Benefit Cosmetics recently released an app enabling users to experiment with brow styles and shades and then receive a tailored recommendation of products to create the look at home. Watch this space... things are going to get even more high-tech!

### Tip

» If glitter eyes are your thing, do your base work last. That way you can easily clean up any fallout before you apply your foundation.

# Ask the expert



PSYCHOLOGIST JENNIFER GARTH ON TAKING CONTROL OF YOUR SPENDING, KEEPING LOVE ALIVE ACROSS THE MILES, AND PUTTING FEAR ASIDE

**I want to save but every week I blow my budget and go further into credit card debt. How can I be better with money?**

- A** Find a balance between what you want now and what you want in the future. Start by becoming aware of your inner dialogue about money. For example, you might tell yourself, 'I need to go without' – suggesting you are depriving yourself. Instead think of saving as giving a gift to your future self. Call being out of debt something inspirational like 'financial freedom day'. Write the date on your calendar and plan how you're going to celebrate. In the meantime focus on replacing bad money habits with good ones. Set small achievable goals to keep you focused and build your confidence.

**START BY BECOMING AWARE OF YOUR INNER DIALOGUE ABOUT MONEY**



*'Think of saving as a gift to your future self'*

**I'm overwhelmed by too much social media. How do I shut it down?**

- A** You don't need to stop using social media – but you do need to strike a healthy balance between your virtual and real worlds. Start by taking time to identify your larger goals, such as success at work, or positive relationships. Next evaluate your social media use and determine if it's helping you meet those goals. If it's not, you will need to set aside specific times to use social media while you focus on your life goals. And remember, just because something rings or buzzes, it doesn't mean you have to answer.



**I'm in a long-distance relationship. It's been great but recently I've felt we're drifting apart. How do we stay emotionally connected when we live so far from one another?**

- A** It is possible to stay emotionally connected in a long-distance relationship – but you'll still have to invest time in this relationship in the same way you would a face-to-face romance. Talking is one of the main things you have to share when you're apart. Use it to move the relationship forward. Get in the habit of talking about the big issues as well as the little ones. Get to know one another intimately. In fact, it's the intimacy-building that can make some long-distance relationships more bonded than many face-to-face ones. You can keep the romance and chemistry alive by sending flirty emails and texts; it keeps the anticipation and excitement building for when you're together.

**I'm indecisive. I find it hard to decide on the big and little things. How do I make the right decisions?**

- A** When you can't decide it's usually because you're afraid of something, like making a mistake. Ask yourself what you would do if the thing you fear actually happened? For example, if you're thinking about a job change, but your fear is lack of money. The new role pays less than your current job, but it has other benefits. Instead of procrastinating, work out how you might deal with the reduced income, then set the fear aside and make the decision that is best for you.

**If you'd like one of our experts to answer your question, email it to [health@bauer-media.com.au](mailto:health@bauer-media.com.au). No personal correspondence will be entered into.**





### Energy boost

Floradix® Formula Liquid Herbal Iron Extract provides nutritional iron to help maintain vitality, energy and general health, combining the benefits of organic iron plus vitamins and herbs in a base of fruit juices, honey, wheat germ and yeast. RRP \$25.95. Visit [floradix.com.au](http://floradix.com.au) for more details.



### Skin's best friend

Plunkett's Vita E is high-potency natural vitamin E, enriched with rosehip oil. Natural vitamin E ensures a non-greasy formula that absorbs quickly to naturally repair and restore your dry skin, grazes and scars, and boost collagen. RRP from \$9.95. Available from pharmacies and online at [plunketts.com.au](http://plunketts.com.au).



### Go get 'em

GO Healthy is New Zealand's #1 pharmacy supplements brand, with a focus on product purity, potency and innovation. Their GO MAGNESIUM 800 HIGH STRENGTH contains magnesium, which is necessary for proper muscle and nerve function and may also be beneficial in helping to alleviate stress. RRP \$52.99 from [gohealthy.com.au](http://gohealthy.com.au).

# Talking SHOP

The choice of the best buys in store this month from...



### Healthy honey

Sourced from Australia's healthiest bees, from eucalypts far away from farm and vet chemicals in southern Western Australia, Medigum medicinal honey is cold extracted and packed to maintain its natural and bioactive properties. Medigum also uses Australia's new UAF® index to identify antioxidant levels, with UAF® ratings between 350+ and 750+. Visit [aumake.com.au](http://aumake.com.au).



### Soy flavoursome

Kikkoman Soy Sauce is a wonderful substitute for salt to keep you and your family healthy. It is naturally brewed using authentic Japanese methods in the same way it has been for more than 300 years. Visit [kikkoman.com.au](http://kikkoman.com.au).



### Got your back

Gotcha4Life Project, the charity designed to deal with men's health head-on, will officially launch during Men's Health Week. This year, Chemist Warehouse, Gotcha4Life and Lynx have teamed up to bring an exclusive deodorant body spray that will support the campaign. The spray will be exclusively available in Chemist Warehouse stores on sale on the 25th of May 2018 for ONLY \$4.99 each. Show your support and purchase your in store.

A photograph of a woman with long dark hair, wearing a light grey sweater, leaning over a man sitting on a couch. She is massaging his head with both hands. The man is wearing a dark blue t-shirt and is smiling and looking up at her. The background is a bright, out-of-focus window. The text 'A light TOUCH' is overlaid on the top left of the image.

*A light*  
TOUCH

WHETHER YOU'RE  
STRUGGLING WITH  
INSOMNIA OR  
SIMPLY CAN'T DRIFT  
OFF, AN AT-HOME  
MASSAGE MAY  
BE THE KEY TO  
SLEEPING SOUNDLY

Not just the preserve of the day spa, massages are increasingly being touted as an aid to ease anxiety, headaches and digestive disorders, as well as regular aches and pains. And for insomniacs especially, it's an easy and very pleasant way to settle down to sleep. It's not a surprising finding – after all, baby massage is one technique parents turn to when it comes to getting little ones to sleep. Numerous studies have found that regular massage sessions can improve sleep in all ages, as well as those with psychiatric disorders and cancer patients. And research suggests a three-minute massage is all the time our body needs before it can start producing feelings of calm. Here's how you can try it at home...

Lie on your bed on your side or stomach. Have your partner use their fingers to make slow, circular movements starting at the base of your spine and working up to the base of your neck. Repeat for a few minutes and you'll be all set to sleep – if you aren't already.

If you're waking up with neck or jaw pain, chances are you're grinding your teeth while you sleep, which makes the 'masseter' muscle in the jaw extremely tight. When jaw tension is consistent enough, it can travel along the neck too, creating pain, tension and general discomfort. To loosen up, find the corner of your jawbone (directly under your earlobes) with the pad of your middle finger, and move your fingers in small circular motions with as much pressure as possible. After 30 seconds, open the mouth as far as possible and then relax. Try this five times a day and before bed, and enjoy the restful sleep it brings.

simply

be

*Gentle  
ideas for  
how to  
unwind  
and  
savour the  
moment*





*An open  
mind*

## HAVEN'T FOUND A MEDITATION PRACTICE THAT'S RIGHT FOR YOU? THE ULTRA-RELAXING TECHNIQUE OF TRANSCENDENTAL MEDITATION MIGHT BE WORTH A TRY

**W**hat do Russell Brand, Gwyneth Paltrow and Oprah have in common? They've all been taught Transcendental Meditation (TM) by the American practitioner and teacher Bob Roth. As have many professional athletes, CEOs, war veterans, and victims of sexual abuse and domestic violence. He is one of the most sought after and experienced meditation teachers in the world and a passionate advocate for this particular style and its unique ability to transform not just lives but the physiology of the people who commit to regular practice. He has a new book out on the topic, *Strength in Stillness*, and here he explains why TM might be the answer you've been searching for.

**There has been an explosion of interest in meditation recently; why do we seem to need it more than ever before?**

I think stress is worse now than ever before. It's not just imaginary.

Our 24/7 plugged-in world means there's not a moment to get away - there's nowhere you can go. And we know the devastating effect that stress has on people.

I work with some of the world's greatest athletes, people who are in top physical shape; they eat as healthily as possible and they are still anxious. They can't sleep at night, they are worrying about their kids, and they feel stressed.

I think that's because we've been missing a key component in how to be healthy and well and that is that we exercise from the neck down. The science is quite clear that mind and body are connected and you can't ignore the mind when you're trying to keep the body healthy.

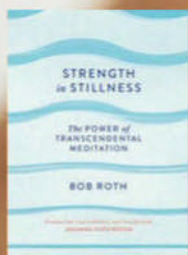
The second reason I think is that modern medicine has no magic pill you can take to prevent or cure stress. We can mask it with alcohol and caffeine or manage it with sleeping pills and antidepressant medications, but the tumour of stress inside of us continues to metastasise.

**I've heard people say they tried meditation but they couldn't make it stick. Are some of us just not suited to it?**

There's a sense that meditation means one thing - and that it doesn't matter whether you do mindfulness

meditation or walking meditation or concentration meditation. There are many different types and some are, by nature, very difficult to do, but TM is incredibly accessible. If someone comes to me and says 'I tried to meditate but I couldn't clear my mind of thoughts and I found it very frustrating', I say 'Don't stop there, try other forms'. The problem is not going to go away. The trajectory that we're on is not suddenly going to get peaceful. It's going to get more intense. »

**'OUR 24/7 PLUGGED-IN WORLD MEANS THERE'S NOT A MOMENT TO GET AWAY'**



Strength in Stillness, Bob Roth, Simon & Schuster, \$19.99

*TM gives an experience of inner calm and*

**What if the thought of being alone with your thoughts is confronting or even scary, especially for people who have been through something painful or traumatic?**

TM gives an experience of inner calm and stillness that is incredibly satisfying and provides a great feeling of safety and security. Sitting with your eyes closed doing nothing is for many people a frightening experience because it is like a treadmill going around and around, reliving the trauma. The mind can have, on the surface, many anxious thoughts and many types of meditation try to suppress those thoughts or force them out. That can be difficult and frustrating and frightening. Transcendental Meditation doesn't mind those thoughts. They're there, but it dives beneath to a level of peace that most of us have forgotten we even have. When we experience that, the body heals itself and the brain heals itself. So we work with veterans who have PTSD and women and children who are survivors of domestic violence and they love to learn Transcendental Meditation because it's a safe and comfortable experience.

**Is there really a calm place already inside each of us that we can learn to tap into?**

There is, and it is not something we have to believe in, something we have to visualise, or something we have to convince ourselves of – it's as real as my nose is real – but it's under the waves. For some people the word transcendental is a little off-putting. They say 'How do you know when your 20 minutes are up?' and I say 'You just look at your watch. You're not going somewhere.' We can sometimes go from calm to angry in 20 seconds flat, but we can also go the other way. We can go calmer and deeper and quieter.

**So how does TM differ from other types of meditation?**

There are three types of meditation. There is focused meditation and that is concentrated attention – like at the end of a yoga class where they say 'Now clear your mind of thoughts'. That's working with thoughts on the surface of the ocean, to stop trying to make waves. The second type is open monitoring, which is many mindfulness techniques. It's an observational approach; just dispassionately watching your feelings come and go. Both of these train your mind to think in a

**'IT JUST SHOWS THIS PROFOUND HEALING AND RESETTING OF THE SYSTEM'**

particular way but they're not overly physiological. TM, the third type, gives access to that peaceful state within. When that happens your body gains a state of rest that many regard as twice as deep as the deepest state of sleep, which doesn't show up in other forms of meditation. If you get a good night's sleep, cortisol levels could drop 10-12 per cent. In TM, cortisol levels drop 30-40 per cent. It just shows this profound healing and resetting of the system that you don't find in any other form of meditation. It's really giving your body profound relaxation. That's why people with trauma are healed and those of us regular folk who are balancing impossible demands at home and at work benefit from it so immediately and so enormously, because it's so easy to do.

**So how do we learn TM?**

The types of meditation where you're clearing the mind of thoughts can be taught online but to have that transcendent experience of your own inner stillness and silence; that requires a couple of hours of individual guidance from a teacher. TM is a non-profit organisation in Australia and you can go to [tm.org.au](http://tm.org.au) and find a practitioner. There is a course fee, but if you can't afford that then there are grants and scholarships and loans just like any educational organisation.

**QUICK THOUGHTS**

**» What if I don't have time?**

People sometimes say they don't have time, but the people who meditate say it adds hours to their day. Your mind is clearer, you have more energy to get things done, you don't have dips during the afternoon where you have to drink coffee.

**» Can my kids do it?**

Lots of families are now learning to meditate because parents are very concerned about the stress loads of their kids at an early age. I think for parents to be able to set a model for their kids – showing that they're going to take 20 minutes out to recharge – is a wonderful example.

**» Is it hard?**

I'll use a quote that Cameron Diaz gave about it, "TM isn't just the easiest form of mediation I've ever done in my life. It's the easiest *thing* I've ever done in my life."

**» How long before I feel different?**

The ability to dive within happens within the first four days. You've got it. But the reason why we're doing it is for how we feel afterwards – the ease, the calmness – that grows. We start noticing it after the first couple of days or weeks but it grows. The same as when you water a plant. The benefits continue to grow from the same simple practice.



stillness that is incredibly satisfying'

“



**When Jessie Kollen learned Transcendental Meditation, her life began to change – but not in the way she expected.**



I was looking for enlightenment. Only I didn't say that when my teacher asked. I wanted freedom from the tearful blues shadowing me since my relationship broke up. I didn't say that either.

I said I had come to learn Transcendental Meditation (TM) because I wanted a tool to improve my quality of life – something practical, something that would work. My teacher, Martin Davy, nodded approvingly.

I added that I had tried meditation and it always turned into a full-on thinking session.

“Well, you might find this a big waste of time then,” my teacher laughed.

Wait. What? I had paid my hard-earned money and driven my tired Corolla with the hubcaps missing to the first of four sessions to learn the technique of Transcendental Meditation, and now he was telling me I might be wasting my time?

Turns out I wasn't. Turns out learning TM actually gave me

time. It granted me a wish I had made every New Year for the past five years: that the upcoming year would be slower, less stressful, with fewer emotional dramas. The wish never came true. But, little did I know, as I finished my first session and trotted down the driveway of the Maharishi Invincibility Centre (yes, invincibility) that the technique I had just learned would effectively slow down the pace of my life. Finally, I would have some real peace and quiet.

Over the next four days I practised the TM technique for 20 minutes, twice a day at home, while also heading back to the centre for further classes – this time as part of a group. Our teacher explained how stresses rise and release, our awareness increases, mental clarity grows and creativity thrives. I felt transported by my early experiences of the technique – people often report immediate changes to their mental and physical health – but I am not the sort to be swept away by the thrill of mere novelty! So I said nothing and waited for the supposed marvellous benefits to reveal themselves.

My 'group' (me and one other person), cheerfully challenged our teacher on almost everything about the knowledge that accompanied our newly-learned meditation practice. The teaching is rooted in the ancient Vedic texts of India, and, thanks to the spiritual and intellectual adventures of the 1960s,

TM comes to us with flowers in its hair and its feet planted in the field of quantum theory. The Transcendental Meditation movement is certainly dedicated to science, with huge numbers of studies, both independent and by the TM organisation, showing the measurable benefits of the practice – longevity, stress release, lowering blood pressure, anxiety reduction and more.

I was fascinated by a chart on the wall of the TM Centre. It maps the levels of human consciousness in a Feynman-type diagram. It's testament to TM founder Maharishi Mahesh Yogi's education in physics, as well as our society's obsession with quantifying and measuring the steps to success. But how would we quantify the profound benefits of something like Transcendental Meditation anyway? My answer is most probably you can't – and the clue is in the name. The essence of the word 'transcendence' is that you transcend, leaving behind all the objectives, measures, thoughts, things and feelings of the body and the world.

Eleven months later and I continue with TM, 20 minutes, twice a day. My life is good, no longer racing at a hectic pace, yet I'm still participating in a stream of projects and relationships. I haven't reached enlightenment (surprise), the passing months have healed the broken heart and, when I have a lot on my mind, meditations can still turn into a full-on thinking session.

What did TM change about my life? It's difficult to measure, but what is certain is that it has changed. Something very good is happening. Sometimes, and this is an intimate confession, I am vividly aware of the wellspring of life within and all around. It's easier to notice this creative force everywhere, at any moment, now I have a practice giving me time to experience it every day.



# STRESS BUSTERS

IT'S EASY TO TAKE ON TOO MUCH AND END UP FEELING FRAZZLED. SO KEEP YOUR STRESS LEVELS IN CHECK WITH THESE SIMPLE HABITS

## STRETCH OUT TENSION...

*For an aching back or tense shoulders and neck try this routine from fitness expert Lucy Wyndham-Read.*

### STRETCH TO THE STARS

Re-engage your posture first thing in the morning to quickly readjust your muscles and pull everything back into place:

- » Stand with feet hip-width apart and arms by your sides. Imagine you have a piece of string from the top of your head pulling you up to the ceiling, so you lift your entire body, making it as tall as possible but still keeping your feet firmly placed on the floor.
- » Keep your tummy muscles pulled in tight and take a deep breath in; as you inhale, raise both your arms directly above your head and gently clasp your hands, then very slightly bend your upper body to the right, hold for a couple of seconds then return to the other side, while taking deep breaths in and out.
- » Be sure to not lean forwards or backwards as you do this. Repeat these alternating side stretches 10 times every morning.

## TIP

For perfect posture, sit tall with feet flat on the floor and visualise that someone has dropped an ice cube down your back. This will instantly realign your spine and naturally pull you upright.

## HANG ONTO THAT ENERGY!

*If your energy levels have taken a nosedive, the smart thing to do is shore it up ASAP with a daily superfood smoothie. Delicious and effective!*

### GREEN SMOOTHIE

This is sweet and yummy and makes a good breakfast if you're in a hurry! Blend together...

**1 banana**, 2 Medjool dates,  $\frac{1}{2}$  cup cashew nuts, handful each of spinach and kale, **2 cups coconut water**. Serves 2

*Shore up your energy with a daily superfood smoothie*





## CONNECT FOR CALM

*In the rush to carry out our usual routines, it's easy to forget how grateful we are for friends and family. According to research from Harvard Medical School, showing gratitude can make us happier and healthier, sleep better and boost confidence! Instead of signing thank you cards at speed with a stock phrase, let writing them become a calming mindfulness therapy. Here's how...*

- » Clear a softly lit desk in a quiet room and set it up with cards, pens and some pictures of friends and family. (Decluttering a space instantly calms you.)
- » Write a warm hug. A thank you card or short note can feel like an embrace to those who receive it. Let them know how much they mean to you, share memories or make plans to meet. Make each card personal and lose yourself in the writing.
- » You'll feel calmer and sleep better thanks to a job thoughtfully done.
- » Finish with a stretch and a moment to relax.



## DE-FRAZZLE THE FAMILY

*You need to cool things by stealth with a soothing room spray that's a breeze to make yourself.*

### ROOM SPRAY

Mix in a spray bottle, **60ml water**, 30ml alcohol (vodka is good), **20 drops of essential oils – rose and geranium are great calmers**. Shake then spritz around the room when things feel tense and scratchy.

## NEED AN ENERGY FIX? JUST ADD FIZZ

*Yes, it's the fizz that makes those vitamins work at speed, getting you back to bubbly in no time. Plunk one into a glass now if you're...*

- » **Low in energy:** You need a fizzer that has energising B and C vits plus a kick in the pants from something like guarana.
- » **Worn out:** There's no debate; B vits are the way to go for a great big blast of get up and go. A fizzy B vit combo will do it every time.
- » **No oomph?:** Magnesium tablets can help give you a lift, as magnesium supports muscles and nerves.

## SOOTHE INTO SLEEP

*If your to-do list is keeping you up at night, a deeply soothing essential oil can bring sweet zzzs.*

- » **Which oil?** Sweet marjoram, with its calming and sedating action, can ease nervous tension and help create peaceful sleep. As a bonus, it's also terrific for muscle and joint aches. Drop into a soothing pre-bed bath. Mmm...
- » **How?** Add 5-8 drops to a spoonful of full-fat milk and pour under the water as it runs into the bath. Now slide in and relax.

## REST TO RESTORE

*What do you do when you've been chasing your own tail for ages and you're exhausted?*

- » Get busy doing nothing - that's right, absolutely nothing. Give yourself an evening off, put your feet up and take some olive bach flower remedy. Olive is for restoration, the remedy for exhaustion after real effort. It's said to either re-energise us or give us the go-ahead to rest properly and be refreshed. What's not to love?
- » Take two drops in a little water four times a day until you feel better. How easy is that?





## REFRAME YOUR MOOD

*Go from stressed to serene in the time it takes to have a shower! Aromatherapy shower melts are the sexy way to breathe in mood-changing oils. Throw one in the shower tray and the moment the water hits, that therapeutic fragrance gets released sauna style. Super-easy to make for yourself too.*

### MAKING YOUR SHOWER MELTS...

Yes, even making them is a therapy session – mindful and soothing...

» Take **2 cups bicarbonate of soda**, 1 cup citric acid, **2 tbsp water** and 30 drops essential oil. Mix the bicarbonate of soda and citric acid in a large bowl. Mix the water and the essential oil together in a jug. Slowly drizzle the water and oil into the mixture, very little at a time, mixing until it resembles wet, mouldable sand. Tightly pack into a silicone ice cube tray (use one with interesting shapes) and leave for at least 12 hours then pop out and store in a tin or glass jar. Simple!

## TIP

Try sprinkling oils onto a flannel and throw that in the shower tray!

Which oils? You can use something simple like lavender to rebalance, grapefruit to energise, or eucalyptus to bring focus. Or get clever and mix lavender, geranium and rose for the most relaxing blend.

## SIP AWAY THE JITTERS

*Over-wired nerves are often at the back of so much angst, so giving caffeine the elbow makes sense. Switch to herbal tea instead.*

» **Nervy tum?** A quirky blend of fennel and seaweed can help detox and soothe a dicky digestion – good for de-bloating too.

» **Feeling low?** A good way to get you back on track is to steep fresh mint for a calming reset effect. Also good for nervous tummies.

» **Lost focus?** Ginkgo could be the herb for you, as it's said to improve concentration and memory. Drink first thing!

» **And if you can't sleep for fretting...** Try a nightcap with hops, chamomile and relaxing magnesium.



## HUG ANXIETY GOODBYE

*Fretting over an event you're not confident about? Try giving yourself a hug... "It's a wonderful way to release anxiety and the feeling of containment offers a sense of focus," says psychotherapist Patrizia Collard.*

### DO THE KNEE HUG...

» Begin in a relaxed, comfortable position, lying on your back on a yoga mat or blanket. If you need to support your

neck, use a pillow or a rolled-up towel.

» Bend your legs into the chest and gently hold them, but avoid pulling them, into your chest. Keep your spine long as you press each vertebra into the floor, and avoid hunching your shoulders up. Pay attention to your breathing.

» Hold for as long as you feel comfortable.

» Gently let go of your knees and relax your body into the floor.

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# Gather ROUND

WHAT REALLY  
HAPPENS AT A  
SACRED WOMEN'S  
CIRCLE? LINDA  
MUSIC FINDS OUT

**W**hen I told my husband I would be participating in a sacred women's circle, he half-jokingly asked if we would be dancing naked around a fire, sacrificial frogs in hand, chanting and summoning the spirits. Although I laughed at his feeble attempts at humour, a tiny part of me cringed. What if it did get too weird?

My curiosity about sacred women's circles came about after numerous photos of such events kept appearing on my social media feeds. The images were of women sitting peacefully in, yes, a circle around a setting usually comprised of colourful flowers and candles which illuminated the surrounding darkness with long, flickering, golden shadows.

These images stirred something within me and I yearned to discover what such a peaceful and mystical evening might entail.

And surprisingly, once I made the decision to attend a women's circle, not one but two, were advertised. I signed up for both.

## ***Kemps Creek***

The first women's circle was held in Kemps Creek, in Sydney's outer periphery. The rural backdrop was the perfect introduction to an evening designed to remove us from the stresses of everyday life.

I turned up to find the facilitator, Rita Panuccio from Radiant Healing and Wellness, standing outside with sage stick in hand, cleansing the aura of each participant as they entered the sacred space. Alarm bells instantly rang in my mind. I knew that my sensitive nose would not appreciate inhaling the smoke and smell that accompanied this cleansing. However, I needn't have worried. Rita was respectful of my preference not to participate and I was invited to enter the sacred space without undertaking this ritual.

Having escaped the aura cleansing, I was delighted to enter the room which was the space that myself and 10 other women would occupy for the next few hours. Just like the images I had seen on Facebook, the room exuded a sense of peace. Cushions and blankets were arranged in a circle and, as I positioned myself on the floor, I became excited about what the evening would hold.

After our introductions, Rita opened the circle with a meditation welcoming the elements, which were all represented »



Since prehistoric times women have sat around a fire for ritual and to empower one another and share advice. It was common for women to come together in this way to sew, cook and share stories.

*'Rita opened*



● be informed

● be nourished

● be energised

● be inspired

● simply be

*the sacred circle with a meditation'*

in the centre of the circle: fire as represented by the candles, water in which the candles floated, air signified by a single feather and the earth signified by our own connection to the earth on which we sat.

A brief meditation followed before we moved into the theme of the evening which was 'Letting go of the mask and embracing our feminine authenticity'. Through discussion, we explored the idea of the different masks we wear. It was enlightening to hear each woman's story and to realise that, despite our differences, we all had similar issues around taking care of others while neglecting ourselves.

We were then given the creative task of drawing on a paper mask. The purpose of this activity was to illustrate the duality of the face we show to the world and the private face we hide. I was surprised by the number of drawings which depicted the private side of the mask strewn with tears.

Our artistic endeavours were followed by burning the very masks we had just illustrated. As we threw our artworks into the fire we symbolically released the masks which no longer serve us and, in doing so, made a commitment to live our lives more authentically.

The rest of the evening was spent talking, listening and giving advice to one another as each woman explored the need to take off the mask she usually presented to the world.

### **Austral**

This women's circle was held in a semi-rural bush setting in Austral, also on Sydney's outer periphery. Just like the previous women's circle, I entered a room in which cushions encircled a beautiful yet simple centrepiece comprised of a Tibetan bowl, Australian native flowers, quartz crystals and oracle



cards. In its simplicity, the centrepiece evoked not only a sense of calm and peace, but also a feeling that this circle was as natural as the bushland setting.

The circle was facilitated by Vivienne Dias, a yoga teacher of 13 years and it was her authentic approach that gave the evening substance and credibility.

The night's theme was 'Stepping Out of Fear', and we commenced by chanting three Oms while Vivienne accompanied us on an instrument I had never seen before: a harmonium. I chose not to chant but rather focused on listening and absorbing the sounds as the music and chanting merged into one.

We lit candles, infusing the evening with a sense of mysticism, and then dedicated our participation in honour of the women who lived before us as well



*The circles are a space where women can simply 'be'*

as the women in our lives today. Up to this point, I was feeling comfortable. But that all changed when Vivienne announced that in keeping with the evening's theme, she wanted to try something new. I glanced nervously around the room. Maybe my husband was right about the frogs after all. But what she suggested was scarier to me than any frog. She wanted us to dance! Well, it wasn't dancing exactly. We were instructed to stand with our eyes closed, feet rooted to the ground and simply move slowly to the music. My mind resisted and came up with a million reasons why this was a bad idea. However, I wanted to be open to the experience so I got up, closed my eyes and began to move: imperceptibly at first. But then something happened. I let go and my body gently moved with the music as though it had developed a mind of its own. A gentle, rhythmical swaying took over my body and mind and I moved into a wonderful meditation state. When the music stopped, I didn't want the experience to end.

Unlike the first Women's Circle which involved a lot of talking, sharing of problems and giving of advice, this circle encouraged us to look inward to find our own answers.

Gifted with beautiful journals embossed with the words 'Make it happen', we were instructed to ponder and write answers to a series of questions, including what our life would look like if we weren't afraid to fail, the blockages we saw in our lives that prevented making our dream life happen and, finally, our intentions about the things we would put in place to move towards attaining that life.

In the previous circle we had burned masks. Here, we burned the papers which listed all the things that we perceived were holding us back. It was strangely liberating to burn the negative words I had written because, for me, it affirmed that I myself was responsible for my perceived blockages and I could simply release them if I chose to.

The evening was full of rituals and although I've never really been comfortable with those kinds of things, Vivienne made it easy to understand. You see, it isn't the rituals themselves that are important but rather it's about making a shift in our minds to start believing and moving towards our own possibilities.

So, my husband was right. There was fire. There was chanting. There was even dancing.

Luckily, there was not a single frog in sight. But what my husband didn't know, and I couldn't foresee, is that women's circles are sacred because they're a space where women can come and escape their busy lives and simply 'be'.

And, for many of us, sometimes that's just what we need.



## How to host your own

You may not find a women's sacred circle group near you – so why not start one? There's no right and wrong. It's all about creating a safe space for women to feel gently supported. But here are some suggestions to get you started.

- » Find a co-creator you can brainstorm ideas and organise with.
- » Pick a date: It's important to fix a day and time and start inviting people so it becomes a firm commitment. Try to keep the attendee list the same each time; that way a relationship will build and people will feel safe to share.
- » Pick a theme: Google other women's circles for ideas but anything goes. It could be as simple as 'Self-care', 'Self-belief', 'Gratitude', 'Creativity' and so on.
- » Set a start and finish time. This is important to keep everyone focused and so people can plan around babysitters and so forth.
- » Set the scene – gentle music, candles, cushions. You can even build an 'altar' where friends can bring something relevant to the evening's theme.
- » On the night, talk people through the structure of the evening and introduce the theme. State the intention of the session.
- » Ask people to introduce themselves by answering a couple of questions, eg What do you do? What's your strength/superpower? What would you like to change in your life? What would you do if you weren't afraid/if money were no obstacle?
- » You can opt for an opening ritual if you like, for example lighting candles or burning a bundle of sage. Some people like a talking stick (a Native American custom) to pass around which gives each person the authority to speak.
- » Give out an exercise. You might get people to write/draw something on the theme.
- » Choose a closing ritual/activity, eg a song/poem/group meditation.

Last but not least, finish with a cuppa and some cake!



# YASMIN BOLAND REVEALS WHAT YOUR STARS HAVE IN



## Gemini

MAY 22 - JUNE 22

***If your plans for study and/or adventure are on hold for a bit, that's okay. Delays actually have 'for the best' written all over them. Try not to get too upset, but rather adopt a wait and see attitude. There is a good chance that you're dreaming of changes and travel when staying where you are would make you happier right now.***

### EXPRESS YOURSELF

**T**here is a really easy way to tap into the New Moon in chatty Gemini. This is a particularly powerful thing to do if you have been having trouble finding the words you need. Focus on the point at the bottom of your throat. This is where you find your throat chakra which

is sky blue in colour. If you have a pendant which can easily sit there and which is sky blue, wear it all this month while the Gemini New Moon energy is around, or at least as often as you can. Gemini is the sign that helps us to write, speak, and generally express our thoughts and our will.

If you don't want to wear a pendant, it will also work brilliantly to just imagine the colour sky blue spinning on your throat chakra area. Suffice to say it will get your throat chakra in better order which will boost your ability to speak your thoughts more clearly.

*Gemini helps us to express our thoughts and our will*

### Cancer

JUN 23 - JUL 23

You have triple the chances to make money this year thanks to the rare Mars retrograde in your Cash Zone. It means you have the planet of determination that chases success, Mars, in your Money Box for longer than usual. Don't let delays throw you off track when it comes to believing in your financial potential and what you can achieve.

### Leo

JUL 24 - AUG 23

So how is your love life? If it's been a bit slow of late, that's because sex planet Mars is reversing in your Love Zone. Use this time to bring peace to at least one of your most important relationships. If you have been too quick to get angry lately, June will show you the benefits of counting to 10 before you ROAR!

### Virgo

AUG 24 - SEP 23

If you feel like you have lost a bit of your spark, don't panic. You are experiencing the reverse cycle of Mars in your Daily Work and Health Zone. If you're low on energy, go a bit easy on yourself and systematically review how well you're looking after yourself. A very good time to go back to an old job.



# STORE FOR YOU THIS MONTH

## Libra

SEP 24 - OCT 23

If you're a creative Libran, then you might have to work through feeling a bit blocked this month. Don't push too hard to break through this. Maybe you need some time out from this project. Delays to do with kids and romance can also crop up now. A romance which didn't work out first time around could work out now.

## Scorpio

OCT 24 - NOV 22

Avoid allowing issues at home or with family take up all of your time. Of course, it has to be family first, but find a balance. There is a fair bit of potential for familial dramas, but your working life also deserves your attention (and can be a source of fulfilment). Sort things out privately and then blaze a professional trail.

## Sagittarius

NOV 23 - DEC 21

You're being tested. The shout-y planet of anger, Mars, is in your Communications Zone for an extra-long time. Use this to wake yourself up from your post-Saturn slumber and to start to express yourself more freely. Being open-minded rather than petty is definitely your best June option.

## Capricorn

DEC 22 - JAN 20

The Mars retrograde is taking place in your 2nd House, which is the part of your chart which is all about cash, property and possessions. This is good as it means Mars will be boosting your determination to succeed for a while to come. However, you could find that it feels like two steps forward and one backwards this month.

## Aquarius

JAN 21 - FEB 19

You need to watch your temper and keep a lid on it, as Mars reverses through your sign this month. We are talking 'least said, soonest mended' so take a breath if and when you feel your displeasure rising and the temptation to let rip at someone starts to feel a bit overwhelming. This is about you learning to manage anger.

## Pisces

FEB 20 - MAR 20

If you're not sleeping well, thank Mars, who is stirring up fears and doubts for you. This time in your life is important as it's a cycle where you need to be brave and face your fears. Push through them so you can start to manifest the life you want. If you succumb to fear, you'll attract more fear!

## Aries

MAR 21 - APR 20

If you want to make the most of the current astro-energies as your ruler Mars retrogrades, you'll need to slow down a little. This is the time for you to explore what life is like when you're not racing at it 100 per cent of the time. B-r-e-a-t-h-e. It's also a great time to sort out an upset with a friend.

## Taurus

APR 21 - MAY 21

Whether or not you're on holiday, June is a month for you to take it a bit easier at work. As ambitious as you may be, you need to remember that you can't get everything down all at once. Accept that delays to your professional plans could well be happening for a very good reason you don't understand yet.

## TOP 5 POWER DATES OF THE MONTH

The energies on these dates will be extra intense for everyone

### » JUNE 6

Good for love, money and communication

### » JUNE 14

New Moon in Gemini

### » JUNE 16

A good day to make a deal

### » JUNE 27

The urge to move forwards subsides... take a break

### » JUNE 28

Full Moon in Capricorn

## YOU ALSO NEED TO KNOW THAT...

It's only been a month since the planet of chaos, Uranus, changed signs, moving from Aries into Taurus. Even if you're neither of those signs, it's likely you are feeling a bit wired and possibly a tad discombobulated. This is because of the new jangly Taurus/Uranian energy, which sets everyone just a bit on edge as we acclimatise to it. If you are a meditator, or you do yoga or you chant, it will be a good idea to up your practice this month. That will help you to ride the waves.



be informed

be nourished

be energised

be inspired

simply be



# Last word

ACTOR AND MODEL NICK BRACKS IS SPREADING THE WORD ABOUT MINDFULNESS WITH HIS NEW APP, HAPPY WAVES. HE LETS US IN ON HIS TOP HAPPINESS BOOSTERS, FAVE WELLNESS RITUALS AND HIS IDEAL WEEKEND

*Where is the next place on your travel wish list?*

India! I think it would be an amazing experience and I love going to places vastly different to Australia.



## HOW WOULD YOU PLAN YOUR IDEAL WEEKEND?

The perfect weekend for me is being at our family holiday house in Wye River, filled with exercising, swimming and just relaxing with family and friends.



## What are your favourite ways to boost happiness?

*Exercise and meditation help keep me balanced. I'm also lucky I'm passionate about acting, so being able to work in this industry keeps me happy. And travelling, helping others or spending time with friends.*

## WHAT MADE YOU WANT TO GET INTO ACTING?

I initially did it to help with public speaking and to get out of my comfort zone, and then ended up falling in love with it!

## WHAT ARE THE KEY MESSAGES YOU WANT TO SHARE ABOUT MENTAL HEALTH?

That it can affect anyone and there is no shame to it. In fact, it is a part of life. It is a part of the human experience and we need to educate ourselves about removing stigma and finding healthy solutions. It's important to talk to someone if you're feeling low, and if you can't turn to family or friends, seek the help of a professional either through a face-to-face consultation with a psychologist or online through something like Lysn.



## What book is currently on your bedside table?

*12 Rules For Life: An Antidote to Chaos, Jordan B. Peterson.*

## WHAT'S THE BEST PIECE OF WELLNESS ADVICE YOU'VE EVER HEARD?

*Do what you love and try not to worry about what others think.*

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