

EXPERT SPECIAL! 15 Women Who Will Change Your Health & Happiness

AUSTRALIAN Women's Health

It's Good To Be You

24-Page Section...

YOUR FITTEST BODY *Fast!*

Tailored Workouts To
Trim, Tone & Transform
In Just 4 Weeks

Build A Healthier Pizza

Easy (Not Greasy) Recipes

NEW RESEARCH

TAP INTO
YOUR NEW
SECRET
POWER
SOURCE

BEST SEX EVER
High Fives All Round!

Stress-Proof
Your Work Day
P155

12
WAYS TO
BURN OFF A
CHOCOLATE
BUNNY

**Sleep
Better
Tonight**
(Hello, Energy!)

The
Healthy
Hair &
Skin
Guide
P146

Pacific magazines

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Tips our trusty pros give and follow

THE BEAUTY EXPERT Dr Elizabeth Dawes-Higgs

An award-winning consultant dermatologist, Dr Dawes-Higgs has a private practice in Sydney and performs medical and cosmetic dermatology with a special interest in laser. She's also actively involved in teaching and is a tutor and mentor for dermatology registrars. Check out her website, dermatologist.com.au, and look out for her upcoming blog, featuring expert advice.



HOW I LIVEN UP A DULL PARTY Tell a funny story

Everyone has a passion about something – you just have to find it. Oh, and I love to laugh at my own jokes and I don't let the truth get in the way of a good story!

HOW I LOOK FRESH WHILE ON HOLIDAY Fake tan

Good skin tone, minus the sun damage. I maintain the tan with lots of moisturiser, which also gives my skin a healthy glow.



HOW I MAINTAIN YOUTHFUL, RADIANT SKIN Eat tomato paste

Lycopene (found in tomato paste) is a powerful antioxidant, which can protect skin from sun and environmental damage. Eat it, don't put it on your skin!



Experts

HEALTH

Dr Ginni Mansberg
Sunrise's resident GP still has a long list of patients. She's pumped out four health books.

FITNESS

Michelle Bridges
The Biggest Loser trainer runs the successful 12-Week Body Transformation online program.

FITNESS

Ray Klerck
The fitness writer, strength trainer and nutrition consultant recently co-authored *A Fist Full of Food*.

WEIGHT LOSS

Tara Diversi
This dietician is the author of *The Good Enough Diet* and has just sworn the English Channel. Go, girl.

FOOD

Leona Watson
Director of Cheeky Food Group, she runs cooking classes and is working on her first cookbook.

RELATIONSHIPS

Dr Traci Coventry
The horse-loving Melbourne-based clinical psychologist counsels couples and singles.

NUTRITION

Kristen Beck
The nutritionist and mother of three is the director of the Beck Health and Nutrition Group, an educational company.

SEX

Jacqueline Hellyer
The sex therapist holds workshops and sessions on sexual empowerment and is now penning her third book.

MONEY/CAREER

Alice LeMessurier
Our investment adviser is MD of boutique stockbroking firm Lemsec and The Investment Stylist.

STRESS LESS

Dr Suzy Green
Our chirpy clinical psychologist heads up the brand-new Positivity Institute.

BALANCE

Nicole Walsh
An experienced yoga teacher, she runs BodyMindLife yoga studio in Sydney's Surry Hills.

Advisory Panel

COMPLEMENTARY MEDICINE

Dr Stephen Myers
Professor and director of the Natural and Complementary Medicine Research Unit at Southern Cross University, NSW.

ENDOCRINOLOGY/DIABETES

Dr Helena Teede
Endocrinologist at Jean Hailes for Women's Health.

FERTILITY

Dr Julie Lukic
Obstetrician and gynaecologist specialising in IVF infertility care.

FITNESS

Dr Kate Puma
Lecturer in exercise physiology at the Uni of Canberra, ACT.

GASTROENTEROLOGY

Dr Alissa Walsh
Sydney-based gastroenterologist and hepatologist.

GYNAECOLOGY

Dr Elizabeth Farrell
Gynaecologist and founding member of Jean Hailes for Women's Health.

MENTAL HEALTH

Dr Anne Bulist
Professor of Psychiatry at the University of Melbourne, Vic.

RELATIONSHIPS

Natalie Rinehart
Relationships counsellor; author of *The Organics of Relationships*.

WEIGHT LOSS

Dr Eva Kemps
Senior lecturer in psychology at Flinders University, SA.

TWO-SECOND LIFE CHANGERS

Sprinkle on citrus

"Orange peel contains more vitamin C than the fruit itself, so grate the skin and use it as a topping for salads and vegetables."

—Dietitian
Susan Bowerman

Heads up

"Set an alarm on your watch or phone a few times a day to remind you to sit up tall, pull your shoulders back and keep your stomach tucked in. Good posture can make you look 2kg lighter."

—Strength and conditioning specialist
Rachel Cosgrove

Step up

"Make a set of stair rules. For example, promise yourself you won't take the lift fewer than six floors unless you're carrying a heavy load."

—Cardiologist
Dr Sharonne Hayes