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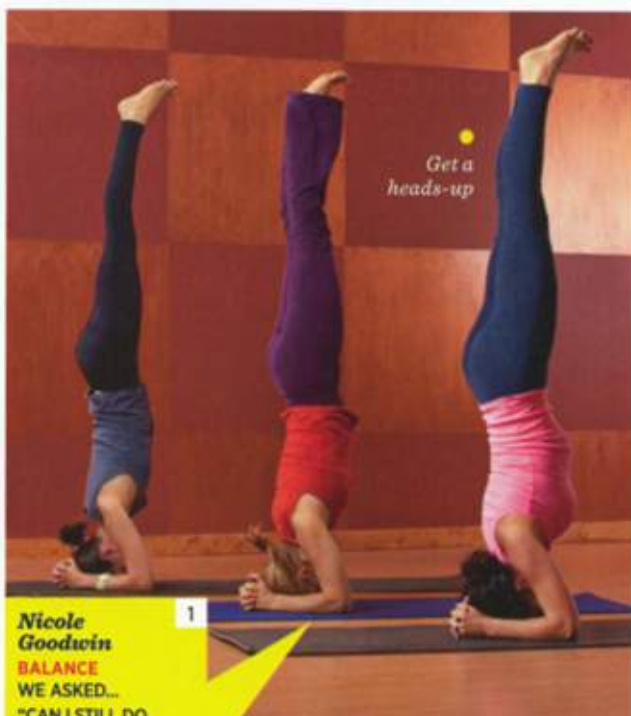
Elka Whalan, dual Olympian and mother of two.



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→ OUR EXPERTS



Nicole Goodwin

BALANCE
WE ASKED...
"CAN I STILL DO INVERTED POSES WITH A COLD?"

"If your head is stuffed up, it's best to skip inversions like headstands as they can worsen congestion and head pressure. When you're over the worst of it, the headstand is a great pose for immunity."

1

Leona Watson

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

3

Dr Traci Copentry
RELATIONSHIPS

Her husband, Corey, Medibank Award clinical psychologist, is a serially monogamous dandy.

4

Michelle Bridges

FITNESS
The Biggest Loser trainer runs the successful 12 Week Body Transformation online program.

5

Dr Suzy Green

STRESS/LACK
The chirpy clinical psychologist heads up the brand-new Positivity Institute.

6

Dr Elizabeth Dawes-Higgs

BEAUTY
An award-winning consultant dermatologist, she also has a private practice in Sydney.

7

Tara Diversi

WEIGHT LOSS
This dietitian is the author of *The Good Enough Diet* and has two more books in the works.

8

Kristen Beck

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

9

Alice LeMessurier

MONEY/CAREER
The investment adviser is MD of boutique stockbroking firm Lemsec and The Investment Stylist.

10

Jacqueline Hellyer

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

11

Dr Ginna Mansberg

HEALTH
Sunrise's resident GP still has a long list of patients. Her fourth book has just been released.

12

Ray Klerck

FITNESS
The fitness writer, strength trainer and nutrition consultant recently coauthored *A Fist Full of Food*.

The 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

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 Buist
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.



Get good head

When was the last time you thought about your scalp? That out-of-sight out-of-mind approach can leave your hair looking and feeling low-res

By Michelle Bateman



Tree's a crowd

Bad hair day? Bad scalp day, more like it. Dry, oily, frizzy, thinning – whatever your hair issue, there's a chance it may stem from beneath the surface. Thanks to various lifestyle factors, our scalps have really copped it. "Whatever's happening on the scalp will happen on the hair," confirms Kirsty Conias, senior educator at La Biosthetique haircare. "If a tree is growing out of unhealthy soil it won't be beautiful and it's the same with your hair." True that.

The harsh Australian environment, incorrect use of hair products and even a mild addiction to blow-drying can strip our scalp of its natural oils, says Conias. The result: dry, brittle strands that don't have the oils they need to stay hydrated as they grow through. "I'm also seeing a lot of red, sensitive scalps," Conias adds. "This is often due to stress – the scalp tightens and the blood flow can't get through properly."

Sydney-based trichologist (that's a hair and scalp specialist) and Pantene expert Tony Pearce believes more serious scalp issues like thinning hair and hair loss are also on the rise. He puts this down to a combination of nutritional, metabolic and hormonal factors, including deficiencies in iron, vitamin D and iodine; thyroid or adrenal problems; or out-of-whack hormones that may be caused by the pill or being overweight.

Looking at your diet can help address the issue, says WH nutrition expert Kristen Beck. "To maintain a healthy scalp it's important to follow a nutrient-rich diet, with a particular focus on protein (lean meat, fish, low-fat dairy), omega-3 →

fatty acids (salmon, tuna, mackerel, chia seeds and flaxseeds), zinc (oysters and brazil nuts) and B-group vitamins (whole grains). If you're experiencing severe scalp dryness, a combined multivitamin with fish oil may help."

That's all well and good, but how do you know whether your scalp needs a little loving? Well, new diagnostic tools are available at salons and in clinics to help pinpoint the problem – and determine the right treatment for you. Phew.

In the salon

The exam La Biosthetique scalp indicator test

Useful for Dry, oily, sensitive scalps or those with dandruff

What to expect Available at salons, this three-step test measures a number of different factors. To gauge pH levels, an indicator strip is pressed onto the scalp for a few seconds then processed. "A normal pH for the scalp is about 5 to 6.5 and people's scalps are typically within that range," says Conias. "If it's extremely alkaline or acidic, it generally means the person has a severe scalp problem." Two other indicator strips are used to look at sebum levels and dandruff, and to determine where your scalp sits on a spectrum of possible readings.

What happens next A suitable shampoo and leave-on scalp lotion from the La Biosthetique range are prescribed; in-salon treatments can also help. It's also a good idea to go back for follow-up testing three months later.

In the clinic

The exam Trichologist Tony Pearce's female pattern hair loss test

Useful for Hair loss or thinning hair

What to expect It begins with a detailed questionnaire to gauge your family history, stress levels, diet, menstrual cycle and more, and ends with an up close and personal look at your scalp. Pearce uses an image enhancer with 50 times magnification to examine hair patterns and look for any thinning sections. He may also order a blood test to analyse nutritional and hormonal imbalances. "It's a matter of reading all the signs – the patient's history, what I see and what the bloods tell me," he says. Yeah, science!

What happens next After the results come through, Pearce may prescribe supplements or other treatments. To find a trichologist in your area, visit the International Association of Trichologists website at trichology.edu.au **iah**

Q+A

with WH beauty expert
Dr Elizabeth Dawes-Higgs

Ask Elizabeth a question!
at womenshealthmag.com.au



Q Why is it the more I exercise, the worse my skin gets? I keep my hair tied back and wash my face straight after my run, but I still seem to break out – particularly along my jawline and around my temples.
Rachael, via email

A Developing acne with exercise can be very frustrating and it can be tempting to give up your workout. The reason exercise flares acne is not fully understood. In fact, some patients report an improvement in their skin with exercise. A small study in *Pediatric Dermatology* found no increase in acne with exercise and that it didn't matter how soon after a workout you cleansed your skin. That said, there are some prevention strategies you could consider: acne washes, creams and even tablets if you have scarring – see a dermatologist for these. Also, see if exercising in cooler conditions helps.

Anatomy of the scalp



WHAT A FLAKE The average scalp skin cell turns over every 30 days, but sometimes this can go into overdrive, speeding up to a two- to seven-day turnover. Result: dandruff (ughh...). A common scalp-dwelling fungus called *Malassezia globosa* has long been pinpointed as one of the causes of dandruff, and research in the *Journal of Medicinal Chemistry* has identified an enzyme essential to the fungus' growth. Targeting (and shutting down) this enzyme may provide future possibilities for treatment. If you're feeling flaky, check out these options:



Head & Shoulders Sensitive Scalp Care Shampoo and Conditioner, \$5.99 each
When your sensitive scalp is freaking out, dandruff can often follow – unfair, but true. Skip the more aggressive treatments and look for products designed for sensitive skin instead.



Garnier Fructis Anti-Dandruff Scrub Shampoo, \$5.95
Part of the Garnier Fructis anti-dandruff range, this scalp scrub contains soft microbeads to gently exfoliate, as well as flake-fighting ingredients such as pyrithione zinc.



Aveda Scalp Remedy Dandruff Solution, \$49.95
This leave-in daily treatment contains salicylic acid to gently exfoliate as well as extracts of echinacea, sage and rosemary to calm and soothe the scalp. It's just like a spa session – for your scalp.



vitamin
a

vitamin
c

a,b,c,d,

NO NEED TO RUB THE WHOLE ALPHABET
INTO YOUR DERMIS – THIS GUIDE TO
SKINCARE VITAMINS HAS YOU COVERED

By Michelle Bateman



vitamin
b

vitamin
d



vitamin
e



vitamin
k

e...f,k➔



vitamin
f

You know you need to eat them... but do you know what they can do for your skin? We grilled the experts for all the benefits of the skincare alphabet, and how to use it to your best advantage.

vitamin

WHAT DOES IT DO?

There's a reason this vitamin comes first – it's a potent little bugger – an antioxidant that's an all-round promoter of healthy skin. The boffins say vitamin A helps with skin-cell regeneration, promotes collagen production and increases the density of the dermis.

"Vitamin A is used to treat acne, photoageing, melasma [pigmentation] and scars," says WH beauty expert Dr Elizabeth Dawes-Higgs. It can help improve texture and the appearance of brown spots and lines, and is also tough on breakouts.

The downside? The strength of vitamin A means that it can cause redness, flakiness and irritation in some skins, as well as sensitivity to UV rays (so a daily SPF is non-negotiable – yep, even in winter). You know the drill – see your dermatologist if this occurs.

For a gentler formulation, rosehip oil is also rich in vitamin A, which makes it unique among vegetable oils, says Weleda Australia's naturopath Liezel Barnard. "Most plants will have betacarotene or pro-vitamin A, which needs to be converted into vitamin A," she explains. "Rosehip oil is special because it actually has vitamin A in it already in that form." Smartie.

YOU SHOULD ALSO KNOW...

Vitamin A has almost as many names as Ryan Gosling has fan pages. "There are several forms of vitamin A which are collectively called topical retinoids," says Dr Dawes-Higgs. This includes Retin-A (a prescription-only brand) and retinol, a less potent form, as well as retinoic acid and retinyl palmitate. "All are converted to trans-retinoic acid, the active form of vitamin A in the skin," she says.

Because of its potency, doctors advise against using A and all retinoids when you're pregnant. "We know that oral retinoids (ie, when taken in a tablet form) can cause birth defects," says Dr Dawes-Higgs. Hey, just not worth the risk.

Where to find it:

- MonoDerma A15 capsules, \$80 for 28
- Dr LeWinn's Vitamin A Rejuvenation Cream, \$54.95
- Neutrogena Ageless Intensives Deep Wrinkle Anti-Wrinkle Moisture Night, \$29.99
- Trilogy Rosehip Oil Antioxidant+, \$29.95
- DMK Retosin, \$104



vitamin

WHAT DOES IT DO?

The Bs are a big bunch – there are actually eight – but the two you're most likely to find in a face cream are B3 (niacinamide or nicotinamide) and, less commonly, a B5 derivative called panthenol.

Right now, niacinamide is more popular than a queue for the ladies' bathrooms in a club on a Saturday night, thanks to its long list of skincare benefits. On a visible level, it can help reduce the appearance of pigmentation and wrinkles and boost skin translucence, says Dr Kerryn Greive, the scientific affairs manager at Ego Pharmaceuticals. On a deeper level, "it can help reduce the symptoms of sensitive skin like stinging or burning... and it is able to deliver improved collagen and elastin levels."

It also has anti-inflammatory properties that may make it a useful treatment for moderate acne. A 1995 study published in the *International Journal of Dermatology* found that the twice-daily use of a four per cent nicotinamide gel was just as effective in reducing acne as some of the traditional anti-bacterial gels, such as clindamycin.

Overall, it "plays an important role in maintaining the barrier function of the skin," adds Sarah Knox, national education manager at DermaQuest. Handy.



vitamin

YOU SHOULD ALSO KNOW...

It pays to know your niacinamide from your niacin, a similar-sounding form of vitamin B3 from which niacinamide is produced. "Niacin will cause dramatic facial flushing when used on the skin, while niacinamide is very compatible with the skin and does not cause any flushing at all," says Dr Grieve.

"Niacinamide is by far my favourite vitamin as a formulator," she adds. This is because it's stable under all conditions, so you're more likely to reap its full benefits in a skincare product.

Dr Dawes-Higgs says that these full benefits may take time – eight to 12 weeks in fact. Here's a little tidbit: it's being studied for possible uses in skin cancer prevention.

Where to find it:

- Ultracuticals Multi-Vitamin Daily Moisturiser, \$69
- DermQuest Niacinamide Youth Serum, \$120
- StriVectin-SD Intensive Concentrate for Stretch Marks & Wrinkles, \$155 (150ml)
- Elucent Anti Ageing Night Moisturiser, \$49.95
- Papulex Oil-Free Cream, \$28.25

WHAT DOES IT DO?

In theory, this supercharged antioxidant can make pretty impressive changes both above and below your skin's surface, including improving clarity and the appearance of pigmentation, repairing UV damage, and facilitating collagen synthesis.

YOU SHOULD ALSO KNOW...

Sure, C sounds great. But there's a catch. It needs special treatment to keep it functioning, active and able to penetrate the skin's surface. Pure vitamin C (ascorbic acid) quickly oxidises on contact with air or water, turning it brown, giving it a funny smell and rendering it less effective.

To feel the full effects of C, the vitamin needs to be able to penetrate through your skin's layers, according to Sydney dermatologist and Ultracuticals founder Dr Geoffrey Heber.

"Increased collagen formation, reduction of pigmentation and neutralisation of free radicals in the dermis are not possible with vitamin C that hasn't penetrated into skin to where these activities take place," he explains.

To help C get to where it needs to be, it's generally attached to another molecule, such as a glucoside. The white coats at Kiehl's have begun using a new derivative, ethyl ascorbic

acid, which they say makes C more stable, lighter in texture, less prone to oxidation and faster to act once it's been absorbed into the skin. They've dubbed it "activated C" and it's a hero ingredient in the brand's new Clearly Corrective brightening line.

While science works to refine it, vitamin C is also found in many naturally derived ingredients, such as citrus and pomegranate. Dr Heber points out that vitamins found in nature are generally at low concentrations, but Weleda's Liezel Barnard also argues for the benefits of using whole plant extracts, rather than vitamin C in isolation.

"In plants, you have hundreds of different chemicals that actually work together," Dr Barnard says, name-checking bioflavonoids and tannins as potentially boosting the effects of vitamin C. ➔

Where to find it:

- Kiehl's Clearly Corrective Dark Spot Solution, \$65
- Clarins Vital Light Day Illuminating Anti-Ageing Cream, \$120
- Weleda Pomegranate Firming Facial Serum, \$45.90
- Clinique Even Better Clinical Dark Spot Corrector, \$89
- Aum Brightening Face Balm, \$24.95



vitamin

WHAT DOES IT DO?

Plenty has been written about vitamin D lately, so you probably already know it reduces the risk of heart disease, osteoporosis and skin cancer, that it helps ease depression and – according to research by a team at Oxford University, UK – that a deficiency in the vitamin may be connected with multiple sclerosis. Yep, it's an overachiever. What's not so well-known is that it may also have benefits specific to your skin, says dermatologist Dr Dennis Gross, including boosting hydration, elasticity, radiance and collagen production, improving the appearance of your fine lines and helping treat both acne and scarring.

In a prescription cream, ointment or lotion form, it's also used to treat psoriasis, says Dr Dawes-Higgs. "It's very effective," she says, "though it can cause an allergy in susceptible people."

YOU SHOULD ALSO KNOW...

"Vitamin D is made in the skin through exposure to sunlight, specifically ultraviolet radiation," says Professor Michael Kimlin, an expert in vitamin D at the Queensland University of Technology.

But its ability to do this changes as you age, says Dr Gross. "Between the ages of 20 and 70, skin loses about 75 per cent of its ability to produce vitamin D. While vitamin D can be ingested through food [particularly fatty fish like tuna and salmon] and supplements, it still requires the sun to activate it in the body."

Dr Gross has developed a vitamin D serum that he claims doesn't need the usual UV trigger to be activated. "It already contains an active form of vitamin D (ergocalciferol) and does not require sunlight to start giving skin its benefits. The main advantage of [this] is that it's giving the skin the vitamin D it needs to function properly – without the risks of sun exposure."

Where to find it:

- Dr Dennis Gross Active Vitamin D Serum-Oil, \$98
- Swisse Body Cream with Vitamin D and Gotu Kola, \$18.95 (250ml)



vitamin

WHAT DOES IT DO?

If vitamins A and C are the cool kids and B and D are the up-and-comers, then E is the straighty-one-eighty. "Unlike vitamin C and niacinamide, the functions of vitamin E are invisible to the user," says Dr Heber.

According to Rebecca Nicholls, global education director at Jurlique, vitamin E is one of the most thoroughly researched antioxidants. "It's been shown to be vital in protecting skin cells from UV light, pollution and other environmental factors that produce cell-damaging free radicals," she says. "Vitamin E is also known to help address the signs of fine lines, dehydration and dullness."

And in a 21st century spin on an age-old ingredient, the team at Australian skincare company Elixia are also using a vitamin E base to encapsulate other skincare ingredients, such as vitamins C and A, to deliver them to deeper layers of your skin.

YOU SHOULD ALSO KNOW...

There are actually eight forms of vitamin E, which fall into two groups, tocopherols and tocotrienols. Although less research has been done on tocotrienols, what has been conducted looks promising – a study published in the *Journal of Nutrition* found that it has more potent antioxidant properties than other forms of vitamin E. Another study recently published in the *Journal of the European Academy of Dermatology and Venereology* found that a combination of the two forms is useful for reducing skin damage caused by sun. Could be a winner, then. **wh**

That's not all...

VITAMIN F

First discovered in 1923, it was later revised to the category of essential fatty acids (EFAs). It refers to two EFAs, linoleic acid and alpha-linolenic acid, which have anti-oxidant and anti-inflammatory properties. Research also suggests they might help protect the skin's barrier function.

Find it Simple Kind To Skin Vital Vitamin Night Cream, \$12.99; Dermalogica Age Smart Multi Vitamin Power Concentrate, \$87.

VITAMIN K

A few years back there were hopes it could help improve the appearance of dark under-eye circles and spider veins, thanks to its anticoagulant properties. The bad news: "It may have an effect on bruising and dark circles, but this hasn't been proven in studies," Dr Dawes-Higgs says. So don't believe the hype.

Where to find it:

- Palmer's Cocoa Butter Formula Scar Serum, \$21.99
- Elixia Daily Skin Smoothing Lotion, \$89.95
- Jurlique Herbal Recovery Antioxidant Gel Mask, \$85

