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## IS EVERYONE GETTING A BRAZILIAN THESE DAYS?



**Linda Wehbi, dermal therapist and owner of Sydney's Fleur de Lys Medispa**

"Absolutely. I've done over 2000 Brazilians and it's now the most requested bikini wax. Occasionally, women in their late 50s come in to get it done and I've even waxed a woman in her 70s. Pregnant women sometimes get Brazilians before childbirth. It's not taboo anymore."







Rush 'n'  
roulette

## ISN'T INVESTING IN THE STOCK MARKET LIKE GAMBLING?



**Alice LeMessurier, WH money/  
career expert and investment advisor**

"Yes, investing on the back of a hot tip is gambling. But if you do your research and assess your risk profile, investing is more a calculated risk. Don't buy stock you don't know anything about. Low-risk investor? Consider buying 'income shares', which consistently pay high dividends - a percentage of company profit paid to shareholders. Diversification is another way to reduce risk: have a little money in cash, some in shares, a managed fund and in property."



## What's your never-fail dinner party dish?



**Leona Watson, WH food expert and founder of Cheeky Food Group**  
"Lamb back strap with taters and salad

is foolproof. Before your guests arrive, throw some mixed lettuce, cherry tomatoes, chopped feta or shaved parmesan, finely sliced red onion or radish and chopped nuts (of your choice) onto a platter. Parboil desiree potatoes for 10 minutes; chop into small squares. About 40 minutes before dinner, toss the potatoes with olive oil, garlic and rosemary. Roast at 180°C. Rub cumin and pepper seeds into the lamb; cook in a pan, seven minutes each side. Rest in aluminium foil for five minutes. Remove potatoes from the oven, dress the salad, slice the back strap and plate up. Easy!"

## What's the most interesting case you've come across?



**Dr Traci Coventry, WH relationships expert and clinical psychologist**  
"I was the new psychologist at

a hospital psychiatric ward under renovation, so patients were seen in 'huts'. I was treating a young man in a hut on my own when he said he was Satan sent to Earth to procreate and expand his dark army. He thought it was my job to teach him about sex... alone, in the hut. I'd left my security alarm in my office. After 10 minutes of refocusing Satan and inching towards the door, we finished the session early. I learnt to never underestimate another person's mindset - and always have an escape route planned, just in case!"

## Why do you love bugs so much?



**Skye Blackburn, entomologist**

"I've been into creepy crawlies since I was little. Bugs are so misunderstood

- they're very important to our ecosystem and food chain. Bugs turn rotting plant material and animal poo into compost so trees have good soil to grow in. Have I had any nasty encounters? Sure. Yesterday I was bitten by

a scorpion for the first time (but it's usually only a problem if you're allergic). My husband used to think my job was strange; he hates spiders - but I hate needles. We all have our little phobias."

## I've been with my partner for years. Is it possible to get "that spark" back?



**Jacqueline Hellyer, WH sex expert and sex therapist**

"Yes, but it's a myth that desire should just happen. Some

couples need to create the time and space to relate as lovers, while others need to unravel and heal emotions like hurt, betrayal and distrust, which can accumulate over years. Understand that desire fluctuates - being new parents, for example, is a sexually challenging time - but make time for each other. Lovemaking can continue and grow better over the years."

## Should I get one dog or two?



**Dr Lisa Chimes, Bondi Vet**

"That's actually after the ubiquitous, 'You must really love animals, right?' I get

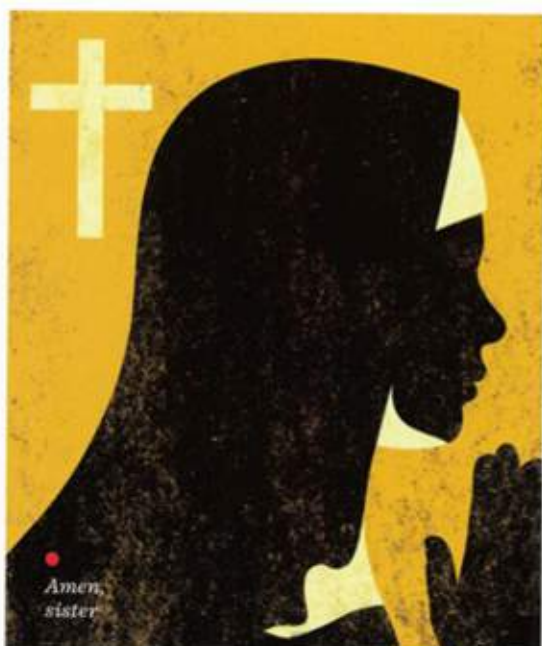
that a lot, too. Yes, go for two if you can afford it and have the space: dogs are pack animals so they're social and don't like to be left alone for too long. If you can't adopt two pups at once, a second one later on will learn by copying the older dog. And as long as they're good-natured, all breeds have the potential to get along. Even a pit bull and a poodle."

## So, you're a nutritionist?



**Tara Diversi, WH weight loss expert and lecturer in nutrition and dietetics at the University of Sydney**

"Not exactly. I'm a dietitian - here's the thing: a dietitian can be a nutritionist, but a nutritionist can't be a dietitian. Dietitians study physiology and biochemistry on top of dietetics. Accredited dietitians are recognised by Medicare, so can work in hospitals. Nutritionists aren't regulated by a governing body, so when choosing one, double check their credentials."



## WHAT MADE YOU WANT TO BE A NUN?



**Rachel Fleurant, Catholic nun with Missionaries of God's Love Sisters**

"After uni I worked in marketing, dreaming of getting married and having a family. But by 25, I was restless, unhappy and lost my passion, so became more involved in my church. I went to World Youth Day in Canada [in 2002], where about one million young Catholics get together to celebrate faith. Away from the distractions of everyday life, I prayed and meditated. God called me to this life and I thought I should at least give it a try. My marketing career was about being successful in the world's eye but, knowing how much human suffering is out there, I wanted to do something more."

## Which eyeshadow colours suit my eyes?



**Rae Morris, make-up artist and author of Timeless Makeup**

"As a rule, apply shadow that

contrasts - and is slightly darker than - your eye colour. Blue-eyed women should opt for shimmery gold, bronze and mahogany hues, while deep violet makes green eyes look super sexy. A deep navy blue makes brown eyes pop. Universal colours that suit everybody include black, grey and brown. Unless you're really good with concealer, steer clear of pink - especially if you're tired. It can look like you've got an eye irritation."





## How do I get a stomach like yours?



**Michelle Bridges,**  
**WH fitness expert and**  
**The Biggest Loser personal trainer**

"A flat tummy's the 'holy grail' of fitness. It takes hard work, discipline and almost a university degree in willpower. It comes down to this: how bad do you want it? I can tell you how to exercise or what to eat, but you won't get abs without commitment. I will say this: you don't have to live like a Tibetan monk - you can have the occasional glass of wine or share a dessert at a restaurant on a Saturday night. But 90 per cent of the time, eat clean. Once you stop being a teenager, you have to stop eating like one too."

## What car should I buy?



**Juliet Potter,**  
**automotive journalist and editor of**  
**autochic.com.au**

"OK, be realistic about your lifestyle. I would love a Mini Cooper, for example, but I have three kids. Before buying, check the car's safety rating at [ancap.com.au](http://ancap.com.au) - five stars is the ultimate. For fuel efficiency and eco-value, go to [greenvehicleguide.gov.au](http://greenvehicleguide.gov.au). Consider the car's resale value

(many of us don't) and look for a second-hand car with a log book and just one or two previous owners. You can pick up luxury vehicles that are a few years old for a great price."

## Will yoga help to fix my bad back?



**Nicole Walsh,**  
**WH balance expert and founder of**  
**BodyMindLife Yoga**

"Yes, yoga can help treat a bad back, but you need the OK from your GP, physio or chiropractor. Since back injuries are complex, find an experienced teacher who can tailor a program for you or advise you on any modifications necessary during class. Don't aggressively work to improve strength or flexibility, as it could make the pain worse. Try these poses: gentle seated twist, cobra pose, bridge pose and seated forward bend. Avoid strong twists and forward bends."

## Are you analysing me right now?



**Dr Suzy Green, WH stress less expert and founder of The Positivity Institute**

"While it's hard to turn off an analysing mind, my usual response is 'Definitely not, I'm off duty!' when asked in social situations. People worry I'll think they're nuts. But you don't have to be crazy to see a psychologist. This sort of stigma prevents people from seeking help

until they really need it. Anyway, newer areas of psychology - including performance, positive and coaching psychology - are aimed at the so-called 'normal population'. So relax if you meet me or one of my peers."

## What's the biggest threat to Australia's environment?



**Kristen McDonald,**  
**Greenpeace activist**

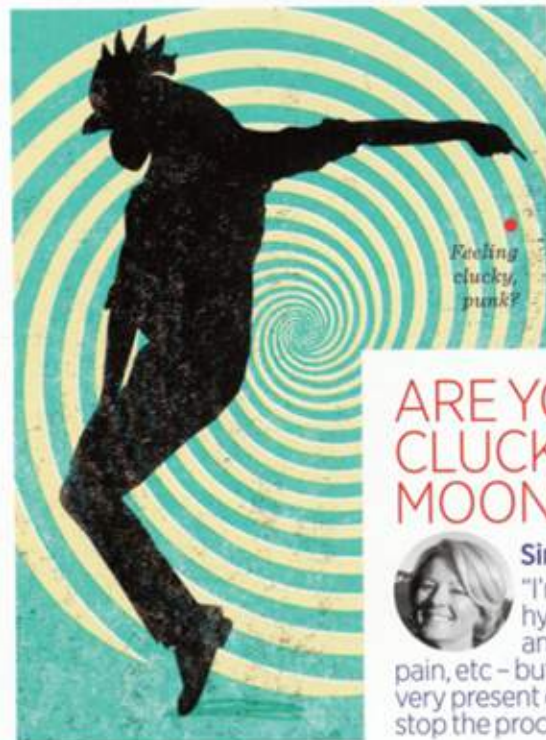
"Massive expansion of coal mining and export in northern Queensland, which could hurt our iconic Great Barrier Reef. Seven times more coal ships will travel through this sensitive UNESCO World Heritage marine park and millions of tonnes of sea floor will be dredged\*. Australia's contribution to carbon emissions will go off the scale - if we don't combat climate change now, the reef will lose nearly all its coral by 2050. You can help by spreading the word on social media."

## How do I know if I'm fertile?



**Dr Paulette Maroun,**  
**gynaecologist**

"If you're young with regular menstrual cycles (when not on the pill), non-painful periods, no polycystic ovarian syndrome (PCOS) and no history of pelvic floor infections, endometriosis, abnormal bleeding, medical history of eating disorders, you've probably got nothing to worry about. Saying that, 50 per cent of women with endometriosis are asymptomatic, so get checked out if there's a suspicion. In terms of blood tests, progesterone levels should spike on day 21 in women with consistent 28-day cycles; for older women, the 'AMH test' indicates follicle activity in the ovaries to help predict ovarian reserve."



## ARE YOU GOING TO MAKE ME CLUCK LIKE A CHICKEN WHILE MOONWALKING?



**Simonette Vaja, clinical hypnotherapist**

"I'm not a hypnotist - whose aim is to entertain - I'm a hypnotherapist. The therapeutic hypnosis we do can alleviate anxiety, fear, sleep problems, bad habits, poor self-esteem, chronic pain, etc - but the client needs to feel safe. Contrary to popular belief, you're very present during hypnosis, not paralysed. You can open your eyes, talk or stop the process. You can't be made to do anything you don't want to do."





Go the distance

## WHY DO YOU DO IT?



**Marie Doke,**  
ultra-distance runner

"I do long trail runs (the furthest I've run is 250km) and 24-hour running, on a circuit of 1km or even a 400m athletic track. Whoever runs the furthest in 24 hours wins. Ultra-distance running helps me answer some questions. We all live incredibly safe lives – nine-to-five jobs and hunter-gathering at the supermarket – we don't get the chance to discover what we're made of. What would I be like if the chips were down? At 180km, when I'm tired, teary and bored, I need to dig really deep for the will to keep going. Whether you're knitting something complicated or learning an instrument, you need to feel a sense of achievement."

## What's your favourite wine, ever?



**Kim Bickley,**  
sommelier at  
Glass Brasserie,  
Hilton Sydney

"It's a tough question. I do love riesling, pinot noir, chardonnay and blended varietals, but my favourite 'money no object' wine is the very rare 1985 Domaine de la Romanee-Conti La Tache – a well-heeled customer gave me a taste and it first got me excited about wine. But there's no guarantee that an expensive bottle will taste better."

## How do I decorate my home on a tight budget?



**Sibella Court,**  
interior stylist

"Use what you already have. Don't hide collectables, old ticket stubs, your [favourite] dress, a swatch of fabric, Grandpa's old playing cards... show them off. They're top conversation starters for visitors. Arrange your 'objet trouve' (found art) in a tabletop display and rearrange on a whim. I like to have things coming out from the ceiling, walls or floor, which makes a space interactive and engaging."

## Do I need Botox?



**Dr Elizabeth Dawes-Higgs,**  
WH beauty expert  
and dermatologist

"I get asked about Botox every day and guess what? Very few people need it. Botox helps patients with a rare form of excessive sweating – but otherwise, it's cosmetic. The best results are seen in women aged 40 to 55, but some start in their late 30s. I'd deny a client Botox if she was too young, as it's not going to make a lick of difference to her appearance."

## Q YOUR MOST BURNING QUESTION

**Why does asparagus make your wee smell?**

This has long been the topic of scientific debate and causes much amusement over the dinner table, says Dr Christian Jessen, presenter on *Embarrassing Bodies*. "The pungent smell is most likely caused by sulphur-containing molecules. One of these, asparagusic acid, is present in greatest quantities in young plants, and the smell of asparagus pee is most pronounced when you eat young, white asparagus."

Many studies show up to 50 per cent of people develop the distinctive smell when they pee and there are also some people who can't smell it – as they lack the sensory cells in their noses (lucky them). **wh**



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## MANICURE

### The seal deal

Ask your manicurist to "cap the edges". This means applying a stroke across the tip of the nail to seal in each layer of polish. Failing to do this step leaves all layers open to lifting and peeling," says Fiona Hay, manicurist and ORLY Australia ambassador.

### Make it last

Every two days sweep on a fresh layer of top coat to protect against damage – but don't use a fast-dry formula: it produces a thinner coat that's more likely to chip, says cosmetic chemist Jim Hammer.

### Forty bucks...

...the cost of a cheapo mani/pedi. Fungal infection? Oh, that's free. Some el-cheapo nail bars reuse equipment. "Files and buffers should be brand-new for each client, and any other tools must be sterilised in between," says WH Beauty Expert Dr Elizabeth Dawes-Higgs. Avoid the funk by bringing your own tools, and skip the pedi bath, where bacteria resides. And don't shave your legs before your appointment – freshly shaved legs or small cuts can allow bacteria to enter, says Dr Dawes-Higgs. No thanks.

## FACIAL

### Shhhhh...

"Lots of clients make conversation out of politeness – but a key part of your treatment is relaxation, so don't feel compelled to talk. When you arrive, say to your therapist: 'I'm so tired, please don't mind if I fall asleep!' or 'I've been so looking forward to this, I can't wait to zone out'. This is the polite way to let your therapist know to keep conversation to a minimum," says expert facialist Jocelyn Petroni.

### Face --> hair

"If you've just had a blow-dry, tell your facialist. She'll need to avoid your hairline, and may not be able to use steam. Ideally, get your hair done after your facial appointment – that way you won't have to worry about preserving it," says WH Beauty Editor Caelia Corse.

### Second base... or not

"A lot of facialists will continue the treatment on your décolletage – for many, the face ends at the nipple! It's completely fine to say up-front if you'd prefer to keep to your face and neck," says Petroni.

### Speak your mind

"Most clients leave it up to the therapist to do whatever they want, but it's best to point out what you believe your skin's problem area is. You may think you're very dry – but your therapist may see pigmentation as a bigger issue. Voicing your concerns will help you get the result you want," says Fabienne Rich, beauty therapist and facialist.

### Don't dodge the paperwork

"You risk contraindications by not being thorough on your consultation form. For example, it's not enough to state that you're on the pill – your therapist needs to know which type. High-oestrogen pills trigger pigmentation and sun sensitivity. I wouldn't use a strong chemical peel on anyone on certain types of contraceptive – especially during summer," says Rich.

# MASSAGE

### NAIL THE PRESSURE

Disgruntled massage customers often complain of too much pressure, or not enough. Book wisely: "remedial massage will always be deep and painful, there's nothing relaxing about it, whereas the technique for lymphatic drainage is extremely light," says Maya Bilalis, beauty therapist and owner of Sydney's Maya MediSpa. Discuss the type of pressure you want at the time of booking to get it right.

### GET COMFORTABLE

Don't eat a burrito then have a massage. In fact, avoid eating for one to two hours beforehand, ideally. If your body is digesting food you may feel bloated and uncomfortable lying on your stomach, says Bilalis. It could also cause flatulence. How relaxed will you really be if you spend your 60 minutes of long-awaited bliss holding in a fart?

### TIME IT RIGHT

Ideally, don't book a massage during your period. "During your cycle you can be a bit sensitive; touch can be irritating. You will also have swelling in your lower back and increased blood flow, so massage may be uncomfortable," says Bilalis.

### GET THE WARM FUZZIES

Your body temperature drops when you're relaxed, and your therapist will be warmer than you as she is working hard. If you're prone to getting cold simply say you chill easily before you start, that way your therapist knows up-front to keep you toasty warm, says Jenna Corey, Director of the Spa at the Darling, in Sydney.

