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# Women's Health

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# EXPERT PANEL

## MONEY & CAREER

### Justine Davies

A Brisbane financial planner, blogger and the author of *How To Afford A Baby* and *An Inconceivable Notion*.

## HEALTH

### Dr Ginni Mansberg

A Sydney GP and ex-medical journalist with a blended family of eight (including six children, ranging from 18 to six), she's also an author and *Sunrise* regular.

## FITNESS

### Michelle Bridges

The *Biggest Loser* trainer recently penned *Losing the Last 5 Kilos*, and currently runs the 12 Week Body Transformation online program (12wbt.com).

## FOOD

### Teresa Cutter

This very busy lady is a chef, cafe owner, author and personal trainer – she even has her own iPhone app. Wow.

## NUTRITION

### Kristen Beck

The director of Beck Health & Nutrition Group, she's also a registered nutritionist, lecturer, mum of three and keen surfer.

## STRESS LESS

### Dr Suzy Green

An expert on applied positive psychology and co-founder of

the Positive Psychology Institute. She also lectures in coaching psychology at the University of Sydney, NSW.

## RELATIONSHIPS

### Dr Traci Coventry

This Melbourne-based psychologist counsels couples and singles having relationship and sexuality issues.

## WEIGHT LOSS

### Angela Buntic

Our weight-loss whiz has a masters in nutrition and dietetics, specialises in diabetes, obesity and PCOS, and knows how to make a mean risotto.

## SEX & LOVE

### Jacqueline Hellyer

A Sydney based sex coach, therapist and author who runs sex workshops (no nudity required, we promise).

## BALANCE

### Nicole Goodwin

Our relaxed yoga guru owns a successful yoga studio in Surry Hills, NSW, lives in an eco-village/retreat in northern NSW and owns six horses.

## ECO SOLUTIONS

### Rebecca Blackburn

The environmental scientist and avid cyclist is also author of *Green is Good: Smart Ways to Live Well and Save the Planet*.

## TWO-SECOND LIFE-CHANGERS



## CREDIT CRUNCH

"Leave your credit card at home. If you don't have the money with you, you can't spend it."

Justine Davies



## MENTAL HEALTH

"Think before you eat. Every time you're about to surrender to a fast-food hamburger, devour a pizza or scoff down a couple of doughnuts, ask yourself, 'Do I really want this fat to be part of my cells tomorrow?'"

Teresa Cutter



## SUMMER SAVER

"A simple but effective way to cool your home is to open windows on opposite sides of the house to create airflow. Combined with fans this can be very effective for creating a comfortable home."

Rebecca Blackburn



For back issues or to subscribe to WH, call 1300 668 118

## YOU TELL US

### LETTER OF THE MONTH

Past efforts to get my partner to go running with me have been futile, so I was pleasantly shocked when he picked up the *Smart guide to running* [August] and suggested we do the 5km plan because "it doesn't sound too hard"! We went running for the first time in two years and it was fantastic – he finally knows what I mean about exercise endorphins beating alcohol – and the post-workout sex is great!

Rebecca Bailey, Mandurah, WA

Rebecca has won a Pure Therapy by Parist prize pack valued at \$200!



### NOT ALL THAT LUCKY

I read Danielle's letter [August] about the slim direction of WH in recent issues. I understand why Danielle has the view she does if she is lucky to have achieved her healthy body weight, but some of us aren't so lucky. I'm an avid reader and love the balance of information you provide – I think it's relevant for both the novice and the experienced at chasing healthy living.

Linda Delamotte, Buderim, Qld

Ed's reply Thanks Linda. Indeed, we try to balance our content but tend to amp up weight loss coming out of winter.

### EASE YOUR MIND

My health is important to me – the article about Yasmin [Pill scare, September] was an interesting read; I made an appointment with my GP straight away to discuss it. And the special report *An eater's digest* gave me some great rescue remedies. Thanks for putting my mind at ease.

Amy Mepstead, Patterson Lakes, Vic

### TOO BASIC FOR ME

I recently picked a copy of WH and was really disappointed. I'm not sure who your target audience is but it sure isn't me. The only thing I thought was of any value was the little running book. The rest of the magazine was just full of fluff.

Michelle Melenchuk, Taipei, Taiwan

Ed's reply We're sorry to hear this Michelle, but glad you liked our great running booklet.

**DROP US A LINE** Include your full name, address and phone number. Letters may be edited to fit. Email [womenshealth@pacificmags.com.au](mailto:womenshealth@pacificmags.com.au) or *Women's Health* Letters, 8 Central Avenue, Eveleigh, NSW 2015

## OUR ADVISERS

### Meet our ace advisory panel

#### FITNESS

##### Kate Pumpa

Lecturer in exercise physiology at the University of Canberra.

##### Ray Klerck

Qualified fitness trainer who runs an online training and nutrition business.

#### NUTRITION

##### Sharon Natoli

Accredited practising dietitian and founding director of Food & Nutrition Australia.

#### WEIGHT LOSS

##### Dr Eva Kemps

Senior lecturer in psychology at Flinders University, SA.

#### RELATIONSHIPS

##### Natalie Rinehart

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

#### ENDOCRINOLOGY/DIABETES

##### Dr Helena Teede

Endocrinologist and director of research at the Jean Hailes Foundation for Women's Health.

#### DERMATOLOGY

##### Dr Elizabeth Dawes-Higgs

Fellow of the Australasian College of Dermatologists.

#### GYNAECOLOGY

##### Dr Elizabeth Farrell

Gynaecologist and founding member of the Jean Hailes Foundation for Women's Health.

#### MENTAL HEALTH

##### Dr Anne Buist

Professor of Psychiatry at the University of Melbourne.

#### COMPLEMENTARY MED

##### Dr Stephen Myers

Professor and director of the Natural and Complementary Medicine Research Unit at Southern Cross University.

#### FERTILITY

##### Dr Julie Lukic

Obstetrician and gynaecologist specialising in IVF infertility care.

#### GASTROENTEROLOGY

##### Dr Alissa Walsh

Sydney based gastroenterologist and hepatologist.



# Get a leg up

After months of hiding away, get your stems ready for the big reveal

Most women spend time and money on their face, ignoring their body; but legs don't take kindly to the snub. Over time they fall victim to damage from "hormones, pregnancy, high heels and standing for long periods of time," says *WH* dermatology advisor Dr Elizabeth Dawes-Higgs. Want sexier legs now? Read on:

## SMOOTH OUT CELLULITE

Dimples on your cheeks are cute. On your bum cheeks? Uh, no thanks. "Fat is organised into chambers that are separated by strands of fibrous connective tissue," says dermatologist Dr Heidi Waldorf. "When fat pushes through these bands, you get puckering and bulging."

### De-puff

Fluid build-up will exacerbate that cottage-cheese look (it increases the fat bulge between the fibrous bands), so avoid eating "anything that makes you retain water, like salty snacks," advises Dr Waldorf. Another tactic: build muscle; it improves blood flow, reducing fluid retention. Personal trainer Kim Garcia recommends fat-burning, muscle-building single-leg bridges and jump squats.

### Hydrate and massage

Tightening and smoothing your skin will make cellulite-stricken areas appear firmer. After exfoliating in the shower with a loofah (it aids product penetration), use firm, circular strokes to rub in a retinol-based cream, which will help rebuild collagen and thicken dimply skin. Try RoC Multi Correxion Multi Action Intensive Serum, ▶

Check out those puppies...



\$69 (1). Follow that with a coating of cream spiked with caffeine, which stimulates blood flow and flushes excess fluids. Try Sit Tight by Soap & Glory, \$37.95 (2). Apply this combination twice a day.

**Let technology de-dimplify** VelaShape, a non-surgical body shaping device, hits the cellulite trifecta: fat, skin texture and fluid. Treatments combine suction, infrared light and radio frequency to melt localised areas of fat as well as heat and smooth skin's surface, helping remodel collagen. The regimen includes six weekly treatments (starting at around \$1950 for a package deal). But you'll need to get touch-ups as cellulite is chronic, not curable, explains dermatologist Dr Anne Chapas.

## MINIMISE STRETCH MARKS

Rapid weight gain, or pregnancy, comes with an added woe: stretch marks. Putting on kgs quickly stretches skin, pulling collagen and elastin apart and creating angry red scars. They typically fade from red to white or grey after about a year, and are more pronounced on people with darker skin tones.

### Act quickly

"It's easiest to treat stretch marks when they're red," says Dr Dawes-Higgs. "At this point you can reverse the inflammation and lighten the redness." Look for a product containing onion extract, like Mederma Stretch Marks Therapy, \$25.95, which claims to reduce redness and wrinkle texture. Apply it twice a day for four to 12 weeks. For older, light pink or grey marks, a high-potency topical retinoid cream containing tretinoin (prescription only) can rebuild collagen and minimise marks when applied nightly for 12 weeks. If you're pregnant or breastfeeding, ask your doc before using any treatment.

### Lighten up with a laser

For new red marks, Dr Dawes-Higgs recommends a laser designed specifically for the legs. The Nd: YAG laser has a longer wavelength that collapses blood vessels to fade colour quickly. You'll see improvements after one or two

treatments (each costs around \$400 to \$800). To remove older marks where the main issue is the wrinkly, depressed texture, try fractional resurfacing, which targets damaged skin, stimulates production of collagen, and restores the skin's elasticity and smoothness. Treatments typically cost \$750 plus, and you'll need about five.

## ERASE AGE SPOTS

Many people slather their upper bodies with SPF but skimp on protecting legs. Big mistake. "Legs are one of the most common places women develop melanoma and sun damage in the form of red or brown spots," says Dr Chapas.

### Head for cover

Keep discolouration from getting worse (and prevent future spots from developing), by wearing SPF now. Legs need at least half a tablespoon each of broad-spectrum SPF 30 any time you're baring them. Or choose a body moisturiser with SPF and slather on your legs. You'll need to reapply every two-and-a-half hours to stay protected. Try: Vaseline Aloe Fresh Lotion with SPF 15, from \$7.68 (3).

### Try a fading formula

The good news – OTC creams fade sun spots a bit. The bad news: They take up to 12 weeks to work. Look for ingredients such as glycolic acid (which

## "LEGS ARE ONE OF THE MOST COMMON PLACES WOMEN DEVELOP MELANOMA AND SUN DAMAGE"

SOURCE: DERMATOLOGIST DR ANNE CHAPAS

exfoliates the top layers of skin) and citric acid, which minimises the damaging effects of sun and pollution. Try: NeoStrata Ultra Smoothing Lotion, \$47.50.

### Heat to treat

Fraxel Re:Store Dual Treatment zaps and peels dark pigment and is the best option for large areas. "Once discoloured cells absorb the heat from the laser, they darken, scab on the surface then flake away," explains Dr Waldorf. Healing time is 3-4 weeks, and you may need more than one treatment (each costs \$200 to \$1000, based on the size of the area).

## DISGUISE VEINS

Caught in a web of unsightly spider veins? Blame your mum. Or your kids. "Genetics, the pill and pregnancy play a major role in the development of leg veins," says Dr Dawes-Higgs. But being on your feet all day or wearing body slimmers (aka Bridget Jones pants) can take a toll – they can cause blood to pool in your legs and may make veins bulge. Green tea, berries and citrus fruits may all help reduce the appearance of veins, as will maintaining an active lifestyle and a healthy weight, says Dr Dawes-Higgs.

### Collapse your veins

Sclerotherapy vein treatments are the current gold standard in treating small spider veins. A chemical substance is injected into the veins, causing them to collapse. Results are permanent (you'll need two sessions at around \$500 each), but your body may create new ones.

### Play hide and no seek

Specialised body products, such as Prtty Peaushun Skin Tight Body Lotion, \$62 (4) contain light reflecting pigments and come in skin-tone shades to conceal imperfections such as spider veins... at least for the day.



**GOT A MINUTE?** Nix puffy eyes: mix 1 tsp natural yoghurt and 1 tsp honey. Apply to skin under your eyes, relax for 10 minutes, then rinse off.