

# FUTURE-PROOF YOUR HEALTH **Prevention** AUSTRALIA

## 15 MINS TO LEAN & STRONG

**BEAT BURNOUT**  
HOW TO CLEAR YOUR OVERWORKED BRAIN

**Weight gain, thinning hair, sleep troubles... THE SNEAKY CULPRIT!**

**BEAUTY ADVICE**  
LOOK FRESH WITHOUT MAKE-UP

# Gut health special

What your gut bugs are telling you

Prevention AUSTRALIA  
**Healthy HAIR AWARDS 2023**  
THE BEST PRODUCTS FOR GORGEOUS HAIR

## 30 best health tips to help you thrive

**Sally O**  
'I HAVEN'T CHANGED, EVEN IF MY WEIGHT HAS'

*Must read!*  
KATH KOSCHEL ON THE HEALING POWER OF KINDNESS



# Neutriderm

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# Stressed?

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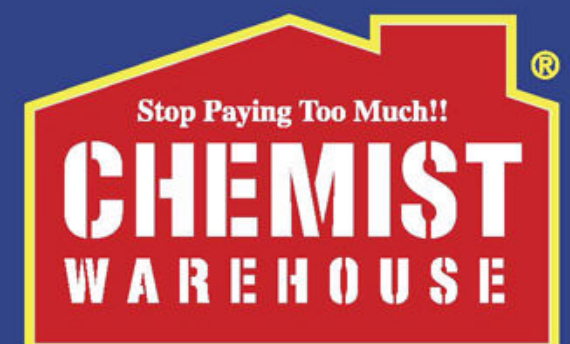
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a Peel Pads set from  
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## Time's on your side

As the days get shorter and the sun rises later, is anyone else pulling the doona up tighter when the alarm goes off? Recently, I've developed a morning alarm tango that goes something like this: 5.30am – *buzz!* 'Wake up for yoga?! Yeah... nah, half an hour more' ...6am – *buzz!* 'Wake up for a brisk walk with the dog?! Not today, because I *really* need more sleep' ...7am – *buzz!* 'Time for work – but I'll *definitely* make it to yoga tomorrow. Definitely.'

Thank goodness for the 15-minute at-home workout on page 70. It's an easy and quick way to keep everything strong and toned (especially when you want that snuggly sleep-in!). Personal trainer Natalie Jill, who presents this routine, can vouch for its success: Since she started practising it, and adding a healthy eating plan to go with it, she's lost 28 kilos of post-baby weight that she'd been unhappily carrying for far too long. When it comes to eating well, readers often tell me that one thing they love to see in *Prevention* is simple and practical tips on how to eat well. Your fresh food inspiration starts on page 58.

Our cover star this issue (on page 48), Sally Obermeder, media personality and co-founder of wellness brand SWIISH, describes her own health journey over the past year, which has been curiously polarising among her followers. In a move that most of us would applaud, she's decided to make time for herself each day non-negotiable. And with that alone time, she started walking, allowing her mind the freedom to think, reflect or just slow down the mental chatter. The unintended by-product of this new regimen? Shedding 22 kilos. Sally's been astonished at the reaction to her weight loss from social media fans, who announced they were "unfollowing" her citing "her changing aesthetic". Don't you think we should all be kinder to other women, as well as ourselves, when it comes to our body? Health isn't a size, it's about the everyday positive things you do for yourself. And I hope this issue inspires you to live well, all month long!

*Andrea*  
**ANDREA DUVALL**  
 EDITOR



*Your essential  
 hair guide*

Confused by all the latest hair science and products out there? Introducing the *Prevention* Healthy Hair Awards! Our experts sort the fancy claims from the facts to highlight the very best products for your haircare at every price.

*See page 96 for more*



**Q** DO YOU DRINK ENOUGH WATER DURING THE DAY?

**25%** MY WATER BOTTLE NEVER LEAVES MY SIDE

**39%** I do my best to stay hydrated

**36%** I THINK I SHOULD BE DRINKING MORE WATER



**this or that?**  
We asked for your views.\*  
Here's what you said.



**Q** YOU'RE ORDERING DESSERT - WHAT DO YOU GET?

**25%** Tiramisu is my fave!

**17%** CAN'T GO WRONG WITH ICE-CREAM

**27%** I like to treat myself to some kind of cake

**31%** I FINISH OFF WITH A NICE CRÈME BRÛLÉE

**Q** WHAT'S YOUR LIP PRODUCT OF CHOICE?

**30%** Lipstick!



**36%** JUST A BIT OF LIP GLOSS WORKS FOR ME

**34%** I CAN'T LEAVE HOME WITHOUT LIP BALM

**Q** HOW DO YOU SPEND YOUR SUNDAY?

**14%** Meal prepping for the week

**14%** HANGING OUT WITH FAMILY

**51%** I LIKE TO KICK BACK AND RELAX

**21%** Clearing, cleaning and more cleaning!



\*Results sourced from polls conducted on Prevention's Instagram @preventionaus





# Pulse

*MORE JOY, LESS STRESS - FOR A HEALTHIER, HAPPIER YOU*

“It’s never too late to be what you might have been.”

George Eliot

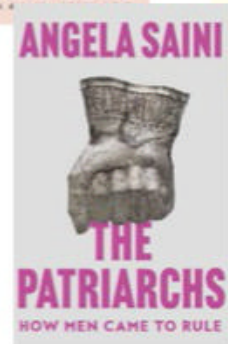
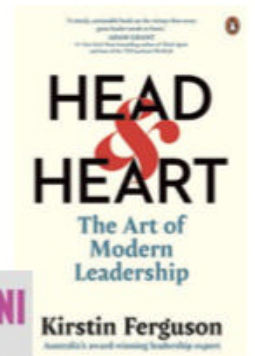
## ALL IT'S CRACKED UP TO BE

Life thrown you a curveball? Then laugh it off. A good giggle has been proven to boost your immune system, improve mental health and even increase pain tolerance. But your humour 'muscles' atrophy as you get older, research shows. From your 20s, you become less inclined to laugh as life's responsibilities start piling up – with the chuckles not returning until your 70s. That's way too long spent missing out, so get happy now, says humour strategist Paul Osincup: "The more you immerse yourself in humour and start learning how to use and experience it, (the better) you start priming the pump for positivity in your life." Start by seeking out people, pets or things (like jokes) that induce spontaneous laughter.



## Prevention AUSTRALIA

Book Club



### INSPIRING GOOD READS

#### The Book of Burnout

By Bev Aisbett  
(HarperCollins, \$22.99)

Burnout is real, and there are ways to tackle it. Mental health expert Bev uses humour, relatable language and endearing illustrations to explain what burnout is, who's at risk and how to recognise the signs.

#### Head & Heart: The Art of Modern Leadership

By Kirstin Ferguson  
(Penguin, \$34.99)

Leadership isn't just about being the boss. Leadership expert Kirstin shares lessons learnt from Aussies, such as Mia Freedman and Sally McManus, about stepping up at home, work or in your community. Inspiring stuff!

#### The Patriarchs: How Men Came to Rule

By Angela Saini  
(HarperCollins, \$34.99)

Award-winning science journalist Angela has a rep for engrossing, well-researched books that tackle the tough stuff. Ever wondered about the true roots of the patriarchy? This is the fascinating, infuriating read you need.

Scan the QR code to find these great reads and many more of our handpicked favourites at Booktopia.



### 3 FEEL-GOOD TUNES, ACCORDING TO SCIENCE ... Turn up the joy!



Cyndi Lauper's *Girls Just Want To Have Fun's* toe-tapping tempo (120 beats per minute) and major key help to increase energy and feel-good vibes.



Debussy's *Clair de Lune* has been proven to promote dopamine release in the brain, increasing feelings of happiness and good emotional responses.



Marconi Union's *Weightless* is eight minutes of flowing harmonies and heartbeat-replicating rhythms, found to reduce anxiety.

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# Health

***THE BEST BREAKTHROUGH SCIENCE, MADE SIMPLE***

## **POINT GUARD**

It's the good news we've been hoping for: a groundbreaking vaccine for breast cancer has passed phase one of its human trials (a 20-year-long process), taking us one step closer to conquering one of the world's deadliest cancers. In a recently published study in *JAMA Oncology*, a team of US researchers revealed that their experimental vaccine has proved to be highly effective in preventing the growth and reoccurrence of one of the most aggressive and persistent types of the disease, HER2-positive cancer. The jab is also described as 'very safe', with none of the participants experiencing severe side effects. Researchers are now conducting phase two of the human trials, so a miracle could be just around the corner.



## HEART OF THE MATTER

Yoga or stretching – which is best for the heart? Well, if high blood pressure is an issue, then yoga wins out, a recent study published in the *Canadian Journal of Cardiology* suggests. Researchers compared two groups of participants, who both did 30 minutes of exercise five times a week. One group added 15 minutes of yoga to their training, while the other incorporated 15 minutes of stretching. The results showed that the people doing yoga had a greater improvement in blood pressure, a reduced heart rate and a lowered risk of having a heart attack. Downward dog, anyone?

## Weight a bit

If you want to get a truer picture of your weight, then weigh yourself on Wednesdays, studies suggest. That's because, by then, you've had enough time to burn off the weekend indulgences. Hopefully, it'll be a hump day in name only!



## 6 weeks

How long the benefits from a week-long wellness retreat could last.

SOURCE: JOURNAL OF ALTERNATIVE AND COMPLEMENTARY MEDICINE



## Go with the flow

It's time to rethink the habit of running for the loo before heading out the door! Going 'just in case' instead of when you really need to could train your bladder to want to go more frequently because it 'thinks' it cannot hold as much – the opposite of what you want. Obstetrician/gynecologist Dr Victoria Handa explains that it's all down to your brain: it controls every bodily process, including urination – and there's a mental component to needing to pee (hello, nerve-induced loo breaks!). Too-frequent visits could also stiffen the bladder wall, which may cause problems. Women's bladders can hold up to about two cups (500ml) of urine – that's quite a bit – so try to hold the flow!

# Sound mind

White noise isn't the only sleep aid – tune into these other colourful frequencies to find a sense of calm.



## PINK NOISE

● **WHAT:** This noise sounds 'flat' or 'even' to the human ear and is more soothing than white noise. Nature is full of pink noise, including rustling leaves, steady rain, wind and even heartbeats.

● **WHY:** Several studies have found that pink noise has potential as a sleep aid, reducing brain waves to increase stable shut-eye. It also induces deep sleep, which supports memory and helps you feel refreshed in the morning.

● **LISTEN:** Look for nature-inspired playlists featuring ocean waves, rainforest sounds or rainstorms. Or, better yet, head outside into a park.

## WHITE NOISE

● **WHAT:** Often recommended to those with sleep troubles, white noise is distinguished by homogeneous, humming pitches, similar to the sound of a running fan or air conditioner.

● **WHY:** White noise helps block out higher-frequency sounds, such as people's voices, car horns and similar sleep-disruptive cacophonies. It also aids concentration while working or studying.

● **LISTEN:** There are loads of white noise playlists to help you drift off to sleep, study or even soothe a baby – try Spotify or YouTube to find your favourite. Or simply switch on your ceiling fan!

## BROWN NOISE

● **WHAT:** Also called red noise, this sound has higher energy at lower frequencies, making it deeper than both pink and white noise. Think thunder and low roaring sounds. Because of its low, natural tone, people tend to find it easier on the ear than white noise.

● **WHY:** The deepness of brown noise can induce sleep and relaxation, helping to mask loud sounds, like traffic and humming appliances, that can stimulate your brain just when you need it least.

● **LISTEN:** Playlists include anything from rushing waterfalls to trains melodically rumbling along tracks. **P**

# Period GAIN

How working with your hormone cycle can supercharge your resilience and unlock power you never thought you had.

**C**ycle syncing: you might have heard the term, but what does it actually mean? Basically, it involves tweaking your lifestyle to coincide with different stages of your menstrual cycle: rethinking what you eat, when you sleep, when you exercise and even when you take on new projects. Studies show that hormone fluctuations affect your energy, mood, appetite and sleep. While still light on scientific research supporting the theory, there is some suggestion that small changes to your daily routines could have beneficial effects, unlocking extra reserves of energy or resilience when you need it most, and helping you meet the hormonal needs of your body to make your menstrual phase easier to manage.

## HOW DOES IT WORK?

Your hormones ebb and flow over the span of four weeks (or an average of 28 days), biologically dividing your menstrual cycle into four distinct phases. Those in the know suggest approaching each phase as follows:

### MENSTRUAL (DAYS 1-5)

You've got your period; energy levels are low.

- Focus on light exercise, such as walking, yoga and stretching.
- Limit your intake of fat, salt, alcohol and caffeine. Instead, drink and eat warm, comforting, anti-inflammatory stuff: teas and foods rich in iron, omega-3s and vitamin B12.
- Focus on rest and nutrition.

### FOLLICULAR (PRE-OVULATION, DAYS 6-14)

Your energy and mood levels are often higher during this time than in the second half of your menstrual cycle.

- Do light cardio – think walking, swimming or an easy hiking trail nearby.
- Eat more leafy greens and cruciferous vegetables, such as broccoli and cabbage, that are high in fibre and zinc.
- Use this phase to make to-do lists, embrace creativity and plan important projects.

### OVULATORY (DAYS 15-17)

- Focus on high-intensity exercise to get that heart pumping. Try high-intensity interval training (HIIT), dance classes or CrossFit.
- Eat anti-inflammatory foods, such as whole fruit, vegetables and almonds.

### LUTEAL (POST-OVULATION, DAYS 18-28)

This is the last phase of your cycle before you start menstruating again.

- Do some light to moderate exercise. A session of yoga, Pilates or even meditation can help combat dips in mood.
- Increase heart-healthy fats, such as avocado, salmon, olive oil and nuts. Avoid junk food, sugary drinks and sweet treats.
- Be aware of the possibility of mood swings, anxiety and period pain (PMS) in this phase. Try breathing exercises to calm you down. **P**







# boost your hair, enhance your strength

## trichology

Hair loss is a common problem that can be genetic, hormonal, or caused by external factors such as stress or change of season.

The anti-hair loss solution 'trichology' visibly revitalises and strengthens hair, helping to improve the look of hair quality and density.

Products to restore the healthy appearance of your hair.

# *Fitness*

*FEELING STRONGER, FITTER AND FIRMER AFTER 40 STARTS HERE*

## **CHALLENGE ACCEPTED**

Stepping stones, balancing beams, high steps... they may look like obstacles, but 78 per cent of walkers would embrace them if it meant improving their health, a new UK study has found. Getting your daily step count is great when life gets busy, but conventional flat routes don't usually include challenging moves like jumping, balancing or speeding up and stepping down, making a significant increase in heart rate or improvement in balance and bone density unlikely. The study's findings suggest that providing well-designed 'active landscape' routes in urban areas could help walkers boost their health. In the meantime, plan your stroll to include the occasional set of stairs or an impromptu game of hopscotch!

## FUN LOVIN'

If you're struggling to stick to a new workout routine, perhaps rethink your reasons for doing it in the first place. Survey data from 300 participants in a new Edith Cowan University study found that intrinsic motivation (doing something for fun, purpose, meaning) made sustaining new habits more likely, while extrinsic motivation (guilt, getting approval from others) often meant quitting. Surprisingly, positive personality characteristics, such as flexibility or tenacity, didn't make sliding back into our old ways less likely. So, pick something that'll bring you joy, like flamenco dancing, and get ready to thrive (and swirl)!



# 75

The number of minutes you'll experience reduced symptoms of depression after a workout.

SOURCE: IOWA STATE UNIVERSITY

## *Zeal the deal*

Struggling to fit more exercise into your day? Upping the intensity of your physical activity even a little can be hugely beneficial, a new UK study suggests – no extra minutes needed. Researchers used activity tracker data from 88,000 midlife adults, analysing both their total amount and intensity of movement over seven days. Those who spent at least 20 per cent of their energy on moderate to vigorous moves showed much less risk of developing heart disease over the next six years, and this held true even for those whose total activity was relatively low. To start snagging the benefits, try turning your leisurely daily stroll into a brisk walk.

## *Stretch of road*

Want to get the best out of your daily walk? Experts recommend these moves: Warm up with active stretches (lunges, high knees, butt kicks) pre-walk, and cool down when you finish with static stretches (like toe touches), to loosen muscles and release lactic acid build-up. All that's left is stretching out on the sofa afterwards!





## Firm mattress

Got zero motivation to exercise this morning? Tone up without even getting out of bed with this routine from strength coach Lindsey Benoit O'Connell.

### THE MOVE

#### GLUTE BRIDGES

**Targets: Glutes, core and hamstrings**

1. Lie on your back, knees bent, arms at your sides.
2. Lift your butt until your knees, hips and shoulders form a straight line.
3. Squeeze butt cheeks for 3 seconds, then slowly sink down. Before butt hits bed, lift it back up and squeeze.
4. Do 10 to 15 times.

### THE MOVE

#### TRICEP DIPS

**Targets: Upper arms**

1. Sit on the edge of your bed with feet on the floor.
2. Move your body forward until you're hovering, legs bent at 90 degrees. With core tight, lower yourself until your elbows form a 90-degree angle.
3. Pull yourself back up to 'hover' position.
4. Do 10 to 15 times.

### THE MOVE

#### PRAYER CRUNCHES

**Targets: Abs**

1. Lie on your back, knees bent and slightly apart.
2. Extend your arms straight in front of you and clasp your hands.
3. Lift your shoulder blades and count to two as you reach your hands between your knees, then slowly sink back down.
4. Do 20 times.

### THE MOVE

#### LEG LIFTS

**Targets: Lower body**

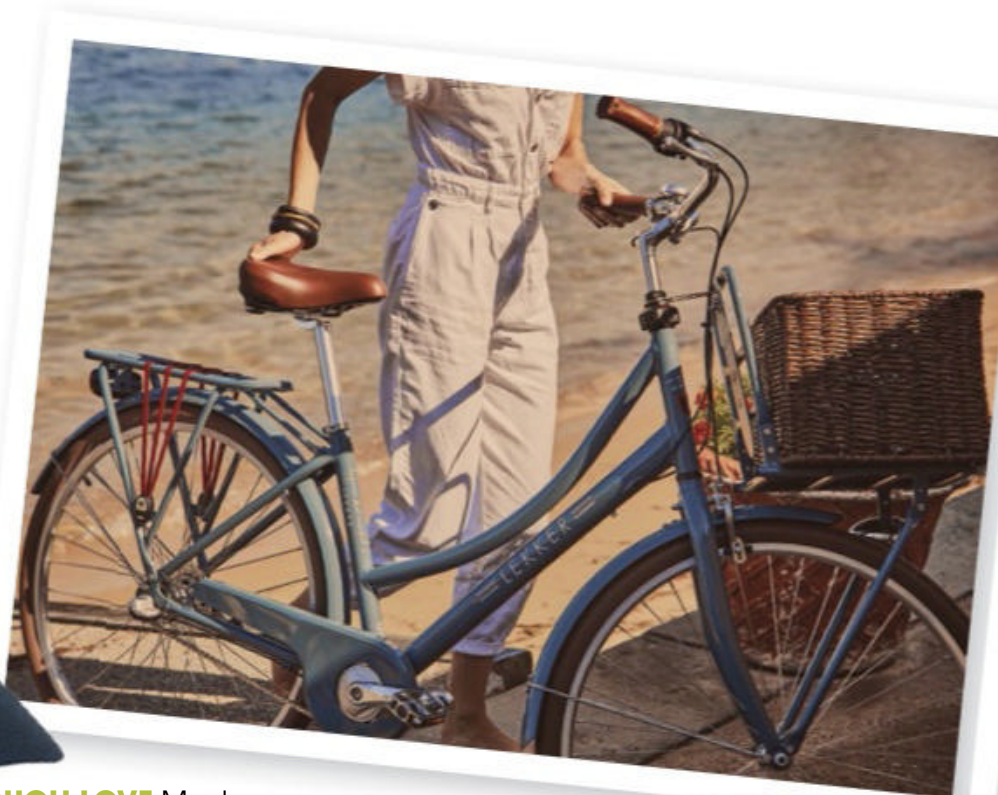
1. Lie on your side in a straight line, head resting comfortably on your arm.
2. Place your legs on top of each other with hips stacked, tighten your core and slowly lift your top leg as high as you can to the count of 3, then slowly lower to a count of 3.
3. Do 15 on each side.

**Fitness**



**PIÈCE DE RÉSISTANCE** Face the wind and rain head on with this lightweight essential. **North Face Windy Peak anorak, \$220, thenorthface.com.au**

**FREE RIDE** Keep your hands free with this chic Dutch-style basket bike. **Jordaan Step Through bike, from \$748, lekkerbikes.com.au**



**TOUGH LOVE** Made from double-brushed cotton for elegance and durability, this cap has you covered. **Jac Cadeaux Navy Heart cap, \$85, jaccadeaux.com**

# First GEAR

Hike, ride or camp in style with these quality picks that feel as comfortable as they look.

**TWO-FACED** Behind the classic looks is a smart watch with serious tech. **Garmin vivomove Sport, \$249, theiconic.com.au**

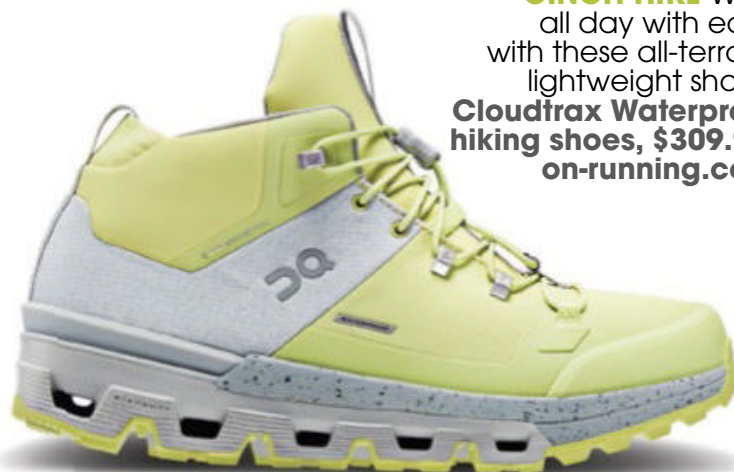


**HOLD ME** This sports bra provides plenty of high-impact, low-bounce support. **On Running Performance bra, \$104.95, on-running.com**

**SOCK AND AWE** Keep feet comfy, warm and dry (and your outfit coordinated) with these Merino socks. **McIntyre Merino-lite crew socks, \$29.95, mcintyremerino.com**



**CINCH HIKE** Walk all day with ease with these all-terrain, lightweight shoes. **Cloudtrax Waterproof hiking shoes, \$309.95, on-running.com**



**SNUGGLE UP** High thermal performance and more foot room equals very comfy camping. **Kathmandu Camper 3 sleeping bag, \$199.98, kathmandu.com.au**



**CARRY ON CAMPING** Take along everything you need (gadgets get their own special padded sleeve) with this water-resistant backpack. **Patagonia Arbor Roll Top Pack, \$199.95, theiconic.com.au**

COMPILED BY DONNAY TORR

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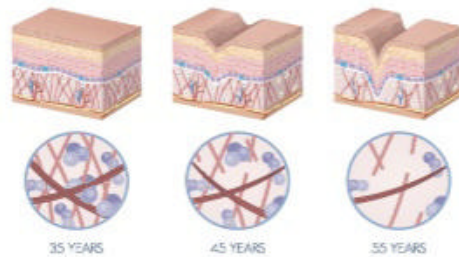


## RESTORES, FIRMS AND LIFTS

Hyaluronic Active Serum™ is a fragrance-free facial serum based on fine molecular hyaluronic acid and sea buckthorn extract. They help to restore, lift and firm your skin for a more youthful look. Hyaluronic Active Serum™ is dermatologically tested and is packed with active ingredients found only in natural herbal extracts. It's a fantastic choice to get rid of dry, saggy or dull-looking skin. The serum is rich in hyaluronic acid, sea buckthorn and squalane. Sea buckthorn contains high amounts of antioxidants that help protect the skin, and squalane has a nourishing, protective and moisturising effect on the skin. It's also an important source of vitamin C, which your skin needs to look radiant and glowing.

**M**ost women know that hyaluronic acid is the key to filling in fine lines and moisturising the skin. It's a popular active ingredient in serums, masks and even injections. We have developed a tablet with hyaluronic acid to help you reach the deepest layers of the skin. To receive the benefits of hyaluronic acid – soft, youthful and firm skin – all you need is one tablet a day at breakfast.

Even if your own skin cells produce hyaluronic acid in order to maintain the moisture levels in the skin, it decreases with age. In addition to this, environmental factors like UV light and pollution affect the skin, drying it. To prevent the appearance of premature ageing, like fine lines and wrinkles, it's important to have a good skincare routine from as early on as possible.



## How does the moisturising effect of hyaluronic acid improve the skin?

1. When the skin is sufficiently hydrated, it feels smooth, full and soft as a pillow. It also has a wonderful glow.
2. When the skin is well moisturised, lines and wrinkles fade away and look smaller.
3. It works for everyone and for every type of skin, even sensitive and oily skin.



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# *Fix your posture - FAST!*

Straighten out that slouching issue with these easy tricks.

BY ALYSSA JUNG

**W**hen your mum nagged you to stand up straight as a child, she mightn't even have realised that you risked more than just looking slouchy. Poor posture can lead to neck and back pain, breathing issues, headaches, joint discomfort and even digestion problems, because the body's natural alignment is off.

There are many factors that affect posture. Sitting for lengthy periods makes it hard to maintain the proper position for optimal







Did you know?

*Poor posture is the main culprit in back problems that affect almost 20 per cent of Aussies.*

SOURCE: AUSTRALIAN INSTITUTE OF HEALTH AND WELFARE

alignment, and “bone loss can also negatively affect posture, and ligaments and tendons naturally lose elasticity as you get older, causing your body to become tighter,” says physiotherapist Dr Melissa Prestipino.

Take these simple steps to help improve your posture over three days, and then make the corrections stick by building them into your regular routine. Okay, let’s get straight to it!

## Day 1

### SCAN FOR POSTURE SABOTEURS

**Do you cross your legs when sitting or lean on one leg while standing?**

If so, untangle your limbs and shift your weight so it’s on both feet evenly. Get into the practice of doing regular body scans and correcting your position.

**Now assess your workstation, whether it’s at home or at work.**

Your chair should be supportive and at a height that lets your feet be flat on the floor. Place your monitor roughly at eye level and the keyboard slightly lower than your elbows.

## Day 2

### TAKE REGULAR MOVEMENT AND STRETCH BREAKS

**To start a new habit,** take frequent movement breaks while sitting. Write ‘stand up and move’ on a sticky note and slap it on your computer or desk, or set a reminder on your phone to alert you every hour. “A walk is great, but just moving in general activates muscles used to keep up posture,” says chiropractor Dr Kevin Lees.

Incorporate stretching into some of those breaks. “Chronically tight muscles may occur due to poor posture, but they can also prevent good posture,” says Dr Lees. Try this exercise: Stand in a doorway and place one forearm on the door frame, elbow at shoulder height. Turn gently in the opposite direction until you feel a stretch across your chest. Hold for 10 seconds and then repeat with the other arm.

## Day 3

### WORK YOUR MUSCLES

Strengthening relevant muscles can help you achieve good posture and ward off bad sitting and standing habits. If you have access to a rowing machine, it’s one of the best ways to exercise for posture support, as it targets muscles that keep your back, shoulders and spine upright, Dr Lees says.

### TRY THESE HELPFUL AT-HOME MOVES, TOO

**Wall angels:** Stand with your back against a wall, arms hanging at your sides, with the backs of your hands against the wall. Move your hands up to meet above your head; once they touch, bring them back down. Repeat five times.



**Planks:** Get on all fours and then lift your body so you’re balancing your weight on your toes and forearms, keeping elbows directly below shoulders. Hold position for at least

10 seconds. Hold for longer as your strength and stamina increase. **P**



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# Nutrition

*BETTER HEALTH, MORE ENERGY AND USEFUL, EXPERT-APPROVED ADVICE ON A PLATE*

## *Gut feeling*

If stress dogs your days, try adding more fibre-rich and fermented foods to your diet. A new study from Ireland has found that just four weeks of eating more fermented foods and fibre daily had a significant effect on lowering participants' perceived stress levels. How so? It comes down to supporting the gut-brain axis: a communication superhighway powered by the vagus nerve that runs all the way along your digestive tract and up to your brain, allowing your brain to send signals to the gut and vice versa, and linking functions such as digestion and appetite to the brain's emotional and cognitive centres. (Butterfly stomach when anxious, anyone?) More research is needed, but it could be a valuable addition to bolster the impact of exercise or meditation on those tough days.



## Not so fast!

Thinking about intermittent fasting? Approach with sensible expectations, a new Australian study suggests. Researchers at the University of Sydney delved into whether the practice had health benefits beyond weight loss, tracking two groups of participants over six months. One added two to three days of vegetable fasting to their diet, while the other continued as usual. While the intermittent fasting group did lose both weight and body fat, there weren't any changes to inflammation, glucose tolerance or insulin sensitivity, debunking many of the claims around fasting's ability to improve health and extend lifespan. The takeaway? Intermittent fasting might be a shortcut to weight loss, but the quality of your diet (and how much exercise you get) matters more.



*The reduced risk of heart disease for people who follow a vegan diet compared with those who eat meat and fish.*

SOURCE: AMERICAN JOURNAL OF CLINICAL NUTRITION

### *Self-serve*

Finding your inner chef could have tangible benefits for both mental and physical wellbeing, according to a new Australian study. Doing weekly 90-minute cooking classes for just seven weeks was found to significantly improve resilience, confidence, life satisfaction and physical health in participants, and the effects were still noticeable six months later. You don't have to be *MasterChef* level either: building basic cooking skills made participants more confident and creative in the kitchen, helping them to form healthier choices and change their eating habits. Okay, so who's up for a home-cooked meal tonight?

### *Tea chest*

A daily cup of tea can promote good health in later life by helping counter calcification of the arteries, Edith Cowan University in WA has found. The secret? Flavonoids. Non-tea fans can also get them from apples, nuts, citrus fruits and berries.



# Is lack of sleep *torturing you?*

Melissa Dream™ is the tablet you need to help maintain a relaxed and restful sleep. A unique formulation – with natural extracts and vitamins.

**D**isrupted sleep can make you feel miserable – and unrestful and interrupted sleep is becoming ever more common in our hectic, rushed society. When you don't get the proper amount of sleep, you'll often experience dark under-eye circles, pale skin and even noticeable weight gain, because of the increased production of hormones, which make you feel hungry.

## **BRUTAL TO** *the body*

Sleep deprivation results in a slowed rate of healing in the body and it can weaken your immune system. And, as it's so brutal to the body, it's not uncommon for friends and co-workers to wonder if you're all right. Indeed, sleep deprivation is known to be so horrible for people that it's long been recognised as one of the cruellest – and therefore most effective – forms of torture.

## **SLEEP BETTER AND WAKE UP** *refreshed*

To help free yourself from those sleepless nights, try Melissa Dream™ tablets. The lemon balm tablets help you maintain a relaxed, restful sleep.

## *Why* **MELISSA DREAM**

For centuries, lemon balm (*Melissa officinalis*) has been a favourite herb with herbalists. Hence the name Melissa Dream™. This scientifically crafted herbal formula is designed to help you sleep better and wake up feeling refreshed without the use of ingredients that make you drowsy.

The lemon balm tablet is fortified with a combination of soothing green tea, chamomile and vitamin B complex. It's high in antioxidants and apigenin and can activate mechanisms that calm nerves and reduce the time to fall asleep. Additionally, the tablet is rich in magnesium, which promotes normal muscular functions, including comfortable night-time muscular function in your legs and shoulders.



## *My sleep solution* **NOW I CAN SLEEP SOUNDLY AGAIN!**

Many of us know the anxiety of not being able to sleep through the night. You toss and turn; thoughts and worries are churning in your head. Elin, 62, knew this feeling all too well and so decided to try the new Melissa Dream™ tablets. Elin has had sleeping problems for years and has often woken up several times during the night. "It's really frustrating lying in bed turning and turning, because you can't sleep," she says. "During the day, I had problems concentrating, because I was so tired. I was always running about like a headless chicken, not being able to get anything done – simply because I had too little sleep."

## **Amazing to wake up from a sound sleep**

"Now I feel fantastic. I'm so rested and happy when waking up now and I'm truly on top of things during the daytime and coping with everything. I take the tablets one hour before bed. It really feels amazing to wake up from a sound sleep again!"

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## *Pile it up*

This bruschetta with avocado, ricotta and poached eggs (pictured) provides 20g of protein. Not bad for a quick bite!

# Protein pep-up

New evidence suggests that you need more protein than you think – especially as you age. Here's how to get more of it.



**M**ost of us know that upping our daily intake of healthy protein is a nifty hack to build muscle, strengthen the immune system and support cell function. But, the latest thinking is that we need even more protein than many of us are currently eating. Nutrition scientist Dr Donald Layman, one of the world’s leading protein researchers, suggests we should be aiming for 100g a day to get the full benefits, including weight loss and feeling full.

### WHY EAT MORE?

We start to lose muscle mass every year from about the age of 30, which makes eating more protein (and adding resistance training to your workout!) especially vital for women as they head into midlife, explains dietitian Susie Burrell. Our busy lives are jam-packed with responsibilities, too, making it all too easy to reach for convenient meal options that tend to be higher in kilojoules and processed carbohydrates – choices “our bodies can’t burn off as efficiently as in our 20s and 30s”, says Susie. Our protein needs also start to increase about age 40, says nutritionist Dawn Jackson Blatner, because the body’s ability to process it becomes less efficient with age. Add to this growing evidence that consuming more protein than the recommended dietary intake (about 60–70g) reduces bodyweight and helps to build and maintain muscle tone, and it becomes a good idea to rethink your go-to snacks.



### SPREAD IT OUT

It’s easier to hit your 100g protein goal if you distribute your intake throughout the day, rather than squeezing it all onto your dinner plate in the evening. Susie suggests adding more protein to morning meals and snacks and keeping the “fuel a little lower in the second half of the day”, to counteract your lower activity levels and tendency to gain more weight in midlife.

Choose healthy, lean meats, fish and chicken and low- or reduced-fat, high-protein dairy options. And don’t forget plant-based proteins: legumes, wholegrains, tofu, nuts and seeds may pack a slightly lower protein punch per gram, but are high in fibre – a nutrient that helps you maintain a healthy weight, and one that most of us are lacking, according to research by the Australian Bureau of Statistics.



### Protein-rich picks

Here’s your guide to getting the recommended 100g of protein every day. Keep this list handy and start building up your protein bank!

Scotch fillet steak	150g, grilled	= 35g protein
Chicken breast	100g, grilled	= 31g protein
Sashimi	5 pieces	= 26.5g protein
Tuna roll sushi	8 pieces	= 24g protein
Edamame	1 cup	= 18.4g protein
Low-fat milk	250ml	= 11g protein
Poached eggs	2 medium	= 11g protein
Cheddar cheese	40g	= 10g protein
Cottage cheese	½ cup	= 14g protein
Trail mix	handful (55g)	= 8g protein
Tofu	100g	= 8g protein
Legumes	½ cup, cooked	= 8g protein
Chickpeas	½ cup	= 7.5g protein
Yoghurt	150g	= 7g protein
Peanut butter	2 flat tbsp	= 7g protein
Cooked pasta	1 cup	= 7g protein
Multigrain bread	2 slices	= 7g protein
Cooked brown rice	1 cup	= 5g protein
Cooked white rice	1 cup	= 3g protein
Natural muesli	¼ cup	= 3g protein
Raw almonds	12	= 3g protein
Medium potato	120g	= 2g protein

Prevention AUSTRALIA

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# Beauty

**FAST, EASY WAYS TO LOOK AS GOOD AS YOU FEEL**

## Natural resources

‘Natural’ is the buzzword for 2023, so it’s nice knowing there are effective, scientific ways to improve the quality of your skin and enhance your bare-faced beauty. Some of the best in-salon facials use active ingredients customised to your skin concerns, high-tech clinical devices that kickstart new collagen formation to reduce wrinkles, and deep cleansing that instantly resurfaces and smooths the skin. It’s a fast track to a brighter complexion and increased confidence. “My patients are mainly 40 and what many of them really want is to improve the quality of their skin,” says Dr David Kosenko, president of the Cosmetic Physicians College of Australasia. “They want less redness, less pigmentation, smaller pores and have skin that ‘glows’. My prediction is that, as their age increases, they’ll prefer procedures that make their skin appear healthier, with fewer blemishes while still looking natural.” Curious? Try one of these:

**HYDRAFACIAL** Thirty minutes is all it takes for this treatment, which deeply cleanses, exfoliates, moisturises and infuses your skin with a cocktail of antioxidants and peptides for noticeable natural radiance. **From \$229, [clearskincareclinics.com.au](https://clearskincareclinics.com.au)**

**CYNOSURE ULTRACEL Q+** This high-intensity focused ultrasound (HIFU) treatment raises the heat of skin tissue to boost collagen, reduce skin laxity and eliminate stubborn fat cells, to leave you looking smooth and fresh. It takes a few weeks for full results to kick in, so plan ahead. **From \$675, [cynosureaustralia.com](https://cynosureaustralia.com)**

**DERMALOGICA PROSKIN TREATMENT** This 30- or 60-minute facial is fully customised to your skin’s needs, incorporating everything from professional-grade peels and actives to hydradermabrasion, LED light therapy and ultrasound infusion. **From \$170, [dermalogica.com.au](https://dermalogica.com.au)**



## BRUSHED UP NICELY

There was a time when toothpaste was simply a necessity, not a product worthy of display in your bathroom. Not anymore! Enter a raft of new brands with Insta-worthy packaging, creative flavours and formulations full of natural ingredients that are free of nasties, giving you an exciting breadth of choice. Of course, anything that inspires healthy teeth and gums is good news; studies show that poor oral hygiene is linked to a variety of illnesses from heart disease to diabetes. It's an excellent reason to indulge yourself with aesthetically pleasing toothpastes that leave your mouth feeling fresh, your taste buds tingling and your teeth sparkling. Brushing has never looked better.

*Try these:*

**HELLO NATURALLY WHITENING FLUORIDE TOOTHPASTE** Not only does this organic toothpaste greet you every day with its cheery name, it also contains mouth-cleaning tea tree and coconut oil for outstanding freshness. **\$9.99, Priceline**

**HI BY HISMILE TOOTHPASTE** Bright, sleek pump packs house a riot of teeth-sparkling flavours including peach iced tea, mango sherbet, smooth mint and watermelon. **\$13, [adorebeauty.com.au](http://adorebeauty.com.au)**

**ROCC NATURALS WHITENING MINERALS FLUORIDE TOOTHPASTE** Featuring Australia's first biodegradable toothpaste tube, this naturally derived, fresh formula protects tooth enamel and is kind to sensitive teeth. **\$11, [roccnaturals.com.au](http://roccnaturals.com.au)**



# 18

The maximum number of months you should use a lipstick before binning it. Over time, it accumulates serious bacteria – and you don't want that on your mouth!

Innovation alert



The secret to perfect lashes? It could be **Lashes of Change**, a customisable, interchangeable, refillable Australian-first mascara. Simply pick your favourite brush (or several, for different looks – they clip on and off with ease), choose your ideal formulation and then your preferred gold, rose gold or silver case. We love the power of choice! Find out more at [lashesofchange.com](http://lashesofchange.com)

# 5 hacks for instantly rested eyes

Watch dark circles, fatigue and puffiness disappear with these speedy tricks.



## WEAR AN EYE MASK

For fast depuffing and smoothing before special events or when eyes need reviving, you can't go past a hydrogel under-eye mask. Hot tip? Store them in the fridge; the cold temp will help constrict the blood vessels in and around the eyes and may reduce the appearance of dark circles.

*Try:* **NIP + FAB HYALURONIC FIX EXTREME4 JELLY EYE PATCHES**, \$39.99 for 20, Priceline

## OPT FOR A 2-IN-1 TREATMENT

Eye cream can do more than just moisturise, fight ageing and prep skin for make-up. Innovative new formulas contain light-reflecting particles or sheer pigment to blur dark circles, evening and brightening skin tone.

*Try:* **OLAY EYES ULTIMATE EYE CREAM**, \$24.50, amazon.com.au

## GO UNDERCOVER

It's not just dark under-eye circles that can make eyes look tired – it's the shadows around eyes, too. Tap a full-coverage concealer all around the eye area, then dot a light neutral shimmer eyeshadow on the inner corners of eyes to illuminate.

*Try:* **REVLON COLORSTAY SKIN AWAKEN CONCEALER**, \$26.95, Chemist Warehouse

## DO A DOUBLE CURL

For an eye-opening effect, before applying mascara, clamp an eyelash curler at the base of bare lashes, hold for 10 seconds, then release. Brush mascara through lashes toward outer corners of eyes. When dry, lightly clamp curler again for 10 seconds.

*Try:* **LASH REHAB EYELASH CURLER**, \$24.95 thelashrehab.com

## FAKE AN EYE LIFT IN SECONDS

### *The secret:*

Flick your eyeliner slightly upward at the outer corners of your eyes, which gives a visual lifting effect. Try the double-ended Quick Flick Eyeliner (\$39.95, Priceline), which has a handy 'wing' stamp and a precision pen for perfect application every time. **P**



**MELLOW GLITTER CHROME EYESHADOW IN CHAMPAGNE** This elegant metallic eyeshadow melts into the skin with ease and stays put all day. **\$30, mellowcosmetics.com.au**



**DB COSMETICS PURE GLOW HYDRATING TINTED MOISTURISER** Enriched with nutrients, this oil-free formula nourishes your complexion with lightweight colour. **\$15.99, dbcosmetics.com.au**

**RARE BEAUTY LIP SOUFFLÉ IN CONFIDENT** A light, satin-matt cream containing lotus, gardenia and vitamin E for soft, nourished lips. **\$35, sephora.com.au**



**RARE BEAUTY SOFT PINCH LIQUID BLUSH IN JOY** Give an instant healthy flush to cheeks with this weightless, buildable liquid blush. **\$39, sephora.com.au**



**ROC REVIVE + GLOW NIGHT SERUM CAPSULES** Contains 20 per cent pure vitamin C to brighten and hydrate skin while you sleep. **\$49.99, Chemist Warehouse**



## Peak season

Look and feel fresh-faced all autumn long with our picks for hydrated, radiant skin.

BY CECILY-ANNA BENNETT



**CLARINS DOUBLE SERUM** This reformulated cult serum nourishes skin with 21 plant extracts for a smooth, hydrated, radiant complexion. **\$116, clarins.com.au**

**OPI INFINITE SHINE 2 IN RUST & RELAXATION** Give nails the perfect pop of colour with this long-wearing, uber-glossy, gel-like nail polish. **\$23.95, myer.com.au**



**CHARLOTTE TILBURY HOLLYWOOD FLAWLESS FILTER** This creamy formula blurs, highlights and smooths skin for a lit-from-within glow. **\$65, mecca.com.au**



**MELLOW GEL LIP PENCIL IN ADRIA** A gel-formulated lip liner that glides on for a long-wearing matt finish. **\$19, mellowcosmetics.com.au**



**REVLON COLORSTAY SUEDE INK LIP BREAD WINNER** Like a primer and lipstick in one, it smooths lips, nourishes with vitamin E and lasts for up to eight hours. **\$29.95, Chemist Warehouse**



MY THIN HAIR MADE ME INSECURE BUT...

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# Now, I feel BEAUTIFUL again!

Kasia is an active girl who's always looked after herself, exercising and eating healthily. However, when she had a baby, she began to notice that the quality of her hair was deteriorating, which had a negative impact on her self-esteem.



## Washing HAIR WAS STRESSFUL

“When I had children, I noticed that my hair started to change,” says Kasia. “My hair was brittle and I was losing a lot of hair. It didn't feel healthy at all anymore and washing my hair became stressful. Instead of letting my hair down, I started putting it up. Since hair is an important part of the look, I felt really depressed.”

## MY confidence CAME BACK

One day, while Kasia was browsing through a magazine, she saw an article about the hair



supplement Hair Volume™. She was impressed by the natural content used in the products and the positive results the woman in the article had experienced from the product. She decided to give it a try.

“I've been using the product for two months now and my hair has started to feel strong and beautiful again,” she says happily. “I have also stopped shedding a lot of hair.”

As a bonus, her nails felt stronger and her skin had regained its glow.

“Now I feel beautiful and my appearance corresponds again to my healthy lifestyle, and my strong self-confidence is back.”

## Your hair tablet for normal hair growth and volume



Hair Volume™ is a Swedish hair tablet that supports hair growth. Biotin and zinc contribute to the maintenance

of normal hair. The tablet is based on apples and also contains extracts from millet, silicium and copper – natural sources for hair nutrition.

## Take care of your hair BOTH FROM THE INSIDE AND OUT

New Nordic has developed a shampoo, conditioner, hair mask and shine serum in the Hair Volume™ beauty range. Beauty supplements work from the inside in harmony with your body by reaching the living cells that cosmetic creams can't reach from the outside. The new haircare range has an instant effect that works in synergy with the internal Hair Volume™ tablets for optimal results. The haircare series is suitable for all hair types and can be used by both men and women of all ages.

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# *Look great without* **MAKE-UP**

Discover a less-is-more approach to beauty with these pro tips.

**W**ould you wear less make-up if your skin looked brighter? Smoother? More even? There are plenty of effective skincare formulations that can transform the appearance of your skin, improving hydration, balancing your complexion and delivering natural radiance for easy, bare-faced beauty. Here's what you need to know.

## MOISTURE IS KEY

'Glow' is beauty speak for skin that has a healthy moisture barrier. That is, the outermost layer of skin responsible for holding in water and repelling irritants in the air so they don't penetrate skin and wreak havoc.

"If your face is dry, red or flaky, that means you have a damaged moisture barrier," explains skin therapist Renée Rouleau. "Your skin develops invisible cracks that allow moisture to escape and light to penetrate, reducing your natural radiance." However, skincare can restore a damaged moisture barrier as well as your luminosity. Stop using retinoids and exfoliants until any dryness or irritation subsides. Use a moisturiser with hyaluronic acid for maximum hydration and, during the daytime, slather on a face cream that contains ceramides, a core component of the moisture barrier.

**OUR PICKS** FOR HYALURONIC ACID: No7 Protect & Perfect Intense Advanced Night Cream, \$44.99, Priceline. FOR CERAMIDES: CeraVe Skin Renewing Night Cream, \$38.99, Chemist Warehouse

## BET ON BRIGHTENERS

There's a reason so many dermatologists recommend using a vitamin C serum daily: This powerful antioxidant is one of the best ingredients for boosting radiance, evening out skin tone and fading pigment spots. Look for a formula that contains l-ascorbic acid or tetrahexyldecyl ascorbate – more stable forms of vitamin C – in a pump bottle (to best preserve the ingredient's potency). For instant brightening, use an illuminating serum or moisturiser with pearlescent particles (light-reflecting minerals such as titanium dioxide and mica) for a healthy-looking sheen that evens your skin tone.

**OUR PICKS** FOR PEARLESCENT PARTICLES: Antipodes Glow Ritual Vitamin C Serum with Hyaluronic Acid, \$49, Chemist Warehouse. FOR A POTENT, YET GENTLE FORMULA: Skintitut 10% Vitamin C Super Serum, \$69, adorebeauty.com.au



## HIGHLIGHT AND SMOOTH

Your skincare can double as highlighter, but "I always prefer a dewy highlight rather than a sparkly one, because it looks more natural," says make-up artist Monika Blunder, who uses a balm, salve or face oil for this move. "Simply tap a little along the high points of your cheekbones to catch the light." And consider primer: it fills in pores so skin looks smoother. Today's formulas are light and many contain nourishing ingredients along with brightening and blurring particles.

**OUR PICKS** Natio Treatments Nourishing Miracle Face Oil, \$21.95, Chemist Warehouse; Rageism Illuminating Primer, \$68, rageismbeauty.com.au

## CHILL OUT

If your face tends to get red or blotchy, or you have under-eye dark circles, stashing products in the fridge can work wonders (also keep a few chilled spoons handy for a refreshing under-eye de-puff). "Cleansing, toning and moisturising with cool-temperature products helps constrict capillaries to calm redness and irritation," Renée explains. **P**

# NEW GHD DUET STYLE



THE FIRST 2-IN-1 HOT AIR STYLER THAT TRANSFORMS  
HAIR FROM WET TO STYLED WITH NO DAMAGE\*



Scan to view the impossible

\*No thermal hair damage detected after 4 passes  
in wet to style mode vs. naturally dried hair.

#ghdduetstyle



# Mind

*SMART WAYS TO STAY SHARP, CALM AND POSITIVE*



## HAPPY YEARS

Want to live past 90? Then don't underestimate the power of a positive mindset! In a major new US study, researchers tracked 160,000 women for 26 years, evaluating optimism and its association with an increase in lifespan regardless of other lifestyle factors. They found that the most cheerful women lived 5 per cent longer and had a 10 per cent greater likelihood of making it beyond 90 compared with women with the lowest levels of positivity. This makes being an optimist an essential tool in your 'living well' kit. Even better, it can be learnt, so it's never too late to start! How content are you really? Do our happiness quiz (on page 54) to find out.

## WINDOW OF OPPORTUNITY

People who can see blue sky and trees through their office windows are more creative and happier than those without a view, new research from Queensland's Bond University has found. The study tested participants' creativity, working memory and mood when they were immersed in virtual reality offices with either no, shuttered or nature-facing windows. The room with the view did best. Beyond reconfirming our natural affinity for nature, the findings have implications for better workplace design and productivity. Now, how to scam that window seat in the office? Hmmm.



# 74%

*The percentage of people who say they get stressed out when their routine is thrown off. We're creatures of habit!*

SOURCE: WH SOUTH AFRICA

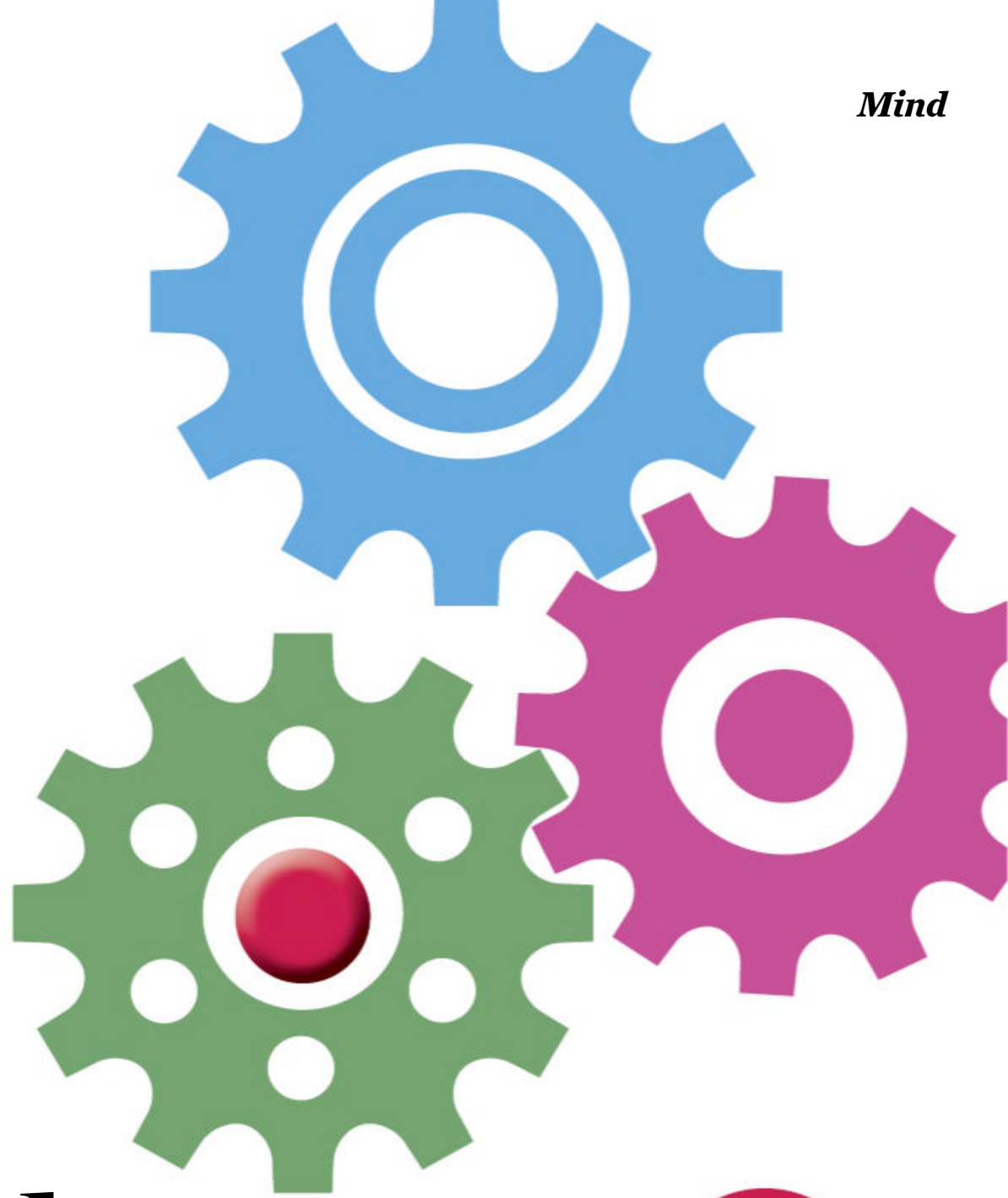
## Late bloomer

Had a morning tiff with your partner? It might actually make you a more pleasant colleague that day, a US study suggests. It's all thanks to 'mood repair', when you try to fix a bad start to the day by being of service to people later on. Researchers tracked 92 couples, documenting their mood, morning interactions, fatigue levels and general helpfulness later on. Employees who arrived to the office after a row were more likely to connect with their colleagues and be more helpful. So, next time you think the day's a write-off because of a fight, remember that you'll likely be all smiles (and popular) by the afternoon.

## Touching words

Words play a major part in touch, say Aussie researchers. They asked participants to touch mystery objects they were told were either nice (moisturiser) or nasty (horse poo). Regardless of substance, the name impacted touch duration and enjoyment... and the rush to wash their hands!





# Desire to know

A tiny region in your brain, called the amygdala, rules many of your deepest emotions and plays a big role in controlling your impulses. Want to pay it a visit?

## WHAT IT IS

The amygdala is a pair of small, almond-shaped areas deep within the brain, one behind each ear. (You technically have two amygdalae, but they're typically referred to as a singular entity.) It's part of the limbic system – brain regions involved in behaviours and emotions – so it influences when you experience things, such as fear, pleasure, anxiety and anger.

## WHAT IT DOES

You know that chocolate craving you just can't shut off? That's your amygdala tempting you. The shiver of fear you feel when you encounter something unsettling? Your amygdala is warning you that danger is near. And that handy ability you have to learn from negative experiences is also your amygdala at work, as is when you feel empathy or a desire to flirt. How the amygdala controls so many impulses and feelings is complicated and not fully understood, but

much of it has to do with the adrenaline that's pumped out from other portions of the brain during a stressful or alarming situation. This adrenaline triggers the amygdala to send out a fight-or-flight signal, which dictates how you react. The adrenaline-amygdala combo is also what helps you learn from risky or unpleasant events. For example, if you take a financial chance and lose money, or you get into a car accident, the amygdala prompts your brain to create a memory that (hopefully) helps you avoid repeating that misstep in the future.

That snapshot process happens in joyful situations, too, which is why you probably remember milestones, like the birth of your first child, as if they were yesterday. The amygdala also allows you to pick up on feelings of distress in other people – recognising their emotions helps stimulate the amygdala and it also helps you decide whether to react with, say, a great big hug or perhaps a sincere apology. **P**

**Did you know?**

*A brain injury to the amygdala can leave a person constantly hungry, forgetful or in fear.*

SOURCE: MEDICINET.COM

***Fast  
fact***

Grief can not only affect appetite and sleep, but also weaken the immune system.




# Mourning person

Grief is, unfortunately, a natural part of life. Here, Sally Douglas and Imogen Carn, presenters of the popular Aussie podcast *Good Mourning*, share what happens to your body when you bottle up your feelings and how you can ease through the grieving process.

**W**hen life gets busy, you might think you don't have time to grieve properly. 'No time to cry' might be your slogan as you keep on going and push your feelings aside. Sitting with painful emotions may seem counterintuitive (and daunting), but allowing yourself to step out of your comfort zone, and feel emotionally exposed, has been proven to have some incredible healing benefits. Research has found that when you cry emotional tears, it activates the parasympathetic

nervous system [a network of nerves that relaxes your body after periods of stress], as well as the brain region amygdala, which helps you to relax and process your emotions. Think of it like a big clear-out, leaving you feeling lighter, calmer and able to get a better night's sleep (which we know can be tough when you're grieving).

When you don't release these emotions, you might feel extra sensitive, overwhelmed or tired. These are all good indicators that it's time to let yourself be vulnerable. ►



“ Whatever you’ve been holding tightly in your vault for fear of losing control, let it out. You’ll be surprised at how much of a relief it can be to allow yourself to feel.



The exercise below can bring up a lot of painful emotions. So, if it feels too much for you, then come back to it when you're more likely to be emotionally ready. There's no rush.

## THE GRIEF SESH

The grief sesh is the secret weapon for unblocking the heavy emotions on really hard days. It's when you actively force yourself to grieve by provoking an emotional release.

### *Here's how it works*

Firstly, you'll need a toolkit. Everyone is different, but, for some inspiration, we'll show you what's in ours:

- ♥ Music that reminds you of your person
- ♥ Photos – *all* the photos!
- ♥ Handwritten cards or letters, their journals
- ♥ Items of their jewellery and clothing that holds their scent
- ♥ A pillow to scream into
- ♥ Tissues and a glass of water

**STEP 1** Find a cosy, private space where you won't be interrupted (this is key – we've been interrupted mid-sesh and it can be awkward!).

**STEP 2** Music is an integral part of a good grief sesh, so play some tunes that remind you of your person. The funeral songs work a treat, or you could listen to their favourite albums. You could also create your own 'grief sesh playlist' on Spotify that evokes memories of them.

**STEP 3** Take a deep breath. Listen to the music while you look at photos or read cards, letters or journals. Hold the special items, smell their clothing and accept whatever emotions arise, without judgement. Use the pillow if you want to have a good scream – try not to hold back emotions or suppress whatever comes up for you. Remember, by doing this, you're helping to process the pain that has been living in you rent free. Take as long as you need.

**STEP 4** When you feel like you've had a good cry, or that you've managed to express some of the feelings inside, stop. And be sure to go easy on yourself afterwards. You can feel exhausted after a grief sesh, so try to keep your schedule clear for a few hours to rest and recoup. **P**

*If you're struggling to cope with a loss, talk to a professional or call Lifeline on 13 11 14.*



Edited extract from  
*Good Mourning* by Sally  
Douglas and Imogen Carn  
(Murdoch Books, \$34.99)

# Sally Obermeder

*The entrepreneur and media personality celebrates the unexpected health benefits of making time for yourself.*

BY DONNAY TORR PHOTOGRAPHY JEREMY GREIVE

From glam launches to helter-skelter school runs, Sally Obermeder is a woman on the move. Quite literally. In the past year, the former TV presenter has relocated both her family home and the headquarters of her booming online wellness brand, Swiish, and managed to clear out an overfilled storage locker at long last. “Finally! I got a guy from Airtasker, and when he sent me a pic of the empty unit... ahhh, the relief!” says Sally.

“I’m usually quite ruthless, but I was in a period of no clarity – the girls [Annabelle, 11, and Elyssa, six] were very young, the strain of the surrogacy process [for Elyssa] still lingered...” (Sally and her husband Marcus’s decision to have their second child through an American surrogate came with its own setbacks, and ended up taking two years.)

No wonder Sally felt enveloped in an exhausted fog: Clearing out that storage locker was a fitting bookend to a period of turbulence.

## CHANGING HER MINDSET

“I’ve grown a lot in the past three years – and I like who I am on the other side of what’s been a tricky period,” says Sally, 49. In 2020, the Seven Network cancelled chat show *The Daily Edition*, which Sally co-hosted, effectively ending her 15-year career at the station. This coincided with huge, but demanding, growth at Swiish, which she runs with her sister, Maha Corbett, as well as Elyssa starting primary school during lockdown constraints. How did she manage it all? “I started to do a better job of not putting myself last,” says Sally.

She refers to something most women are intimately acquainted with: the idea that you’re too busy to make time for self-care because somehow your gain must mean another person’s loss. “It’s natural, to some extent, to first make sure that everyone else is fine,” says Sally. “But I had a mindset shift during this period: it’s not about ►



*I've grown a lot in the past three years – and I like who I am on the other side.*





## *I started to do a better job of not putting myself last.*

‘me first’, it’s just ‘me as well’. I started to not treat myself as an afterthought.”

She did this by focusing on small daily actions and reminders (‘I’m important, I want to look after myself, I want to feel good’) rather than big changes. It took Sally time to accept that actions don’t have to be major in order to make a difference, but her mindset shift paid off, not least in the gradual loss of 22 kilos over the course of 12 months, an unexpected side effect of her slow-but-steady self-care routine.

### WALK THIS WAY

That switch to self-care began when Sally discovered the benefits of walking. “Even before my body got fitter, my mental space expanded,” she says. “I felt more clarity. I needed that space to process – I still do.” At first, Sally’s walks were accompanied by podcasts or audiobooks, but silence soon became what she appreciated most. “I sometimes compare my brain to a pinball machine: you try to follow a train of thought, but you can’t because you’ve already moved on to another. Walking helped me slow down and check in with myself, which in turn quieted the chatter.”

Not that Sally ever manages to switch off entirely. “It’s not in my character. I have an active mind, and I need to make sure I don’t become a workaholic. You know, me going on holidays is the worst time in Maha’s life – I’ve had a breather, I get inspiration and ideas, and I call her all the time. She’s, like, ‘I *hate* when you’re on holidays, it’s the worst!’” Sally says this with a gleeful relish that gives a glimpse of the give-and-take between two sisters, who’ve worked together to build a much-loved brand and are still going strong.

“I often say to Maha that I couldn’t have done [Swiish, founded in 2012] with anyone else,” Sally shares. “We’re so different: I drive her crazy and she drives me crazy, and it’s perfect. Maha helps me to slow down and she’s more risk averse than I am. So, we balance each other out.”

### BUILDING RESILIENCE

Sally’s weight loss coaxed both compliments and criticism on social media, with former fans ‘regretfully’ unfollowing her due to ‘changing aesthetics’. (“I always find it funny,” Sally says, smiling. “If you decided to swap shopping at Woolworths for Coles, would you march into Woolies and announce that you were leaving?”)

The constant trial by social media can get exhausting, though. “I don’t take it personally,” says Sally. “I came to TV later in life, so I’m very sure of who I am. I know that I’m a good person and that I haven’t changed, even if my weight has.” Her tone firms. “When people comment on my weight, I’m not afraid to give them this same answer every time: it’s not okay to comment on someone’s weight. We’re so much more than the size of our clothing or the number on the scales. It’s not like I morphed into someone new at size 14, 12, 10, 8... I’m absolutely the same person – as stubborn and as loyal as I was before.”

Sally’s resilient, too. It’s a characteristic shaped by a strong, inspiring mother and honed by life’s challenges, such as being diagnosed with stage 3 breast cancer back in October 2011, just a day before her eldest daughter’s birth. Her response to the devastating diagnosis is best illustrated by the story of a coffee table that still causes her and Maha much mirth: “When I was seven or eight years old, my favourite thing to do involved this wide coffee table,” she explains. “I’d always say to Maha, ‘I bet you think I can’t jump over it! Okay, then, I will rise to the challenge!’ So, yeah, a bit of resilience is probably part of my DNA. I like to think that strength is similar to a cup that gets filled, and every time you go through something, you just get stronger and more resilient, like a muscle that gets worked.”

### ASKING FOR HELP

That strength means Sally’s also not scared of calling for time out when needed. Last year, during a period of rebranding her business, Sally was often working until 3am. It was time to slow down. “A few days after the launch, I slept for 20 hours,” she says. “I realised that I don’t need to be sick or unwell to give myself permission to rest. ►

## Quick six for Sally

### *Fave holiday spot?*

Kiama (on the NSW South Coast) to the south of Sydney, hands down! Such lovely beaches and friendly people.

### *A guilty pleasure?*

Okay, so I know this is bad, but... scrolling on my phone in bed while eating snacks!

### *You wind down by...*

See above! But also having a long lunch with my girlfriends.

### *Top Pilates move?*

It's similar to a hip opener, but for your chest: you grab your legs from behind. It helps me because I'm always hunched over a computer or bench.

### *A non-negotiable skincare step?*

Sunscreen every time!

### *What's in your bag?*

The wedding vows that Marcus wrote me, some pictures of my girls, headphones, old sultanas and crusts from the kids... Trust me, you don't want to see inside my bag!

SALLY WEARS (OPENING SPREAD) FOREVER NEW SHORTS, BY CHARLOTTE NECKLACE, DINOSAUR DESIGNS EARRINGS AND BANGLE. THIS PAGE: LORNA JANE TOP, AÛE ATHLETICA BRA, TOP AND LEGGINGS, UNDER ARMOUR SNEAKERS, FROM THE ICONIC, DINOSAUR DESIGNS NECKLACE



*There's no  
one like you  
but you, and  
that's your  
secret sauce  
in life.*

I feel that I'm so much better at listening to my body now, and checking in with myself every day, with no judgement."

Sally's also become better at asking for help than she used to be. "I went through a long period of never asking for help when I was sick," she says. She recalls repeatedly declining her girlfriends' offers of help during her cancer treatment, until one of them took control and started a dinner roster. "It was a pivotal moment for me because it showed me that asking for help helps everyone, and that it's okay to be vulnerable. Now, when people say to me, 'My friend has cancer,' or 'I've been diagnosed, what should I do?', I always say: 'Ask for help! You'll resist it, you'll say no, you'll insist you can get through this, but you still need to ask for help.'"

## SAYING YES TO LIFE

Given what she's learnt, conquered and achieved, what wisdom would Sally gift her daughters to carry in their own lives? "The understanding that the power rests within them," she says. "None of us go through life alone, and we do need other people. However, I learnt much later in my life that life is a solo sport. It's a bit like boxing. People can be on the outside of the ring cheering you on and bringing you oranges at half-time, but only you can do it. And that's just the truth.

I want my daughters to know that that's not a bad thing – it's actually a liberating thing. You're not waiting for somebody to do it for you!

"People sometimes say, 'Ah, you're so lucky with what you've achieved' ... but there's no luck involved. I'm not super special. I'm not smarter or prettier or richer than anyone else. I came from a very normal background. I've got immigrant parents, grew up middle-class, went to a public school, there's nothing special about me at all. I always say that there's no one like you but you, and that's your secret sauce in life.

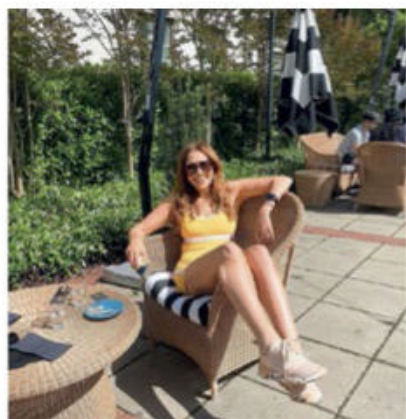
"Motherhood does change you, no question," Sally continues. "In your twenties, and in your thirties a bit, everything's fun. Someone says to you, 'Hey, do you want to come watch a band 17 suburbs away? Sure! Do you want to meet on Tuesday at 9.30pm for a cocktail? No problem!' But, once you start having kids and just generally more responsibilities, the world gets smaller and smaller. Suddenly, five suburbs away is too far, and everything happens in a shorter time frame."

Sally's ready to change things up, though. "It's time to bring back a bit of fun, a bit of looseness!" she says. "So, next time someone says to me, 'Hey, do you want to come to something seven suburbs away?', I won't say, 'Oh, no, maybe another time...' This is the time, these are the days, every day you have is a gift." **P**

## A time for business and pleasure



**FAMILY HIGH**  
Sally with husband Marcus and the girls, Annabelle (left) and Elyssa, at the Blue Mountains in Sydney late last year.



**TAKING A BACK SEAT**  
After working herself to the bone, Sally says she's finally learning to put her feet up when needed and really listen to her body.



**BRAND-NEW OUTLOOK**  
With sister and Swishi co-founder Maha (left), celebrating the relaunch of the brand last year with an intimate gathering.



**RISE AND SHINE**  
Promoting the brand with then-pregnant Maha (who later gave birth to her second child) on the Seven Network's Sunrise.

# *What really makes you happy?*

It's normal to feel a little deflated at times, but it shouldn't be the norm. Take this quiz to find out what may help lift you back up.

## **THE OPPOSITE OF HAPPINESS**

isn't always depression. However, if you have to think hard about what moments in your life are bringing you joy, it may be a sign that something is a bit off. This quiz is no substitute for a visit with a doctor or therapist, but it may give you a nudge to seek out some life changes. ►



**Did you know?**

*Australians derive their greatest happiness from their relationship with a partner or spouse.*

SOURCE: IPSOS

### **QUICK - WHICH WOULD YOU SAY YES TO FIRST?**

**A:** \$10,000

**B:** Spending time outdoors

**C:** A full night's sleep

### **HAPPIEST ANSWER: C**

Sleep brings on the most wellbeing, according to research. In fact, moving from feeling rested 'some of the time' to feeling rested 'all of the time' may boost wellbeing more than multiplying your income by five. Spending time outdoors increases good feelings, but not nearly as much as sleep does.

### **ON A TYPICAL DAY OFF, YOU TEND TO SOCIALISE FOR:**

**A:** Fewer than four hours

**B:** Four to six hours

**C:** Seven hours or more

### **HAPPIEST ANSWER: C**

Working people who spent seven or more hours the previous day with friends or family had the highest happiness-to-stress ratios compared with those with less social time the day before, a Gallup poll found.

### **WHAT DOES A VERY HAPPY 'HAPPY HOUR' LOOK LIKE TO YOU:**

**A:** Inviting friends over for a wine

**B:** Shots at a new cocktail lounge

**C:** A bottle at home alone

### **HAPPIEST ANSWER: A**

It's not about where you go but whom you're with – strengthening social bonds is essential to wellbeing. An answer of B could be okay, but only if you focus more on the friends you're with rather than the alcohol. A Harvard study found that drinking too much booze is a major contributor to unhappiness, marital stress and divorce, so take it easy.

### **THAT HAPPY HOUR SEEMS EVEN HAPPIER WHEN YOU'RE DRINKING:**

**A:** Wine

**B:** Beer

**C:** Strong alcohol

### **HAPPIEST ANSWER: A OR B**

A BMJ Open study found that spirits elicit more positive emotions than other types of alcohol, but are also linked to negative feelings. Avoid the ups and downs by having beer or wine.

### **YOUR USE OF FACEBOOK IS:**

**A:** Like breathing – you couldn't live without posting, liking or clicking

**B:** Like a full English breakfast – satisfying but rare

**C:** Non-existent

### **HAPPIEST ANSWER: B**

It might feel like you're enjoying reading posts and comments, but time on Facebook can actually tank satisfaction. Indeed, one study found that people who spent 20 minutes on the site had worse moods than those who just browsed the internet for that long.

### **WHAT HAPPENS WHEN YOU TRY A NEW SKILL, SUCH AS MAKING SUSHI, TAKING A DANCE CLASS OR TRYING YOUR HAND AT POTTERY?**

**A:** If I'm not good at it, I give up

**B:** I keep trying

**C:** Work always gets in the way

### **HAPPIEST ANSWER: B**

Struggle isn't an immediate mood lifter, but research suggests that the short-term frustration of wrestling with a brand-new skill is outweighed by the long-lasting mental boost you feel when you finally get the hang of what it is that you're doing. So, keep going at it – the end will be worth it.

### **WHAT'S YOUR PREFERRED STATUS?**

**A:** Single

**B:** Partnered up

**C:** In a long-distance relationship

### **HAPPIEST ANSWER: B**

Breaking free from an ugly relationship feels good, but you may not want to stay alone forever. Couples in healthy relationships are happier than singles, according to a recent Canadian study.

### **HOW OFTEN DO YOU EXERCISE?**

**A:** Less than once a month

**B:** At least twice a week

**C:** Every day

### **HAPPIEST ANSWER: C**

People who work out have 43 per cent fewer poor mental health days than those who don't, according to *The Lancet Psychiatry* journal.







“ Spending time outdoors increases good feelings.

**HOW OLD ARE YOU?**

**A:** 30 to 45

**B:** 46 to 64

**C:** 65+

**HAPPIEST ANSWER: C**

Not that there's anything you can do about your age, but research has shown that over 65s are the most happy people. So, do what you can to be joyful now and know that it only gets better!

**THE HAPPINESS VERDICT**

**0-3 HAPPY ANSWERS**

If little to nothing is registering on your happy scale and everything on this list feels like a stretch, you should probably have a chat with a professional.

**4-6 HAPPY ANSWERS**

You're shooting straight up the centre (which means you're doing fine), but it may be worth considering making a few smart lifestyle changes to feel even more content and fulfilled.

**7-9 HAPPY ANSWERS**

Congratulations, and good for you! Unlike a lot of people who struggle to find the joy in the every day, you're in a good place. You must have both solid instincts and a healthy perspective. **P**

A close-up photograph of a woman with voluminous curly hair, wearing a colorful striped sweater, eating a salad from a brown paper bag. She is holding a fork with a bite of salad in her mouth, and another fork is visible in the bag. The background is a solid red color.

# EAT THE *right way*

Looking for simple, delicious and inexpensive ways to nourish your body? Then chow down on these bite-sized tips.

## Red alert

Raspberries help fight inflammation of neurons in the brain, thus improving both motor control and cognition.



## Q What foods can help me feel a little sharper?

**A:** Lots of factors contribute to a fuzzy, sluggish feeling – and food is a big one. Your brain uses a good portion of your daily fuel (about 20 per cent of your total kilojoule intake) to function properly, ensuring that you can think, remember those gazillion life details and stay on an even emotional keel. When you're lacking in certain nutrients, you'll likely feel less sharp. Dig into green vegies, fatty fish, berries and walnuts, which all contain brain-beneficial goodness.



## Ditch the diet ✓

Deprivation diets are out, so forget the self-imposed pressure of striving to meet ideals so lofty and unrealistic that you'll lose motivation and drop your resolve without achieving any lasting changes. Instead, set an overall intention to boost your health. Then think of a few doable ways to live out that aspiration – things that'll work comfortably for you. Try this SMART (Specific, Measurable, Attainable, Realistic and Timely) goal-setting approach, developed by business management pros, which will help change the way you think:

### INSTEAD OF "IT'S DIET AND DETOX TIME!"

**TRY:** "I can and will eat better starting today. I'll do this by drinking more water, bringing my lunch to work and making at least one meat-free dinner a week."

### INSTEAD OF "NO MORE SUGAR"

**TRY:** "For between-meal energy slumps, I'll have a banana or a handful of trail mix at hand. And I'll wean myself off sugar in my tea/coffee by slowly reducing the amount until I've adjusted to the taste."

### INSTEAD OF "I'M GOING TO GET INTO SHAPE!"

**TRY:** "I'll aim to move my body more by walking 15 minutes a day to a level where I huff and puff. And I'll also attend at least one fitness class every week." ►



 YUMMY PICKS!


1

## 3 genius OATS-TO-GO BOWLS TO TRY

Who said healthy eating was no fun? Oats are a supercharged base – their fibre helps keep blood sugar steady for even mood and energy levels, supports digestion to keep things moving, and helps reduce LDL ‘bad’ cholesterol levels to help protect the heart and keep you feeling full. Try these innovative, healthy mix-ins (they’re dietitian approved, so tick, tick, tick!).

### 1 APPLE PIE OATS

Toss together  $\frac{1}{2}$  cup oats and 1 tbsp sultanas. Add 1 cup sugar-free oat milk and allow to soak overnight. In the morning, stir in  $\frac{2}{3}$  cup of grated apple and a pinch of cinnamon. To serve, top with walnuts, raspberries and any leftover apple, cut into slices, if you like.

### 2 DARK CHOCOLATE ORANGE OATS

Peel one wide strip of orange rind and place in saucepan with  $\frac{1}{2}$  cup rolled oats,  $\frac{2}{3}$  cup milk, 3 tsp sifted cocoa powder, 2 tsp maple syrup and  $\frac{1}{2}$  cup water. Cook over medium heat for 5 mins, stirring until it thickens and starts to boil. Transfer to serving bowl. Cut half an orange crossways into slices and place on top of oats, with segments of 1 peeled mandarin, and drizzle with 1 tbsp passionfruit pulp.

### 3 OVERNIGHT ESPRESSO OATS

Combine  $\frac{1}{2}$  cup rolled oats, 2 tbsp maple syrup and 2 tbsp prepared coffee into a bowl, cover and chill in the fridge overnight. Add  $\frac{2}{3}$  cup milk to loosen mixture and transfer to a serving glass, and then sprinkle over 1 tbsp coconut flakes, 1 tsp cacao nibs and  $\frac{1}{2}$  tsp chia seeds.



2



3

## HELP!

**Groceries have got so expensive - how can I eat healthily on a budget?**

**A** It’s true: the rate of inflation for food costs is at a 40-year high – but you can still make affordable choices. Try these tips for saving money (and time) at the supermarket.

### Scan your fridge and pantry

Take a look at what you have on hand and what you can use before its ‘best by’ or expiration date. Knowing this will help you avoid throwing duplicates in your trolley and therefore having food go to waste. Then make a shopping list and stick to it to avoid impulse buys.

### Make a meal plan

Before you jot down your list, create a rundown of dinners for the week. That way, you can shop without wasteful ‘just in case’ purchases.

### Browse grocery shelves from top to bottom

Look high and low for the best prices; items displayed at eye level tend to be the most expensive options. And pay attention to the ‘per unit’ price for an accurate comparison between brands.

### Beware of ‘shrinkflation’

Many manufacturers are reducing package sizes without lowering prices. (Sneaky, we know.) Always double check quantity before snagging an item.

## Get scrappy to save \$\$\$

Fresh produce scraps and skins tend to be the first things we throw away, but they're often the most nutritious parts of the food. Instead of discarding skins or tossing fruits that are past their prime, try transforming them into fruit chips. You don't need a fancy dehydrator – your oven will do nicely. Very thinly slice four crisp apples and arrange in a single layer on baking trays lined with baking paper. Combine 2 tsp cinnamon, 1 tsp each ground cardamom and ground ginger, ½ tsp all-spice and ¼ tsp each cloves and nutmeg and sprinkle over apples. Bake at 95°C, rotating position of pans halfway through, for 2½ to 3 hours or until apples are crisp.

## Nutrition power couples

They're already healthy on their own, but these mighty pairings actually work together to provide even more benefits.



### TOMATOES + OLIVE OIL

Tomatoes are rich in lycopene, a powerful antioxidant and a key nutrient for good heart health and a lower risk of certain types of cancer. Bonus: Cooking them can actually make their lycopene more bioavailable, and adding a bit of olive oil helps enhance its absorption. Time to cook up a pasta topper everyone will love.



### BEANS + CAPSICUMS

Pairing plant-based iron (think cannellini, kidney beans) with foods rich in vitamin C can increase the bioavailability of both to help maximise absorption. Try oven-baked capsicums, stuffed with beans, or capsicum salsa with bean burritos. Red capsicums are one of the richest sources of vitamin C, and ½ cup packs over 100 per cent of your daily needs.



### TURMERIC + BLACK PEPPER

Did you know that this combo adds more than just flavour to recipes? Black pepper actually helps you absorb turmeric (thanks to the compound piperine, which can increase the spice's bioavailability by up to 2000 per cent!). So, now you can enjoy more of turmeric's antioxidant and anti-inflammatory benefits.



### EGGS + AVOCADOS

Top avocado toast with an egg for flavour and optimal nutrition. The healthy fats in the yolk increase absorption of the avo's vitamin E, and both foods contain choline, so you get a double dose of this hard-to-get nutrient that's crucial for brain health. The combo also contains vitamin A to protect the skin from oxidative stress damage. ►

**Did you know?**

*Sauerkraut is high in the antioxidants lutein and zeaxanthin, which are known to preserve eye health.*



**GIVE IT A GO!**

**Q** Are food fads worth a try?  
Some, yes. Here are a few current food trends that are worth incorporating into your diet.

**FERMENTED FOODS:** Kimchi, sauerkraut and kefir, among others, are a great source of probiotics, which can help improve gut health, reduce inflammation and boost the immune system. These fermented foods are also high in antioxidants and have been linked to a lower risk of certain diseases, such as cancer.

**PLANT-BASED PROTEIN:** Think sources such as lentils, beans and chickpeas. These are a great alternative to meat, chicken and fish, as they're loaded with protein and/or have a meaty texture. They're also low in fat and cholesterol, plus high in fibre.

**TURMERIC:** This much-adored spice is commonly used in Indian and Middle Eastern cuisines and it contains a powerful antioxidant called curcumin, which has been connected to a variety of health benefits, including reducing inflammation, alleviating oxidative stress and improving heart health.

**BONE BROTH:** Made by simmering bones and connective tissue for a long period of time, bone broth results in a rich, flavourful liquid. It differs from stock, which generally uses bones and no connective tissue or meat. Bone broth is an excellent source of collagen and anti-inflammatory gelatin, as well as other nutrients, which are beneficial for healthy skin, hair, nails and joints.

*Healthy snacks*

Try these better-for-you bites:



**SINGLE RICE CAKE SANDWICHES**

Rice cakes are a crunchy low-carb base you can top with endless combos. Smear on nut butter to fill you up and add fresh mashed berries for a naturally sweet twist. Or, go savoury with cottage cheese, your favourite seasoning and sliced cucumber or tomato.



**SWEET KIWIFRUIT**

Satisfy your sweet tooth by snacking on two juicy, ripe kiwifruit. They're easy to pop into your handbag for an on-the-go snack. Peel and slice, as pictured, or spoon it straight from the skin.



**DIY POPCORN**

Add your own flavour to two cups of air-popped popcorn, be it cinnamon and nutmeg, or spicy chilli powder. You could even add 1 tablespoon of grated parmesan cheese, if you like.

# 3 big ways to stop food waste

It's a shocking fact that Australians discard about 20 per cent of the food they purchase (or roughly \$2500 per household each year). Even the smallest personal effort can make a huge difference for your wallet and the environment – you'll contribute to reducing harmful landfill emissions and help fight food insecurity. Here are a few ways to do your part:

## 1 KNOW YOUR DATES

Confusion about expiration labels is the main reason many people throw out perfectly good food, fearing that it may make them sick. In general, a food is safe to consume if signs of spoilage, such as unpleasant odour, flavour or texture, aren't present. Save this handy anti-food-waste checklist:

**BEST BEFORE:** This date indicates when a product will have the best flavour or be of the best quality, but it doesn't mean the food will be unsafe to consume past that date. Most products will last beyond this date if they're stored properly.

**USE BY:** This does relate to food safety. Don't eat any food that is past its 'use by' date, even if it looks and smells fine. When you're shopping, check dates so you can allow yourself plenty of time to consume it.

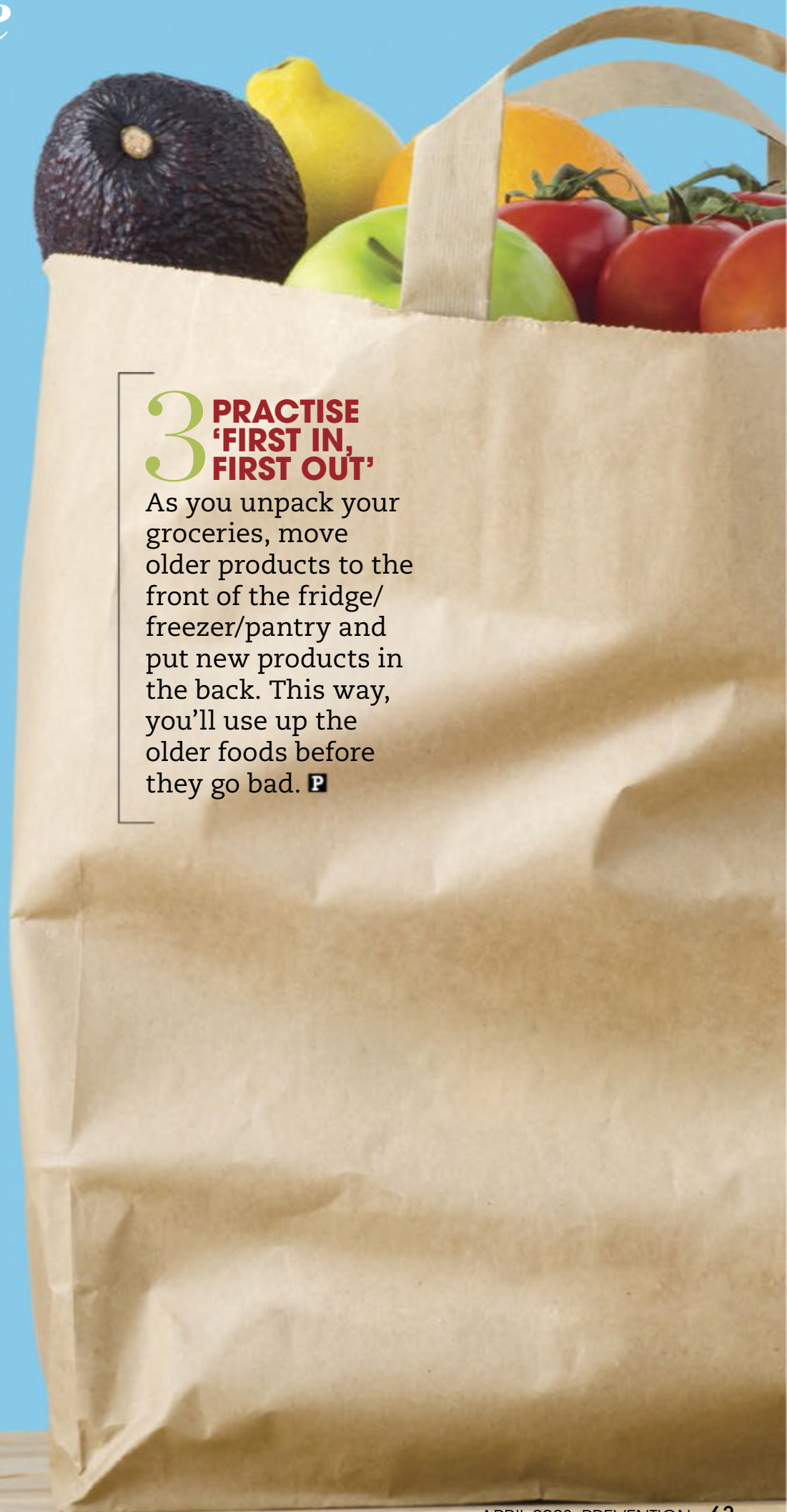
## 2 STORE YOUR FOOD PROPERLY

Rotten or spoiled food is the ultimate bummer, especially when it cost you a bundle, but storage tricks can help keep things fresh longer.

- ✓ Always store bananas, apples and tomatoes by themselves, as these items emit natural gases that can spoil any produce around them.
- ✓ Wait to wash items, such as berries, until right before you eat them to prevent mould.
- ✓ Consider putting grains, cereals, crackers and biscuits in airtight containers. Use a marker to write the expiration date on the outside so you'll have a visual reminder.

## 3 PRACTISE 'FIRST IN, FIRST OUT'

As you unpack your groceries, move older products to the front of the fridge/freezer/pantry and put new products in the back. This way, you'll use up the older foods before they go bad. **P**





*What are your*  
**GUT  
BUGS**  
*telling you?*

PHOTOGRAPHY: GETTY IMAGES





We 'feed' our gut microbiome and, in turn, it nourishes us. But, what if we're bad gut carers? Leading researcher Professor Phil Hansbro reveals all.

**O**ur gut is home to more than 100 trillion microorganisms from thousands of different species. We carry most of these tiny bugs in our colon – bacteria, but also yeasts, fungi, viruses, archaea (another form of microbe) and parasites. Amazingly, 30 per cent of our faeces is made up of microorganisms. All up, our gut bugs weigh as much as our brain. Some scientists even consider us hosts to a whole ecosystem of organisms, describing people as a 'human-microbiome superorganism'. ►



### Did you know?

*Exposure to dogs has been found to alter the gut microbiome and help protect against respiratory illnesses.*

SOURCE: PUBLIC HEALTH NUTRITION

The terms microbiota and microbiome were virtually unknown until the past few decades. The more we learn about the rich, teeming jungle of microscopic bugs living in our gut, the more it seems the old adage ‘you are what you eat’ should be updated to the more scientifically accurate ‘you and your microbiome are what you eat’. Historically, microbes were seen as simply ‘bad’ or ‘unhygienic’, responsible for causing all kinds of illnesses. It’s now very clear that a lot of the microbes that share our body are actually beneficial – which makes sense, given we’ve co-evolved with our microbiome from the very beginning.

These microbes offer us unique functions our body can’t perform by itself. They help us digest foodstuffs that are otherwise indigestible, for example, and make vitamins (such as vitamins K and B) and other beneficial compounds our body needs. They play many roles in our metabolism, keep our immune system healthy and even communicate information to our brain. We ‘feed’ them and give them a safe place to live

and they, in turn, nourish us. When we have enough beneficial (or, at least, harmless) varieties, they also provide a protective barrier against undesirable ‘enemy’ microbes.

There’s evidence, for example, that taking childhood antibiotics that wipe out most of the microbiome is strongly associated with developing immune-driven allergic diseases like asthma. In fact, there’s the gut-lung, gut-liver, gut-brain, gut-everything axis, which describes how the gut microbiome is critical for all of our tissues to function normally. As scientists exploring nature’s intricate connections, one of the initial questions we always ask when it comes to finding out if something has an important role is: ‘What if we remove it?’

### A GERM-FREE DYSTOPIA

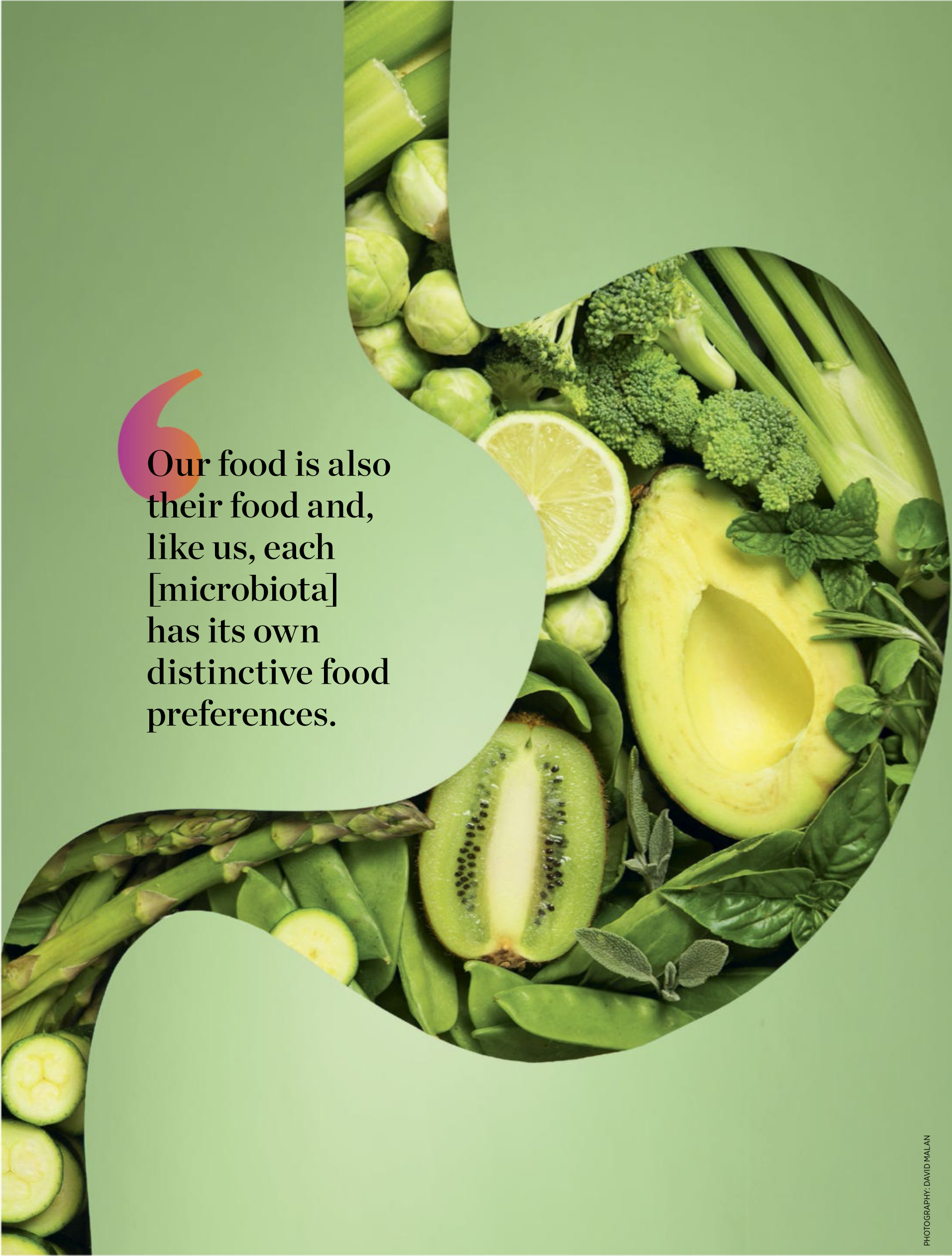
You suddenly wake up in a germ-free world. No more bacterial infections; no more viral infections; no more fungal infections. You take a multivitamin with your breakfast and think about all the fermented and microbe-produced food you’ve seen in magazines of the past. Kimchi, kombucha, cheese, bread, beer, wine... all gone since the world became germ free. Then you hear the news: a highly deadly virus has emerged and is spreading, killing everyone in its path. And now, all of humanity will fall to this virus. A virus that was once known as the common cold.

A germ-free world is more fiction than fact, but what’s become very clear is that a host and its microbiome are deeply interconnected. Take germ-free mice, for example. These mice are born through caesarean section into a germ-free world and are raised in microbe-free isolators. In germ-free animals, not being exposed to microbes has major effects. The animals don’t develop normally and have many health problems. It alters the structure of their gut and their nutritional needs, and affects their brain and immune cells development, among other dysfunctions.

Germ-free animals don’t have any bacteria to digest dietary fibre. There’s also no bacteria to ‘educate’ the immune cells in the gut, which then develop to be hyperactive and hyper-responsive to any invading microbes – including harmless ones – leaving the animals vulnerable to a whole range of infectious and inflammatory diseases. ►



The gut is a veritable bacterial heaven, with the highest density in our colon.



Our food is also  
their food and,  
like us, each  
[microbiota]  
has its own  
distinctive food  
preferences.

### Keeping your microbiome happy

What's important is the quality of food you eat across your entire diet. Emphasise eating seasonal veggies, fruits and wholegrains while limiting processed foods, especially those with unhealthy fats, added sugar and salt. Research also suggests a link between higher levels of toxins derived from gut microbiota and eating more animal fats and sweets.

The good news is that healthy eating to support your gut microbiome and general wellbeing really doesn't have to be hard. Even just changing a few things can make a big difference. Are you eating minimally processed foods wherever possible? Do you seek out a variety of natural, whole foods, and enjoy less healthy foods in moderation? Then you're working towards minimising inflammation and improving your gut health.

It's clear from these germ-free studies that we need all the microscopic-flora we've co-evolved with for the healthy functioning of our body.

Our gut and skin are the two largest surfaces exposed to microbes. We're exposed to them in the uterus, and we get a further massive influx of microbes during and immediately after childbirth. This establishes our microbiome as soon as we're born. The skin is a very harsh environment: it's nutrient poor, very dry and has a protective layer of dead cells and sweat glands. As a result, there are only low levels of microbes on the skin. The gut, on the other hand, is a veritable bacterial heaven, with the highest density in our colon. Indeed, our colon is home to so many bacteria it's considered one of the most complex ecosystems on Earth.

We know that many factors can affect our gut flora composition, including our age and health status, treatment with antibiotics and the food we eat. Our gut microbiota is now a thoroughly researched field in science – but why do we care so much? As we've seen, studies on germ-free mice have given us major insights into how gut bacteria can affect their body. It's been suggested that our microbiome does a better job of predicting obesity than our genes. In an

intriguing North American study, published in the PubMed Central journal, researchers transplanted stool microbes from human female twins to germ-free mice. Even though the mice ate the same diet, the mouse that got the obese twin's stool microbes became obese, while the mouse that got the lean twin's microbes stayed lean. The obese mouse also developed several associated metabolic alterations.

One human study by the Weizmann Institute of Science, involving 800 people, found that their individual gut microbiome influences each person's unique blood sugar response after eating the exact same foods. Changes in the gut microbiota have been seen in most diseases, including allergies, autoimmune diseases, cancer and metabolic diseases, but at this stage we still don't know whether these changes are a *cause* or a *consequence* of the disease – probably both.

### A DIVERSE MICROBIOME IS A HEALTHY MICROBIOME

In many cases, our microbes are better at digesting and unpacking our foods than we are. Our food is also *their* food and, like us, each of them has their own distinctive food preferences. So, if you don't give them the nutrients they need (for example, by removing an entire food group, or not eating enough of certain foods), you could starve elements of your microbiota, making crucial species go extinct.

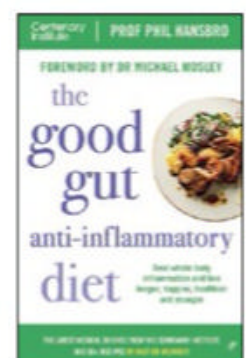
Although our microbes do work together, each provides its own unique effects. While there can be some similarities, if certain microbes are lost, so too is the community's potential to have a particular effect. Generally speaking, greater microbial diversity is linked to beneficial effects. The more diverse your gut microbiota is, the more skills your individual microbe community is likely to have.

And here's the really exciting thing: unlike our own human genes, our microbiome can be changed. When people are born with a genetic defect, that defect is there for the rest of their life – but we're not stuck with our microbiome. If you change what you do or eat today, your microbiota will be different tomorrow. This means we have the potential to alter our microbiome – for better or worse. **P**



#### Plant life

To build a healthy, diverse gut microbiome, load up on plant foods, such as fresh fruit and veggies, legumes, wholegrains, nuts, seeds and herbs.



This is an edited extract from *The Good Gut Anti-inflammatory Diet* by Professor Phil Hansbro (Pantera Press, \$32.99).

# *15 minutes to* **STRONG & LEAN**

Strength training can not only sculpt your muscles, but also improve your heart health and protect your joints. Ready to reap the benefits? Start with this beginner-friendly routine.

BY JENNA BERGEN SOUTHERLAND

**N**atalie Jill will never forget something she saw more than 10 years ago that prompted a giant realisation: her own reflection in a store window.

Hit with multiple life stressors that year – job loss, a divorce and pregnancy – Natalie had sunk into depression and, like many of us, turned to food for comfort. “I ate lots of fast food and junk and wasn’t active,” she recalls. The result was a 28-kilo weight gain (22 of those kilos from pregnancy) leaving her feeling unhealthy, overwhelmed and even more stressed out.

That day, as she was taking her newborn daughter for a walk, her own image looking back at her from the glass was shocking. She’d always been fit before, and “the person I saw, with all those bulges and things sagging, was not me,” she says. Something clicked. Natalie went straight home and began mapping out a plan.

## **PICTURING HERSELF FIT**

The first thing Natalie did was decide on her goals. “I grabbed a stack of magazines and cut out photographs of fit women and happy, healthy mums – images I knew would motivate me,” she says. She displayed these cut-outs on a vision board in her kitchen, where she’d see them every morning, and then started sussing out how to make those images – and ideals – come to life for herself.

Her research convinced her that the best plan involved not crazy diets or running a marathon but the tried-and-true approach of eating better and exercising more, a strategy that she could adapt and make her own. She vowed to start incorporating more natural, unprocessed foods into her diet and adding a little more activity every day. “I promised myself that I’d give it four months and see what happened – no obsessing, no scales.” ▶





*If you're exercising daily, you don't need more than 15 to 20 minutes.*

Step one for Natalie was balancing her diet – out went the highly processed items and in came fresh, whole foods. “I made sure that all my meals contained lean protein, complex carbs and healthy fats,” she says. “I ate a lot of salads with grilled chicken or fish, and I added a little olive oil or avocado for fat.” Low-kilojoule vegies and berries were unlimited, and for snacks, she enjoyed apples with a few bits of chocolate.

#### **KEEPING IT SIMPLE**

After Natalie (pictured) divorced, she had little money and time to spare, so investing in equipment,

pricey fitness classes or a gym membership was out of the question. Instead, Natalie's research taught her that she could use her own bodyweight for resistance, which is key to building muscle. Her workouts included plenty of strength-training exercises, like pull-ups, squats, planks and tricep dips. “I didn't spend hours working out,” she says, adding, “If you're exercising daily, you don't need more than 15 to 20 minutes.”

One part of the equation that she found difficult, however, was not having a strong support system. Natalie had recently moved house and had not made friends nearby. Social media to the rescue! Natalie shared her routine with her online friends and posted photos of her delicious, healthy meals.

Sharing inspired her and motivated other women who wanted to build healthier habits and lose a few kilos. “People were interested. They'd say, ‘What are you doing to get in shape? I want to try it.’ That kept me accountable,” she says.

Finally, after four months, Natalie climbed on the scales and held her breath. “I couldn't believe it: I'd lost 22 kilos and completely changed my body,” she says. “It made me want to keep going.” The pregnancy weight was gone, and soon the rest of the extra weight fell away, too. Natalie says she felt happier and more energised than she had in years.

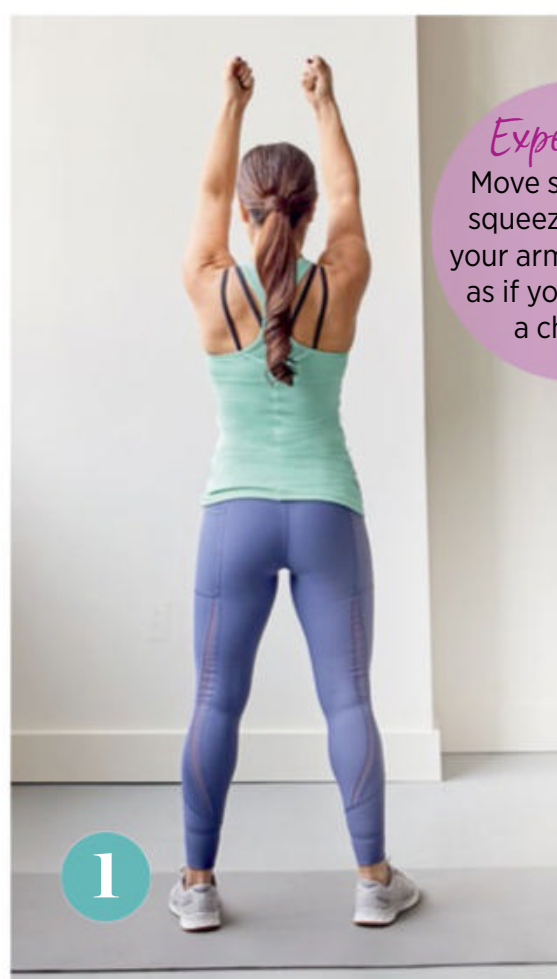
#### **A CAREER IS BORN**

What began as a personal journey has turned into a career. Now 51 and a qualified nutritionist and personal trainer, Natalie has helped many women lose weight and get in shape. “Everything on that vision board has come true for me,” she says. “I'm a healthy, happy mum. I've completely changed my life and body. And I'm not unique. Anyone can do this. You just have to start.” Ready to make the move? Read on!



# Try this easy 15-minute workout

Tone up with these bodyweight exercises from trainer Natalie Jill.



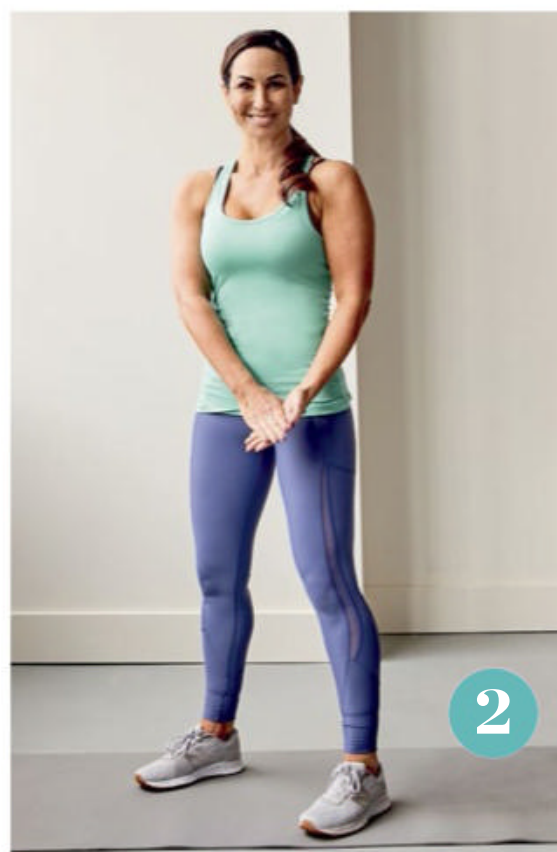
*Expert tip:*

Move slowly and squeeze through your arms and back as if you're doing a chin-up.



*Expert tip:*

Move slowly, using your biceps to fight against the pressure.



## How to do it:

Perform each exercise for 60 seconds. Do the circuit three times.

### 1. AIR CHIN-UPS

**MUSCLES WORKED:**  
**UPPER BACK, BICEPS**

Stand with your feet shoulder-width apart. Extend your arms overhead as if grasping a pull-up bar, hands in fists. As you pull both arms down, squeeze your shoulder blades together, ending with your fists in front of your chest. Pause, then reverse the move back to the start.

### 2. AIR CURL

**MUSCLES WORKED:**  
**BICEPS**

Stand with your feet shoulder-width apart. Place your right hand on your left palm. Curl your left hand to your chest while resisting with your right. Pause, then return to the start, pressing up with your left hand as you press down with your right. Do for 30 seconds, then switch hands and repeat on other side. ▶

 Don't forget to cool down with some light stretching at the end of the workout.

*You'll need:*

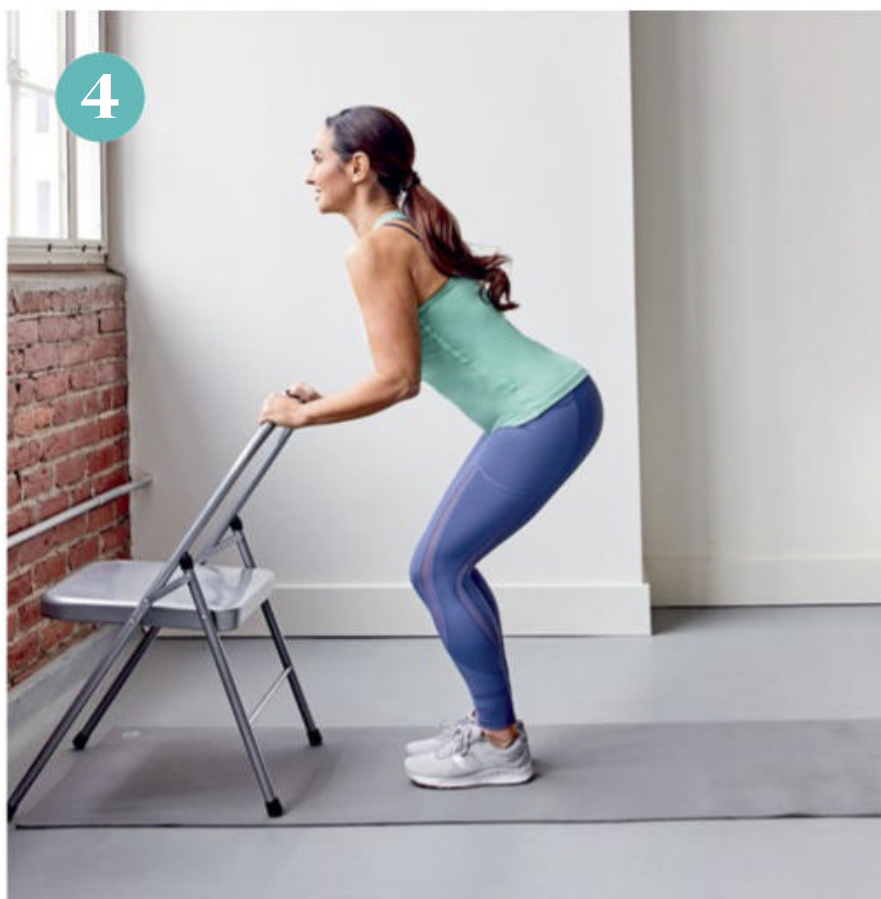
A sturdy chair and a yoga mat or carpeted surface.

**3. SUMO SQUAT**

**MUSCLES WORKED:**

**INNER THIGHS, BUTT**

Stand with your feet wider than shoulder-width apart, toes pointed slightly outward, hands on hips. Bend your knees and lower your hips into a plié squat. Return to the starting position and repeat.



**4. ACTIVE RUNNER'S LUNGE**

**MUSCLES WORKED: BUTT, LEGS**

Stand grasping a chair. Squat, keeping your back straight and core engaged. Extend your left leg back and tap your toes to the floor. Return to the squat and repeat tap-back on the opposite leg. Continue alternating legs.





## 5. KNEE PLANK WALK-OUTS

### MUSCLES WORKED:

#### ABS, BACK

Start on all fours, your wrists under your shoulders and your knees under your hips. Slowly walk your hands forward to a modified plank. Hold, then slowly reverse the movement back to the start.

#### Expert tip:

Keep your back flat, abs tight and navel pulled toward spine.



*I have completely changed my life and body. And I'm not unique. Anyone can do this. You just have to start.*



# THE 30 BEST HEALTH TIPS FOR WOMEN OVER 40

You're in the power decades of your life – here's how to keep your mind and body in shape so you can enjoy the ride.

BY BETH HOWARD

**Y**our 40s and 50s are a time when many women enter the busiest time of their life, juggling a job, a relationship, possibly raising kids and also looking after ageing parents. Mystery headaches, back aches, tummy upsets and UTIs can all be code for 'I'm tired, I need a break!' Make 'me time', or time alone, a regular non-negotiable. "Solitary time can help you have a better understanding of yourself, your thoughts and your emotions," says psychotherapist Dr Katherine L. Muller. It can also have unexpected benefits, such as helping you make better decisions, sleep more soundly and even find more joy in the company of others. Want more proof? See our cover story with entrepreneur and media personality Sally Obermeder (on page 48) to see how adding some daily 'me time' has changed her life.

## Hot choice

Lemons and other citrus fruits are full of bioactive compounds that help with hot flashes during menopause.

### 1 SAY SWEET GOODBYE TO SOFT DRINKS

In a 14-year study of midlife women, those who drank more than 500ml of soft drink a week faced twice the risk of type 2 diabetes compared with those who didn't drink either artificially sweetened or sugar-sweetened beverages. Chemicals in artificial sweeteners can trigger changes to the gut microbiome that harm metabolic health, research suggests. Try sparkling water instead; add a few slices of citrus fruit, which may ease some menopause symptoms.

### 2 KICK UP YOUR CALCIUM

"Women lose more calcium from their bones in the lead-up to menopause, so getting the right amount can reduce the risk of developing osteoporosis," says nutritionist Kathleen Alleaume. After the age of 50, the recommended daily intake of calcium increases from 1000mg/day to 1300mg/day, so be sure to get plenty of calcium-rich foods, such as dairy and leafy greens. ►

# 3 DON'T FEAR HORMONE THERAPY

Hot flushes, night sweats, mood swings and painful sex are all common symptoms of perimenopause, the years preceding menopause. This can start during your mid-40s and commonly lasts 4–6 years before menopause (officially when periods stop). Despite a long-ago debunked common myth that menopausal hormonal therapy (MHT) causes an increased risk of breast cancer, the modern versions of MHT have no such side effect and can relieve some of the most debilitating symptoms. “Oestrogen actually does not increase the likelihood of developing breast cancer,” says gynaecologist Dr Lauren Streicher. So, discuss treatment options with a doctor who specialises in menopause and hormonal treatments.



# 6 STOCK UP ON SOY

A new study has found that a low-fat vegan diet that includes half a cup of soybeans a day reduces hot flushes by a massive 88 per cent. Try whole soy foods, such as edamame and tofu.

# 7 SMASH IT

**Eating more potassium-rich foods can lead to lower blood pressure and fewer cardiovascular events in women over 40, according to a recent study. Opt for a banana or an avocado smashed on wholegrain toast.**

# 8 Plan to win

Spend 15 minutes a day imagining what life will look like when you’ve reached your goals, advises psychologist and brain researcher Dr Susan Krauss Whitbourne. Over time, your outlook may become sunnier – a good thing, because optimists are more likely to live to 90 or older, a new study shows.

# 9 ADD ONE A WEEK

Declare Sunday (or any day) New Vegie Day by adding in a vegie that’s not part of your regular mealtime in place of your usual peas or broccoli. It’s been shown that people who eat at least 30 different plant-based foods each week have more varied gut bacteria, and a healthier gut microbiome. On top of that, a healthy diet rich in plant foods was found to lower the risk of breast cancer in postmenopausal women, according to a major French study. So, start experimenting and, who knows, you might discover a new favourite!

# 4 ENJOY YOUR COFFEE

Two to three cups a day (including decaf) can lead to a lower risk of cardiovascular disease, says a US study. If you can, go for espresso, as it boasts more antioxidants (which may help stave off dementia) than any other beverage, says neuroscientist Dr Lisa Mosconi. Just make sure you sip it early enough so you can fall asleep at night.



# 10

**EAT THIS!** Having yoghurt three times a week may significantly lower levels of two biomarkers for chronic inflammation, a leading culprit behind heart disease, diabetes, cancer and other conditions, recent data shows. **Switch it up each day with tasty toppings, like mixed berries, chia seeds or a sprinkle of muesli.**

# 5 PRACTISE THE ‘NO PEE’ POSE

Accidental leakage is no fun, but here’s some good news. Research has found that midlife women who did a specialised yoga program for six weeks saw a 70 per cent improvement in urinary incontinence symptoms. Urology experts advise

practising this pose: stand with feet together and hands raised above your head, then bend knees as if you’re sitting down on an imaginary chair. Squat as far as you can while still holding your hands above your head. Hold for five breaths.

## 11 LIFT IT UP

Muscle mass diminishes every year, accelerating each decade. Left unchecked, it can contribute to frailty and loss of function – even in little things like being able to get off the couch without using your arms to support you. “Strength training should absolutely be part of your fitness routine now,” says personal trainer Will Freres. To stay strong, lift weights at the gym or use elastic bands or dumbbells at home two to three times a week.

## 13 TWEAK YOUR TRAINING

All exercise is good exercise, but workouts that really make you huff and puff can help improve spatial memory (so you can remember where you left your keys, for example), according to a new study. One way to rev things up is to give intervals a try. “If you have 20 minutes, go all out for one minute, rest for one minute, and repeat six to 10 more times,” says exercise physiologist Dr Abbie Smith-Ryan.

## Com-posed

Yoga has a positive effect on parasympathetic nerve activity, which encourages relaxation.



## 14 POWER UP WITH PRUNES

Postmenopausal women who munched five to six prunes a day preserved bone density in their hips, according to a recent study. Blend them into smoothies for sweetness instead of bananas, or stir them chopped into cereal or oats, suggests dietitian Dr Rebecca Seguin-Fowler. But, start with one per day, as they can have a laxative effect.

## 15 SWAP MEAT

Oestrogen protects against heart disease, so when it starts to wane during perimenopause, it's smart to make more heart-healthy choices, like cutting down on red meat. (New research suggests that gut microbes produce harmful chemicals after you digest red meat.) Try grilled salmon instead of steak, or a vegetarian option, like beans or tofu.

## 16 GET THIS FAT

N-3 polyunsaturated fatty acids (PUFAs) are fast becoming a nutrient rock star. New research shows that, in addition to helping to protect against heart disease, N-3 PUFAs may also lower the risk of breast cancer. Get your fix in vegetable oil, flaxseed, nuts (especially walnuts), fish and leafy greens. ▶

## 12 FIND YOUR ZEN

Chronic stress can have a negative impact on your health, so seek out ways to manage it through meditation, yoga or exercise. Find what works best for you and make it a habit. It'll help you reduce the physical and mental demands of life and also boost your happiness.



## Really tone it up

Brisk walking helps to build your endurance quicker – and this means more muscle tone.

### 17 STEP ON IT

**Turn your book club or weekly friends' lunch into a walk-and-talk event. Evidence shows that taking at least 8200 steps a day helps protect against sleep apnoea, reflux and depression, plus helps keep weight off.**

# 18

**GO GREEN** Nature is good for the brain – living in areas with lots of green space is linked to faster thinking, better focus and higher cognitive function in midlife. But, you don't need to live in the bush to get the benefits. Walks in the park or even tending a garden can help.

### 19 RESIZE IT

Women's feet tend to get bigger in midlife, especially after pregnancy, says foot surgeon Dr Brad Schaeffer, who adds that most women he sees are wearing the wrong shoe size. "This can have a ripple effect on your body and affect your knees, hips and lower back," he says. Hit up an old-fashioned shoe shop, a sneaker store or a podiatrist to get properly measured.

## 20

### KEEP IN TOUCH

Having a few good friends – or many – can improve your overall health and wellbeing. Good times with mates boost self-esteem, can dispel loneliness, improve your health and even add to your years. Make an effort to stay in touch and join group activities to grow your connections.

### 21 Moisturise - everywhere!

Vaginal moisturisers can help you avoid painful sex due to dry, thinning tissues (yep, another change that hormones cause), says gynaecologist Dr Susan Loeb-Zeitlin. While lubricants are great for avoiding friction during sexual activity, moisturisers help produce and lock in moisture just like facial moisturisers do. Look for a product with hyaluronic acid – they're available over the counter at most pharmacies.

### 22 TAKE UP TAI CHI

This practice of graceful, meditative movement helps improve sleep, quality of life and physical performance among working women in menopause, according to the latest evidence. As a group activity, it can expand your social connections to boot!





# 23

## BELIEVE YOUR EYES

The drop in hormones during perimenopause can cause changes to your sight, whether it's straining to read the messages on your phone or chronic dry eyes. So, get your peepers checked out. You might just see the world differently!

## 24 STAY IN THE DARK

As you get older, even moderate ambient light during night-time sleep, such as from street lighting or a charging device, is associated with high blood pressure, diabetes and obesity. A sleep mask or blackout blinds can help. Aim for seven to nine hours of shut-eye per night to help reduce the risk of chronic diseases, such as obesity and type 2 diabetes.



## 25 MAKE LIKE A TREE

People who can stand on one leg for 10 seconds in midlife are half as likely to die in the next 10 years compared with those who can't. Researchers aren't sure why, but they know that poor balance is linked to falls and cognitive decline. Try the Tree Pose, suggests Emily Katz, a yoga instructor and exercise physiologist. Standing tall, press sole of right foot into left shin or thigh, engaging muscles in your ankle, legs and core to stay balanced. Repeat on other side.

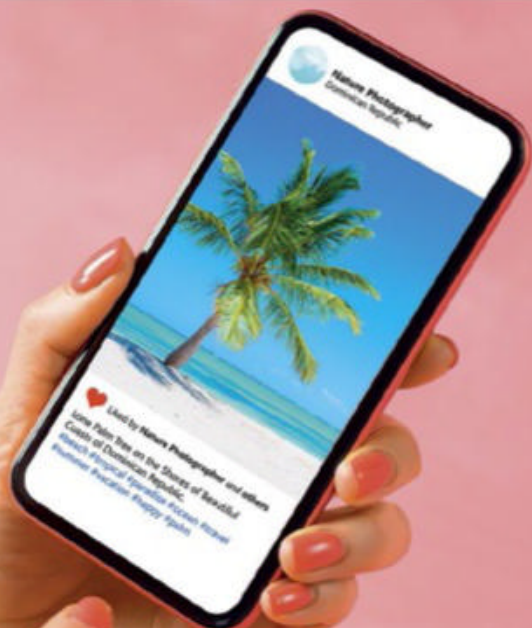
## 26 KEEP COOL AT WORK

Hot flushes and night sweats lead to about 10 per cent of women exiting the workforce, says menopause specialist Dr Ginni Mansberg. Let's change that! If your symptoms are getting in the way of your productivity or job confidence, there are some terrific online resources available with tools and tricks to help. Try [dontsweatit.com.au](http://dontsweatit.com.au)

# 27

## GET AWAY AND GET SOMETHING BACK

Put that holiday you've been dreaming about on your calendar now – even if it's just a weekend visiting a friend. Getaways have been linked to greater wellbeing, less stress and even a longer life, so it pays to make them a habit at midlife and beyond. Even just planning a trip increases happiness, research shows.



# 28

## GO ORGANIC

If you have the space, start up a veggie patch and grow your own food. Better nutrition, amazing taste and no chemicals are just some of the benefits you'll reap. Now's a good time to plant leafy greens, sweet peas and radishes. No yard? Place a few pots of different herbs on the windowsill and dig in when required.

## 29 GET CHECKED

This is the decade when health checks really start to count, so tick off the essential things, such as blood pressure, cholesterol, thyroid, mammogram and cervical smear. And don't forget your regular dental visits, too, to eliminate the risk of gum disease and keep your teeth healthy.

# 30

## FIND A FLOCK

New British research shows that seeing or hearing birds is associated with greater mental wellbeing. Go for a bird-watching walk or put out a bird feeder or bath and just sit and listen to the bird song and watch your mood take flight. 🐦

Kath says that the power of kindness – mostly from total strangers – is what pulled her through her harrowing experience. **Opposite** Playing professional cricket (pictured left) was a dream come true for Kath.



# One of a kind

*Kath Koschel's remarkable resilience helped her recover from devastating physical and mental trauma – and inspired a worldwide kindness movement.*

“I read that you’ve broken your back – twice? How on earth are you walking?” Taxi driver Matt’s incredulity is understandable once you’ve heard Kath Koschel’s story for yourself. In 2011, her childhood dream of playing cricket for Australia crashed to a halt at age 23, shortly after her debut match for New South Wales. Kath sustained a debilitating spinal injury on the pitch, which led to six surgeries on her back and a left leg permanently damaged by surgical complications, leaving her in a wheelchair and facing months of gruelling physical rehabilitation and the uncertainty of whether she’d ever walk again. Kath grit her teeth and powered through to an awe-inspiring recovery – only to lose her partner, Jim, to suicide, a day before he’d be discharged from the rehab centre, where the pair had met and fell in love.

Slowly, eventually, “with time and the kindness of both my support network and strangers”, Kath rediscovered the good in the world. During this period, she started doing small acts of kindness daily, sharing them online and encouraging others to do the same, similar to the nice gestures from friends and strangers who had helped Kath hold on during the lowest moments of her recovery.

Kath is convinced that the kindness of other people saved her life when she broke her back for the second time, barely four years after her first injury. She was hit by a four-wheel drive while on a bike ride with friends early one summer morning. Once again, the prognosis was bleak, but Kath rose to the occasion once more, bolstered by the support and stories of kindness inundating her social media feeds during this time.

But, despite her recovery, the years of mental trauma she’d been suppressing while working through devastating physical injuries left her feeling lost and alone. Her solution? Leave home with only a toothbrush and the clothes on her back and spend two months travelling through Australia, relying only on the kindness of the

community she’d forged and friendly strangers she’d yet to meet.

Matt, the taxi driver at the start of this story, is just one of the many people Kath met on her journey, and features in her recently published book, *Kindness*, tracking what she learnt while working to find herself again. Kath shared some thoughts with *Prevention*.

### LETTING GO OF CONTROL

“The kind of spinal injuries I had – twice! – can be soul destroying. We all have a basic human need to have a sense of control over our life. Before my injuries, I’d been able to

do everything. And then, suddenly, you can’t use the bathroom, you can’t even wipe your own bottom, you can’t shower by yourself. There’s a vulnerability to it you have to accept: you can’t do it by yourself anymore. That realisation is devastating for almost everyone I’ve spoken to in a similar situation. We like things a certain way, and we like to think we’re not a burden on others.

I think it’s very natural that your self-esteem drops when you can’t look after your basic needs by yourself. You wonder, ‘Is this the rest of my life?’ My entire identity was built around being an athlete. I’d rock up somewhere and be introduced: ‘This is Kath the cricket player’. ►



“When your [life] is taken away from you, you suddenly say, ‘Well, who am I now?’”

So, if the thing you love about yourself, and that you're good at, and that gets reinforced by how others label you... When that's taken away from you, you suddenly have to start asking yourself questions. 'Well, who am I now? Am I interesting enough? Funny enough? How do I contribute to society now?' And isn't that what life is about, really – contributing? To have that sense of control taken away abruptly is very tough.

I started working to get a sense of self back by making decisions about the things that I *could* control: the food I put into my body to nourish it, my actions and how I treated the people who were helping me... Responding with gratitude rather than aggression, for example. If I didn't like the look of my room, I could ask whoever came to visit me next to bring in my favourite painting or poster, or the pillow that I love because it smells like home... You find little ways and tricks along the way to help you find that sense of normality again.

## MANAGING HAPPINESS

My first night in rehab was shockingly, painfully hard. I remember thinking, 'How on earth am I going to do this for six to 12 months?' I struggled so much that first

week. I think I'd got way too far ahead of myself in terms of how quickly I thought the healing process would go. Stubbornness!

I've learnt the hard way that life isn't about instant gratification, getting everything and getting it right now. But I've also always been someone who's taken accountability for my own actions – and my own happiness. When I'm unhappy (which I often am; I'm a human being and I've got insecurities and fears like every other person!), it's very rare that I'd ever let myself sit in too much of that state. I'd immediately want to change it, no matter how long it took.

## THE MOMENTUM OF KINDNESS

Without a doubt, kindness from others is what pulled me through. I remember sitting in my wheelchair in front of the hospital elevator, unable to reach the buttons. They'd just said to me, 'You're just not going to walk again.' I couldn't accept that. I remember feeling so utterly defeated, thinking, 'This is it. I can't even reach the button. This is the rest of my life, I'm stuck like this. I'll have to rely on others for everything...' Then a man came up, pressed the elevator button and walked on

## Real kind acts

Kath's Kindness Factory movement has clocked about five million acts of kindness around the world and counting. She's also launched the Kindness Curriculum, used in more than 3500 schools across Australia. Here's just a sample of how people are making the world a kinder place.

*"My neighbours are too low income to afford a WiFi connection, and too proud to use mine. So, I renamed mine Free Council WiFi and told them I had read about it and what the password was. My neighbour is now halfway through an online college qualification and I'm so proud of her."*

*"I recently noticed that, whenever I'm sad, I'd find a dollar in my pocket the next day. My parents told me my little sister does it to help cheer me up and now I'm crying."*

*"I was just behind someone at the train ticket machine. They said thank you to the machine for dishing out their tickets, turned to me and said, 'I haven't heard my voice all day,' so we went for a tea. Loneliness is real, but it's easy to fix."*

*"Just watched a man bringing home a goldfish on the train accidentally pop the bag. Fish flops onto the floor, three people swarm to save him (the fish, not the man). Guy chugs the last of his coffee and throws the fish in his cup. Lady next to him empties in her bottle of water."*



**Above** Before her injury, Kath had a promising career playing cricket for New South Wales.

without a word. It cost him nothing, but it meant the world to me. Suddenly, everything was okay. This small problem was solved and I didn't have to think about it anymore, and I could move on to the next thing. Those are the moments you look back on.

When we go through adversity, our brain can trick us to look past all the kindness surrounding us and only focus on the negativity. Sometimes, someone will call me a cripple, or people will laugh and joke about my disability [Kath has no feeling in her left leg]. It doesn't bother me – but that's an active choice: to see the good and the bad. However, you can choose to promote and focus on the good.

### HAPPY WITH NO REGRETS

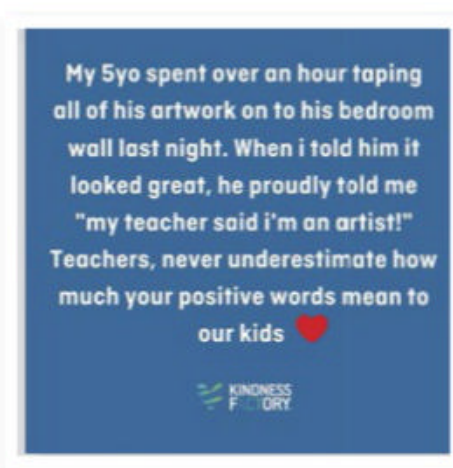
It's been a long road, but I'm doing really well now. Physically, I can't compete anymore, but I still exercise regularly – I went for a run this morning and a bike ride yesterday, and I still get in the pool and that kind of stuff. Emotionally, I'm the strongest and the happiest I've ever been in my 35 years on Earth. I feel very balanced, and I've found love again, which is amazing. I'm very happily in a relationship – he's wonderful!

If I could go back in time to the moment I had to choose between playing that game of cricket or backing out because of my injuries, I'd make the same decision. Cricket was my first love. I got to play for my state and forge some of my most wonderful and strongest friendships. My best friend still plays in the Australian team. What cricket gave me and what it still gives me... I'll always be indebted to it. I think a lot of people are shocked when I say that, considering just how my career in cricket ended, I guess! But, no, I owe it; it doesn't owe me. That love is still alive and always will be. Ultimately, it was my decision, and mine alone, to play as long as I did with my injury. And I have no regrets whatsoever." **P**  
Learn more about Kath's popular kindness initiative at [kindnessfactory.com](http://kindnessfactory.com) or on Instagram @kindnessfactory

*Kindness: What Surviving on the Kindness of Strangers Taught Me About Perspective, Connection and Happiness* by Kath Koschel (Allen & Unwin, \$32.99) is available online and in bookstores now.



*“My neighbour (he’s like 10 or 11) just knocked on my door and asked if I could help him bake cookies since it’s his mum’s birthday tomorrow and he really likes mine... You’d better believe I just spent three hours baking and decorating cookies with him!”*



*I walked the daughter of the man who donated his heart to me down the aisle at her wedding.*

*“I noticed that our lovely cleaner often gets treated like an outcast at my work, so I made sure to drink my coffee with him daily in front of the gate. Today, I was in a hurry to get to the office, so he came to my desk with a cup of coffee and said, “Thank you for being my friend.”*



# CLEAR THE MENTAL CLUTTER

About to blow your top from brain overload? Here's how to reclaim a sense of calm.

BY JEANNE SAGER



## FORGET IT

Forgetfulness can actually be good for the brain, allowing you to hold onto the most valuable information while eliminating the clutter, a new Canadian study says. It found that letting go of outdated details can help you better handle changing environments.

Whether you used ‘their’ in place of ‘there’ in that Facebook post you shared at midnight or you’re replaying that argument from this morning, the average mind is full of what experts call ‘mental clutter’ – all the chatter that’s going on in your head during your waking hours. While some of this is normal, it can also be stressful and make it pretty hard to concentrate. But the simple pointers on these pages can help you manage stress and improve your health by learning how to banish the mental clutter and restore a sense of order to your world.

“Anything that goes on in the mind is ripe to be ‘clutter’ if you haven’t learnt how to focus and organise internally,” psychologist Dr Craig Travis explains. For some, that struggle to focus and organise can be directly attributed to a medical condition: anxiety disorders, ADHD, the manic phase of bipolar, obsessive compulsive disorder and post-traumatic stress disorder are all characterised by what Dr Travis calls “accelerated mental activity” or “racing thoughts”. ►



But experts say they're seeing a rise in mental clutter among otherwise healthy people who don't have any diagnosable mental health issue.

Instead, it's the rapid pace of our modern lives and the instantaneous flow of information that sends the mind bouncing, in the space of a few seconds, from 'I need to pick up milk after work' to 'I haven't checked my Instagram in a while' to 'Are avocados healthy?' We simply have too much info coming at us too fast.

"We've become conditioned by living in this fast-paced, immediate-access, instant message, texting, mobile phone, Uber Eats, ATM world," Dr Travis says. "We don't create or allow for boundaries in our lives." If you're feeling bogged down by mental clutter, you may be tempted to fully abandon your phone and computer. Fortunately, you can improve your focus and ability to form memories without moving back a few decades.

"With concerted effort over time, you can train yourself to declutter automatically," says psychologist Dr Jennifer Gentile. Implementing the following strategies can help.

## WRITE IT DOWN

When you declutter a physical space, you're forced to find new spots to house your stuff – be it the bin or organising baskets. This act of moving objects is what declutters the original space. The same can be done with mental clutter by putting pen to paper: When all of the items on your to-do lists get written down, it helps 'move' them from your brain to the page, freeing up space in your head. "This can help get them out of your mind and alleviate the brain's need to dwell or mentally try to work on things," Dr Gentile explains.

### *Eat healthily*

If you've ever left a restaurant or dinner party in a 'food coma', you know all too well that what you eat can affect mental processing. Steering clear of junk food, limiting alcohol intake and avoiding mind-altering drugs are all part of keeping the brain clear of clutter, too. "The more naturally occurring foods you eat, the better," Dr Travis advises. "Stick with clean, healthy foods that you can spear (meat), plant (vegetables) and pick (fruit)."

### DECLUTTER YOUR SPACE

If you've been delaying a deep clean of your messy desk or unruly wardrobe, now's the time to grab the recycling bin and get to work. In a study, published in the *Journal of Neuroscience*, US researchers used MRI brain scans to gauge people's responses to disorganised and organised stimuli and found that physical clutter at home or at work is linked to mental clutter. Meaning? That untidy space of yours is making it harder for you to focus on tasks at hand.

## GIVE YOURSELF A BREAK

The concept of having it all has driven many people toward multitasking all the time, like sending texts under the conference room table while listening to the boss and doing Kegels. But those efforts to combine tasks can backfire. "Research shows that multitasking is a myth," Dr Travis explains. "It really doesn't exist. Neuroimaging studies have shown that what you're actually doing is multi-switching your focus and attention, and it actually makes you less productive. It's important for your mental health to relax and quiet the mind routinely to rejuvenate and recharge yourself."

### *Fast fact*

Almost 90 per cent of Aussie homes have at least one cluttered room.

SOURCE: THE AUSTRALIAN INSTITUTE'S 'STUFF HAPPENS' SURVEY

### SNAP OUT OF IT

Simply telling yourself to ignore your to-do list and focus on the task in front of you can make a big difference. Dr Gentile suggests saying "focus" or "concentrate" to yourself out loud, as it's more effective than simply thinking it. "You can also use a physical reminder, like wearing a rubber band on your wrist and snapping it back each time you find your mind wandering or being filled up with irrelevant topics," she says.



## THE 4 BIGGEST CLUTTER CULPRITS AT HOME

Australian-American clutter expert Peter Walsh has long helped people liberate themselves from the oppressive weight of 'stuff'. And purging all of those excess materials has resulted in all sorts of positive spin-off effects, he says. Many people report losing weight without dieting, experiencing reenergised relationships and even getting in better financial health. Here, he shares his tips for dealing with the four most cluttered areas of the home.

### ■ *Clothes*

Peter says a typical person wears 20 per cent of their clothing 80 per cent of the time. That means there's a whole lot of unused stuff cluttering your wardrobe – which can be one of the most chaotic places in your home. To help, try Peter's reverse clothes hanger trick. Turn all of your clothes around so that the hangers face back to front. For the next six months, if you wear an item of clothing, return it to the rack with the hanger facing the correct way. After six months, look at which clothes are on hangers that are still facing in reverse – clothes you haven't worn – and seriously consider getting rid of them all, Peter says.

### ■ *Toys*

Anyone with kids knows it can take only a matter of months for toys to totally overwhelm the home. But decluttering won't just liberate you, it'll help children feel better, too. First, agree on a volume of toys that's reasonable to have in the home. Then, set regular calendar reminders to sort through all the items. See which ones will get passed on to another family, donated or thrown out. Arrange the toys in distinct piles, either item by item, by age appropriateness or by length of time the child has had the toy. Then, team up with the kids to decide what should stay or go.

### ■ *Kitchen gadgets*

Cooking space often gets overrun with tools that we infrequently use. Free your benchtops with Peter's One-Month Cardboard Box Test. Empty the contents of your kitchen utensil drawers into a cardboard box. Then, for one month only, put a utensil back into the drawer if you take it out of the box to use it. At the end of the month, see what's left and consider discarding everything that's still in the cardboard box. "Face it," he says. "If it's still in the box after four weeks, you don't need it. Pass it on to charity."

### ■ *The garage*

"Clutter is decisions delayed," says Peter. And nowhere is this more apparent than the garage, which is often used for long-term storage of stuff you think you want but don't know what to do with. One quick fix? Try Peter's Bin Bag Tango. For 10 minutes a day, set a timer and grab two bin liner bags. During this time, fill one bag with recyclables or things that need to go in the bin, like broken toys, and fill the other bag with things that you want to donate. **P**

When something feels off...

# SHOULD YOU BLAME YOUR THYROID?

That small, butterfly-shaped gland in your neck can be a troublemaker at times – but not always. Here's when to get it checked.

BY JESSICA MIGALA

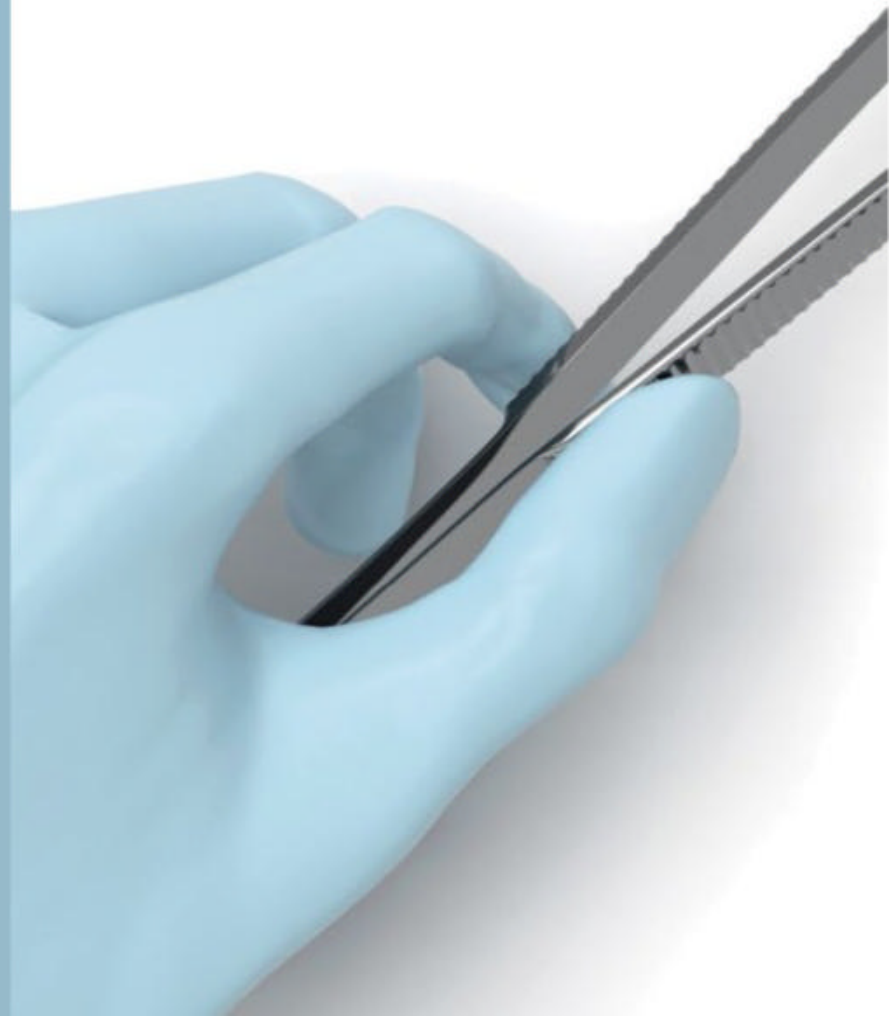
**S**omething is going on with you. Could it be stress? Maybe it's because you've been running on too little sleep. Or perhaps fast food has been your go-to these past few weeks and you actually had to Google the word 'exercise', it's been so long. Or it might be your thyroid.

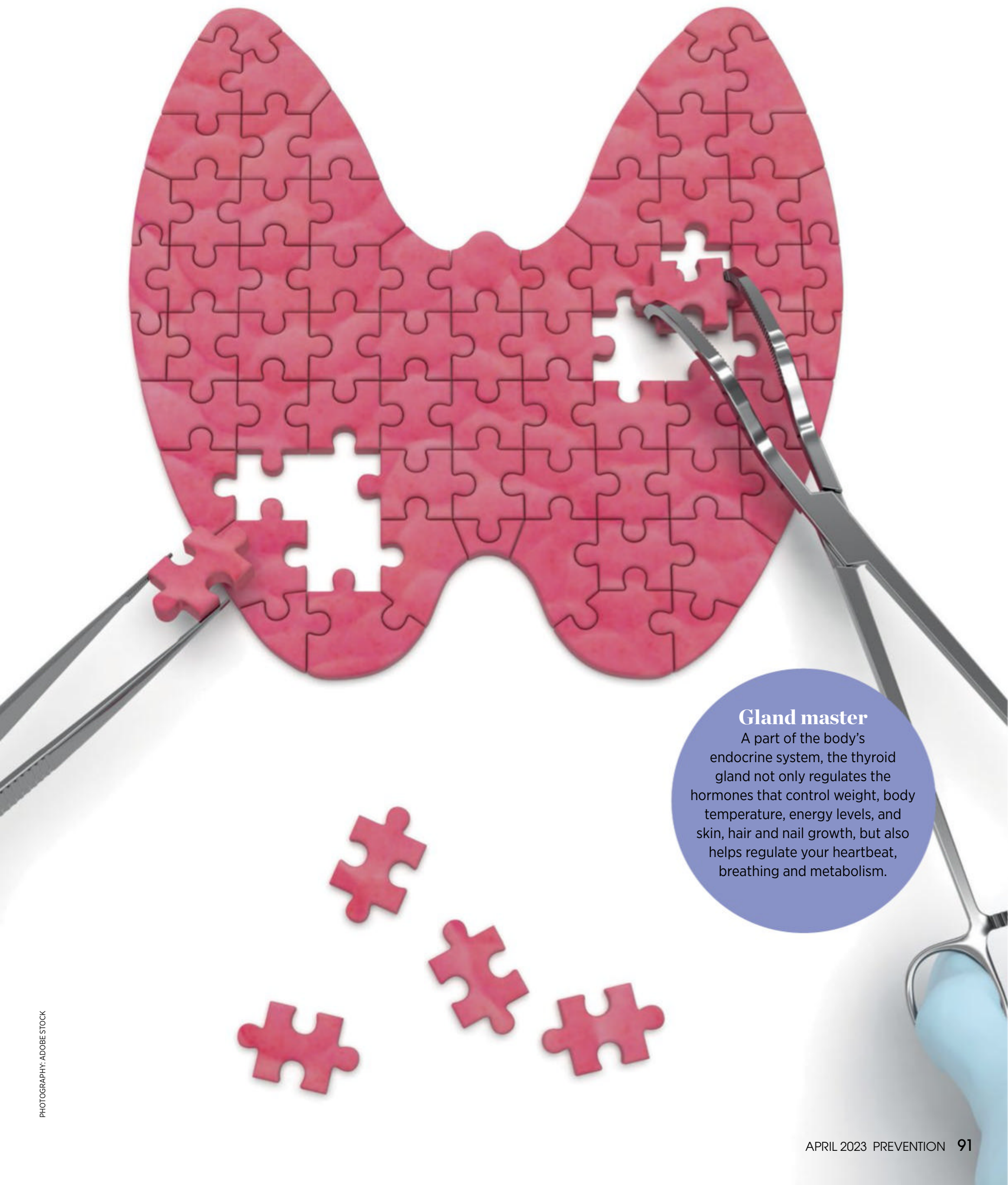
In fact, in part because signs of a thyroid condition can easily be attributed to less-than-healthy lifestyle habits, according to the Australian Thyroid Foundation, up to one million Aussies with thyroid disease are unaware of it. And it's estimated that 70 per cent of sufferers are women. Knowing whether it's your thyroid or something else is important, so you can treat whatever it is that's bothering you. Remember, untreated thyroid issues can put you at risk of other conditions, such as osteoporosis and cardiovascular disease, so read on to find out more and also learn how to manage some common issues.

## WHAT IS THE THYROID?

Your thyroid is a gland just under the Adam's apple that secretes hormones that travel to every part of your body with big effects. When it's underactive (known as hypothyroidism) or overactive (hyperthyroidism), you feel it – constipation, weight gain and a crappy mood if the gland doesn't make enough thyroid hormone; weight loss, nervousness and irregular heartbeat or palpitations if it makes too much. The problem is “these symptoms are easy to chalk up to the season of life you're in, or your menstrual cycle,” says endocrinologist Dr Minisha Sood.

Fortunately, identifying a thyroid condition with a blood test is simple, and treatment is often straightforward, too. “In many patients, thyroid problems can be easily treated with medication,” says endocrinologist Dr Brian Kim. Okay, now let's play thyroid detective. ►





### **Gland master**

A part of the body's endocrine system, the thyroid gland not only regulates the hormones that control weight, body temperature, energy levels, and skin, hair and nail growth, but also helps regulate your heartbeat, breathing and metabolism.



**WHAT'S HAPPENING**

**YOU'RE OFTEN HOTTER OR COLDER THAN EVERYONE ELSE**

**WHY IT MIGHT BE YOUR THYROID**

The gland acts as your body's temperature control centre. When it's sluggish, blood vessels on the skin's surface constrict, making you feel chilly. If you have hyperthyroidism, a speedier metabolism generates more heat and allows blood vessels to open, warming the skin and making you sweat, says Dr Sood.

**WHAT TO DO**

If feeling overly hot or cold is new for you, talk to your GP. They will likely ask you about menopause, check your iron levels and may want to rule out any other conditions. Before your appointment, keep a list of symptoms and consider recent life changes, suggests Dr Sood. That may help find the culprit.



#### WHAT'S HAPPENING

### THE NUMBER ON THE SCALES IS UP - AND YOU HAVE NO IDEA WHY

#### WHY IT MIGHT BE YOUR THYROID

Just as your thyroid may be overactive and lead to weight loss, it can also be underactive causing your kilojoule-burning engine to sputter. This can also throw off your fluid balance, leading to bloating. "Patients are often relieved to learn that not all the weight gain is fat; some of it is water weight," says Dr Sood.

#### WHAT TO DO

Take an honest look at your diet and exercise habits, and consider other factors that can affect your appetite and weight, such as poor sleep habits or out-of-control stress. If your weight change is a mystery, ask for a thyroid test. Thyroid medications aren't magic, says Dr Sood, but they can help stabilise your weight.

#### WHAT'S HAPPENING

### YOU'RE LOSING HAIR; IT'S DRY AND SO IS YOUR SKIN

#### WHY IT MIGHT BE YOUR THYROID

"If thyroid levels are off, it triggers subtle effects all over your body, including in hair and skin," Dr Kim says. Both hyperthyroidism and hypothyroidism cause telogen effluvium (TE), when hair follicles shift into the 'resting' phase and hair falls out, so you lose a lot at once. If your skin is dry, scaly and pale, a lazy thyroid may be slowing the activity of the sweat glands, which help keep skin plump and hydrated.

#### WHAT TO DO

TE can become noticeable a few months after any big life change (motherhood, surgery, major stress) or a new diet that skimps on protein, iron or kilojoules. Ask yourself if anything happened about three months ago that might explain the shedding. As for dry, flaky skin, a condition like eczema may be to blame. Either way, get your thyroid levels checked, says Dr Kim. Tell your doctor if you've been taking biotin supplements, marketed as strengthening hair and nails, as these may lead to inconsistent test results and misdiagnosis.

#### WHAT'S HAPPENING

### YOU'RE INCREASINGLY CRANKY

#### WHY IT MIGHT BE YOUR THYROID

Letting out your inner witch from time to time is totally normal. But, if she's become the new you, you may have a hormonal issue. Your central nervous system, the command centre of your brain, contains thyroid receptors that shape brain function and your day-to-day mood and sense of wellbeing. "With an underactive thyroid, you may feel slowed down and depressed," says endocrinologist Dr James Hennessey. "An overactive one may lead to anxiety, listlessness and panic."

#### WHAT TO DO

Many things cause grumpiness, so the odds that the issue is your thyroid are slim. However, if you're predisposed to mood problems, having an underactive thyroid can be the tipping point to full-blown depression, says Dr Sood, so a test to rule it out may be called for. No matter what the cause, persistent bad mood or irritability warrants a talk with your doctor. ►

### Did you know?

*Thyroid disorders, especially hypothyroidism, affect 10 times more women than men.*

SOURCE: AUSTRALIAN THYROID FOUNDATION



#### WHAT'S HAPPENING

### YOU'RE LOSING WEIGHT WITHOUT TRYING

#### WHY IT MIGHT BE YOUR THYROID

If you're dropping kilos even though you haven't changed your diet or your workout routine (if anything, you may feel so hungry that you're eating all the time), then one cause may be an overactive thyroid. The thyroid is a master manipulator of your metabolism. When your thyroid is overactive, your metabolism is too, which can sometimes lead to weight loss. The more severe your hyperthyroidism is, the more weight you may lose. "The weight loss may range from being not noticeable to substantial, like 10 kilos," says endocrinologist Dr Rachel Pessah-Pollack.

#### WHAT TO DO

Unchecked weight loss can be a symptom of a number of health concerns, from a parasite, to depression to hypothyroidism. So, it's important to see your doctor. If they think you have hypothyroidism, then they'll refer you to a thyroid specialist for a proper diagnosis and treatment.

#### WHAT'S HAPPENING

### YOU'RE HAVING TROUBLE SLEEPING

#### WHY IT MIGHT BE YOUR THYROID

Remember those mood issues? Well, they also make logging good zzzs difficult, and poor sleep may help explain a sloth-like pace. With an underactive thyroid, "you may find that you're up late at night feeling sad and tired," says Dr Kim. With an overactive thyroid, you can't calm down, and overall jitteriness makes falling asleep difficult.

#### WHAT TO DO

Low energy and poor sleep alone probably aren't indicative of a thyroid problem. However, "a small number of patients will have an underactive thyroid causing their fatigue, so I want to discover who they are, since thyroid problems are so easy to treat," says Dr Hennessey. If your thyroid checks out fine, be sure to cut yourself off from caffeine by early afternoon, exercise regularly and practise good sleep hygiene (that is, don't bring your phone or laptop into bed). That'll go a long way.

#### WHAT'S HAPPENING

### YOU'RE CONSTIPATED - OR THE OPPOSITE: ALWAYS DASHING TO THE BATHROOM

#### WHY IT MIGHT BE YOUR THYROID

This comes back to the thyroid's effect on your metabolism, as one aspect of that is a sluggish or supercharged gastrointestinal tract, says Dr Kim. Hypothyroidism brings on constipation; hyperthyroidism, loose stools and diarrhoea.

#### WHAT TO DO

Think about your diet: Have you been eating more processed food – chips, biscuits, white bread – or fast food lately? Those foods are one-way tickets to constipation town. The fibre in wholegrains and fruits and vegies bulks up and softens your stool. (Aim to get 25g of fibre per day and drink a lot of water.) If those things don't help, or if you have diarrhoea, see your doctor – they'll want to rule out digestive disorders, such as IBS and lactose intolerance, as well as check your thyroid. **P**

*Fast  
fact*

People with a family history of thyroid conditions have a higher risk of also developing a thyroid issue. SOURCE: BETTER HEALTH CHANNEL





Prevention AUSTRALIA

# Healthy Hair Awards





*Hair science has come a long way in the past few years. Now, you'll find shampoos and conditioners with ingredients that sound more like skincare, that can deeply nourish and protect from scalp to strand. There's also been an explosion of innovative tools that can help you create flawless hairstyles at home. So, to help you navigate your way through all of these new options, we're introducing the Prevention Healthy Hair Awards. Use this as your essential guide to picking the most effective products for your needs. ►*



1



2



3



4



5



#### MEET OUR JUDGES

**Trichologist** Carolyn Evans-Frost

**Hairdresser** Sue Cairnes

**Prevention beauty editor** Cecily-Anna Bennett

#### 1. PERFECT YOUR BLONDE

The intensive pigment in this conditioner makes it an excellent choice for all shades of blonde, silver, highlighted hair and everything in between, says Sue. Enriched with argan oil and amino acids to soften, as well as enhance colour and shine, it neutralises yellow and brassy tones with ease. Simply leave it in for five minutes

to work its magic. **Moroccanoil Blonde Perfecting Purple Conditioner, \$51.50, [adorebeauty.com.au](http://adorebeauty.com.au)**

#### 2. KEEP HAIR FRESH BETWEEN WASHES

We love this plant-powered dry shampoo made from 100 per cent natural extracts and housed in a recyclable can. "This is a great dry shampoo formulated for fine hair to give it extra volume, while refreshing before your next wash," says Sue. "Just make sure you work it into hair properly to avoid a chalky scalp. Or, even better, apply at night, let it absorb oils while you sleep and wake up with fresh hair by morning!"

**Batiste Naturally Dry Shampoo with Bamboo Fibre & Gardenia, \$14.99, [priceline.com.au](http://priceline.com.au)**

#### 3. GET THAT GLOSSY SHINE

Containing apple and millet to imbue hair with a glossy lustre, this lightweight shine serum also boosts volume and leaves hair looking healthy and silky. Simply spritz, style and go! **New Nordic Hair Volume Shine Serum, \$59.99, [newnordic.net.au](http://newnordic.net.au)**

#### 4. BOOST VOLUME

It may be on the more expensive side, but this volume-boosting shampoo is simply luxurious. From its beautiful lather to its delicate scent and powerhouse of ingredients, it provides body while also moisturising. **Rodan + Fields Volume+ Shampoo, \$60, [rodanandfields.com.au](http://rodanandfields.com.au)**

#### 5. SMOOTH YOUR STRANDS

Sue calls this oil a cult classic that never fails and, once you apply this nourishing oil through your strands, you'll see why. It smooths texture, tames flyaways and adds gorgeous gloss while strengthening the hair, boosting shine, eliminating frizz and enhancing colour protection. **R+Co Bleu Optical Illusion Smoothing Oil, \$89, [rogebeauty.com.au](http://rogebeauty.com.au)**

## 6. FIX YOUR STYLE FOR HOURS

We really love this hardworking hairspray that's not only been formulated to provide UV and heat protection, but also provides medium hold for flexible styles, doesn't build up on the hair and smells good, too, with a subtle floral scent. **Wella EIMI Flexible Finish Non-Aerosol Crafting Spray, \$24.95, ozhairandbeauty.com**

## 7. SAVE TIME WITH A 2-IN-1

This is a terrific, affordable cleanser, typical of The Ordinary, known for its low price points and brilliant formulations. It contains a milder sulphate, which means it doesn't foam into a very thick lather. Rather, it cleans the hair simply and effectively, leaving it feeling soft, fresh and without colour fade. It's good for body cleansing, too! **The Ordinary Sulphate 4% Cleanser for Body and Hair, \$14, adorebeauty.com.au**

## 8. GET A SALON-WORTHY FINISH

It's hard to go past Dyson for its sleek design and superior technology and the Multi-Styler really delivers, on all counts. The interchangeable styling heads allow you to curl, wave, smooth and dry your hair all without extreme heat,

and the Coanda airflow, which wraps the hair around the tool, provides a serious wow factor. It's pricey, but the fast-drying, sleek, glossy hair result makes it worth every cent. "This is a fantastic tool that really does achieve a salon finish," says Sue. **Dyson Airwrap Multi-Styler, \$899, adorebeauty.com.au**

## 9. GIVE HAIR INSTANT BODY

This lightweight foam creates buildable volume to boost body fast. It reduces frizz, combats humidity and delivers texture without even a hint of a crunch. "It's full of good ingredients," says Carolyn. "The extra volume and feel of hair is like nothing I've ever used before. It's also a heat protector." **Monat The Moxie Magnifying Mousse, \$45, monatglobal.com/au**

## 10. ENHANCE NATURAL CURLS

"As a curly girl myself, I was very impressed with this lightweight spray that not only delivers excellent heat protection, but also leaves hair looking smooth with curls that stay put and don't drop out for ages," says Cecily. "It works really well with hot tools to deliver superior curl definition." **GHD Curly Ever After Curl Hold Spray, \$37, ghddhair.com/au P**



6



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10

*There's more!*  
To shop the complete list of winners, scan the QR code (right) or visit [preventionaus.com.au/beautyawards](http://preventionaus.com.au/beautyawards)





# *Isle be yours*

Experience everything these South Pacific getaways have to offer by venturing further from the shoreline.

BY UTE JUNKER

**S**miles are in ample supply in the South Pacific. Apart from a warm welcome, you're also guaranteed balmy temperatures and beaches that just beg you to come and relax on them. However, there's more to this idyllic region than simply basking in the sun. If you're looking for a holiday where you can get out and active every day, you've come to the right place. Put these island getaways on top of your list and explore, explore, explore! ►

Snorkel across the crystal-clear waters of New Caledonia's majestic coral reefs and you might just encounter a friendly sea turtle or two.

## Saddle up for fun in *New Caledonia*

At 400 kilometres long, New Caledonia's largest island boasts landscapes that range from soaring mountains to open plains, from fern forests to briny mangroves. So, visitors will have no trouble finding exhilarating ways to get active here.

Kick off the fun with a horseback trek. Horses play an important role in local culture – the west coast is home to a thriving cowboy culture, with *broussards*, or bushmen, working with large herds of cattle. Experienced riders should go straight to the slopes of the mountain range that run the length of the island, offering stunning vistas along the way. Alternatively, there are plenty of seaside treks that give you the chance to cool off in the lagoon after a morning in the saddle – make your way over to the Lebris peninsula for some of the best. Keep an eye out

for friendly turtles, or head to the reefs for more colourful marine life.

Prefer to explore on two feet? The magnificent landscape of Blue River Provincial Park, about an hour northeast from Nouméa, includes rich red soils, verdant forests and shimmering lakes. A network of hiking trails leads you to some of the top sights. Be awed by the forest's giant trees, including an impressive 1000-year-old kauri tree, or step into the drowned forest, where hundreds of gum oaks were submerged beneath the waters when the nearby dam was created. Their striking bleached trunks now appear to rise out of the lake and are amazing during a full moon, when night-time kayaking is popular.

If you like a challenge, the island is also home to a remarkable long-distance hiking trail that

traverses the mainland from north to south. It's divided into two sections, the GR Nord and the scenic GRD Sud, which in turn is split into seven stages, each one between five and eight hours long.

For those wanting to tackle the whole lot, be aware that much of the terrain is mountainous and you'll have to carry your own gear with you. The reward: the chance to hike through primeval forests filled with plants found nowhere else, and to wind your way through some of New Caledonia's best alpine scenery.

Or, consider timing your visit for one of the popular local challenges, like the New Caledonia Ultra Trail, held mid-year in the Mont-Dore, with five courses of various lengths, including a gruelling 133-kilometre route. Tough, but a lifetime memory. **Visit [newcaledonia.travel/en](http://newcaledonia.travel/en) ►**

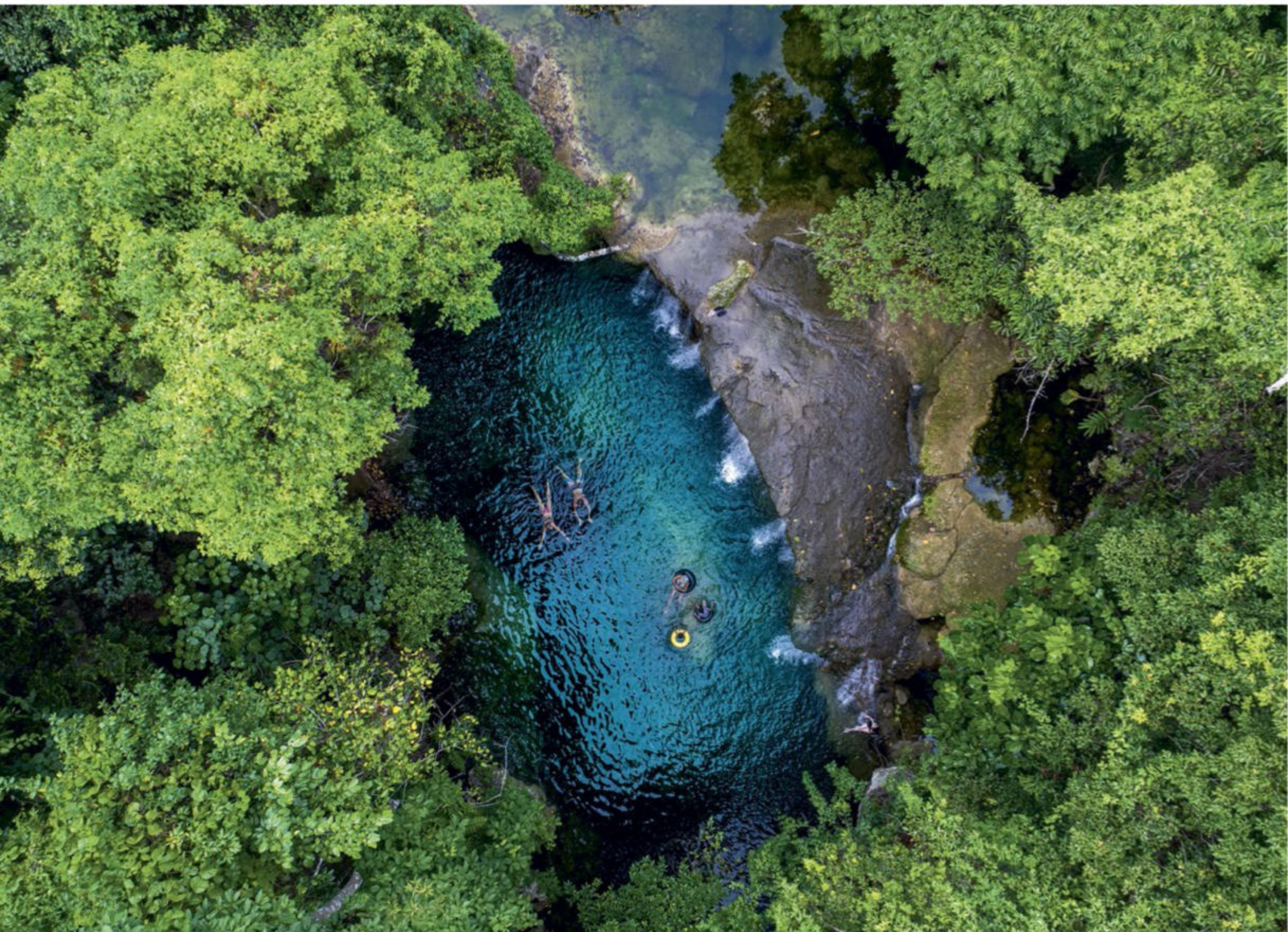




PHOTOGRAPHY: (LEFT PAGE) ONEYE PRODUCTION/NCT (LUCKY CLUB EQUESTRIAN CENTRE); (RIGHT PAGE, MAIN) TOKO/NCT; (INSET) MEGANE GOASCOZ/NCT

Hike through the verdant Mount Koghi in Dumbéa, adjacent to the Blue River Provincial Park, or try a long-distance trail, starting from the northern tip of New Caledonia, and enjoy panoramic views over commune Poum (inset). **Opposite** Venture through beautiful mountainous terrain, or simply trot the water's edge, on horseback.

**This page, from top** Be mesmerised by spectacular displays of red-hot lava in darkness with an evening volcano tour of Mount Yasur; cool off at Eden on the River, where idyllic swimming holes await.







## Heat things up in *Vanuatu*

Vanuatu has always been much more than a fly-and-flop destination, thanks to its dramatic landscapes that include a live volcano – yes, really. If you love the idea of peering into a crater full of red-hot lava (from a safe distance), head to the island of Tanna, where Mount Yasur has been bubbling away sedately for hundreds of years. Four-wheel drives will ferry you most of the way up the mountain, but the last part of the steep slope you'll have to climb yourself. You'll wind up on the rim of the crater looking deep down into the caldera into the glowing heart of the volcano. For the most memorable experience, opt for the sunset tour: once the sky begins to darken, the glow of the lava gets even more incredible.

Prefer water to fire? No problem. Vanuatu's lush forests are home to a series of shimmering sapphire swimming holes, known as blue holes, each one giving you the chance to plunge into a different experience. Some of the pools are fed by freshwater springs and filtered through limestone for a crystal-clear effect. Others link to the ocean, rising and falling with the tides. Several are set up with a range of facilities, including bars and toilets, others have been left almost untouched.

If you're staying in or around Port Vila, try the Blue Lagoon, just a half-hour drive up the coast, where a rope swing lets you unleash your inner Tarzan. If you'd rather lounge around with a cocktail, Nanda is the blue hole for you. Located between Luganville and Champagne Beach, this is also one of the most fabulous holes, its glittering waters tinted a pretty shade of blue. Or head to Espiritu Santo, home to more blue holes than any other island. Matevulu Blue Hole draws the most visitors, but if you're looking for a more private swim spot, ask a local for directions to Hog Harbour Blue Hole (about 3.5 kilometres north of Hog Harbour). This under-the-radar swimhole isn't signposted, so you may find you have it all to yourself.

Want to pack as much into one day as possible? Then you're going to love the tranquil paradise Eden on the River. Just a short drive from Port Vila, this gorgeous eco-attraction is designed as a playground for all ages. With hectares of tropical gardens, walking trails through the jungle, suspension bridges through the trees and a range of swimming spots, there's enough to keep you active all day long. **Visit [vanuatu.travel/au](http://vanuatu.travel/au) ►**

Take the bridges circuit at Eden on the River, where you'll navigate across a series of suspension bridges through glorious riparian rainforest and along the pristine river.

## Discover the natural wonders of *Fiji*

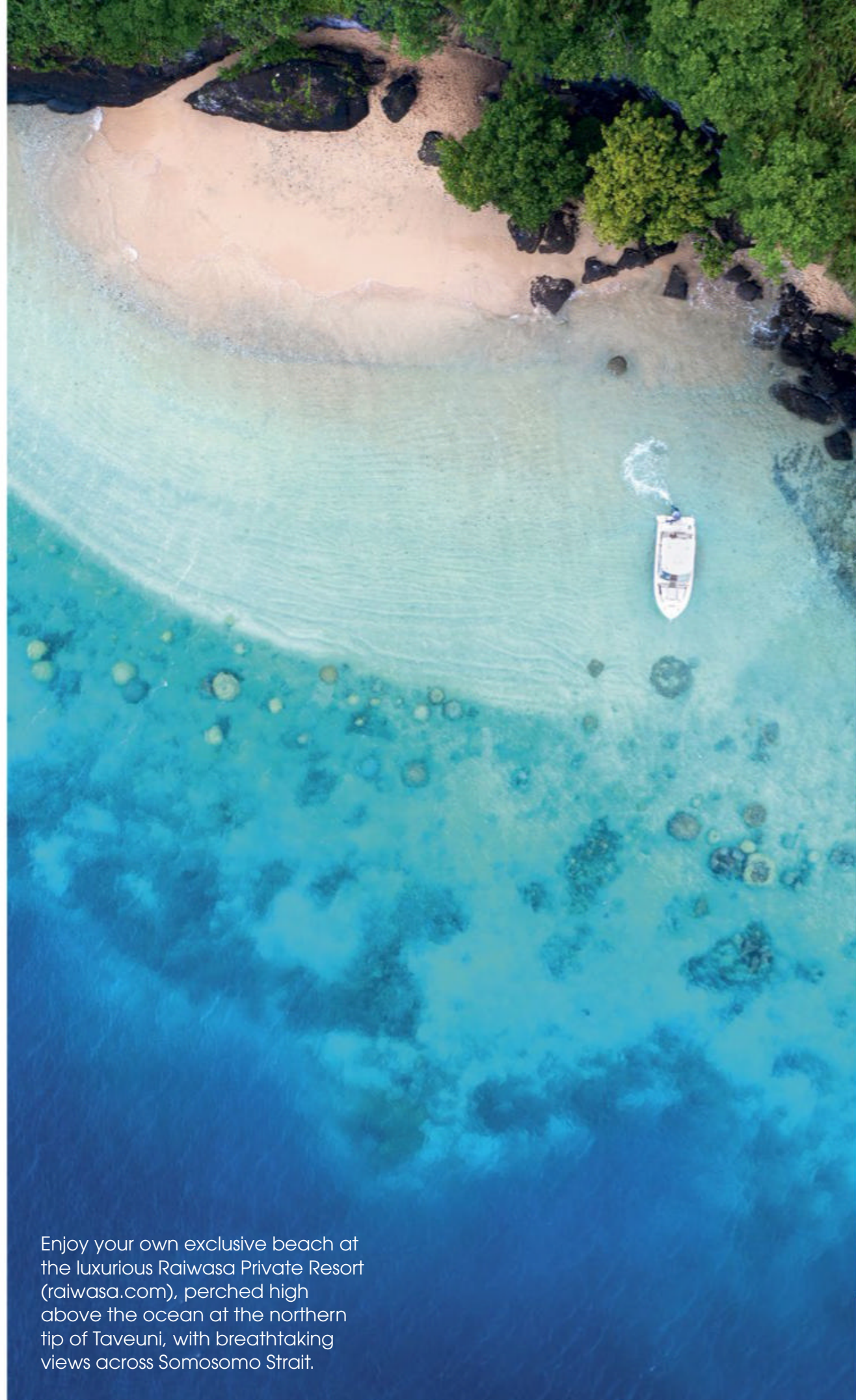
There are more than 300 islands scattered across Fiji's archipelagos, but none is quite like Taveuni. Formed aeons ago by a volcanic explosion, much of this island is covered by a primeval rainforest that could double as a setting for *Jurassic Park*.

Instead of roaming giant predators, however, this rainforest hides a much more delicate treasure. If you want to experience it for yourself, you'll need to arrive between October and December and bring your hiking shoes with you. Your destination is sparkling Lake Tagimaucia, set in a volcanic crater more than 800 metres above sea level. For just three months a year, the red and white blooms of Fiji's national flower, the tagimaucia flower, unfurl on the lake shore – the only place in the world where they'll bloom successfully.

That's not the only thing to discover on Taveuni, especially considering that 80 per cent of the island is national park, much of it laced with flowing rivers and plunging waterfalls. Some of the destinations are well signposted; in other cases, the forest trail leading you there is unmarked. So, the easiest way to get around is to hire a local guide to share their favourite spots.

That'll almost definitely include the Tavoro Waterfalls, a series of three cascades that plummet into cool swimming holes. The first pool is just a short stroll from the car park, but, if you prefer something a little more secluded, head on another 30 metres (be prepared, there's a little scrambling involved) to the second waterfall. The third waterfall requires yet another hike, but, if you bring a snorkel, you can spy on the activities of the hundreds of prawns that make their home here.


Other Taveuni highlights include the Lavena Coastal Walk, a brilliant three-hour return hike that takes you past black sand beaches and volcanic



Enjoy your own exclusive beach at the luxurious Raiwasa Private Resort ([raiwasa.com](http://raiwasa.com)), perched high above the ocean at the northern tip of Taveuni, with breathtaking views across Somosomo Strait.

cliffs, and the Waitavala Water Slide. This natural rock slide offers an exhilarating experience, but check in first with locals to ensure current conditions are safe. Don't confine your explorations to land, either. There are lots of adventures to enjoy in the ocean, including sea kayaking excursions and famous dive sites, such as Great White Wall in Somosomo Strait, and Eel Reef, on the opposite side of the strait.

If you want to switch down the speed one day, then make your way just north of Somosomo to Gaiatree Sanctuary. This organic spice plantation offers immersive tours, including a delicious lunch that showcases the fresh fruit, herbs and spices grown on site. And, if your happy place is in the kitchen, you're welcome to help prepare your own tucker.

**Visit [fiji.travel](http://fiji.travel) **



Finish off your scenic Lavena Coastal Walk with a dip at the picturesque Wainibau Falls. **Below, from left** A Taveuni local with her catch of the day; take a slow drive through the vast coconut plantation in Vuna Village, situated at the southern tip of the island.



PHOTOGRAPHY: (LEFT PAGE) TOURISM FIJI; (RIGHT PAGE, CLOCKWISE FROM TOP) TOURISM FIJI, GET LOST MAGAZINE



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AUSTRALIAN  
**healthyfood** GUIDE

# NUTRITIOUS & DELICIOUS food

*Healthy eating made easy*

*Black-eyed pea  
salad (page 122)*



***On the  
menu this  
month ...***

**112**

Classics with a twist  
by foodie Luke Hines.

**118**

Gluten-free vegie side  
dishes to savour.

Just one cup of butternut pumpkin provides more than 100 per cent of your daily vitamin A requirements.







# Twist ending

Clean-eating foodie Luke Hines serves up some classic flavours with a twist. Whether you're feeding one or four, these delish meals will keep you engrossed to the end.

## PHENOMENAL FRITTATA

**SERVES 4 HANDS-ON TIME** 15 MINUTES  
**COOK TIME** 35 MINUTES

*2 tablespoons extra virgin olive oil*  
*600g butternut pumpkin, skin on and cut into 2cm cubes*  
*1 small red onion, finely sliced*  
*12 cherry tomatoes, halved*  
*2¼ cups baby spinach leaves*  
*8 eggs*  
*½ teaspoon chilli flakes*

**1.** Preheat oven to 180°C and line a baking tray with baking paper. Place the pumpkin on the tray, drizzle with 1 tablespoon of the olive oil, season well with salt and toss to coat. Roast for 15–20 minutes, or until softened and beginning to caramelize and go golden brown around edges.  
**2.** Meanwhile, heat the remaining olive oil in a large, ovenproof, non-stick frying pan over medium heat. Add the onion and sauté for about 3–4 minutes, or until softened and beginning to go golden brown. Stir in the cherry tomatoes and

cook for 2 minutes, or until slightly softened, then add the baby spinach and stir for 30–60 seconds, or until just starting to wilt. Remove from heat, add the roast pumpkin and set aside.  
**3.** Whisk the eggs, chilli flakes and a generous pinch of salt and pepper in a large bowl. Pour the egg mixture over the roast pumpkin mixture in the pan and gently mix to evenly distribute. Cook, moving the mixture around the pan, until the egg starts to set around the edges.  
**4.** Transfer pan to oven and bake for 15 minutes, or until the eggs are cooked through and the frittata is golden brown on top. Finish under the oven grill, if necessary. Set the frittata aside to cool slightly before dividing into four even portions. Season well with salt and pepper and serve.  
**Tip** You can store the leftovers in an airtight container in the fridge for up to three days.

---

**NUTRITION** (per serve) 1230kJ/294cals. Protein 17.3g. Carbs 12.2g. Sat fat 4g. Fibre 4.3g. Sodium 190mg ▶

---

## GORGEOUS GREEN CURRY

**SERVES** 1 **HANDS-ON TIME** 15 MINUTES

**COOK TIME** 10 MINUTES

---

*2 tablespoons olive oil*

*2 cups broccoli florets*

*1 tablespoon green curry paste (see tip)*

*1 cup sliced zucchini*

*2 cups roughly chopped spinach*

*3 tablespoons coconut cream*

*½ cup water*

**1.** Heat the oil in a saucepan over medium-high heat, add the broccoli and cook, stirring occasionally, for 3–4 minutes, or until lightly caramelised on the outside.

**2.** Add the curry paste and zucchini, stir them in and cook for 4–5 minutes, or until the vegies begin to soften and everything is aromatic.

**3.** Add the spinach to the pan, stir and cook for 1 minute, or until lightly wilted, then pour in the coconut cream and water, add a pinch of salt and pepper and reduce the heat to medium. Simmer for 8–10 minutes, or until the sauce has thickened and the vegetables are cooked through. To serve, spoon the curry into a serving bowl and enjoy.

**Tip** For a healthy curry paste, look for one with no or minimal vegetable oils and no added sugars.

---

**NUTRITION** (per serve) 2752kJ/658cals. Protein 15.2g. Carbs 13.8g. Sat fat 23.1g. Fibre 12.1g. Sodium 896mg ▶

---



Cherry tomatoes are sweeter and juicier than their big brothers.

## ONE-PAN HARISSA CHICKEN

Recipe on page 116



## ONE-PAN HARISSA CHICKEN

**SERVES 2 HANDS-ON TIME** 15 MINUTES

**COOK TIME** 25 MINUTES

*1 tablespoon extra virgin olive oil*  
*4 small skinless chicken thigh fillets*  
*2 garlic cloves, crushed*  
*¼ red onion, sliced*  
*400g butternut pumpkin, chopped into rough chunks*  
*2 tablespoons harissa paste (see tip)*  
*400g can cherry tomatoes*  
*½ cup plain Greek yoghurt or dairy-free alternative*  
*Juice of 1 lemon*

1. Preheat the oven to 180°C. Place an ovenproof frying pan over medium-high heat. Add the olive oil to the hot pan, then add the chicken and cook for 1–2 minutes on each side until sealed and lightly golden brown. Remove the chicken from the pan and set aside.
  2. Add the garlic, onion and butternut pumpkin to the pan and cook, turning often, for about 3–4 minutes to really get some colour and caramelisation happening. Stir in 1 tablespoon of the harissa paste and cook for 1–2 minutes.
  3. Tip in the cherry tomatoes and stir until everything is well combined. Place chicken on top, transfer to oven and bake for 20–25 minutes, or until the sauce has thickened and the pumpkin and chicken are cooked through.
  4. Meanwhile, combine the yoghurt, half the lemon juice and the remaining harissa paste in a small bowl and whisk well. Cover and set aside in the fridge until ready to serve.
  5. Serve harissa chicken in the pan or on a plate, topped with dollops of the harissa yoghurt, a squeeze of lemon and a pinch of salt and pepper.
- Tips** Harissa paste can be found in supermarkets, delis and Asian grocers. You can store any leftovers in an airtight container in the fridge and enjoy for lunch or dinner the next day.

**NUTRITION** (per serve) 2195kJ/525cal. Protein 50.2g. Carbs 28.4g. Sat fat 4.8g. Fibre 7.8g. Sodium 348mg

## PHUKET PORK & PINEAPPLE SALAD

**SERVES 2 HANDS-ON TIME** 20 MINUTES

**COOK TIME** 25 MINUTES

*2 tablespoons gluten-free tamari*  
*2 teaspoons extra virgin olive oil*  
*¼ teaspoon chilli flakes*  
*1 x 250g lean pork tenderloin fillet*  
*Extra virgin olive oil spray*  
*250g pineapple, cut into wedges*  
*1 Lebanese cucumber, sliced into ribbons*  
*Juice of 1 lime*  
*1 teaspoon roughly chopped toasted peanuts*

1. Combine the tamari, half the olive oil, the chilli flakes and a generous pinch of salt in a large bowl and whisk well. Add pork and turn to coat well.
  2. Heat a chargrill pan over medium-high heat and lightly spray with the olive oil. Add the pork and cook, turning every 3–4 minutes and basting regularly with the marinade, for 12–15 minutes, or until golden brown and just cooked through. (Pork tenderloin is a lean cut of meat, so you don't want to overcook it.)
  3. Transfer pork to a plate, cover with foil and set aside to rest before finely slicing. Tip any remaining marinade into pan, add the pineapple wedges and cook over medium-high heat for 4–5 minutes on each side, or until the pineapple has lovely char marks and is caramelised.
  4. For the salad, combine the cucumber with the lime juice and the remaining teaspoon of olive oil in a bowl and mix well.
  5. To serve, create a bed of cucumber on each plate, top with the charred pineapple wedges and sliced pork, sprinkle on the toasted peanuts and season well with salt and pepper.
- Tips** If the sun's shining and you've got a barbecue, this recipe can also be cooked on the grill to add an extra smoky flavour. You can store any leftovers in an airtight container in the fridge and enjoy for lunch or dinner the next day.

**NUTRITION** (per serve) 1088kJ/260cal. Protein 32.4g. Carbs 14.3g. Sat fat 1.3g. Fibre 3.2g. Sodium 945mg



Edited extract from *Five Kilos in 5 Weeks* by Luke Hines (Plum, \$26.99). Photography by Mark Roper.

Lean pork is an excellent source of niacin, protein and vitamin B6.



# This side of paradise

Bored with the same old vegies for dinner? Pair these Mediterranean veg sides (you'll love the clever ingredient swaps) with your favourite fish, chicken or meat-free protein for a delicious, satisfying, gluten-free meal.

## NECTARINE, ROCKET & BUFFALO MOZZARELLA SALAD

**SERVES 4 HANDS-ON TIME** 10 MINUTES

---

*100g rocket leaves  
3 white or yellow nectarines, cut into wedges  
1 tablespoon flaked almonds, toasted  
200g buffalo mozzarella*

### **Lemon-honey dressing**

*1/3 cup extra-virgin olive oil  
Juice of 1 small lemon  
1 teaspoon honey  
Pinch of sea salt flakes and freshly  
ground black pepper*

- 1.** Arrange rocket leaves on a platter. Scatter nectarine wedges and almonds over rocket.
  - 2.** Tear up the mozzarella with your hands and place on top.
  - 3.** Whisk all the lemon-honey dressing ingredients together and drizzle the dressing over the salad. Serve immediately.
- Tip:** When nectarines are out of season, try juicy pear slices or papaya instead.

---

**NUTRITION** (per serve) 1650kJ/395cal. Protein 11g. Carbs 11.2g. Sat fat 11g. Fibre 3.3g. Sodium 184mg ▶

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**ROASTED BULLHORN CAPSICUMS  
STUFFED WITH FETA**

Recipe on page 122



*Fast  
fact*

Black-eyed peas are an excellent source of vitamin A, folate and manganese, as well as fibre, which will help you feel full longer.

**BLACK-EYED  
PEA SALAD**

Recipe on page 122

## ROASTED BULLHORN CAPSICUMS STUFFED WITH FETA

**SERVES 6 HANDS-ON TIME** 5 MINUTES  
**COOK TIME** 30 MINUTES

300g Greek feta  
Generous pinch of dried oregano  
6 red and yellow bullhorn capsicums  
(available from select greengrocers, or you can use sweet capsicums instead)  
2 tablespoons extra-virgin olive oil  
Balsamic vinegar, for drizzling  
Finely chopped flat-leaf parsley leaves, to serve

1. Preheat oven to 200°C (fan-forced). Line a baking tray with baking paper. Combine the feta, oregano and a pinch of black pepper in a bowl.
2. Half slice across the top of each capsicum to create an opening. Using your knife, remove the seeds and membranes inside the capsicums and rinse to clean the interior. Use a small spoon to stuff the capsicums with the feta mixture, ensuring you push the cheese all the way down to the bottom (allow a small gap at the top to prevent the melted cheese from oozing out). Close the lids and pierce with toothpicks to secure them in place.
3. Place the capsicums on the prepared tray. Drizzle the olive oil over the capsicums, sprinkle on a pinch of salt and roast for 25–30 minutes or until blistered. Serve the capsicums on the tray or transfer to a platter. Drizzle balsamic vinegar over the top and then scatter with parsley to serve.

**NUTRITION** (per serve) 999kJ/239cal.  
Protein 16.7g. Carbs 9.4g. Sat fat 5.6g.  
Fibre 4.1g. Sodium 555mg

## BLACK-EYED PEA SALAD

**SERVES 6 HANDS-ON TIME** 10 MINUTES  
**COOK TIME** 30 MINUTES

250g dried black-eyed peas (also known as black-eyed beans)  
8 cherry tomatoes, halved  
1 large carrot, coarsely grated  
½ red capsicum, finely sliced  
5 spring onions, finely sliced  
Handful of mint leaves, finely chopped  
Handful of dill fronds, finely chopped  
Handful of flat-leaf parsley leaves, finely chopped

**Honey-mustard dressing**  
100ml extra-virgin olive oil  
3 tablespoons red wine vinegar  
1 teaspoon honey  
1 teaspoon Dijon mustard  
1 small garlic clove, crushed  
Pinch of sea salt flakes and freshly ground black pepper

1. Place the black-eyed peas in a saucepan and cover with plenty of cold water. Place over medium heat and bring to the boil. Reduce the heat to low and simmer for 25 minutes until the peas are al dente. (Be careful not to overcook them or they will quickly turn mushy.)
  2. Drain and rinse under cold water. Set aside to allow peas to cool completely.
  3. Whisk together the honey-mustard dressing ingredients in a large bowl. Add the remaining salad ingredients and peas and gently toss to combine. Transfer the salad to a platter and serve.
- Tip:** For a vegan option, replace the honey with maple syrup. Opt for a pure variety with no added flavourings.

**NUTRITION** (per serve) 1282kJ/307cal.  
Protein 10.8g. Carbs 29.9g. Sat fat 2.8g.  
Fibre 6.6g. Sodium 70mg

## RADICCHIO, BLISTERED GRAPE & GOAT'S CHEESE SALAD

**SERVES 4 HANDS-ON TIME** 10 MINUTES  
**COOK TIME** 15 MINUTES

200g seedless red grapes  
2 tablespoons sesame seeds  
1 small radicchio, quartered and leaves separated  
1 baby cos lettuce, leaves separated  
100g soft goat's cheese, torn  
Handful of chives, finely chopped

**Simple salad dressing**  
100ml extra-virgin olive oil  
2 tablespoons sherry vinegar  
2 teaspoons raw honey  
1 echalion onion (or shallot), finely chopped

1. Preheat oven grill to high. Spread grapes in a single layer over a small baking tray and place under hot grill for 8 minutes until softened. Remove the tray, gently shake to turn grapes, then sprinkle on sesame seeds. Grill for another 6 minutes or until sesame seeds are toasted and grapes have blistered.
2. Layer the radicchio and lettuce leaves on a large serving platter. Scatter on the goat's cheese and chives. Whisk together the dressing ingredients and then spoon over the salad. Scatter on the warm blistered grapes and toasted sesame seeds and serve immediately.

**NUTRITION** (per serve) 1749kJ/418cal.  
Protein 7.7g. Carbs 23.8g. Sat fat 8.7g.  
Fibre 4.1g. Sodium 300mg

Edited extract from *Gluten-Free Mediterranean* by Helen Tzouganatos (Plum, \$44.99).  
Photography by Jeremy Simons





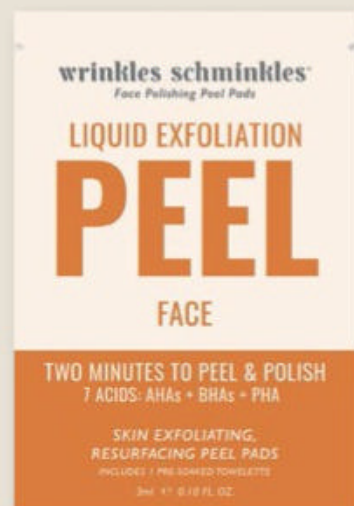
**RADICCHIO, BLISTERED  
GRAPE & GOAT'S CHEESE SALAD**

# Prevention Profiled

Smart ideas for your healthy lifestyle...

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## Magic power

Natural Magic Anti-Ageing Cream from New Nordic moisturises, protects and repairs skin to provide an anti-ageing effect with a radiant glow while reducing the appearance of wrinkles. The day-to-night intense moisturiser contains fermented pomegranate and astaxanthin, which contribute to firmer, younger-looking skin. Find out more at [newnordic.net.au](http://newnordic.net.au)



## Pores and reflect

Brighten, cleanse and exfoliate your skin with Neutriderm's Exfoliator Set. Containing multiple potent antioxidants that quench oxidised cells, inhibit free radicals and activate healthy skin cells, this toolkit deeply cleanses pores to reveal clearer, rejuvenated and brighter-looking skin. It's suitable for all skin types, too. See [au.neutriderm.com](http://au.neutriderm.com)



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Revitalise your strands, while targeting hair loss at the same

time, with Mesoesthetic's Tricology Intensive Hair Loss Shampoo. Its complex formula promotes blood circulation to boost nutrient delivery and stimulate hair follicles, plus it regenerates the scalp and hydrates your locks. With regular use, it delivers thicker, fuller-looking hair. Visit [mesoesthetic.com](http://mesoesthetic.com); to purchase, see [ry.com.au](http://ry.com.au) or [activeskin.com.au](http://activeskin.com.au)





## Top brass

The award-winning Livani Blonde Shampoo will have your hair feeling beautifully toned, refreshed and healthier than ever. The all-in-one purple formulation tones brassiness to blonde, silver and grey hair while restoring health and moisture back into your locks all at the same time. Key ingredients include red sweet potato to combat brassiness naturally; organic silver linden to promote circulation and new hair growth; and pomegranate, which provides deep hydration. Whether your hair is dry or overprocessed, this amazing shampoo will restore damage, leaving hair weightless and refreshed. Simply apply shampoo to wet hair, gently massage to lather and rinse thoroughly – and you're done! See [livani.com](http://livani.com)

## Brush with success

Ugly Swan's Wet Scream-Free Hairbrush is designed with an ultra-soft paddle and Flexi-Tech bristles that work to contour the scalp gently, to avoid any breakage and tugging. Perfect for those with thick and curly hair, this pretty brush effortlessly glides through both wet and dry hair. Visit [uglyswan.com.au](http://uglyswan.com.au)



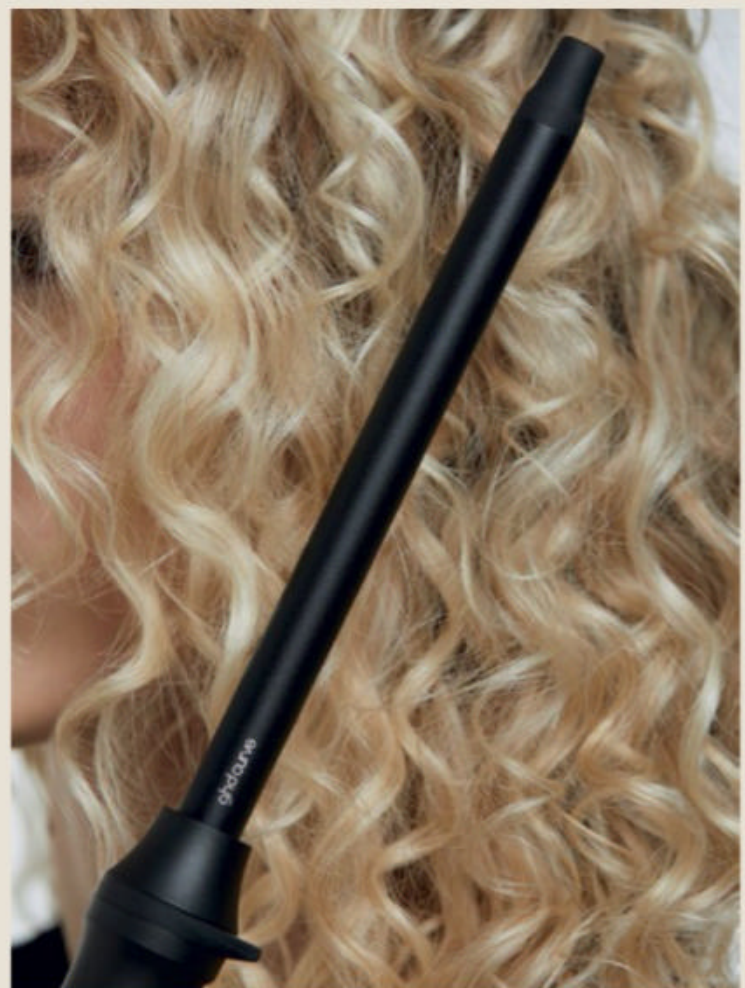
## Natural wonder

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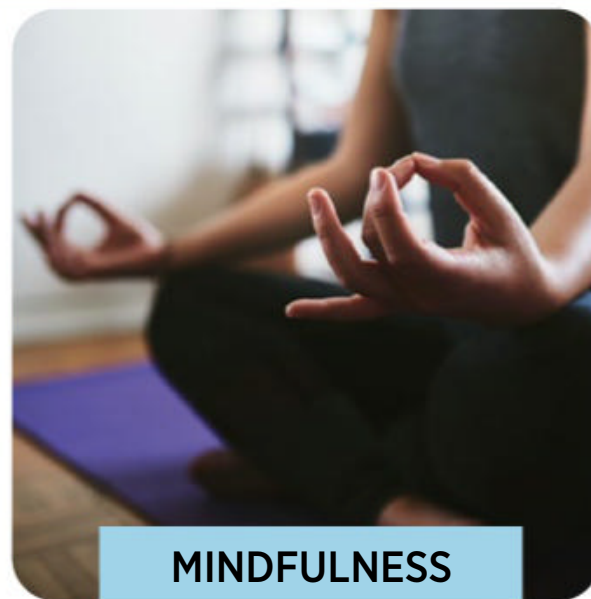
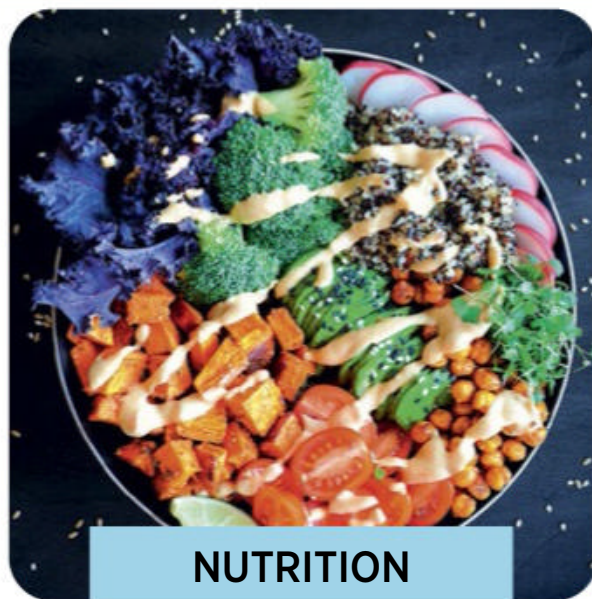
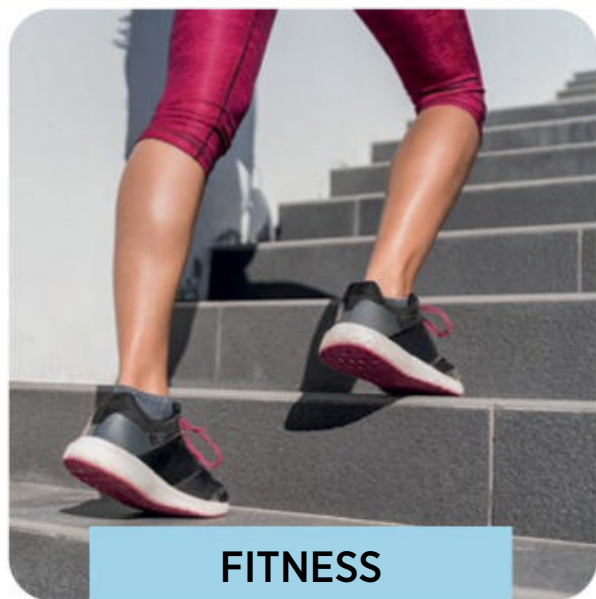
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# Old master

Can you teach an old dog new tricks? Yes, it's possible and well worth the effort! We ask the experts how.

BY LIZZ SCHUMER

## FIRST, RULE OUT ANY MEDICAL ISSUES

With older dogs, in particular, make sure their behaviour isn't related to a physical problem. For instance, your dog may be slower to respond to your call because of a new or worsening mobility problem, such as arthritis or degenerative joint disease, explains Mikkel Becker, a dog behaviour counsellor and animal trainer. Dog trainer Brandon McMillan says he always keeps an

eye on older dogs' weight, which can contribute to those mobility-limiting issues. Also, cognitive decline can cause dogs to forget training they've had for a long time or may contribute to confused barking or whining. All dogs should visit the vet every six months to help spot issues early and manage their weight if necessary, but bring them to the vet right away if they've started struggling with a behaviour that never used to be a problem.

## LOOK AT THEIR ENVIRONMENT

Is your dog raiding the rubbish bin or barking at the postman? Mikkel recommends removing temptation by getting bins that lock or placing them out of your pup's reach, then giving the dog an outlet for their natural instincts. A pet that enjoys to forage, for example, may like puzzle bowls for mealtime or a toy basket they can dig through instead of going into the rubbish. When ►



*Making an effort to praise them when they're well behaved will reinforce that positive behaviour.*

the postie arrives, provide treats or praise for your dog for being quiet. For visitors that come through the door, consider an option like having the dog greet guests outside first.

### FOCUS ON POSITIVE REINFORCEMENT

Yelling won't help fix the issue, plus it can actually create a negative association with you in your dog's mind, Mikkel explains. A dog that gets scolded for weeing on the carpet, for example, may come to fear doing so in front of you at all. "Scolding increases anxiety, and anxiety itself often is the root cause of a lot of behavioural issues, including aggression," she notes. And a distressed pet, just like a distressed person, won't learn as well as one that feels calm and excited to try new things. Set them up for success by promoting behaviour you want to see.

### MAKE TRAINING A NORMAL PART OF LIFE

Crash diets don't work, and neither does a single marathon training session. Instead, Mikkel encourages owners to think of training as a lifestyle change. That means patience is key, but so is considering the big picture. "Look at different ways you can integrate training into your daily life," she advises. That might mean taking your dog through their known commands during a commercial break or for a few minutes before dinner every day. Brandon recommends that every dog know seven common commands that they use as their obedience system: Sit, Stay, Down, Come, Off, Heel and No. Practise these, or other tricks they know, in training sessions with high-reward treats that last no more than a few minutes at a time. Go longer and your dog may lose interest and be

reluctant to cooperate next time. If your dog starts looking away, licking their lips, yawning, tucking their tail or ears, running away or trying to play, it's time to stop for the day.

### REINFORCE GOOD BEHAVIOUR

Many dogs will start acting out to get your attention, especially if it's in short supply. Making an effort to praise them when they're lying quietly on their bed, going potty in the right place or staying calm when the doorbell rings will reinforce that positive behaviour, Mikkel explains. If you don't make a big deal out of the behaviours you like, over time your pet will stop doing them because they don't pay off the way misbehaving does. "Ensuring that you're paying attention to reinforcing those right behaviours is really going to be paramount to your success," she says.

### BE PATIENT

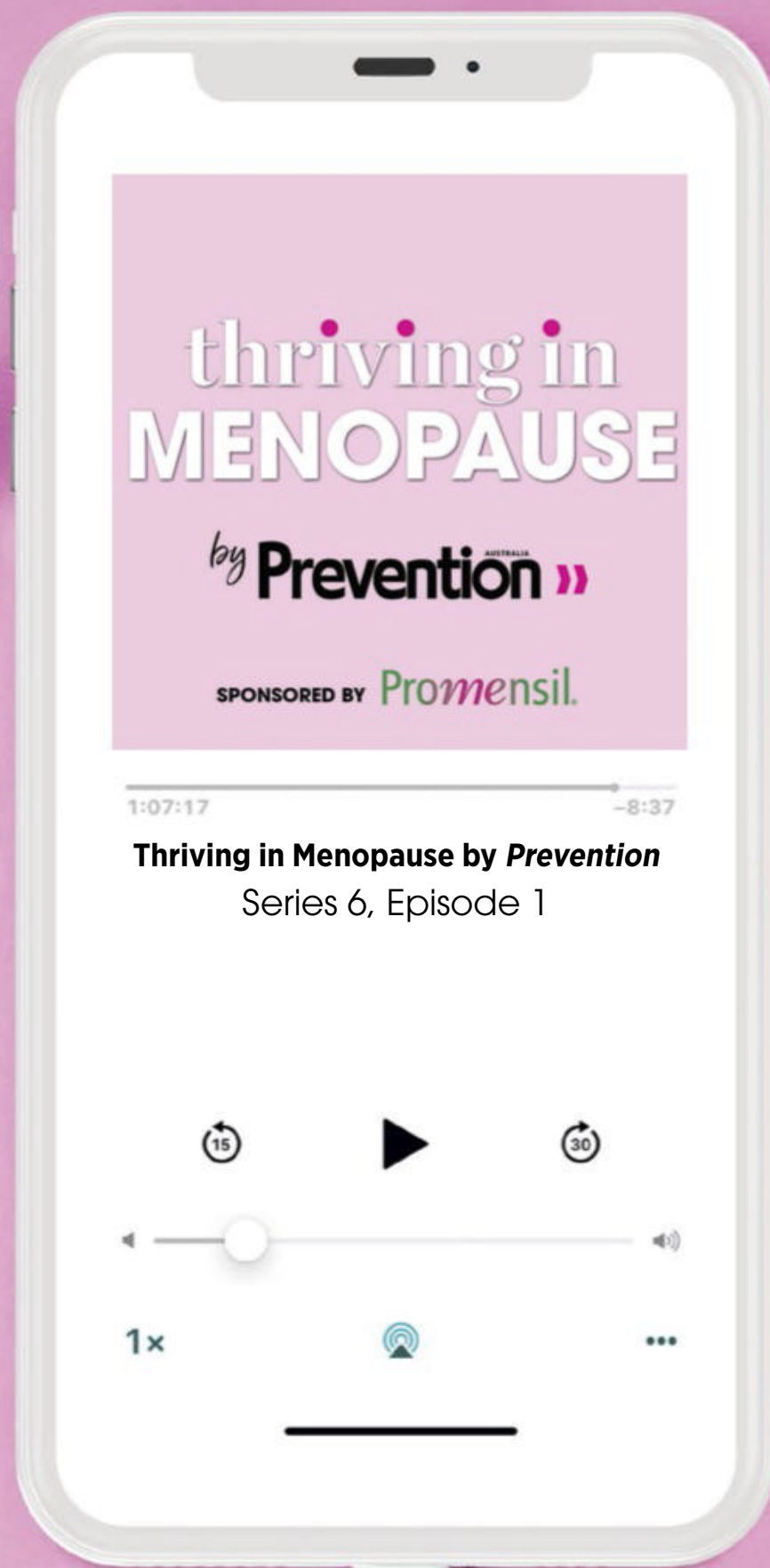
As with potty training a child, progress in training a pet isn't always linear and it may take longer for older pets. Your dog didn't develop unwanted behaviours overnight, so they're likely not going to unlearn them immediately either. "Older dogs can learn the same things as younger dogs – they just can't learn them as fast," explains Brandon. Mikkel advises looking for success over time, even if slip-ups happen. Tracking the number of times your pet manages not to jump on guests, for example, rather than focusing on the one time they got overexcited, will help you keep perspective over the long haul. Finally, remember that daily training sessions are not only good for your pet's behaviour, but their body and brain as well. Think of training as being like a crossword puzzle for dogs, but with the added benefit of getting them active. "This type of training offers mental stimulation and physical mobility for older dogs," Brandon notes. Staying on top of training will keep them not only better behaved, but also happier and healthier. **P**



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# Sophie Falkiner

The presenter of Network Ten's *Luxury Escapes*, 50, shares what she's learnt about life.

**1 ON TURNING 50, I FEEL...** lucky! I have two amazing kids, a fulfilling career, my health, gorgeous family and friends whom I'm very close with. I think it's so important to practise gratitude and be happy with what you have now instead of always stressing about the future.

**2 THE MOST IMPORTANT THINGS I DO FOR MY HEALTH ARE...** taking time out for me, whether that be a long walk somewhere, reading a book, doing a reformer class or high-intensity boxing session. I love to meditate and treat myself to the occasional infrared sauna or massage. Catching up with a girlfriend and having a big laugh also does wonders!

**3 WHEN I WAS WORKING ON WHEEL OF FORTUNE (ON THE SEVEN NETWORK) IN MY EARLY 20S, MY AMBITION WAS...** to springboard into travel presenting. I was over the moon when I first landed *Sydney Weekender* and then moved on to an international job with *The Great Outdoors*.

**4 NOW MY AMBITION IS...** to be the best version of me and to continue to learn, grow and evolve. Also, to be the greatest mother, friend and daughter I can be.



**5 I'M HAPPIEST WHEN...** I'm by the ocean, surrounded by people I love, enjoying a delicious home-cooked meal and having a good laugh.

**6 MY TOP BEAUTY TIPS ARE...** sunscreen, exfoliate regularly, quality serums, hydration, exercise and sweating out toxins, plus a smile always helps!

**7 CONFIDENCE IS...** your superpower. Once you truly start believing in yourself, your abilities, your worth, just wait for all the magic to start happening.

**8 MY FAVOURITE SUNDAY MORNING RITUAL IS...** watching the sunrise over the ocean on my day bed, a quick meditation, then heading to a KX Pilates class (I'm an ambassador), followed by walking to my fave coffee shop with my partner. Finally, it's off to the beach for a swim or a listen to either the waves or a fascinating book on Audible.

**9 I DON'T LEAVE HOME WITHOUT...** my sunscreen, hat, water, phone and a sense of humour! **P**



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