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WETZELL**

**'THE NEW
REGIME THAT'S
KEEPING ME
STRONG'**

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trying too
hard to
relax?

**CORONAVIRUS
EXPERT ADVICE**

**HOW TO
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GOOD
REASONS
TO KEEP
DRINKING
COFFEE

**LOOK
GOOD,
FEEL FIT**

**2-WEEK
SLIM DOWN**

**WALKING
PLAN & KETO
RECIPE GUIDE**

*Balance
your
hormones
naturally*

be informed | be nourished | be energised | be inspired | simply be

PROVEN RESULTS

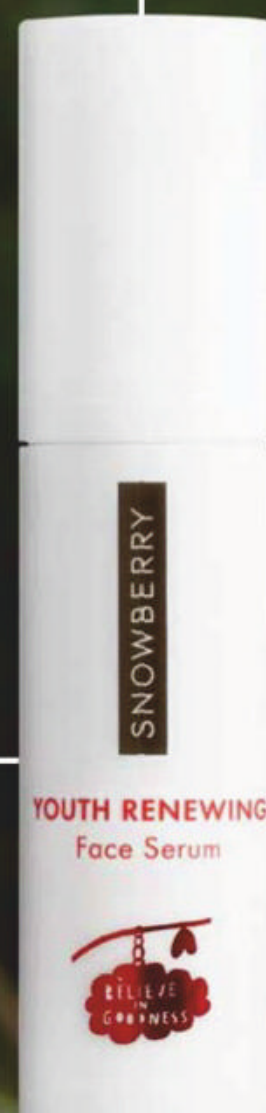
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EDITORIAL

Editor-in-Chief Nicky Dewe

Editor Amy Prebble

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Feature Writers Erin Fisher, Monique McKenzie

Beauty Editor Helene Ravlich

Senior Designer Bobby Saunders

Designers Archie Blohm, Robyn Te Whata

Chief Sub Editor Michelle Joe

Sub Editor/writer Cassie Birrer

Editorial Assistant Simone Momberg

Beauty Composed by beautyheaven.co.nz – Makeup & fragrance editor Megan Bedford, Hair editor Phoebe Watt, Celebrity editor Amy Houlihan, 40+ editor Tracy Davis, beautyheaven editor Erin Berryman

Contributors Penny Adams, Benjamin Alexander, Guy Bailey, Amy Nemes Bissett, Yasmin Boland, Lisa Buckingham, Lizzy Denning, Debbie Duncan, Kirsty Gallagher, Jennifer Garth, Jessica Giljam-Brown, Scott Gooding, Rachel Grunwell, Jo Hartley, Gillian Harvey, Karyn Henger, Angie Humphreys, Melanie Jenkins, Christina Leon, Heidi Lindahl, Lisa Matson, Trudie McConnochie, Melanie McGrice, Linda Music, Chay Roberts, Mike Rooke, Catherine Stone

ADVERTISING & MARKETING

Commercial Brand Manager Karen Hill (09) 300 4281

Advertising Coordinator Erin Craig (09) 308 7438

Direct Account Manager Bruna Licata (09) 366 5311

Directory Sales Manager Kim Chapman (07) 578 3646

PRODUCTION

Production Co-ordinator Raewynn Cowie

Printer Webstar **Distribution** Ovato Retail Distribution

CORPORATE

Chief Executive Officer Brendon Hill

Managing Director Tanya Walshe

General Manager Publishing Stuart Dick

Editorial Director Sarah Henry

Commercial Director Kaylene Hurley

CONTACT US

Post Good Health, Bauer Media Group (LP),

Private Bag 92512, Wellesley Street, Auckland 1141

Phone (09) 308 2773 **Email** goodhealth@bauermedia.co.nz

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magshop@magshop.co.nz, www.magshop.co.nz

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Welcome



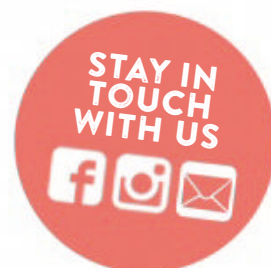
GIVE IT A GO

I have never had much success with meditation. Believe me, I've tried. I know a lot of people who absolutely swear by it and I wanted to get in on the (in)action. Unfortunately, I've always found it a chore. I love Ashtanga yoga, but I'm the person who is squirming during Shavasana, mentally going through what I've got in the pantry to make for dinner and wondering why on earth the lying down part is taking so long.

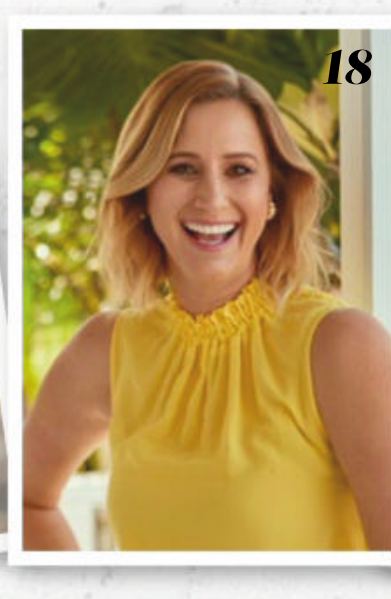
I was pleased to discover that I'm not alone! As Trudie McConnochie learned, between 17 and 53 percent of the population feel anxious about 'relaxing' activities such as meditation and or getting a massage. Now, I have no trouble enjoying a massage and after reading her article, I feel like I should just calm down, not worry about 'being bad' at meditating and give it another try.

In this issue, our beautiful cover star Pippa Wetzell talks about feeling comfortable in her skin now she's in her forties, enjoying her kids' growing independence and reconnecting with her husband after years of looking after little ones. She's committed to being more consistent with her TRX classes, and is doing the Queen Charlotte track in the Marlborough Sounds this year.

We've also got a 7-day keto eating plan with recipes to try, so you can see if this way of eating works for you. Plus, there's a two-week guide to walk to get fitter and drop a few kilos. It's easy to forget how great walking is for your health, but it's simple, enjoyable and the benefits include stronger bones and a lower risk of heart disease. So why not lace up some trainers and get going?



Amy
Amy Prebble, Editor



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● be informed

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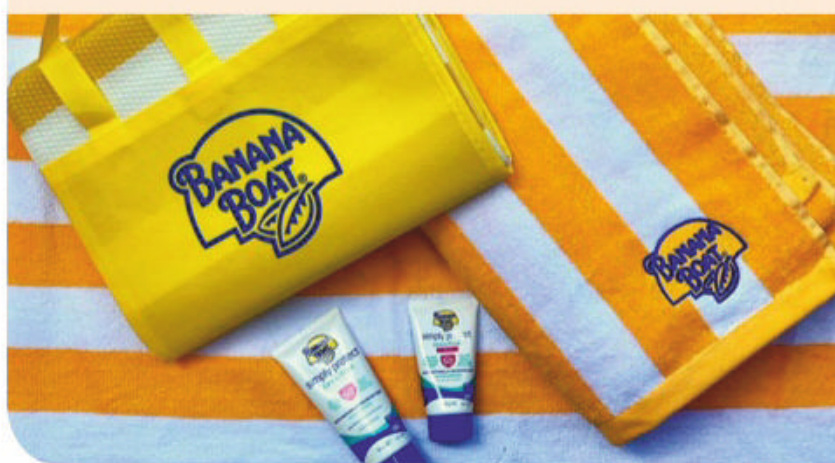
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Go online & WIN! »

The new Banana Boat Simply Protect Sensitive SPF50+ range is made using naturally sourced zinc to reflect the harsh Kiwi sun. Forget your memories of tacky, thick zinc – this lightweight formula feels great, is free from oxybenzone and parabens, and is perfect for everyday use. We have five Banana Boat beach bundles, worth **\$100** each, up for grabs containing the Banana Boat Simply Protect Sensitive SPF50+ products, plus a beach towel and beach mat. Be in to win by heading to nowtolove.co.nz/win.



the month ahead



Read on
for the
latest in
health and
wellbeing
news



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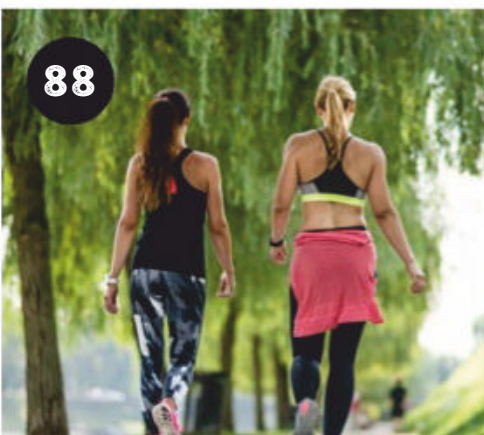
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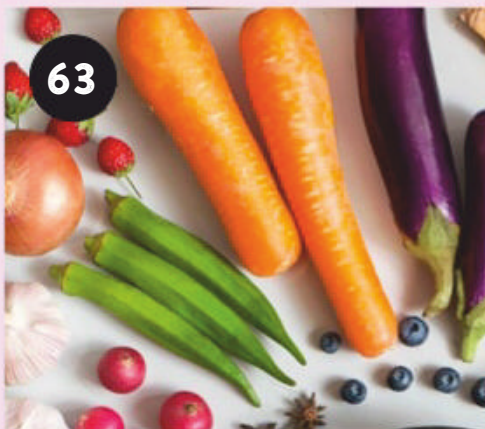
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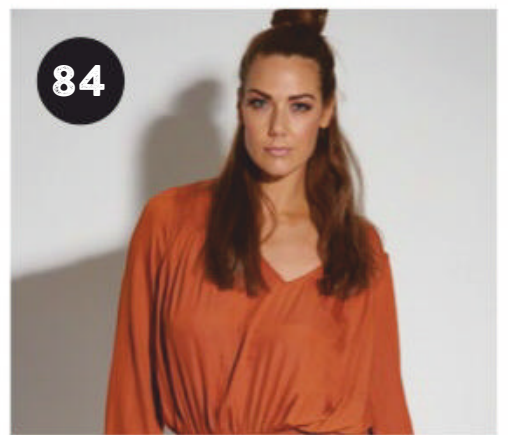
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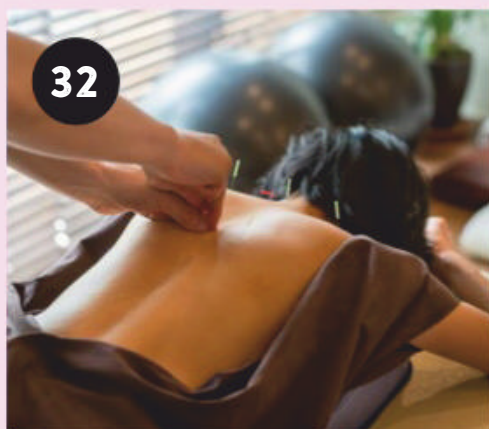
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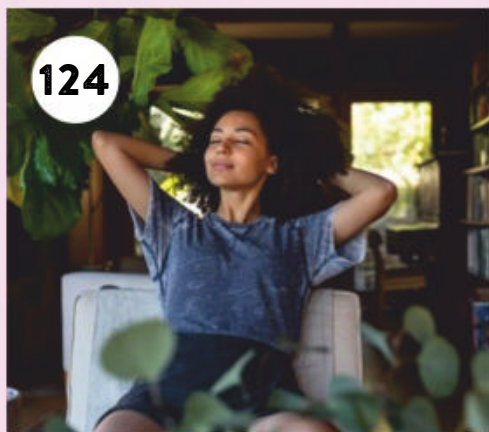
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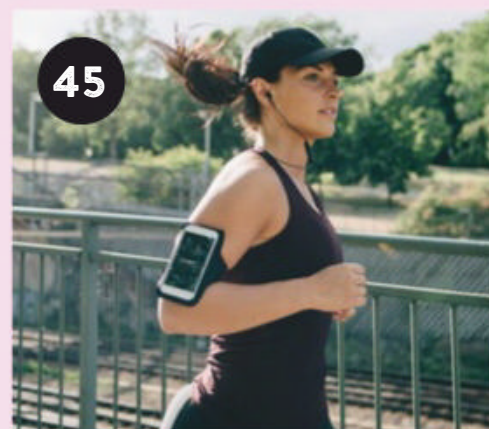
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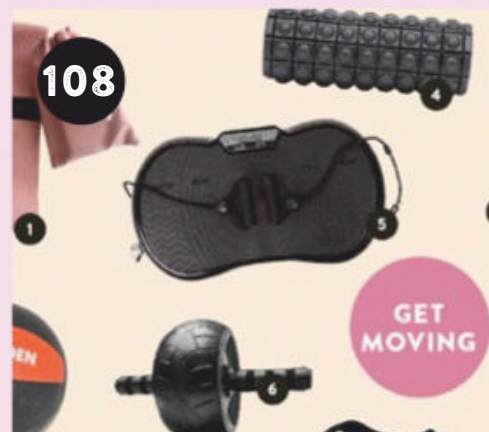
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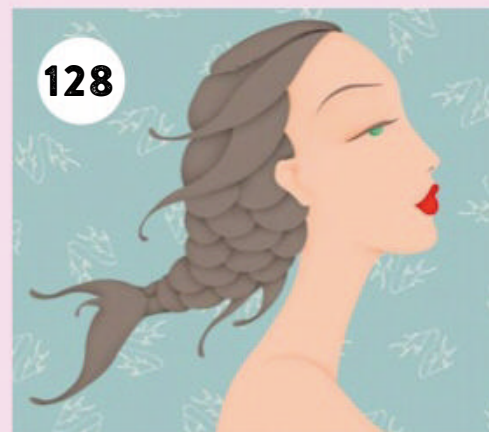
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What's written in the stars for you this month

be energised, be inspired, simply be...

HAVE your say

WRITE IN AND TELL US WHAT YOU
THINK OF GOOD HEALTH & WELLBEING.
WE'D LOVE TO HEAR YOUR FEEDBACK

RENEWED LOVE

I will be honest; I stopped buying magazines years ago. But that is because they were gossip magazines and my need to know who Brad Pitt was dating was dwindling. Fast forward years later – I'm in my partner's family home and I notice many issues of *Good Health & Wellbeing* sitting by me, so I decide to have a flick through while I hang about. Well, a flick through turned in to an intense read while taking photos on my phone of tips, recipes, and specifically in one issue, wellness retreats. Your magazine has turned me back on to being excited to read

magazines again, especially when the content is far more fulfilling to read than which royals are getting in to trouble!

– Sara

STAR
LETTER

LIFE IS SHORT

What a lovely article on Art and Matilda Green! They both seem like such down-to-earth people and it's been such a joy to watch their journey (especially after following them on *The Bachelor*!). When 'reality' TV so often seems like anything but, these two are an example of how you really can meet your other half in the strangest of situations and form a beautiful life together. All the best to them and little Milo – I'm sure there will be much happiness ahead of them. – Belinda

Write in and WIN!

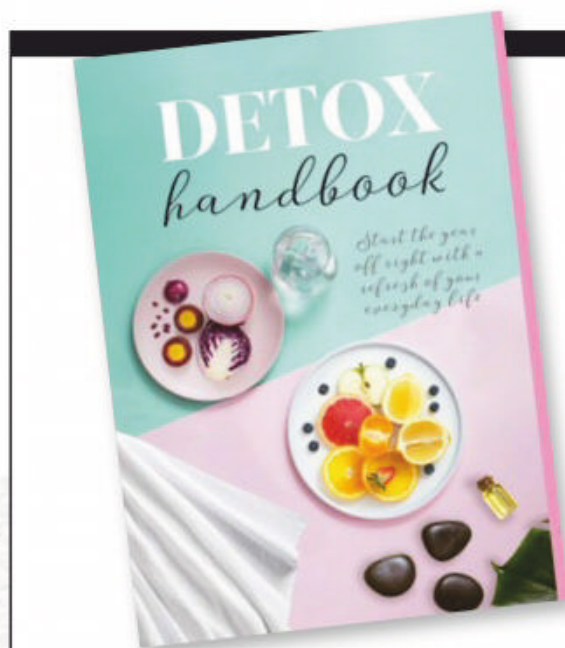


The star letter featured in our April issue will win a prize pack from Go Healthy, valued at \$270. This fantastic prize includes the full range of Go Healthy Kombucha products, as well as doubling up on the Go Healthy Apple Cider Vinegar range. Be good to your gut with the health boosting benefits of kombucha and apple cider vinegar, made easy with Go Healthy.



HELPFUL READING

The detox handbook in the February issue was such an eye-opener, it was full of really useful information. I really liked the tips on how to reduce your mental load and give yourself a bit of a recharge. Thanks for always providing your readers with top tips and easy-to-follow steps that we can use in our everyday lives. – Denise



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By Nature pack includes Facial Cleanser, Face Mask pack, Day Crème, Night Crème, Face Serum, Eye Crème, Hydro Jelly Face Mask and Pink Clay Face Mask

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Keeping TRACK





informed

Expert
advice
and what's
new in
health and
wellbeing



MANY OF US USE TECHNOLOGY TO TRACK OUR FITNESS, AND NOW IT IS MAKING ITS WAY INTO OTHER AREAS OF OUR HEALTH. ERIN FISHER TELLS US ABOUT ONE OF THE LATEST ADVANCEMENTS

There is an abundance of health and fitness apps at our fingertips now, from recipe and workout apps to calorie counters, sleep monitors and guided meditations. Something relatively new on the scene is fertility trackers.

As more and more women are looking for natural methods of contraception as opposed to synthetic hormones, fertility trackers are rising in popularity, and many other women are also using them for the opposite reason – to try to maximise their chances of getting pregnant.

The idea is that by tracking bodily changes such as temperature, fluid observations, periods and sometimes physical symptoms like sleep, skin and pain, you will be able to avoid or achieve pregnancy by knowing when your body is at different stages of your cycle and when you are fertile.

While many people swear by fertility trackers, it's important to know that an app can only use your limited input and built-in algorithms to predict your chance of pregnancy, and algorithms don't always get it right. No form of contraception is 100 percent effective, but if you are trying to avoid conceiving, other methods of birth control are much more effective, so to

prevent pregnancy it's worth using another form of protection at the same time.

A major Swedish hospital even reported that 37 of the 668 women who sought an abortion between September and December 2017 were using a natural fertility app, and it's not hard to find stories of unexpected pregnancies from natural contraception with a quick Google search.

For people wanting to have a baby, it has also been noted that there can be a slight discrepancy between the fertility window provided by an app and a woman's true fertility window, which can have a significant effect on your chances of falling pregnant if you are consistently having intercourse at the incorrect time.

Like the contraceptive pill, a fertility tracker also doesn't prevent against sexually transmitted diseases, no matter what point you are in your cycle, so using protection with new partners is still essential for your health.

This isn't to knock using such apps – they can be a fantastic way of gaining a better understanding of your own unique body, cycle and hormones, and if your goal is getting pregnant, learning about the different stages of fertility can be a game-changer!

TIP

Other methods of birth control are much more effective, so to prevent pregnancy it's worth using another form of protection at the same time.



HEALTH NOW

WHAT'S TRENDING IN
HEALTH AND FITNESS
THIS MONTH

LIGHT NEWS

Do you take precautions against blue light but still struggle to get to sleep? It might be the brightness of our screens – not the colour – that interferes with sleep. By studying the effects of different wavelength lights on mice, researchers at the University of Manchester found that those exposed to bright yellow lights had more difficulty falling asleep, compared to mice exposed to dim blue lights. When examining the S cones in the retina, which forms our perception of colour, it was found that blue colours did not affect the body clock as significantly because the colour blue is more naturally associated with night time. This means that, contradictory to what we've been previously told, using dim, cooler lights in the evening may be more beneficial to our health.

It was found that
blue colours did not
affect the **body clock**
as **significantly**

DITCH THE VAPING

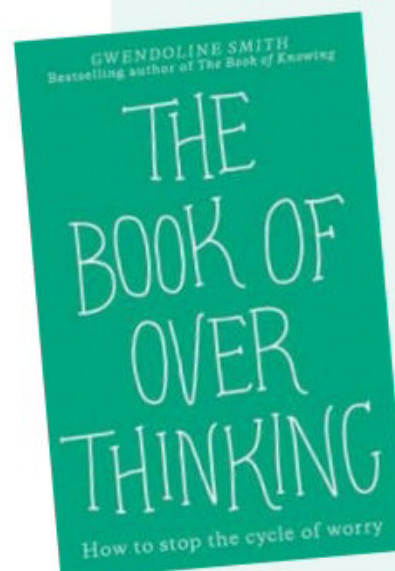
New research shows that nearly half of 15- to 24-year-olds who vape are looking to stop – with their top reason for wanting to quit being health, followed by cost and freedom from addiction. If 2020 is your year to ditch e-cigarettes for good, experts recommend writing down your reasons for quitting, setting goals around what you will buy with the money you save, identifying a support person and making a plan to deal with stress. The research found that people are using vaping products to help relieve stress, so why not find other ways of dealing with stress such as going for a walk?



All in your head

Overthinking is a dangerous game that can negatively impact many aspects of our lives, leading to frustration, anxiety and fear. In her new book, *The Book of Overthinking* (Allen & Unwin, **\$24.99**), psychologist and best-selling author Gwendoline Smith explains how to deal with the 'thought viruses' that hold you back.

Grounded in the theory of cognitive behavioural therapy, the book has an emphasis on helping people to understand not only how they think, but what's going on inside their head.





DO YOUR RESEARCH

Cosmetic surgery patients can reduce anxiety, expect better outcomes and enjoy a smoother recovery by doing basic research and not accepting all that they read on the internet, a senior Australian cosmetic surgeon says.

Dr Ian Chinsee, who performs 500 breast surgeries per year on average in Brisbane, Melbourne and Sydney, says patients can significantly raise their chances of a good result if they arrive prepared for the first consultation with their surgeon. "The first consultation is pivotal because it has a direct impact on increased patient satisfaction and decreased anxiety," he says. However, when patients have not done the crucial groundwork, the doctor's job becomes a lot harder. "There's a group who have swallowed the cosmetic-treatments lexicon and know the terminology but not the meaning or implications. Also, there's a cohort who decide on a whim and might bring a photo of a celebrity who looks nothing like themselves. They can be overawed at the first consultation and are underprepared for the reality of what surgery entails,"

Dr Chinsee adds.



Heroes in the house

If you fancy getting active for a good cause, why not sign up to House to House and support Kiwi families with a hospitalised child who are staying at Ronald McDonald House? From March 1 to 31, you'll need to clock up at least 210km (10,000 steps per day) to get an idea of the average distance families travel for their child to receive hospital treatment. RMHC New Zealand are hoping to raise \$210,000 in total, so they're challenging people to raise \$210 each. This sum will provide a family with a night's accommodation, a meal and some essential toiletry items. Participants can run, walk, cycle or swim 210km during March and every kilometre covered will contribute towards their target. Sign up at housetohouse.org.nz and log your distances manually or through Strava, FitBit or MapMyFitness. The first 100 participants to raise \$210 will receive a free cap.



Overexposed

A new report from the Federal Institute for Risk Assessment in Berlin indicates that even though exposure to dangerous aluminium compounds in foods has been decreasing, we're still ingesting more of the substance than deemed safe. The regular exposure is attributed to aluminium present in food, cosmetics, baking tools and foil used to store our food. Aluminium compounds are an additive in processed foods, where they may serve as an emulsifying agent. Sometimes, fresh fruit or vegetables also contain aluminium because human activities, such as mining, have contaminated the soil. The researchers found that the average weekly diet-related aluminium exposure for an adult was 50 percent of the tolerable weekly intake set by the European Food Safety Authority. They warn that the aluminium intake remains at a potentially harmful level across all age groups. The most important non-dietary intake source of aluminium is dermal exposure from cosmetics. »



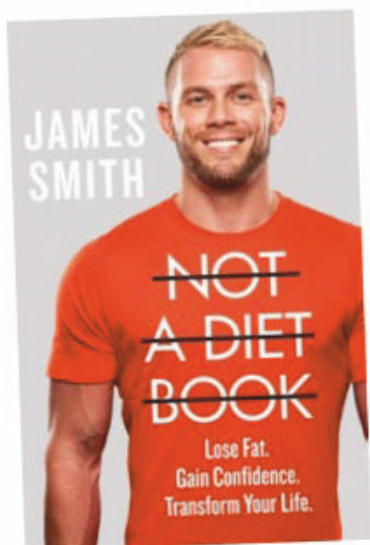
Sexual frequency

Menopause is inevitable for all women, but a new study has found a way to delay it. Researchers analysed approximately 3000 women before and during menopausal transitions. Over the course of 10 years, participants logged their sexual activity, including whether they had engaged in sex in the past six months, and how frequently. Sixty-four percent were having sex weekly, and those women were 28 percent less likely to experience menopause at any age than those who had sex less than monthly. "These results are an initial indication that menopause timing may be adaptive in response to the likelihood of becoming pregnant," author Ruth Mace explains.



GET A SERVING

A new study, led by Auckland University of Technology, recommends greater serving sizes of fruit and vegetables in direct proportion to body size. The study measured carotenoids in the skin as a biomarker of vegetable and fruit intake, with the results showing a strong negative correlation between larger body size, by weight and BMI, and lower carotenoid status. Carotenoids (alpha carotene, beta carotene, lycopene, lutein and xanthophylls) are found in vegetables, fruit, eggs and dairy products. In the human body, they act as antioxidants and can be converted into vitamin A. "In practical terms, a person weighing 100kg, with the same body fat as a person weighing 50kg, would require twice the amount of carotenoids to achieve the same tissue concentration."



NO MORE DIETING

A self-confessed disruptor of the diet industry, James Smith is one of the world's fastest growing online personal trainers. The Australian-based fitness influencer's *Not a Diet Book* (HarperCollins, **\$38**) will give you all the tools and information you need to understand what to do to get lasting results from your training and diet, without following any fads or believing toxic myths within diet culture. James wants to help people to not only get in better shape and understand the ins and outs of the fitness world, but also gain a sense of personal confidence. **@jamesmithpt**

Save your face

Most of us have a hoard of makeup and beauty tools we probably should have thrown out a long time ago, and new research from Aston University in the UK has revealed a big reason to regularly do a clear out. Their findings showed that makeup products not being cleaned and used beyond their expiry dates are contaminated with all sorts of bugs, such as E.coli and staphylococci, which can cause problems ranging from minor skin infections, to life-threatening blood poisoning if used near ears, mouth or open cuts. The highest levels of potentially harmful bacteria were found in beauty blenders and sponges. Moral of the story? Remember to clean your makeup tools regularly.





LOCAL VIEWINGS

If you have teenagers grappling with self-worth and social media, new local webseries *Meme* could be worth a watch (for you and them!) This new black comedy follows high school student Lana (Marshayla Christie) who desperately wants to be 'seen' – like local influencer Sandi (Sophia Malthus) who is adored by her classmates and thousands more online. Lana stages bizarre photo-ops to fake a #blessed life, following whatever the cool kids are doing. But when Sandi inadvertently humiliates Lana in front of the whole school, her mission becomes clear. Now, Lana wants to be number one. Both stars of the series are newcomers, although Sophia may be familiar – she made an appearance in last year's Fashion Week and her honesty and bravery during an appearance in *Attitude* series' *Life as a Quadriplegic* has been viewed more than 1.47 million times. The show launches on TVNZ OnDemand this month.

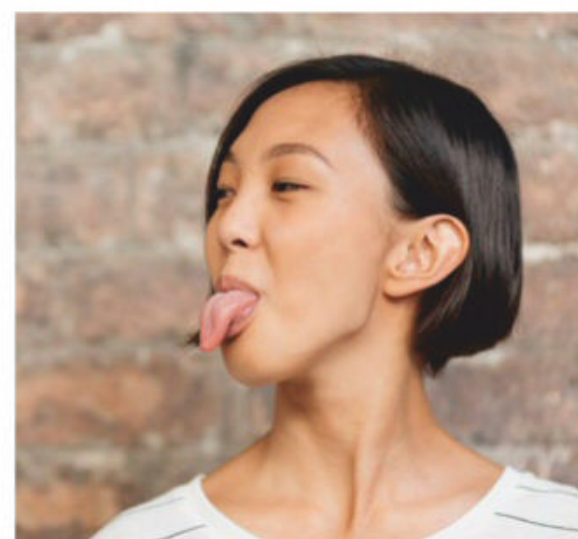
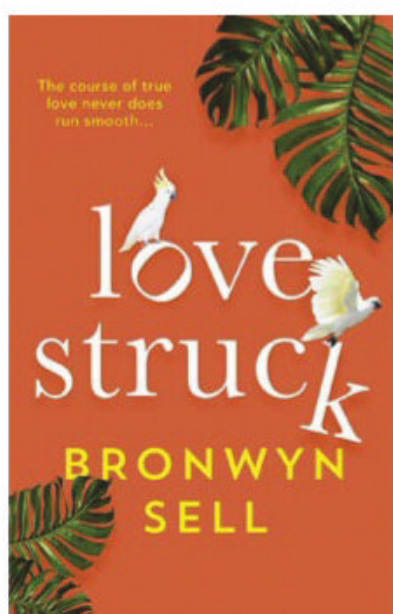
Promising results

For all the migraine sufferers out there who can't seem to find effective relief, a new medication is currently being trialled. A large-scale clinical trial involving 1672 participants has produced positive results, showing that the new type of drug, called ubrogepant, performed much better than a placebo. Researchers say the drug was able to completely stop a migraine within two hours of being taken, and even better, it has fewer risks than other common migraine drugs. Some of the most popular forms of over-the-counter medications can cause a worsening of migraines if the drugs are overused, but that doesn't seem to be the case with ubrogepant. The findings so far are promising!



BOOK WORM

Reading fiction is proven to reduce stress and boost your memory function, so why not brew a cuppa, kick back and get stuck into a copy of *Love Struck* (HQ Fiction, **\$32.99**) by Auckland writer Bronwyn Sell? The self-described yogi, journalist, theatre nerd and soccer mum has penned a charming romantic comedy about a family who just can't catch a break when it comes to love. When they gather at a Whitsundays resort for their first wedding in decades, Amy 'stuck in the friend zone' Lowery realises that her single tango-dancing mum and besotted groom-to-be dad have better love lives than she does. But when she locks eyes with an alluring stranger, the pull in her chest is undeniable. And the look in Josh Brennan's eyes definitely says 'more than friends' – but not in the way she hopes. Loner Josh is ecstatic to meet his witty stepsister-to-be. Throw in some sharp-witted siblings and a wily grandmother and the scene is set for a perfect storm that will leave no heart unscathed...



TONGUE SLIP

Losing fat in your tongue may alleviate symptoms of obstructive sleep apnoea (OSA). A team at the University of Pennsylvania used MRI scans to look at how weight loss affected the upper airway. Although obesity plays a major factor for those afflicted, the study noted that obese people with OSA had considerably larger tongues with higher percentages of tongue fat than those without the condition. "Now that we know tongue fat is a risk factor, we have established a unique therapeutic target that we've never had before," says research leader Dr Richard Schwab. »



Age brackets

A new study from the Stanford University School of Medicine has concluded that just like everyone has their own individual genotype, they also have an "ageotype". They took a group of 43 healthy men and women aged between 34 and 68, measured their molecular biology several times over two years, and found that people tend to age more along certain pathways (or ageotypes) in the body – metabolic, immune, hepatic (liver) or nephrotic (kidney). Those of the metabolic ageotype for example, may be at a higher risk of diabetes as they age, while immune agers are more prone to immune-related illnesses. While more research is still needed, it could be a helpful method of understanding what we each need to prioritise for a longer, healthier life.

HIIT it

Anyone who has ever played in a sports team will know that for different sports, there are specific shoes designed for the exact terrain and movements you will be performing.

Given the dynamic and gruelling nature of HIIT, why should it be any different? With all the jumping, squatting, lunging and moving in multiple directions, Reebok realised that a lot of people doing HIIT simply weren't wearing shoes that could stand up to the intensity of their workouts, and have recently unveiled the Reebok HIIT TR – a shoe designed specifically for HIIT. It has two high-performance rubbers on the outsole, a mixed grip pattern, an enhanced mid-foot support cage and cushioning for optimum comfort during your workout. reebok.co.nz; \$170.

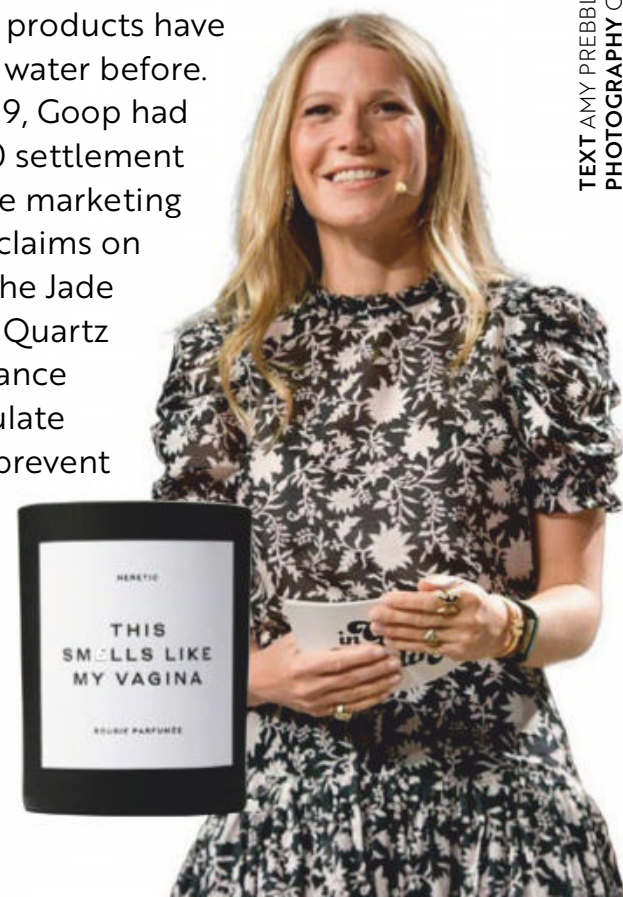


Doesn't make scents

Actress-turned-wellness guru Gwyneth Paltrow's latest product is a candle entitled 'This Smells Like My Vagina'. The \$116 candle, which sold out immediately, contains notes of geranium, citrusy bergamot, cedar, damask rose and ambrette seed, and Gwyneth's website Goop describes it as "a funny, gorgeous, sexy, and beautifully unexpected scent".

However, don't be concerned if your vagina does not smell like any of these things. Gynaecologist Dr Olivia Smart says, "The ingredients for Gwynnie's candle don't smell like any vagina I have seen. A healthy vagina can smell like a lot of different things – but bergamot is not one of them."

And let's not forget that some of Gwyneth's vagina products have landed her in hot water before. In September 2019, Goop had to pay a \$224,000 settlement for publishing false marketing statements over claims on the website that the Jade Egg and the Rose Quartz Egg, could "balance hormones, regulate menstrual cycles, prevent uterine prolapse, and increase bladder control."



A woman is riding a bicycle, silhouetted against a bright, warm sunset. Her hair is blowing in the wind. The scene is bathed in orange and yellow light, with a soft glow from the sun behind her.

74% of readers are satisfied with the balance in their lives between family, work and personal needs (but 18% are very satisfied).

Bauer Insights IQ Equality Study, 2019

This valuable insight came from our online community of women and men who share their thoughts and influence our content. Join our communities, complete short surveys and be in the draw to win cash and prizes.

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Naturally PIPPA

BALANCING MOTHERHOOD WITH HER CONSUMER CRUSADER ROLE ON *FAIR GO* HAS HAD ITS CHALLENGES FOR PIPPA WETZELL, BUT AS SHE TELLS KARYN HENGER, THERE HAVE BEEN SOME WELCOME CHANGES IN RECENT YEARS

'YOU NEED TO LOOK AFTER YOUR OWN HEALTH IN ORDER TO KEEP UP WITH THEM'

Stunning *Fair Go* presenter Pippa Wetzell spends her work days keeping the crooks, swindlers and fraudsters of the country on their toes. But at home, she admits, it's her three energetic youngsters who are making sure she stays on hers. Now that they are becoming more grown up, her children Brodie, 13, Cami, almost 11, and nine-year-old Taj are the ultimate incentive to stay fit.

"I'm very fortunate to have healthy, active kids," says Pippa. "But as they grow older, you realise you need to look after your own health in order to keep up with them and be a good role model too!"

In February 2019, Pippa hiked the Hump Ridge track in Fiordland with a group of friends and enjoyed it so much she is gearing up for another challenge.

"It wasn't an easy tramp, so we made sure we trained for it. I just loved it, so this year I'm going down to the Queen Charlotte track with some friends."

The down-to-earth star is eager to point out that she's "no poster girl for health and fitness" but shares that she's "just making sure that I'm in a reasonable condition to handle that and enjoy it". »



'I love being alone. Even if I'm just cleaning, so I do create those moments where I can be'

That means Pippa is doing a weekly class using a TRX (a form of suspension training that uses body weight exercises to develop strength) and a kettlebell weight class.

"We have a lovely instructor who's really positive and understands what level we're all at – which is not a particularly high level," she giggles.

"I've always been quite naturally strong," she adds, "but as you get a wee bit older you realise you start losing a little bit of that."

"I think you have it in your twenties, then when you have young children you're so busy lifting them and things like that, that you just kind of maintain it through those years. Then, all of a sudden, you realise you're not doing any heavy lifting any more and you need to find a way of maintaining that strength."

Pippa's goal this year is to make time to get along to more classes. "I managed it on and off last year but I'd like to be more consistent with that this year, to make sure I'm strong and healthy," she says.

Work and family

Work ended "on a high note" at the end of 2019, with Pippa and the *Fair Go* team celebrating "some huge successes".

"We've got an awesome team and everyone was really keen to follow up on what we'd done so we're all feeling invigorated and looking forward to another good year in 2020," she says.

And the family had a fabulous summer at the beach, having spent hours upon hours together in the water surfing and wakeboarding. Pippa,

husband Torrin Crowther and the three kids even enjoyed a rare week together with just the five of them playing cards, enjoying "fun activities" and reading books.

"Well, we have one non-reader in the house," Pippa admits, "but the rest of us read books."

While life is invariably busy during the school year, with Pippa admitting a family diary is essential to keep on top of all three kids' activities, she still feels she is carrying less with her two daughters proving themselves to be very organised and capable.

"The kids are at fantastic ages now," Pippa explains. "They are super fun to be with and they're really quite independent, meeting up with mates and organising their own lives a little bit."

The popular broadcaster reveals it's not uncommon to wander into her kitchen to find it full of young people.

"So there's that lovely social aspect where they're back and forwards between friends' places."

"It makes my life a little bit easier," she says. "I've been able to do a bit more for myself and find more time for myself, which has been lovely."

While the presenter emphasises that she wouldn't change the last decade for the world she acknowledges that raising small children can feel like you're "in the trenches".

Time to cherish

"It is hard work. In my thirties I had three babies, three toddlers and then three pre-schoolers."

"Turning 40 felt like quite a milestone where I got to go 'right, I can put that decade to the side'. I've been happy to enter the next one, and I love being in my forties."

As well as getting out more often for walks with her girlfriends or in the company of a good podcast, Pippa has cherished being able to spend more time alone.

"I love being alone," she says. "Even if I'm just cleaning, so I do create those moments where I can be."

Pippa has also been able to enjoy more time with her corporate lawyer husband Torrin recently.

Married for 14 years, Pippa says Torrin still makes her laugh every day – but the couple has "never really been much into date nights".

"I know some people are really good at it and I admire them but we don't really celebrate anniversaries or Valentine's [Day] or anything."

"As the kids have started to get older, though, we've found that he and I will just be sitting there together having a cup of coffee and it's lovely, really lovely."

"Over the holidays we even went for a walk together," she adds. "We're not a couple that goes for walks, that's just not really who we are – and he's been running a lot lately too. He really doesn't understand why you would walk when you could run."

"But he did it for me because it would be nice to hang out and it was hilarious."

"We joked most of the way round that he would need to change the setting on his watch so it didn't take into account the data from his walk and lower his average."

Pippa says with clear adoration: "My husband has a fantastic sense of humour. He is a very funny man." »

'I'VE BEEN HAPPY TO ENTER THE NEXT ONE, AND I LOVE BEING IN MY FORTIES'

'THE KIDS ARE AT FANTASTIC AGES NOW. THEY ARE SUPER FUN TO BE WITH'



Sustainable choices

The other change that those close to Pippa and Torrin would have seen in recent times is that the family is eating less meat, and following a more plant-based diet.

The impetus for it came from their daughters, with teenager Brodie, in particular, leading the way.

"It has been an environmental choice," Pippa explains.

"The girls' generation is pretty phenomenal. They have a far greater awareness of the world than I ever did at that age. And they really care."

Following a more plant-based diet is something that Pippa "thought perhaps we as a family should do 12 months ago but I never quite changed the habits I had".

"Without making a big deal of it, Brodie just slowly moved us in that direction.

"She has inspired me to be bit more proactive – because I'm not a huge fan of meal prep and cooking and things like that – but together we've found some different options."

Cami, who never leaves the house

without her own metal straw and reusable cutlery, has also had an influence.

Pippa recounts, "But she loves ribs and the other day we were [out] somewhere where they served ribs. You could just see her face – she was really struggling – and Brodie said to her, 'It's okay Cami, you can have ribs'.

"I really like the way they're not beating themselves up about it; they're taking a pragmatic approach.

"I think in terms of this being something that's sustainable, then that's exactly the right attitude to take.

"Yes, we ate bacon today, but that's okay. Some people never get that."

With Brodie at the cusp of her teenage years and Cami in her tweens, Pippa is mindful that there may be a few bumps in the road ahead at home.

"On the morning of Brodie's 13th birthday we were all joking about how she was going to start sleeping in and being real grumpy," Pippa laughs.

"I'd be surprised if we don't have a few rough patches," she acknowledges. "It wouldn't be normal if we didn't.

"But she's a pretty awesome kid and I've said to her several times lately how proud of her I am because she seems to have a steady head on her shoulders."

Loving examples

More than anything Pippa wants to demonstrate to her girls "in as many ways as possible that you should love yourself as you are and be comfortable in your own skin".

"Certainly I'm very keen for them to feel confident and view their bodies as strong and healthy so that they can do all the things they do.

"We do discuss those sorts of things, that what you see on social media is not reality – that for a lot of influencers that's their job and they spend a lot of time and effort getting the perfect shots of things. I think they get it. So for now it's so far, so good.

"I don't get hung up on age and I've never felt any need to have anything done [in terms of enhancing my appearance]," Pippa continues.

"I've got a wonderful great aunt who I'm very close to who's just turned 94 and she's got such great energy. I think it's a privilege to grow old.

"I also say to the kids every now and then 'you earn these wrinkles'.

"My son will touch my tummy and ask, 'Why is it so soft and wrinkly?' And I'll say, 'Because you three grew in there and I wouldn't change that for the world'.

"They're so fantastic at keeping everything real, aren't they?" she quips.

'THE GIRLS' GENERATION IS PRETTY PHENOMENAL. THEY HAVE A FAR GREATER AWARENESS'

'I've never felt any need to have anything done'



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● be nourished

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RESILIENCE IS INTEGRAL TO OUR MENTAL WELLBEING, BUT HOW DO YOU BOUNCE BACK WHEN FACED WITH ADVERSITY?

Adversity, it's everywhere. In fact, since evolving from cavemen to the highly finessed individuals of the modern world, the one thing that's continued to underpin the very fabric of our being is that we experience moments of great joy, but also many challenges.

But why do some people appear to roll with the punches while others crumble under the smallest of stresses? Psychologist Wendy Knight says that this reaction is all down to our resilience, a skill she teaches patients at her clinic in Auckland.

"Resilience is bending rather than breaking when faced with a crisis," Wendy says. Essentially, resilient people have an inner strength, often referred to as grit, which helps them overcome these situations without their spirit being crushed.

And now experts believe that resilience, more than any other trait, actually shapes our long-term mental wellbeing. The good news is that it isn't a case of you have it or you don't, resilience can be learned.

It's all about the outlook

Over our life, many of us will face both large and small setbacks. The death of a loved one, the loss of a job or a health scare. Or perhaps something as simple as a run of bad luck, like a flat tyre or a stolen wallet. And each has the ability to derail us.

But those who view these as challenges and respond with positive

action, rather than with inaction, avoidance or escaping, are showing the tell-tale signs of being naturally more resilient. "Do you see the event as a threat or do you see it as a challenge and an opportunity to grow?" asks Wendy.

Psychologists have long noted that certain traits are linked to resilience. An optimistic outlook on life and the ability to regulate emotion are key, but so is the understanding that life is about losses as much as it is wins.

In fact, a large part of resilience is emotional awareness. It's an

understanding about what you're feeling and why, rather than being overwhelmed by emotions that can feel frightening and, at times, completely immobilising.

But resilience isn't about trucking on, a mentality that has done many of us no favours over the years. In fact, ignoring and avoiding the feelings and emotions surrounding

adversity is linked with many mental health problems, warns Wendy.

Director of the New Zealand Institute of Wellbeing and Resilience Dr Lucy Hone is an expert in resilience. She says in her book *Resilient Grieving*, written after the death of her daughter, that resilience is "not armour".

But Dr Hone states, "Rather, resilience enables us to feel pain (and anger, anxiety, guilt) and to move through these emotions so that we can continue to feel joy, awe and love. Fundamentally, resilience is about marshalling what is within us to make it through, and maybe even transform, what is before us." »

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things make us to be a hardy person,”

Wendy explains.

“But we can all increase our ability to rise to future challenges. And that the central elements of resilience are changing the way we think about adversity and being able to take positive actions.”

Moving through a tough time in a healthy way, in a resilient way, has been proven to evolve three massive areas in our life – humility, maturity and empathy. It also contributes to greater emotional flexibility, as you have felt pain and sadness and survived.

And it isn’t just about readying ourselves for the major crises but is beneficial for daily life, including our approach to work, relationships and even parenting. After all, if we can weather the small stresses, then it undoubtedly better prepares us for those inevitable bigger ones.

In fact, after carrying out in-depth research into the power of resilience, University of Auckland’s Professor Sally Merry, an expert in child and adolescent mental health, believes that skills to increase resilience should be taught to children from a young age. She’s currently looking at ways to do this via a digital platform.

“Anyone can learn to be resilient,” Professor Merry explains. “Not being too tough on ourselves, not expecting perfection, realising that bad times pass are all good mindsets and these can all be learned. Everyone can benefit from learning to be more resilient.”

The reality is that none of us know how we’ll really react until we face hardship. When *Good Health & Wellbeing* reader Jo Bambagiotti was diagnosed with fertility issues at 34, her reaction to the devastating news surprised her.

“It jolted this fight in me,” Jo admits. “Yes, I felt disappointed. Devastated, in fact. But I wasn’t going to let this diagnosis take me down. In the end, I did 16 rounds of IVF with a donor and I gave birth to a little boy just before Christmas.”

It can be learned

Each of us is resilient, in varying degrees. And experts believe that people are a lot more resilient than they actually know. After all, stories of ordinary people thrust into incredibly challenging circumstances prove just that.

But while resilience is in part an innate character, later shaped by family, friends, community and social structures, it can be developed, even if you are naturally more sensitive to life’s difficulties. And it’s actually fluid, meaning that it can also deplete depending on the situation.

“If someone is brought up in a very caring family, with very strong relationships, having people who are teaching them perseverance and that failure is okay, then all those early

Central **elements** of **resilience** are changing the way **we think** about **adversity** and being able to take **positive action**

HOW TO FIND YOUR OWN TRUE GRIT IN FIVE STEPS

Psychologist Wendy Knight recommends the following to build resilience...

1 OPTIMISM

Paying attention to what is going well and what you are grateful for. One exercise might be at the end of each day naming three good things. It might be feeling good because you pushed through doubts and fears and completed a task, or something simple such as being grateful for an enjoyable coffee. You can even do this with your family around the dinner table or as you put young ones to bed, to help nurture their optimism.



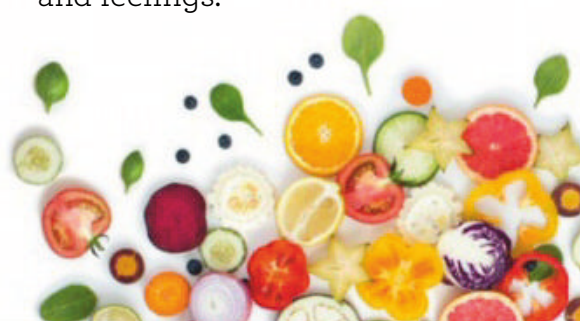
2 THINK FLEXIBLY

It's a fact of life that stressful events occur, but viewing something as a challenge instead of a threat can help us take a different approach. An example of this might be being asked to speak in public.

Our mind automatically goes to 'I'll get flustered and look like a fool.' But instead, start to think, 'What's the worst that could happen? Will I care about this in five years' time? What's the best that could happen? What would I tell a friend in similar circumstances?'

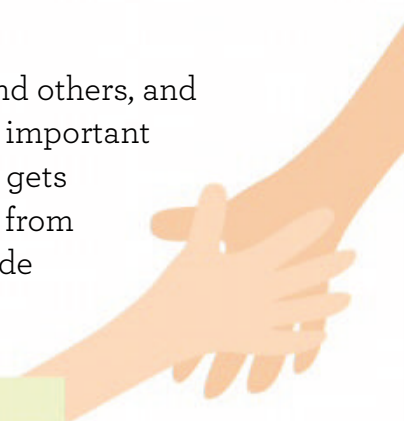
3 GENERAL HEALTH

Making even a slight change to improve your health contributes to building your resilience. Focusing on good quality sleep, eating better, exercise and getting out into nature can all boost our resilience. Strengthening our relaxation response is also important. Trial skills such as mindfulness, which includes learning to pay attention to what is presently occurring with kindness and curiosity and making room for uncomfortable thoughts and feelings.



4 MAKING CONNECTIONS

Building good relationships with family, friends and others, and putting time into those relationships is one of the most important steps when it comes to resilience. Also, when the going gets tough actively seeking and accepting help and support from those who will listen and care about you (that can include professionals) will strengthen resilience.



5 IN MOMENTS OF STRESS

If nerves are interfering with our ability to perform, we could try some controlled breathing. Slowing down our breathing and gently inhaling, and then exhaling to a count of four for a few minutes will stop the physical stress reactions. The trick is to practise this when you're not stressed so it's easier to call on when you need it.





A DOSE of health

IT'S CLAIMED TO BOOST YOUR IMMUNE SYSTEM, FIGHT FATIGUE, PREVENT AGEING AND OPTIMISE MENTAL FUNCTIONING, BUT DOES INTRAVENOUS (IV) VITAMIN THERAPY REALLY WORK OR IS IT JUST A PASSING FAD? LINDA MUSIC INVESTIGATES

While the idea of receiving your vitamins intravenously seems like a novel idea, IV therapy isn't new at all. Visit any hospital and you'll see patients hooked up to drips administering hydration, antibiotics, medicines and even pain relief.

Although the efficacy of medical IV therapy is undisputed, the rapid rise of clinics offering IV vitamin infusions to the general public is not backed by scientific evidence and consumers should exercise caution.

What is IV vitamin therapy?

IV vitamin therapy involves the delivery of vitamins into the vein through a slow-drip (similar to the drips you see at hospitals). The process takes between 30 to 45 minutes and if you're squeamish about needles, clinics offer a localised numbing gel before the needle is inserted.

The claims

The original IV vitamin therapy was developed by Dr John Myers in the '70s. His infusion, which became known as 'Myers' Cocktail', contained a mix of vitamins and minerals used as part of his treatment of various medical conditions. The Myers' Cocktail has since been popularised by clinics worldwide who not only offer his version, but various modified versions claiming to cure everything from hangovers and chronic fatigue, to improving symptoms of fibromyalgia and even, asthma.

So, is there any real evidence behind these claims?

According to Rosalie McEvedy, Founder of IV League Drips, Australia's first mobile IV vitamin therapy service, IV infusions address vitamin and mineral deficiencies better than taking vitamin supplements.

"When you take supplements,

the maximum absorption of those vitamins is about 30 percent.

However, with IV therapy, the bioavailability (the amount you absorb) can be up to 99 percent. This is especially useful for people who have trouble absorbing nutrients due to conditions such as Crohn's disease or ulcerative colitis," Rosalie explains.

However, not everyone agrees. Associate Professor

Ken Harvey, from Monash University, who has an interest in the promotion and regulation of therapeutic goods, argues these claims are misleading.

"The vitamin in these infusions tend to be water-soluble vitamins, which means your body gets rid of what isn't needed via the urine. This makes for very expensive urine. To promote it as though it is better for the body is just a gimmick," he argues.

"Eating a balanced diet in »

FACT
A MAGNESIUM INFUSION GIVEN TO ADULTS WITH ACUTE ASTHMA HAS BEEN SHOWN TO REDUCE HOSPITAL ADMISSIONS BY SEVEN PERCENT.

accordance with dietary guidelines will provide all the vitamins you need,” says Professor Harvey.

Milly Smith, accredited practising dietitian and spokesperson for the Dietitians Association of Australia, agrees. She adds that people with malabsorption issues may not actually benefit from IV infusions.

The research

“Conditions that affect gut absorption like Crohn’s or ulcerative colitis should be managed under medical supervision, and would only benefit from IV therapy of malabsorbed nutrients as assessed through a blood test. Having these conditions alone does not mean somebody is automatically deficient in certain nutrients,” Milly explains.

While there are some scientific studies showing the positive use of vitamin C infusions in addressing vitamin C deficiencies in cancer patients, there are limited studies demonstrating the benefits of IV vitamin therapy in the general population.

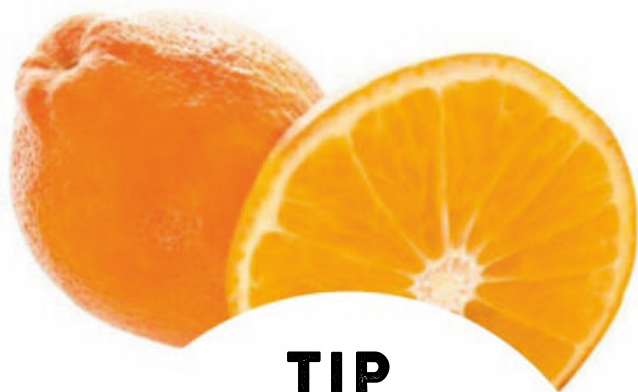
“There are no well-conducted human studies that show the benefits of vitamin infusions in normal, healthy people. Many of the advertised claims made are misleading and deceptive,” Professor Harvey says.

Of particular concern, he argues, are clinics that claim to cure conditions such as chronic fatigue, glandular fever and fibromyalgia.

“Not only is this advertising wrong, but it is also in breach of what health professionals can claim,” Professor Harvey argues.

Rosalie emphasises that IV League Drips’ therapies do not make unsubstantiated claims.

“Our therapy services are not a replacement for solid food or physical activity, nor are they treatments for



TIP
IT IS IMPORTANT TO REMEMBER THAT IV VITAMINS ARE NOT A REPLACEMENT FOR EATING A BALANCED DIET.

illnesses or medical conditions. As health practitioners, it is vital that we clarify this to all our patients before commencing any of our vitamin therapies,” she says.

Although IV League Drips offers a variety of therapies such as “Immunity”, which claims to help you boost your immune system; “Skinny”, which purports to help shed extra kilos; and “Executive” to increase focus and improve concentration, Rosalie is quick to point out that there should never be a one-for-all approach.

“It is important to have an in-depth consultation with the client before administering any IV therapy,” she says.

This includes finding out about any recent blood tests as well as lifestyle factors, including diet and exercise.

“By exploring specific vitamin deficiencies, hormonal imbalances and lifestyle factors, we develop a structured treatment plan tailored to the individual. People need to be aware of clinics that have unrealistic claims and a one-fix-all vitamin infusion,” Rosalie explains.

IV vitamin dangers

One of the greatest risks of any IV procedure is infection. The insertion of an IV line bypasses the skin’s natural defence mechanism and creates a direct path for bacteria to enter the bloodstream. Rosalie emphasises that

consumers should check that their clinic follows their local cannulation guidelines and follow the aseptic technique to minimise the risk of infection.

“All our nurses at IV League Drips are



Any IV procedure should be conducted by a **trained medical professional to **minimise the risk of infection****



“One such example is vitamin A. High doses of vitamin A can build up in the liver, causing toxicity. This is why most IV therapies have low amounts of fat-soluble vitamins and high amounts of water-soluble vitamins in their infusions.”

People with kidney disease and those with a heart condition are advised not to have IV vitamin infusions as a sudden increase in certain vitamins and minerals can put excess strain on the organs.

Professor Harvey explains that, although complications such as these are rare, people should still be wary of quick-fix claims.

“Why put a needle into your arm when there are no proven benefits and you can get all the vitamins you need from foods?” he says.



trained to follow NSW Health standards and are also trained in how to respond in the event of an anaphylactic reaction,” she says.

Other dangers of IV vitamin therapy lie in the potential for vitamin and mineral overload and consequent toxicity. Milly explains that the nutrients we get from food are determined by mechanisms in the gut which regulate what nutrients are absorbed and how much. Bypassing that mechanism can, she cautions, be problematic.

“When you obtain nutrients directly from your bloodstream, you are increasing possible toxicity, particularly if the infusion is comprised of fat-soluble vitamins which cannot be easily excreted in the urine,” says Milly.

SO, IS THERE A PLACE FOR VITAMIN THERAPY?

Accredited practising dietitian Milly Smith believes that there is – but only in a clinical setting. “There is certainly a place for IV therapy and this has been used in clinical settings under medical supervision for a long time, including for patients needing re-hydration due to gastro or morning sickness, or patients with certain deficiencies like iron or B12,” says Milly. However, in a non-clinical setting, people should exercise caution, particularly with clinics making claims not backed by research. Rosalie emphasises that IV therapies such as those offered by her service are not a panacea, but “should be seen as a supplement to intentionally boosting nutritional profile and as a means of improving an individual’s quality of life.”

To the point

ACUPUNCTURE HAS BEEN USED IN TRADITIONAL CHINESE MEDICINE FOR THOUSANDS OF YEARS. ERIN FISHER LOOKS AT HOW IT CAN BE USED TODAY AS A PATHWAY TO A HEALTHIER BODY AND MENSTRUAL CYCLE

Mention to a friend your unbearable period pain and it's not unusual to be met with a response like, "Ugh, me too" or "I have some pain killers if you need them."

If you were experiencing multiple days' worth of pain in any other part of your body – say in your chest, abdomen, leg or head – every month you would promptly book in a doctor's appointment to get to the bottom of it.

Period pain, on the other hand, tends to be brushed aside with a dose of over-the-counter pain medication, a hot water bottle, or a prescription for an oral contraceptive pill.

Given that research indicates that period pain affects up to 95 percent

of women, it's not surprising that it doesn't tend to be considered an abnormal indicator that something might be amiss. It's generally thought to be just an ordinary part of the female experience that, unfortunately, needs to be put up with or masked with medication.

Underlying problems

Rachel McGrath and Gill Burdett have a different view. While the pair are not against the use of medication or the oral contraceptive pill for menstrual troubles, they share a passion for encouraging women to get to know their own bodies, and providing education about other treatments »



'On the pill, your hormones aren't doing what they

● be informed

● be nourished

● be energised

● be inspired

● simply be



would normally do, they are kind of suppressed'

available, one of which they have seen phenomenal improvement in their own clients – acupuncture.

In their view, while the pill can indeed successfully control symptoms, it can be masking underlying problems that become more apparent as women get older and decide they want to start a family.

Regulating hormones

“We usually end up seeing people when they want to get pregnant, and I’ve had a lot of women say to me that when they didn’t want to get pregnant, they didn’t pay much thought to their menstrual cycle. Once they want to get pregnant, they look back and wish they hadn’t stayed on the pill for so long, and realise they have some work to do to get their body and cycle healthy again,” Rachel explains.

“On the pill, your hormones aren’t doing what they would normally do, they are kind of suppressed, and the minute you stop taking the pill, your body generally reverts back to the same patterns that it used to do.

“We feel that if you can regulate your hormones from an earlier age, you’re going to have fewer problems, not only



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their **bodies**

in fertility but down the track with menopause. A lot of people leave it until there is a big problem.”

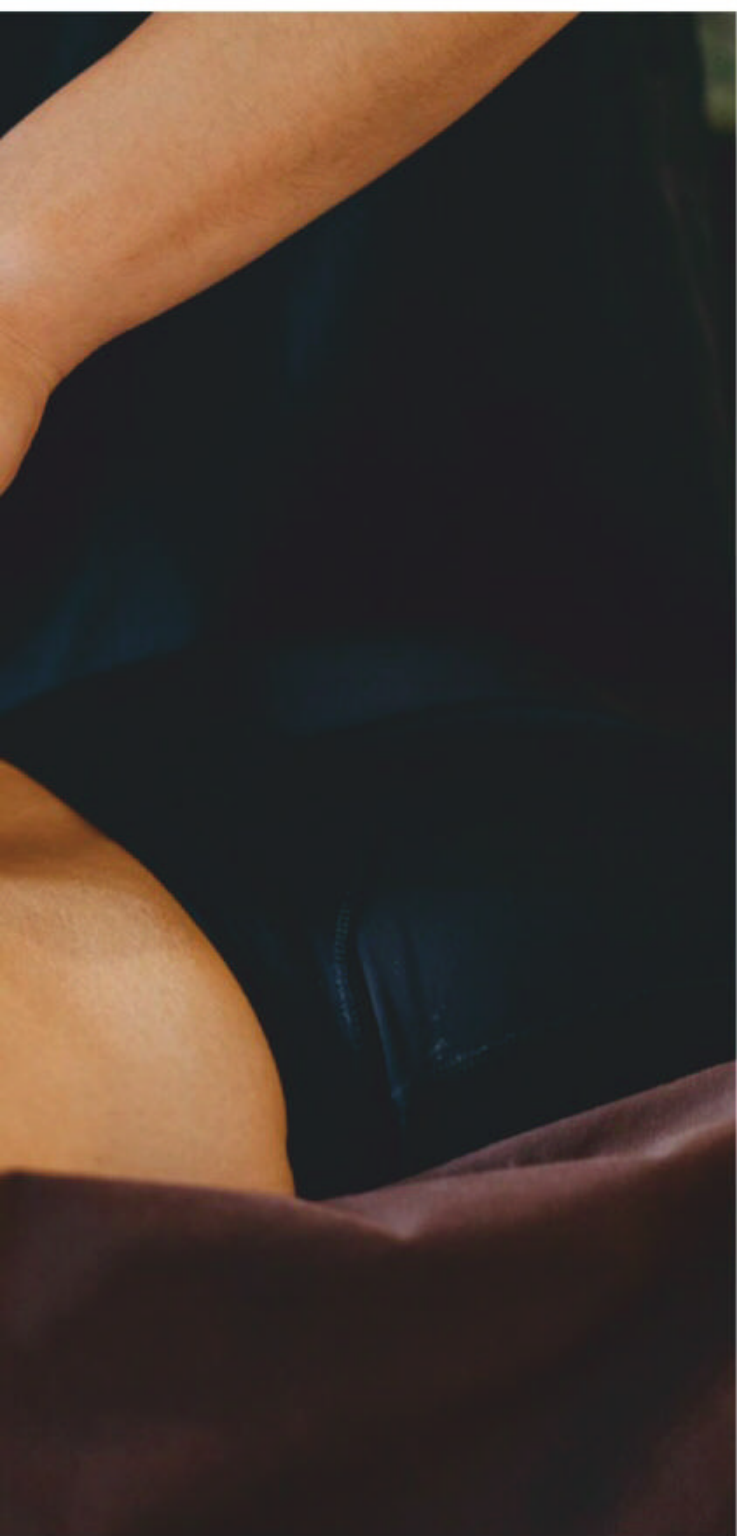
In their experience, a combination of acupuncture, combined with some simple lifestyle changes, can help to effectively relieve painful, heavy periods, as well as improve fertility or symptoms of menopause later in life.

“I don’t think women in general have enough knowledge, understanding and respect for their bodies and their fertility. Even if you do not want a baby right now or know if you ever might want a family, it’s still worth nourishing and protecting your fertility,” Gill points out, also having extensive experience as a midwife.

Understand your cycle

She now sees a lot of women undergoing assisted reproduction and fertility treatments, as well as reproductive surgeries, and says that perhaps these courses of action could be avoided if more women had a better understanding of what constitutes a normal menstrual cycle.

Rachel and Gill describe a healthy period as being a fresh red bleed that isn’t too light or too heavy, without any spotting to start, clotting during the bleed, or spotting mid-cycle. Some minimal, dull aches at the beginning are perfectly fine, but there shouldn’t be any intense throbbing or stabbing pain that forces you to lie down or significantly affects your day-to-day life. A bleed can



That release of **endorphins** can play a big part in the **reduction of pain, stress and depression**



axis, providing relief from hormone-related symptoms. It doesn't matter what age or life stage a woman is at; this can be used to regulate hormones and help provide relief from hormone-related symptoms."

So how does it work?

"The acupuncture needle goes in, and it doesn't touch a nerve, but it stimulates a nerve," Rachel clarifies. "That nerve stimulation prompts chemical messages and neuro-transmitters to travel through the nervous pathways, through the spinal cord and to the brain."

According to Harvard Health, endorphins are released by the brain when an acupuncture practitioner inserts a needle into strategic energy points on your body, and that release of endorphins can play a big part in the reduction of pain, stress and even depression.

Rachel says.

With period pain in particular, needles are used right over the uterus, as well as other specific points on arms and legs.

Rachel and Gill understand that acupuncture isn't for everyone, especially if you're needle-phobic, but say that for a lot of women, it is an unexplored pathway to a healthier menstrual cycle and body.

"We believe education about alternative options is hugely important for young women," says Rachel.

last anywhere from three to seven days, and each cycle is roughly 25 to 30 days.

An alternative

While putting needles into your skin and reducing pain might sound like they would be at opposite ends of the spectrum, acupuncture is one of the oldest practices of traditional Chinese medicine and has been used for pain reduction for thousands of years.

"Acupuncture can regulate hormones via the hypothalamus-pituitary-ovarian

THIS CAN BE USED TO REGULATE HORMONES AND PROVIDE RELIEF

"There have been studies done with MRI scans on the brain while someone is having acupuncture and we can see by how it is lighting up that acupuncture increases endorphins and blood flow. At the site where the needle is, the immune system is also activated and all the white blood cells are brought forward and all the kinds of things that are needed to help heal the body,"



Could COFFEE keep you slim?

LIZZY DENING TELLS US HOW DRINKING ONE COFFEE EVERY DAY COULD BE ONE OF THE SIMPLEST WAYS TO HELP SHED UNWANTED WEIGHT. IT'S TIME TO PUT THE KETTLE ON!

Coffee has always had a mixed reaction when it comes to headlines. For every positive study, there's always been a negative alternative, leaving conflicting messages about our morning brew. However, the latest news is that regularly drinking coffee could help you lose weight.

Burning the right fat

Your body contains two types of fat: white and brown. White fat is the stuff people want to shift if they need or want to lose weight, as it can be detrimental to health in excess.

Adipose tissue, aka brown fat, on the other hand is good as it helps keep your body insulated. It takes an enormous amount of energy to burn brown fat to stay warm. Interestingly, many slim people have a relatively high percentage of brown fat, whereas overweight people tend to have less of it.



Brown fat burns sugar and other fats to generate heat and is normally only activated when your body is cold. However, a new study from the School of Medicine at Nottingham University, has looked at the effect of coffee drinking on brown fat in humans, with very interesting results. The team used thermal imaging to look at brown fat reserves before and after people drank a cup of coffee. They were able to see whether the fat – located in this case around the neck – was activated and got hotter as a result of coffee consumption.

“Our study showed that a cup of coffee stimulates the activity of brown fat,” says Professor Michael Symonds, who co-directed the research. “This has the potential to help increase your weight loss, as brown fat contains a special protein called Uncoupling protein 1. When activated, it is the reason brown fat can rapidly produce so much heat – approximately 300 times per gram compared with any other tissue.”

All of that adds up to a hefty calorie burn and may well help weight loss. But that’s not all – activating brown fat also helps to control the level of sugar and fat in your blood.

The coffee you drink needn’t be a fancy blend, either. So far the research

has only been conducted using a cheap and cheerful brand. “One cup per day should work,” says Professor Symonds, “but we’ve not yet looked at whether adding milk modifies the response or not.”

So, until more is known, keep it black if you can!

ACTIVATING BROWN FAT ALSO HELPS TO CONTROL THE LEVEL OF SUGAR AND FAT IN YOUR BLOOD

Weight loss for all?

It sounds too good to be true and, as often happens with new studies, there are potential pitfalls: one is that so far the brown fat only seems to be activated for a short period by the coffee. Secondly, researchers haven’t yet demonstrated a long-term adaptation for weight loss – although they haven’t ruled it out

either. Thirdly, how much brown fat you have in the first place is a factor. “We all have brown fat, although there is less in people who are overweight or obese. In fact, reduced brown fat function is likely to contribute to excess weight gain, and whether the amount can be increased or its activity enhanced remains to be established,” says Professor Symonds. However, for a stand-alone study, it is exciting.

Next, the team will be examining whether caffeine supplements have the same effect as the drink.

“The potential implications of our results are pretty big, as obesity is a major health concern and we also have a growing diabetes epidemic. Activating brown fat could potentially be part of the solution in tackling both,” he says.

See below for a few more reasons you might want to brew some coffee this month for you and your loved ones.

WHY LOVE COFFEE?

The love of coffee is strong in New Zealand, with almost a quarter of us drinking four or more cups every day. If you’re a coffee drinker, you might already be benefiting from these positive effects of the caffeinated drink!

» **Live longer!** Having 3-4 cups of coffee per day might extend your life expectancy. Research suggests that most of us could get some serious overall health benefits from coffee, except for pregnant women and those at risk of fractures.

» **Alert at first sight.** Did you know that looking at something that reminds you of coffee can help your mind become more alert? It sounds ridiculous, but it’s been proven by a University of Toronto study. Try putting up pictures of coffee in your study to stay focused.

» **Boost your brain.** Two compounds found in coffee may team up to fight Parkinson’s.

Rutgers University scientists found that the combination of caffeine and a substance in the coating of coffee beans might protect against brain degeneration. A previous study also suggested coffee can reduce the chances of both Parkinson’s and Alzheimer’s.

» **Protect your fella**

Men in particular could benefit from adding coffee to their day, as a recent study identified compounds in the drink that may inhibit prostate cancer. Admittedly it’s early days, as the study from the European Association of Urology hasn’t yet been carried out on humans, but it is an exciting discovery.



The *post-holiday* BLUES

IF THE REALITY OF BEING BACK AT WORK IS AFFECTING YOUR MOOD, JO HARTLEY TELLS HOW TO EXTEND THAT HOLIDAY HAPPINESS FOR A FEW MONTHS MORE

You've lounged by the pool sipping cocktails. You've averaged two massages a day and you've re-connected with your partner in more ways than one. But now the holiday's over and, like your bikini, your happy mood's been packed away. The post-holiday blues have set in.

"Many people feel quite blue and upset about returning to the daily grind after a holiday," says health and wellbeing psychologist, Dr Marny Lishman.

"People often describe feeling most alive when they're on holidays. They get to spend time doing things because they want to, rather than because they have to, so everything's enjoyable and carefree. It's not always the case when they get home."



Research backs this up

A study by OnePoll found that 40 percent of travellers experience back to work “dread” – with a third of respondents admitting that they felt it was almost not worth going on holiday in the first place due to the stress.

Signs of post-holiday blues include low mood, irritability, boredom and loss of interest in things, as well as the feeling of being stuck in a rut under increased stress and pressure.

So, what can we do to avoid or alleviate post-holiday blues? How can we keep those happy memories and feelings alive?

Prior to holidays

“It’s a really good idea to have something fun or special organised for when you return from your holiday,” says Marny. “Having something to look forward to makes things easier.”

Marny suggests booking a weekend away or organising a special dinner or exciting night out somewhere new. Giving yourself permission to start planning a future holiday can also help.

Organise a cleaner for your home, or someone to stock up your fridge for when you return. Similarly, book a few days off to spend at home prior to returning to work.

When on holiday

“Consider doing things on holiday that

**‘HAVE
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will make it easier for you when you get back,” says Marny. “Many places (particularly in Asia) are cheap as chips, so getting your laundry cleaned and organised before leaving for home is a great idea.”

She adds that keeping a journal may also help. “Even when we have an awesome time, we realise how good we actually have it at home (particularly in New Zealand),” says

Marny. “Sitting in gratitude of this, as well as journaling our thoughts about our life can help us see the positive when we return.”

On your return

Marny notes that on holidays we tend to be more relaxed, more open to new experiences and exploration, and are more physically active.

“To sustain that holiday feeling, we need to incorporate some of our holiday behaviours in our daily lives,” she advises. “Ask yourself, what parts of you were lit up on holidays and how can you do these activities in your regular life? All of the ‘holiday’ experiences can often still be done where you live, so work them into your weekly routines.”

From a work perspective

“Ticking things off on your ‘to do’ lists as well as decluttering your workspace before going away helps when you return to work,” says Marny.

“As with your personal life, organise something to look forward to in the »

Ask yourself what parts of you were **lit up on holidays** and how can you do these **activities** in your **regular life**



workplace. Think of things that may mimic a holiday and be beneficial to others, such as office yoga or meditation groups.”

Marny also suggests planning your next break and booking your leave with HR. In the meantime, a memento of your time away such as a postcard, souvenir or screensaver at your desk can help keep holiday memories alive.

Relationship paradise

We generally feel closer to our partners on holiday, and it’s not hard to see why. Quality time, candlelit dinners, sleep-ins and plenty of sex. But as the sunset fades away on the last day, so too can that connection.

“Post-holiday blues can not only have a real impact on us as individuals, but can also affect our relationships,” says couples therapist, Isiah McKimmie.

“When you return to reality, you can find yourselves being shorter with one another, feeling disconnected and, commonly, having arguments over sexual frequency.”

Isiah says that keeping the fun and novelty alive in a relationship, especially after a happy holiday, is vital to its success.

“Find small ways of breaking up

your routine and having fun together,” she suggests. “Go on interesting dates, continue to make time for each other and leave yourselves time to relax together on the weekend.

Having something to work towards or look forward to together can help lift your mood, so talk about your next dream trip, weekend away or bucket list item, even if it’s a while off.”

Isiah notes that having great connection and communication before your holiday can also help avoid the slump afterwards. “Having regular date nights or date days built into your routine helps the return to be less jarring on your relationship,” she says.

Sunday night blues

Ever had that sinking feeling on a

Sunday night? That creeping dread that tomorrow the daily grind resumes? You’re not alone.

Sunday night blues are common.

One study found that 81 percent of more than 1000 respondents said they became progressively more anxious as their restful Sunday came to a close.

You’ll probably have experienced these blues if you dislike your job, didn’t enjoy your weekend or achieve what you wanted to, or felt the weekend wasn’t long enough. Is it ever? It could also be that you feel normal life is not exciting enough, or you just dislike the repetitive routine.

Irritability on Sunday, feeling sick at the thought of going in to work, low mood, and increased stress and anxiety are all common signs of those back-to-work blues.

DID YOU KNOW?

A study conducted in 2014 suggests that post-wedding blues are a thing. The Australian Unity Wellbeing Index found that married couples experienced the lowest levels of life satisfaction in their first year of marriage. Similarly, in a 2018 study of 152 women, 12 percent reported feeling depressed after they tied the knot.

‘WHEN YOU RETURN TO REALITY, YOU CAN FIND YOURSELF BEING SHORTER WITH ONE ANOTHER’



Having **regular date nights** or **date days** built into your **routine** helps the return to be less **jarring** on your **relationship**



“Determining what’s causing these feelings can help,” says Marny. “If it’s about your job, then pinpoint what it is exactly that you dislike. If this is something that can be changed, be proactive and, if possible, make the change. If it’s more than that, consider looking for alternative work.”

Spread the fun

Marny also suggests practising gratitude and planning more relaxing time in the week as well as organising exciting things outside of the weekend.

“Don’t isolate fun to the weekend,” she says. “Make sure you’re getting your highs in the working week, too.”

POSITIVE THINKING

It’s not just holidays that can leave us feeling blue after. Weddings, major celebrations and, would you believe, even workouts can all have the same effect.

“People get a hit of dopamine and endorphins at these events, as well as during the lead-up (which can be months and months), but when this stops, people find it difficult,” explains Marny.

To help alleviate this, Marny suggests asking yourself the following questions:

» What happened during these events

that made me so happy?

» Did it mean more socialising, talking or connecting with people more?

» Was it about the excitement?

» Was I open to more experiences?

» Was I spending more time with my partner, friends or family?

“Try to apply what you learn from this to everyday life,” advises Marny. “For example, if you enjoyed the time spent with friends, do it more. If it was about the experience, seek out something new to try or do.”

The lowdown on CORONAVIRUS

THE ILLNESS HAS BEEN MAKING HEADLINES ACROSS THE GLOBE, BUT WHAT IS HAPPENING IN NEW ZEALAND? ERIN FISHER BREAKS DOWN THE INFORMATION TO HELP US UNDERSTAND THE OUTBREAK AND KEEP OUR FAMILIES SAFE

In January this year, a new strain of coronavirus, previously unidentified in humans, was confirmed by Chinese authorities, now known as 2019-nCoV. Coronaviruses have been around for years and are a large family of zoonotic viruses, meaning that they are initially transmitted between animals and humans before they are spread between people. Some previous strains for example, were transmitted to humans by cats or camels.

The symptoms

Regardless of the strain, coronaviruses can affect people of all ages, and cause respiratory illnesses ranging from mild colds to much more severe diseases that can lead to severe acute respiratory syndrome, kidney failure or death.

According to the World Health Organisation, common signs include fever and respiratory symptoms such as coughing, shortness of breath or breathing difficulties. For other people, symptoms can be more mild and similar to a common cold, such as a runny nose, coughing and sore throat. Because of these similarities in symptoms, lab tests are required to confirm the virus.

The risk

As unsettling as a disease outbreak can be, there is currently no need to feel panicked in New Zealand, as confirmed by Director-General of Health Dr Ashley Bloomfield on February 10. As of February 11, there have been at least 1000 deaths from the virus and more than 42,600 people infected worldwide, but most of the confirmed cases are in mainland China.

The New Zealand Ministry of Health is closely monitoring the situation as it unfolds, and is staying up to date with the guidance and recommendations coming from the World Health Organisation. Because there is still a constant flow of travellers coming in and out of New Zealand, they have advised that the likelihood of an imported case is high, but the likelihood of a widespread outbreak is low and they will advise immediately if any public health measures are needed.

“We would expect to see a case but we don’t expect that case to cause a sustained outbreak in New Zealand.

We’re really not looking at a scenario of a sustained community outbreak here,” says Dr Caroline McElnay, Director of NZ Public Health.

If watching the climbing death toll on the news and social media is making you feel anxious, keep in mind that the mortality rate stands at around two percent, compared to Sars which had a death rate of more than 10 percent.

Most people who have the virus are not severely ill or need to

be hospitalised, and the people who do not survive the virus also tend to be more vulnerable members of the community, such as the elderly or those with pre-existing health conditions such as heart disease, asthma and diabetes. For those in good health with strong immunity, the virus could simply

manifest as a mild cold.

**THERE IS
CURRENTLY
NO NEED TO FEEL
PANICKED IN
NEW ZEALAND**

Hygiene and prevention

To protect yourself and others, be vigilant about personal hygiene. The Ministry of Health recommends that you wash your hands for at least 20 seconds with soap and water, then dry them thoroughly. This should be done not only after using the toilet, but also before preparing or eating food, and after coughing or sneezing, caring for sick people, or wiping a child’s nose.

Keeping some alcohol-based hand sanitiser is also a good idea for when you don’t have access to water and soap, and at all times try to minimise the amount you touch your mouth and nose.

As the virus is a respiratory illness, a mask is no guarantee against infections.

“If you wear a mask, it won’t protect you from the virus, but it will stop someone who is coughing and spluttering and sneezing from spreading the big particles that will have the virus. The mask that everybody is rushing out to buy and paying stupid amounts of money for is what’s known as a surgical mask, so it is actually for surgeons to make sure that they aren’t spitting on their patient. It’s not very good at blocking viruses coming in,” says Dr Siouxsie Wiles, microbiologist and infectious diseases expert.

If you do experience symptoms such as a fever, coughing or difficulty breathing, it is advised that you immediately call Healthline for further advice and support, especially if you have been travelling or been exposed to someone with the virus. Noticing any of these signs does not mean you have the virus, it is simply best to seek guidance from a health professional.

Anytime that you are unwell, to both prevent the spread and optimise your recovery, stay at home as much as you can. Avoid going into public spaces, as well as university or work.

Scientists are in the early stages

of working on a vaccine, but in the meantime, being careful about hygiene is the best thing you can do. No form of antibiotics, vitamins, supplements or herbal remedies is a treatment for the virus.

If travelling

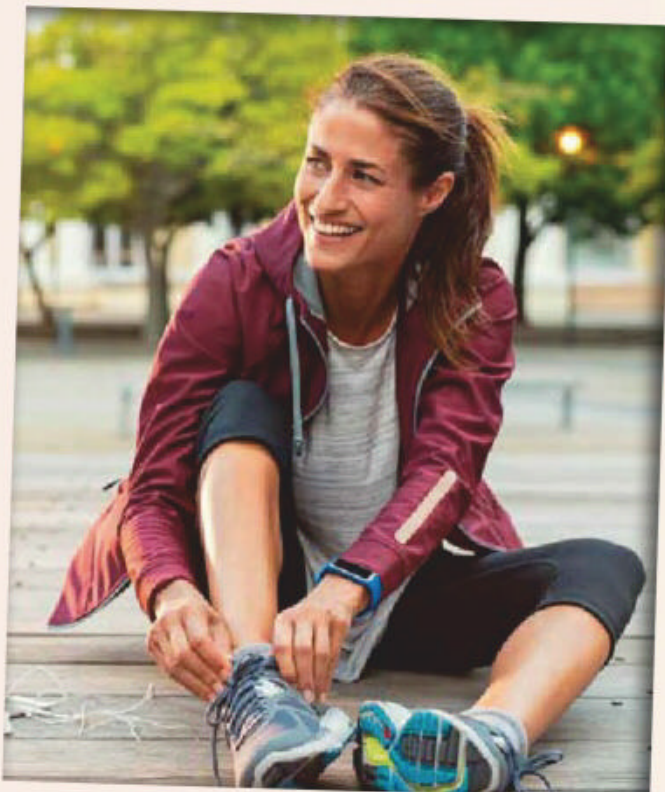
The Ministry of Foreign Affairs and Trade recommend that New Zealanders do not travel to any part of mainland China, and anyone who has left or transited through mainland China will be denied entry to New Zealand, with the exception of NZ citizens, permanent residents and their immediate family, and air crews who have been using appropriate personal protective equipment. Since February 2, any of these exempt travellers who are arriving to New Zealand from mainland China or have had exposure to a confirmed case will be expected to self-isolate for 14 days and register with Healthline.

STAY INFORMED

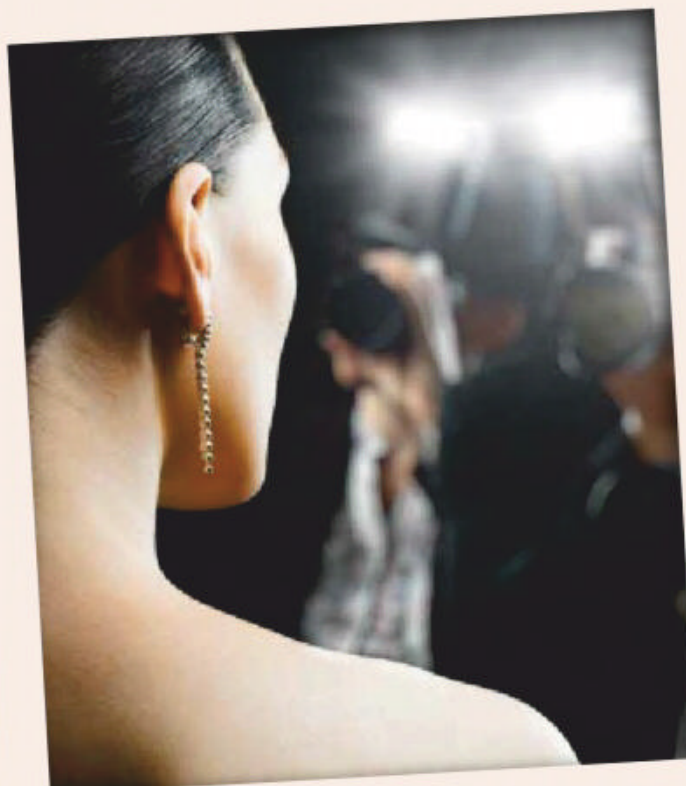
To stay in the loop, both the WHO and the Ministry of Health are constantly keeping their websites updated with the latest information on coronavirus, and providing answers to all the most commonly asked questions.

The Ministry of Health is also using their Facebook page to alert people to key updates about the virus. If you have any concerns, call Healthline for free at any time, on **0800 358 5453** or go to: **health.govt.nz** or **who.int**

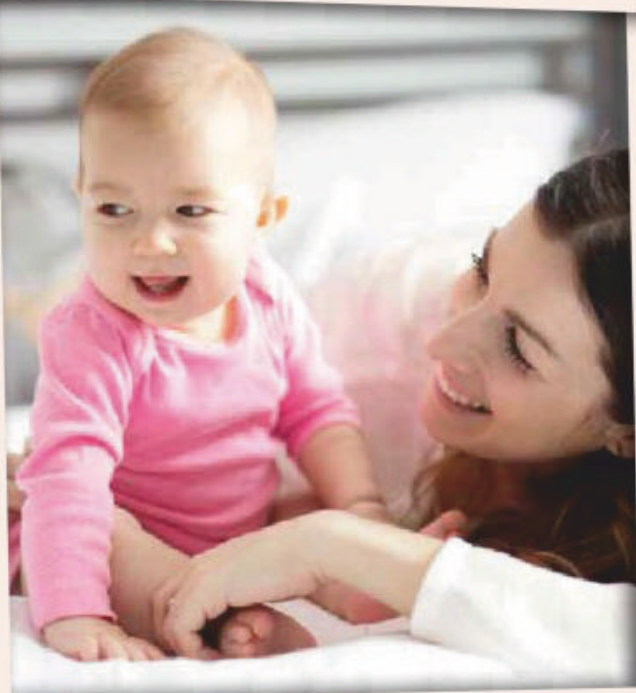
SCIENTISTS
ARE IN THE
EARLY STAGES OF
WORKING ON
A VACCINE



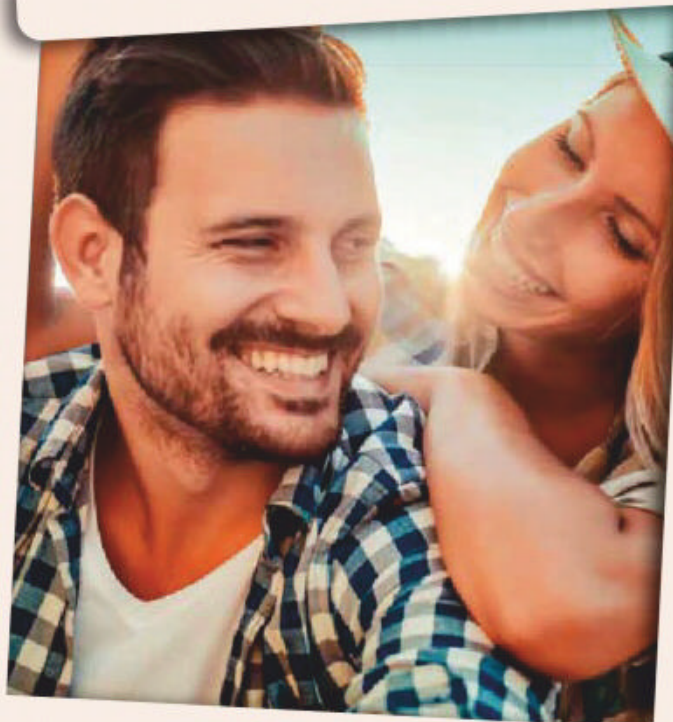
Health



Celebrity



Parenting



Lifestyle

now
TO LOVE.CO.NZ

New Zealand's largest women's lifestyle website

Woman's Day

NEW ZEALAND
Woman's Weekly

THE AUSTRALIAN
NEW ZEALAND EDITION
Women's Weekly

NEXT

NEW ZEALAND
GoodHealth

DIGITAL wellness

*They're the devices we carry with us
every day, and now they are also
helping to keep us fit*



SWITCHING ON *to fitness*

IN TODAY'S DIGITAL WORLD, OUR DEVICES CAN HELP US ACHIEVE MORE THAN JUST STAYING IN CONTACT. DEBBIE DUNCAN TAKES A LOOK AT THE GADGETS AND APPS HELPING US REACH OUR FITNESS GOALS

THE WORLD OF DIGITAL WELLNESS

When we're looking for ways to learn about self-care and improve our health, we're more likely to reach our goals if we have support systems set in place. The great news is that the solution is right at our fingertips, with a wide range of wearable gadgets, products, apps and online tools to accompany us on our wellness journey.

TECH IS WHERE IT'S AT

A digital detox is a prescription for good health – we all need a break from screens from time to time and sometimes that can be difficult. But when it comes to improving everything from sleep, fitness and heart health to stress and diet, the digital world is where it's at. It gives us the tools to monitor our health and wellness, increase our motivation, and help us make changes that are sustainable.

Be discerning

Technology is moving at a fast pace and there's an app, tracker or online programme for just about everything. The key is to be choosy about what you download, sign up to or buy. Set your health goals and commit to the products that are centred on those goals. It's easy to become overwhelmed if several tools are reporting on your progress! The plan is to simplify your wellness, and that means streamlining your tools.

THE LOWDOWN

Wellness tech has got you covered from head to toe if you want to improve your diet, get fitter, tackle stress and improve your general wellbeing:

» **Wearable trackers:**

Usually worn on your wrist, these clever electronic

devices collect your personal health and fitness data via sensors and sync to apps on your smartphone.

» **Apps:** It's true, there is an app for just about everything and many are free. Others offer free trials and charge for a subscription. You can use them to count kilojoules, help you make healthier

choices when you shop or plan meals, while others monitor sleep and teach you how to meditate.

» **Websites:** Go online, and you'll find plenty of sites to sign up to that motivate you to lose weight and get fit by following a programme and offering online support and group forums.

» **Innovative products:**

You can find everything from intuitive socks that give you feedback on your running, to mats that help you fine-tune your yoga poses. »

IT'S TRUE,
THERE IS AN APP
FOR JUST ABOUT
EVERYTHING AND
MANY ARE FREE



*Set your health
goals and
commit to the
products that
are centred on
those goals*

WEIGHT – THERE’S AN APP FOR THAT

As a nation, we’re struggling to keep our weight within healthy limits, and it’s damaging our health. Supermarkets are bursting with delicious processed and pre-packaged foods that are hard to resist, and with our busy lives, willpower can become a problem as we look to convenience foods to save time. What many of us need is support and guidance. This is where wellness technology comes into its own.

THREE STEPS TO CHOOSE THE BEST APP FOR YOU

1 Don’t waste your time and money on just any app; make sure the one you opt for has been developed by health professionals and that it comes from a reliable source.

2 Challenging behaviours and changing them is an essential part of making healthy changes stick, so make sure the app includes feedback, rewards and levels to achieve.

3 It’s best to stick to food apps created in Australia and New Zealand so that any meal suggestions or database of food products aligns with what’s available here.

Calorie control

» **ControlMyWeight**

Not knowing when you’ve eaten more than your fair share of calories is a common problem that can quickly lead to weight gain. This handy app has a comprehensive food database and includes personalised calorie target and physical activity goals and tells you when you’ve reached them.

It calculates the total amount of carbohydrate in your meals, too. *Free.*

» **MyFitnessPal**

A simple app that helps you manage your calorie intake according to your age, gender, and weight-loss goals. Keep track of what you’re eating using the food diary, how much exercise you’re doing, and scan barcodes from a database of more than five million food items. The bonus? At the end of the day, it will tell you if you have any leftover calories for a sneaky splurge like a glass of wine or dessert. The latest version claims to have more “performance updates and improved reliability”. *Free, with in-app purchases.*

» **Easy Diet Diary NZ**

Look up the nutrient and energy value of foods, based on an extensive food database of over 45,000 foods, calculate the total amount of

carbohydrate in your meals and use the auto-calculate function to enter your own portion size of food or drink. Save your favourite foods and dishes so that you don’t have to search for them each time and email your food record to your dietitian for feedback. *Free.*

MAKE SURE THE ONE YOU OPT FOR HAS BEEN DEVELOPED BY HEALTH PROFESSIONALS

Let’s go shopping

» **FoodSwitch New Zealand**

Who can resist the occasional treats? You shouldn’t have to, but choose wisely because unfortunately, some are dangerously high in salt, saturated fat and sugar. The great thing

about the FoodSwitch app is that it allows you to scan packaged convenience foods using your smartphone and suggests healthier alternatives. Each product in the database is rated on its amount of total fat, saturated fat, sugar and salt, as well as for its overall healthiness

GET YOUR FILL

It’s not just what you eat that’s important – what you drink matters too. Drinking more water is one of the simplest ways to improve your health. The Waterlogged app is designed to help you track the amount of water you drink each day, month or year. There’s also an option for setting up reminders to make sure you’re staying well hydrated. *Free, with in-app purchases.*



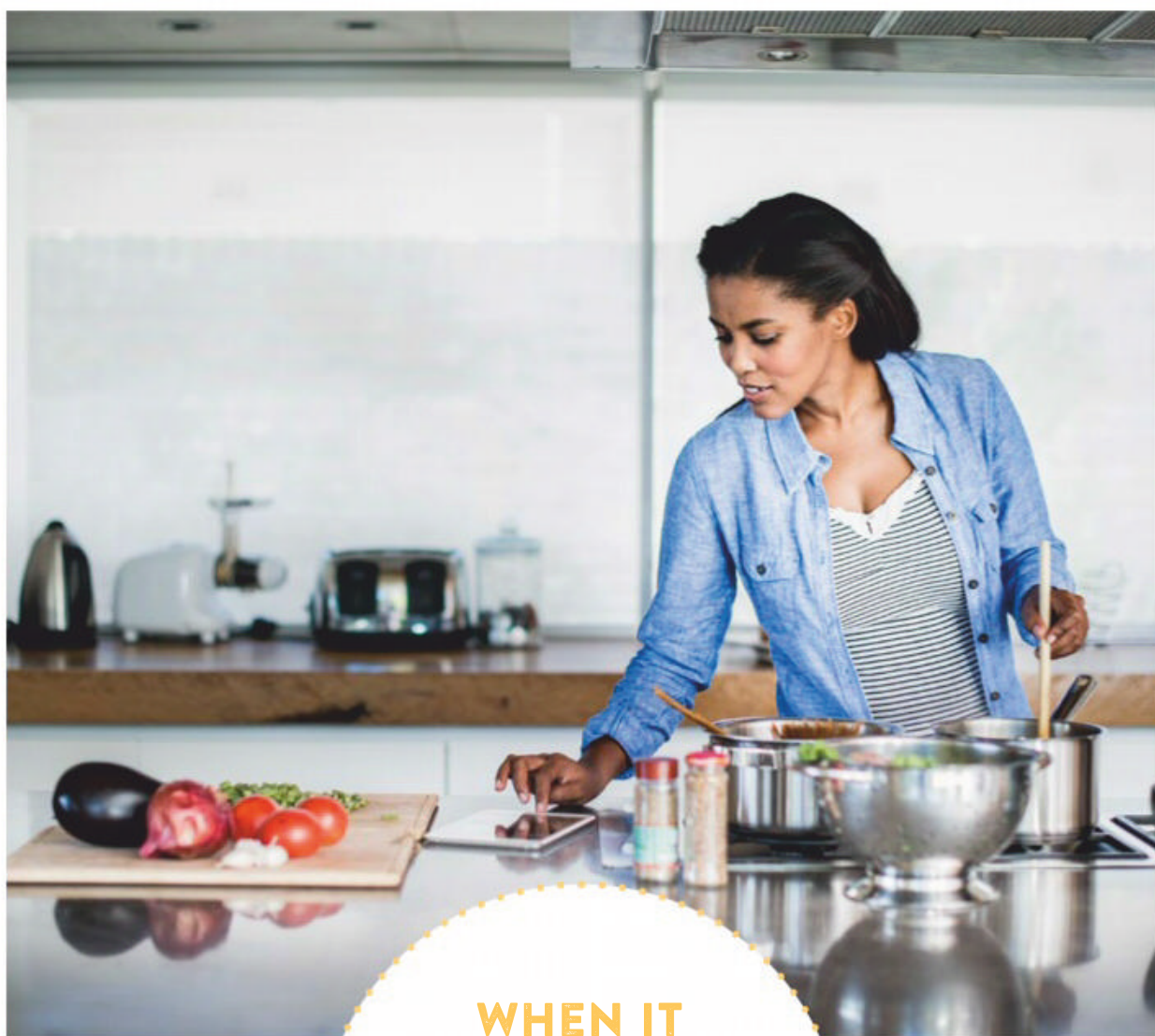
QUESTION

Q Can wellness technology help me control my weight?

A Nutritionist Jenny Boss says: "A food tracker can be a useful way of thinking about what we put in our mouths and work out any nutrient gaps we might have. Many women, for instance, are low in calcium and iron, most people don't eat enough seafood or fibre, and lots of us don't drink enough water. Tracking what you eat can be a way of ensuring you get your recommended daily amount (RDA) of nutrients and eat a balanced diet over a week.

"Logging your food may also be a helpful way of reducing any mindless eating, such as eating when bored, stressed or tired. But I'm not sure that tracking every bite is helpful in terms of developing a truly mindful way of eating, as it can stop us relying on our internal cues for hunger and satiety. It's also not a realistic way of eating long term – you can't track your meals for the rest of your life.

"There are plenty of apps out there to choose from, but unfortunately many are developed by people with little scientific understanding of healthy eating or what supports weight loss. All apps have their pros and cons."



WHEN IT COMES TO HEALTHY EATING, DINING OUT CAN PROVE TO BE A CHALLENGE

based on these components, plus others. *Free.*

» ShopWell

This app acts as a pocket-sized nutritionist on shopping trips. By setting up a profile with your age, gender, dietary requirements and medical conditions, as well the foods you wish to avoid, your shopping is made easy with a barcode scanner for more than 400,000 foods that translates nutritional information into quick, easy-to-digest information. *Free.*

Eating out

» 8700

When it comes to healthy eating, dining out can prove to be a challenge. Do you know how many kilojoules you should eat in a day to maintain a healthy

weight? The 8700 app not only helps you calculate how much energy you burn through everyday activities, exercise and sports, but you can also use it to

search more than 3000 fast foods from larger fast-food and snack chains to work out how many kilojoules you're clocking up. *Free.*

Healthy eating

» Smoothie Recipes Pro

Smoothies are a great way to pack in the nutrients. This handy app has more than 200 smoothie recipes in various categories, such as high-protein, so you'll be sure to find a favourite. It allows you to create shopping lists too, making it easy to pick up ingredients on the run. *Free, with in-app purchases.* »

Smoothies are a great way to pack in the nutrients

TAKING CARE OF FITNESS

Here's an incentive to get fitter. A recent study from York University found that regardless of body weight, fit people are less likely to develop high blood sugar, blood pressure and triglycerides, when compared to less fit study participants. But the shocking truth is that 39 percent of men and 45 percent of women in New Zealand have low or sedentary levels of exercise.

Endomondo

This is a free app and website that is ideal for running, cycling, walking and other distance sports. It tracks your duration, distance, pace, speed and route. You can even stream your progress live online if you're competing.



A WORLD HEALTH ORGANISATION GLOBAL REPORT HAS FOUND NINE OUT OF 10 KIWI TEENS ARE NOT ACTIVE ENOUGH

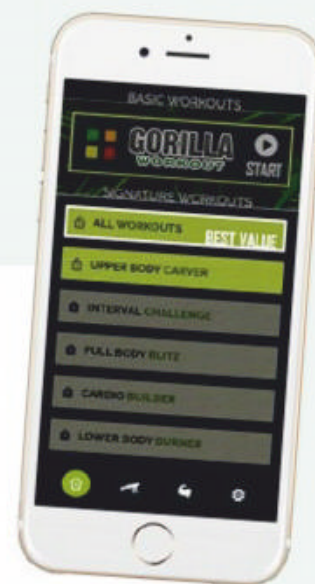


Couch to 5k

If you need help getting off the couch, the Couch to 5k fitness programme will get you up and moving, and get you to the 5km mark in nine weeks. A virtual coach guides you through sessions of 20-30 minutes, three times a week, using interval training to slowly build your fitness and help you become a runner. You can listen to your own music as you train. \$4.99.

Fitness Builder

Whether you're starting an exercise routine for the first time, or just want some inspiration, Fitness Builder can help. This app lets you choose from a database of more than 5600 exercise images and videos. A personal trainer is also on hand to give advice. Free.



Sensoria

Serious about upping your running technique? Sensoria smart socks look like a pair of ordinary socks, but the fabric is infused with textile sensors on the sole that send information to a magnetic anklet. The information is synced to the Sensoria app's virtual coach to give you real-time feedback on your running style, such as what part of your foot you're landing on. sensoriafitness.com

Gorilla Workout

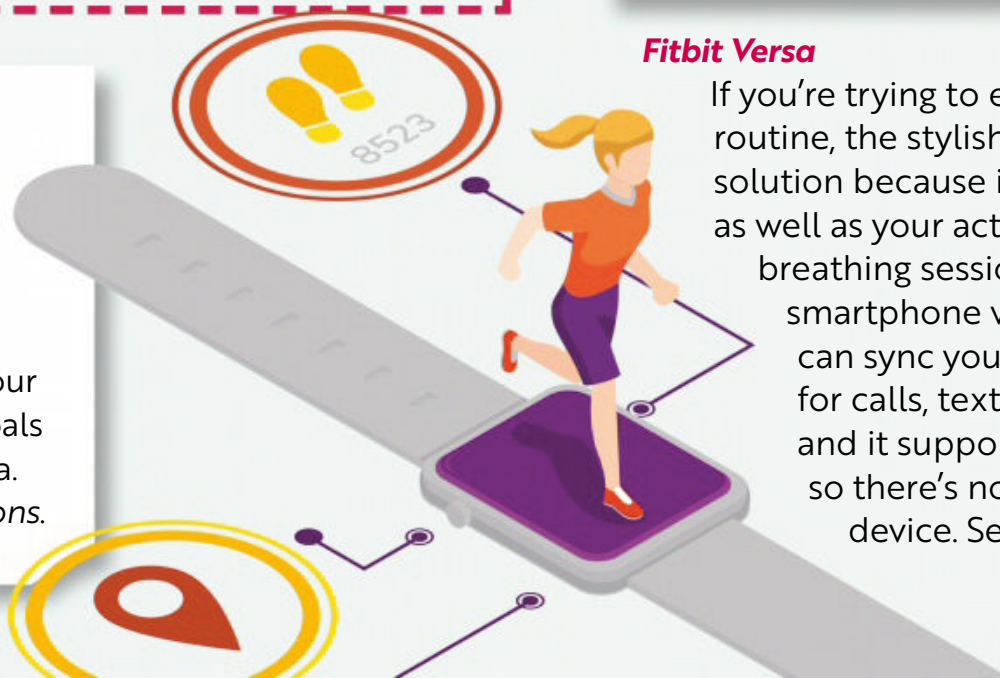
This app has more than 40 body weight exercises designed to be performed easily in small spaces. Each workout targets specific muscle groups to help you strengthen and tone. You can also track your progress. \$1.69.

Fitbit Coach

Having trouble coming up with workout routines? Fitbit Coach is like having a personal trainer on your smartphone or your Fitbit tracker. The app customises your workouts according to your goals and your body and health data. Free app with paid subscriptions.

Fitbit Versa

If you're trying to ease into a new exercise routine, the stylish Fitbit Versa is a great solution because it tracks your heart rate as well as your activity, and offers guided breathing sessions. It connects to your smartphone via Bluetooth so you can sync your data, get notifications for calls, texts and calendar events, and it supports up to 300 songs so there's no need for a separate device. See more at fitbit.com



Moov

A screen-free high-tech wearable device, Moov uses 3D motion sensors to track and analyse your workouts. The built-in coach, Moov's best feature, helps you get more out of your workouts as well as improve your techniques. The device supports running, cycling, walking, boxing, sleeping and body weight workouts. Data is collected and sent to the Moov app to help you clean up your technique to avoid injuries. welcome.moov.cc

Mio SLICE

If you're more interested in your heart rate than how many steps you take each day, the Mio SLICE could be the answer. This tracker shifts the focus to your heart rate and calculates how much activity you need to stay healthy according to your heart rate data. It also tracks daily activity, workout sessions and logs sleep. Available on Amazon.

Apple watch series 5

Apple has pulled out all the stops with its Series 5 watch, making it a one-stop shop for your health. It keeps a close eye on your heart rate throughout the day, when you're working out or just going about your day, and alerts you if it detects unusually high or low heart rates – even when you don't feel any symptoms. The Noise feature also alerts you when your hearing could be at risk of damage.

STRESS AND RELAXATION

Stress is a normal part of everyday life – and we're not talking about major traumatic events – it's those day-to-day micro stressors that add up and take their toll. Stress-reduction techniques can go a long way towards helping you cope, including meditation, yoga and tai chi – and technology has plenty to offer.

» This way up

Many New Zealanders are no strangers to stress caused by family, work, health and financial pressure. Take the online test at thiswayup.org.au to see an indication of your level of your stress, anxiety, or sadness.

TECH-SMART BODY MOVES TO TRY

Yoga and tai chi have been shown to have a positive effect on anxiety, largely due to deep-breathing techniques, which reduce levels of the stress

hormone cortisol and slow your heart rate. Your nervous system gets a treat too, as doing yoga prompts the brain to release the chemical GABA, which has a calming effect.

» Tai-Chi Lite

Tai chi is a set of movements using hands, feet and other parts of the body that has been linked to improved wellbeing. This Android app allows you to choose between a traditional approach and a western approach, which includes detailed comments for each movement. It is free for the first few minutes, or pay for access to the full 60-minute video.

» Pocket Yoga

Practise yoga regularly and you'll develop strength and flexibility while lowering stress and calming your mind. If you can't commit to a regular class, access a yoga session from your mobile with an app such as Pocket Yoga. It has a database containing illustrations, descriptions and benefits of more than 200 poses suitable for all ages and »

YOGA AND
TAI CHI HAVE
BEEN SHOWN
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EFFECT ON
ANXIETY

Practise yoga
regularly and
you'll develop
strength and
flexibility



SWITCH OFF

If cutting yourself off from the digital world fills you with horror, you can take a mini-break at your desk instead by going to donothingfor2minutes.com.

skill levels. All poses and routines are designed by experienced yoga instructors. \$4.99.

» SmartMat

Think of this interactive mat as your own private yoga teacher. Choose a class from the SmartMat marketplace and your yoga mat will detect when you're out of alignment and give you feedback on how to correct your pose. You can track, store and monitor your progress with the SmartMat app, too. smartmat.com

Meditation

Meditation has some powerful health and stress-relieving effects. These wellness apps and devices can help you start a meditation habit.

» Spire

Clip this little device to your belt or bra and connect it with your smartphone. Once it's set up, it will track your movements and vibrate if it detects several minutes of tense breathing to

remind you to breathe deeply. It includes a collection of guided meditations, monitors your physical activity, counts the calories you burn and the time spent moving or sitting, giving you a sneak peek of your lifestyle habits. *Available on Amazon.*

IF YOUR
BRAIN IS TOO
ACTIVE, MUSE
HELPS YOU
CALM DOWN
BY PROVIDING
TIPS

» 1 Giant Mind

This app is an easy way to give meditation a try.

It includes video tutorials, a meditation journal and a 30-day

challenge to encourage you

to enjoy the benefits of

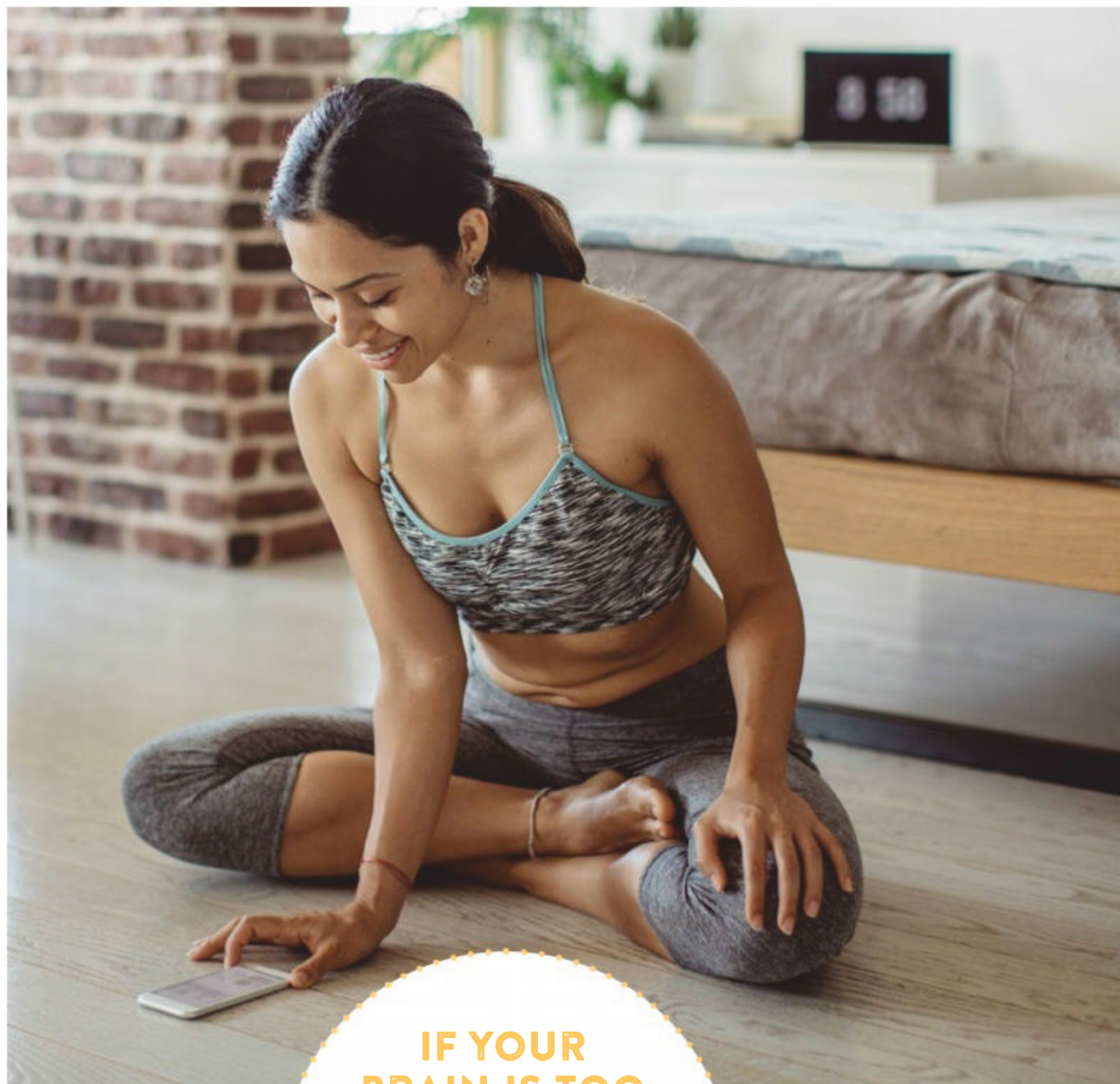
meditation every day. *Free.*

» Muse

The brain-sensing headband Muse is your meditation buddy. It promises focus and relaxation through guided meditation and real-time feedback on what's happening in your brain. If your brain is too active, Muse helps you calm down by providing tips and feedback. Muse aims to build a more regular and effective meditation practice through personalised tracking, motivational challenges and rewards. It can also help to master the art of meditation, as it makes it less intimidating.

choosemuse.com

Meditation has powerful health and stress-relieving effects and there are many meditation apps to choose from



TAKE CARE OF YOUR MIND

Positive Mind Works allows you to chat with a psychologist via instant messenger. The service includes unlimited support and is available whenever and wherever you need to access it. You can also book face-to-face video counselling sessions, with WINZ funding available for eligible clients. You can complete the happiness quiz on their website. positivemindworks.co.nz

app allows you to track and see your progress. There are more than 50 predefined habits to choose from. *Free, with in-app purchases.*

» Rise & Recharge

We spend on average nine hours sitting every day. Sitting for long periods increases your risk of developing heart disease, type 2 diabetes and certain cancers, but regular short bursts of movement can help counteract this. The Baker Institute has developed this clever app to help us become more aware about our sitting habits and get us up and moving more regularly. *Free.*

WHEN YOU'RE READY TO WAKE UP, THE ALARM VIBRATES, TIMED WITH YOUR SLEEP CYCLE

ARE YOU SLEEPING?

When you don't get the seven to eight hours of quality sleep you need on most nights, it can affect your outlook on life, your energy and motivation. In fact, up to 35 percent of New Zealanders don't get enough sleep or sleep poorly on most nights, according to a Colmar Brunton survey. Check out these apps and devices to help you get some much-needed shut-eye.

» Sleep Cycle

Forget the digital clock radio with its nerve-rattling alarm. Simply place your phone under your pillow, and Sleep Cycle analyses your sleep patterns based on your movements throughout the night. When you're ready to wake up, the alarm vibrates, timed with your sleep »

LIFESTYLE CHANGE

We know what we need to change but it can be difficult doing it on our own. There are apps and devices that can give us the support we need.

BREAKING BAD HABITS

Most of us know that certain lifestyle habits like smoking or not exercising can jeopardise our health, but getting a change to stick can be tricky. Studies show it can take anywhere from 15 days to 254 days to form a new habit, and repetition is the key.

» Momentum

It's easier to keep a new habit going once you've started and that's what the Momentum app is all about. When you stick to good habits, a "chain of positivity grows" to encourage you to stick to your new healthier habit. Set up reminders, notes and notifications, as well as weekly targets. *Free for Android.*

» HabitMinder

To help you reach your daily goals and form new habits, the HabitMinder



BE BREAST AWARE

Breast cancer is the most common cancer for Kiwi women. The Breast Cancer NZ Pre Check app is worth a look, as it helps show the signs and symptoms of breast cancer and includes self-check guide and a programme that sends you monthly reminders. *Free.*



**SIMPLE
BREATHING
EXERCISES CAN
MAKE A BIG
DIFFERENCE IN
GETTING YOUR
MIND MORE
RELAXED**

cycle to wake you in your lightest sleep phase. The graphs and data collected while you sleep give you useful information to help you customise your routine for better sleep. *Free for iOS; \$1.19 for Android.*

» **Sleep Machine Lite**

This is a popular sleep-inducing app. Take your pick from heavy rain, bells and wind chimes, to crickets and white noise. Choose your soothing sound and allow your mind and body to relax until you drift off. Sounds can also be played simultaneously. *Free for iOS.* The Relax Melodies app is a similar free option for Androids.

» **ReachOut Breathe**

If you have trouble sleeping because you often feel stressed or anxious, simple breathing exercises can make a big difference in getting your mind and body relaxed. By slowing down your heart rate with a few deep breaths, you can reduce the physical symptoms of anxiety and stress, like shortness of breath and a feeling of tightness in the chest. This fantastic app by ReachOut uses simple visuals to guide you through some slow, deep breaths. It also lets you measure your heart rate, so you can check your baseline and see how you're going from day to day. *Free.*

It also lets you measure your heart rate

USEFUL CONTACTS

Breast Cancer Foundation NZ

breastcancerfoundation.org.nz

Diabetes New Zealand

diabetes.org.nz

Dietitians New Zealand

dietitians.org.nz

Health Navigator New Zealand

healthnavigator.org.nz

Ministry of Health health.govt.nz

NZ Nutrition Foundation

nutritionfoundation.org.nz

Nutrition Society of New Zealand

nutrition society.ac.nz

Sleep Health New Zealand

sleephealth.org.nz

Mental Health Foundation of New Zealand

mentalhealth.org.nz

ACKNOWLEDGEMENTS

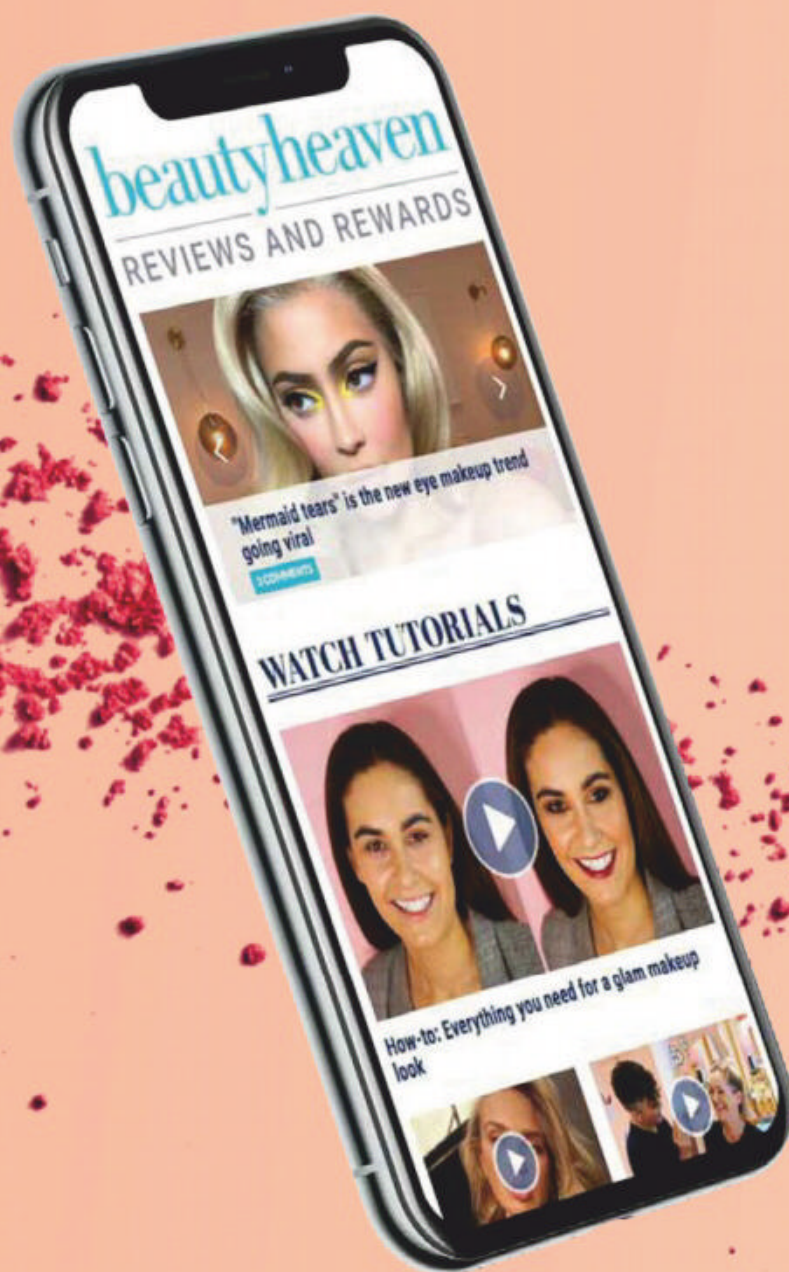
This health book has been compiled using information from Diabetes Australia, Heart Foundation, Better Health Channel, Sleep Health Foundation and Healthline.

GENERAL NOTE

This is intended as a general introduction to the topic and in no way should be seen as substitute for your own doctor's or health professional's advice. All care is taken to ensure that the information contained here is free from error and/or omissions, however, no responsibility can be accepted by the publisher, author, editor or any person involved in the preparation of the material for loss occasioned to any person acting or refraining from action as a result of the published information. Before commencing any health treatment, you should always consult your doctor.

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REVIEWS AND REWARDS



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“

We thought it was about time New Zealanders got a community of their own to share their love for all things beauty, with like-minded (read: beauty-obsessed) members.

See you soon!

”



Erin Berryman
Beautyheaven editor

beautyheaven.co.nz

The ultimate destination for all things *beauty*

Ask the expert



DR PENNY ADAMS GIVES HER ADVICE ON ATRIAL FIBRILLATION, WHETHER YOU NEED AN X-RAY AND A CONDITION THAT COULD BE ECZEMA OR PSORIASIS

At my son's six month check up at the early childhood clinic, the nurse was unable to locate his left testicle. Should I be concerned?

A Your son needs to have his scrotum examined by your GP when he's calm and in a warm environment. If your GP is concerned he has an undescended testicle, it is important he is referred to a paediatric surgeon who can perform a simple operation (under anaesthetic) to locate the testicle and secure it in the scrotum. This is ideally done from six to 12 months of age.



'A paediatric surgeon can perform a simple operation to locate the testicle'

My mum is in her 60s and has been diagnosed with atrial fibrillation. Her GP has started her on lots of tablets. Does she need to take these forever?

A Atrial fibrillation is the most common recurrent arrhythmia (electrical abnormality of the heart). Serious complications of untreated atrial fibrillation include heart failure and stroke. Different medications are needed to slow the heart rate down, treat the abnormal heart rhythm and thin the blood to avoid a stroke. Sometimes atrial fibrillation can be cured by electrical cardioversion (shocking the heart) or catheter ablation (a procedure to destroy the heart tissue causing the abnormal heart rhythm). Your mum should see a cardiologist who specialises in electrophysiology.

I have pain and some swelling on the thumb side of my wrist that hurts when I move my thumb or wrist. I don't remember injuring it. Do I need an X-ray?

A This sounds like a condition called De Quervain's tenosynovitis. Thickening of the fibrous sheath around the tendons going to the thumb causes gliding difficulties and entrapment. This diagnosis can be confirmed by an ultrasound. Treatment involves specific exercises and/or a splint from your physiotherapist. More severe cases can be treated with a steroid injection. Rarely, surgery is required.



I have scaly round patches on my leg and two on my arm that look like ringworm. I've been using antifungal cream but they aren't getting better. What should I do?

A The first thing to do is get the correct diagnosis. These patches may be eczema or psoriasis. Your GP can test these patches by taking a skin scraping to confirm if there is a fungal infection. If not, then eczema is most likely and will respond to steroid cream and regular moisturising.

If you'd like one of our experts to answer your question, email it to goodhealth@bauermedia.co.nz. No personal correspondence will be entered into.

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"It really is quite simple."

– LISA FONG

MOVE IT MAMA FOUNDER AND MUM-OF-FOUR

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Food *fight*



SOMETIMES WE WISH OUR PUNNET OF STRAWBERRIES OR RASPBERRIES AND OTHER SUMMER FRUITS WOULD LAST LONGER, BUT WE'RE OFTEN LEFT DISAPPOINTED. ERIN FISHER HAS SOME STORAGE TRICKS THAT WILL HELP

Cutting open an avocado to reveal the most perfect green flesh inside is one of life's simple pleasures. Heading to the fridge a day later only to find your glorious avocado remains have turned a muddy brown colour – not so much. So to help you maximise the life of your summer produce, we have rounded up some of the best food-storing hacks.

» Any fruits or vegetables that spoil quickly or wilt such as leafy greens, cucumber, broccoli, berries or grapes, should be kept in the fridge

» If you have greens like celery and broccoli that you don't plan on eating for a while, wrap them in foil to keep them crisp. To prevent leafy greens from wilting too fast, wrap them in paper towels to absorb any excess moisture

» Store asparagus like you would do with flowers; bases trimmed and standing upright in a jar with a little bit of water

» Citrus fruits, tomatoes and bananas should be kept on the bench (unless you prefer to eat your citrus cold!) and all your starchy vegetables like pumpkins and potatoes are best in the pantry or a cool, dry spot

» For any fruit that you prefer to keep in the fridge – perhaps apples, pears or oranges – make sure to keep them away from your veggies, as they can speed up their ripening process

» Avocados and pears can be kept on the bench. To speed up ripening, store in a brown paper bag with a banana. To slow down ripening, transfer them to the fridge

» In your pantry, keep potatoes and onions away from each other as the ethylene gas emitted by the onions will cause your potatoes to sprout rapidly. Apples and potatoes however, are great friends – storing

them together will prevent the potatoes from sprouting

» Cut the green tops off vegetables like carrots, beets and parsnips before you put them in the fridge. These tops absorb moisture and are what causes carrots to go limp and bendy!

» For long-lasting carrots, store them in the fridge, submerged in water in a closed jar or container

» Transfer any dry foods like pasta, crackers and grains from their original packaging to an airtight container straight away to prevent them from going stale

» Instead of using a tablespoon of tomato paste and throwing out the rest, store the remaining paste in an ice cube tray – perfect for single serves!

» With nuts and nut butters, the best storage depends on how quickly you eat them. If you will eat your supply within a couple of weeks, it's fine to store them in an airtight container in the pantry. If it will take you much longer, then pop them in the fridge so they don't go rancid. Ground nuts and seeds should always be kept refrigerated as they are prone to oxidation

» Any time you have half an avocado, drizzle it with lemon juice, store in a container next to a chunk of onion, or refrigerate on a plate flesh-side down. Lemon juice can also be added to guacamole.

be

nourish

Your 7-day
guide to
keto



PEPPERMINT HAS
BEEN USED FOR
THOUSANDS OF
YEARS, BUT DID YOU
KNOW THAT THE
HYBRID PLANT HAS
POWERFUL HEALTH
BENEFITS?

SPOTLIGHT ON

PEPPERMINT



It is known for its fresh scent, minty taste and cooling sensation, but peppermint is also a strong aromatic herb with a long list of medicinal uses. Native to Europe and Asia, peppermint is cultivated in many countries and has been used since ancient times. In fact, it appears even the Egyptians were advocates of the plant, as peppermint leaves were reportedly found in the pyramids dating back to 1000 BC.

Peppermint is a hybrid of watermint and spearmint and the key chemical constituents of peppermint essential oil are menthol and menthone. Although peppermint has been used to help a range of conditions for thousands of years, modern studies have helped us understand more about its benefits for our health and wellbeing.

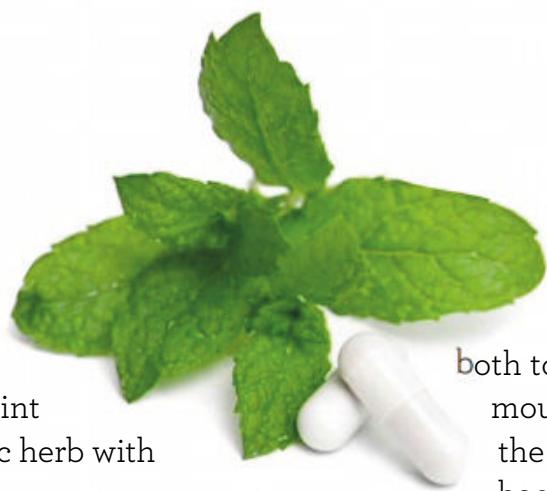
Different forms of peppermint

There are various ways in which peppermint is consumed, but it is either in the form of dried or fresh leaves, or oil. Peppermint oil, which is extracted from the leaves, is a common flavouring agent in foods and ingredient in soaps, shampoos and other body or aromatherapy products. It's also available in liquid form and in capsules, while peppermint leaf is most widely consumed in tea for drinking. "Perhaps the best known herbal tea, it is the refreshing nature of peppermint tea that makes it one of the most popular," says dietitian Susie Burrell.

What are its health benefits?

There have been many studies supporting the health benefits of peppermint oil. However, there is limited scientific research on the tea itself.

As a member of the mint family, peppermint has antibacterial properties and can act as an antiseptic solution against oral pathogens. For this reason,



PEPPERMINT CAN ALLEVIATE SYMPTOMS OF IBS

it is commonly used as an ingredient in both toothpastes and mouthwashes to freshen the breath and minimise bacteria in the mouth.

"Peppermint tea also works wonders in helping manage food cravings, as it changes the taste in the mouth quite dramatically," explains Susie.

Some scientific studies have shown peppermint can also alleviate the symptoms of irritable bowel syndrome (IBS),

including stomach cramps and bloating. One review examined nine studies of more than 700 people with IBS and found that those treated with peppermint oil for at least two weeks had better relief from IBS symptoms (including improvement in abdominal pain), than those in the placebo groups. According to researchers from the University of Adelaide, peppermint triggers an "anti-pain" channel in the colon, soothing inflammatory pain in the gastrointestinal tract.

Due to its relaxing effect, peppermint is also one of the most popular essential oils for treating migraines and headaches. For decades, researchers have closely examined the benefits of peppermint oil on headaches. A study conducted in Germany looked at 164 tension headaches in 41 patients and found that when peppermint oil was applied to the forehead and temples at the start of the headache, the pain intensity was significantly reduced.

However, it's important to note that not all research on peppermint is conclusive. Some studies have suggested inhaling peppermint oil can relieve nausea and vomiting in pregnant women, but many other investigations have contradicted this. Research published in the *Journal of Reproduction & Infertility* concluded that peppermint oil aromatherapy was not

effective in reducing the severity of nausea and vomiting of pregnancy. The clinical trial involved 56 pregnant women with mild to moderate severity of nausea and vomiting. Researchers divided them into two groups of 28 women. Inhalation aromatherapy was done for four days, but only one group was inhaling peppermint oil. The effects of aromatherapy for both the group with peppermint oil, and the placebo group, were found to be the same.



IS IT SAFE TO CONSUME OR INHALE?

Like all products derived from plants, there can be side effects, particularly when consumed in large or highly-concentrated doses, so it's recommended to consult your doctor before taking peppermint in any form. Some people may have allergic reactions and heartburn after ingesting or using peppermint oil. Those with gastro-oesophageal reflux disease, hiatal hernia or kidney stones should avoid using peppermint oil altogether.

Peppermint is a hybrid of watermint and spearmint



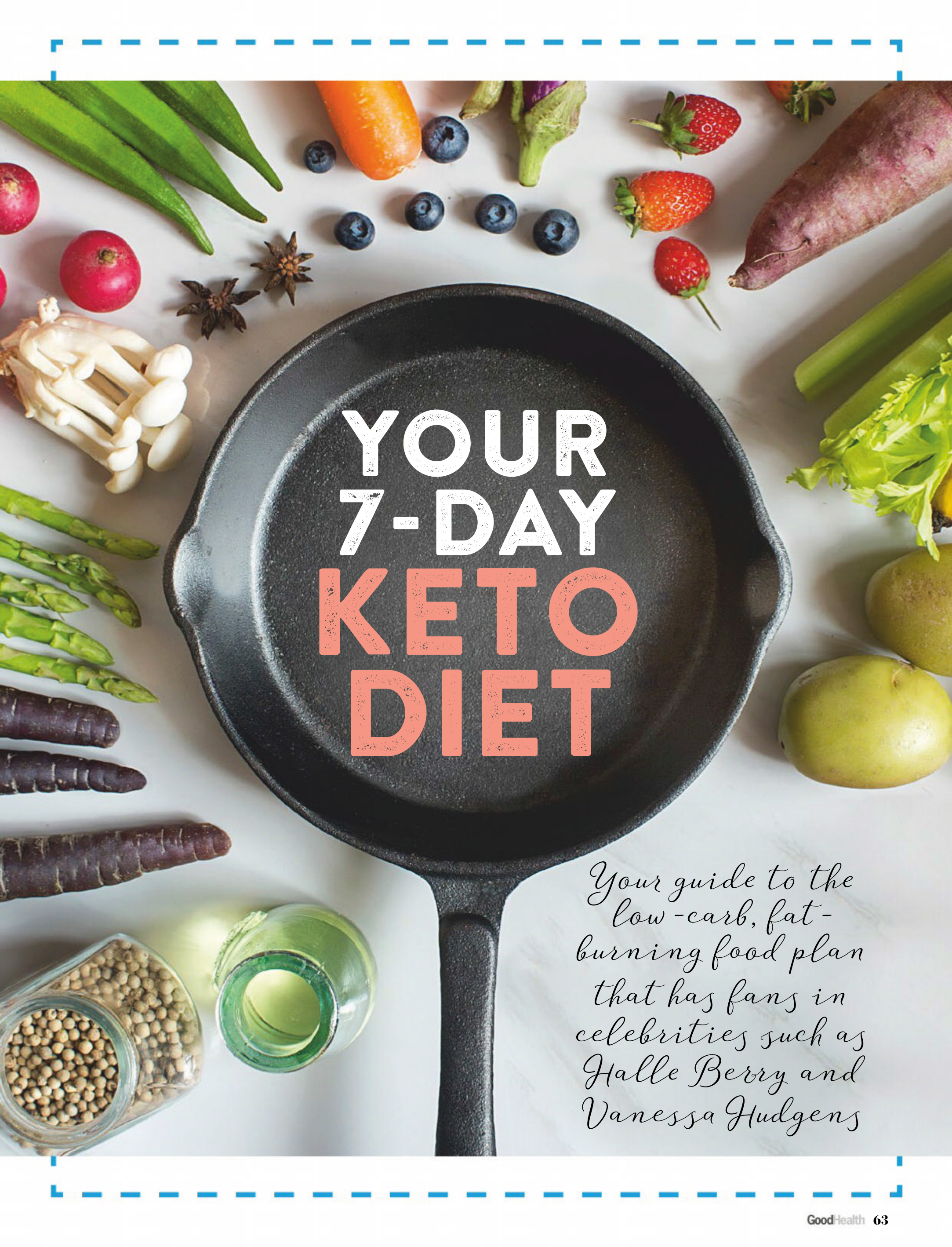
DON'T GET SICK THIS SUMMER REMEMBER TO:

- CLEAN** Wash hands, chopping boards, utensils and surfaces before and after handling raw meat.
- COOK** Cook meat and poultry thoroughly, until juices run clear.
- CHILL** Cover, separate (cooked and raw meat) and chill in the fridge. Don't leave food out for more than two hours. If in doubt – chuck it out.

CLEAN COOK CHILL **DON'T GET ILL**
[FOODSAFETY.GOV.T.NZ/CCC](https://foodsafety.govt.nz/ccc)



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YOUR 7-DAY KETO DIET

*Your guide to the
low-carb, fat-
burning food plan
that has fans in
celebrities such as
Halle Berry and
Vanessa Hudgens*

A BEGINNER'S GUIDE to keto

RACHEL GRUNWELL LOOKS AT WHAT THE KETO DIET IS AND HOW IT CAN KEEP YOU HEALTHY.
IF YOU DON'T KNOW WHERE TO BEGIN,
SCOTT GOODING'S LOW-CARB RECIPES
WILL GET YOU STARTED

Have you got on the keto diet train yet? Keto has been a wellbeing buzzword in recent times. Here is the lowdown on the low-carb lifestyle and some of its benefits, plus a seven-day keto plan for you to try at home.

What is keto?

The keto way of eating is all about eating a low-carb, high-fat diet, with a focus on avoiding processed foods. Instead of burning carbohydrates, your body uses fat as its fuel source. This is a metabolic state called ketosis. How this works is fat is metabolised in the liver and converted into ketones.

Australian-based author, chef and former *My Kitchen Rules* star Scott Gooding is a long-time keto advocate who has written about some of the benefits of keto in his new book, *The Sustainable Diet*. The benefits he lists in his book include:

- » Improved mood and cognitive function
- » Improved insulin sensitivity
- » Reduced inflammation
- » Increased fat loss.

In New Zealand, one of the main cheerleaders for the keto diet is Dr Cliff Harvey. He is an author, clinician, clinical nutritionist and researcher who completed his master's degree and doctoral research on ketogenesis.

He says that "the modern, progressive version of keto" has evolved over time. Now, it is generally about eating:

- » Plenty of plants
- » Protein (such as fish, eggs, or grass-fed meat)
- » Healthy fats like avocado and olive oil
- » Eliminating highly processed and unnatural foods
- » Eating berries, nuts, seeds and spices in small quantities.

Foods to avoid

On a keto diet, it is important to try to avoid foods such as white pasta and bread, grains, potatoes, fruits, sugars, fruit juice and dairy (except small amounts

of butter, ghee, full-fat yoghurt, cheese and cream). Dr Harvey recommends not following the old approach of keto – dubbed 'dirty keto'. This is where the focus is only on low-carb and high fats, and misses the importance of putting plants on your plate.

What to have on your plate

- » One to two palm-sized portions of protein.
- » Two to three fist sizes of vegetables.
- » Two thumb-sized portions of healthy fats.
- » If desired: A small handful of nuts, seed and/or berries.

How many meals?

Dr Harvey recommends eating two to three meals each day until you feel full – listen to your body and don't eat by the clock. Also, avoid snacking if you can. But if you need to, then try these ideas...

**INSTEAD
OF BURNING
CARBOHYDRATES,
YOUR BODY USES
FAT AS ITS FUEL
SOURCE**



● be informed

● be nourished

● be energised

● be inspired

● simply be

Your 7-day meal plan

	BREAKFAST	LUNCH	DINNER
SUNDAY	Cold spiced breakfast soup (p 70)	Broccoli and pesto omelette (p 64)	Rump steak with anchovy butter (p 67)
MONDAY	Green breakfast bowl (p 65)	Mushroom soup	Tuna poke bowl (p 68)
TUESDAY	Granola with berries (p 67)	Fennel, chilli and tomato sardines (p 69)	Fish or chicken with two to three fist-sized portions of vegetables. Add ¼ avocado or a splash of olive oil.
WEDNESDAY	Buttery mixed mushrooms (p 65)	Broccoli and pesto omelette (p 64)	Beef goulash (p 69)
THURSDAY	Green breakfast bowl (p 65)	Simple chunky tuna salad (p 64)	Fish or chicken with two to three fist-sized portions of vegetables. Add ¼ avocado or a splash of olive oil.
FRIDAY	Granola with berries (p 67)	Duck egg omelette (p 66)	Fish with lemon butter
SATURDAY	Rachel's greens in a cup (p 69)	Crispy salmon with greens (p 70)	Spicy cauliflower larb (p 68) »

Simple chunky tuna salad

» SERVES 4

400g fresh MSC albacore tuna, cut into chunks (or tinned MSC tuna)

1 red onion, sliced

1 ripe avocado, cut into chunks

1 shallot, chopped

1 tbsp sesame seeds

¼ bunch fresh coriander, chopped

1 cucumber, deseeded and chopped

DRESSING

1 garlic clove, finely chopped

5cm fresh ginger, finely chopped

1 small red chilli, deseeded and finely chopped

1 tbsp lime juice

1 tbsp fish sauce

1 tsp honey

1 Combine all the ingredients for the dressing in a small jar and shake vigorously for 10 seconds. Set aside.

2 In a large mixing bowl, combine all of the ingredients for the salad and lightly toss.

3 Add the dressing and toss it lightly again.

4 Spoon into serving bowls.

‘The key to getting excited about home-cooked food is to make it delicious’

‘THE FOUNDATION OF A HEALTHY LIFESTYLE IS AN ACCEPTANCE OF NATURAL FOODS’



Broccolini and pesto omelette

» SERVES 2

2 tbsp butter

1 bunch broccolini, heads trimmed

¼ cup peas

4 eggs, lightly whisked

¼ cup walnuts, slightly crushed

1 tbsp sunflower seeds

2 tbsp pesto

2-3 sprigs watercress

Sea salt, to taste

1 Heat 1 tablespoon of butter on a high heat in a frying pan. Add the broccolini and toss for 3-4 minutes until charred and softened. Remove from the heat.

2 Bring some salted water to the boil. Place the peas in and allow to cook for 2 minutes before removing them from the heat and setting aside.

3 Heat the remaining butter in a frying pan on a low heat. Add the eggs and allow the base to cook (1-2 minutes).

4 Place the broccolini and peas on the omelette, as well as the walnuts and sunflower seeds.

5 Continue to cook the eggs until cooked to your liking.

6 Remove from the heat and serve with the pesto, watercress, adding salt to taste.

SNACKS

- » Small bowl of berries with cream.
- » Low-carb protein bar or protein cookie.
- » Small bowl of nuts, berries and yoghurt.
- » 2 tablespoons of your choice of nut butter or hummus with vegetables.
- » 50g dark chocolate (minimum 80% cocoa).
- » Left over keto-based dinner from the night before.
- » Coffee is okay as long as it doesn't disturb your sleep and make you anxious. One to three cups per day (ideally in the morning). Coffee can give ketones a boost, too.

Buttery mixed mushrooms

» SERVES 2

- 2 tbsp butter
- 1 tbsp olive oil**
- 300g mixed mushrooms (brown, swiss, shitake, enoki), roughly chopped
- 2 sprigs thyme**
- Juice of 1 lemon
- Sea salt and black pepper, to taste**

- 1** Place a large frying pan over a low-medium heat and add the butter and olive oil. Add the mushrooms and thyme, and gently toss. Cook for 8-10 minutes, or until the mushrooms have softened. Add more butter or olive oil, if necessary, as the mushrooms will absorb a great deal.
- 2** Remove from the heat, toss with the lemon juice, and season with salt and pepper.

Green breakfast bowl

» SERVES 2

- 2 tbsp coconut oil
- $\frac{1}{2}$ bunch Tuscan kale, trimmed and roughly chopped**
- 2 garlic cloves, sliced
- $\frac{1}{2}$ tsp chilli flakes**
- 2 eggs, boiled
- $\frac{1}{2}$ avocado, cut in wedges**
- 2 tbsp sauerkraut
- Handful snow pea sprouts**
- 1 lemon, juiced
- 1 tbsp olive oil**
- Sea salt and black pepper, to taste

- 1** Place a frying pan over medium heat and add the coconut oil.

Add the kale, garlic and chilli, and sauté for 4-5 minutes, or until softened. Remove from the heat and set aside.

2 Place the eggs in a small saucepan, cover with cold water and bring to the boil. Reduce the heat to a simmer and cook for 6 minutes (soft boiled). Remove the eggs, run under cold water and peel.

3 In a large bowl, combine the kale mixture with the avocado wedges, sauerkraut, snow pea sprouts and eggs.

4 Drizzle with lemon juice and olive oil, season with salt and pepper, and serve.



Duck egg omelette

» SERVES 2

1 tbsp duck fat or ghee
 $\frac{1}{2}$ **brown onion, chopped**

Handful of mushrooms,
roughly chopped

1 tsp chilli flakes

3 duck eggs or 4 chicken eggs

Handful of loose rocket leaves

Sea salt and black pepper, to taste

1 Heat the duck fat or ghee in a large frying pan on a medium heat.

2 Add the chopped onion and cook for 1 minute.

3 Add the mushrooms and chilli, and cook for 3-4 minutes. As they begin to soften, add the rocket leaves.

4 Gently whisk the eggs in a bowl with a fork and add to the frying pan.

5 Reduce the heat to low. Once the egg is browned on the underside, flip the omelette over and remove from the frying pan once it is cooked to your liking.

6 Season with the sea salt and black pepper, and serve.



*'I'm salivating
just thinking
about this
dish'*

Rump steak with anchovy butter

» SERVES 2

2 rump steaks
1 tbsp olive oil
2 tbsp anchovy butter
(see recipe below)
**Sea salt and black
pepper, to taste**

- 1 Remove the steaks from the fridge 30 minutes before cooking.
- 2 Heat the olive oil on a high heat.
- 3 Season both sides of each steak, then place them into the pan.
- 4 Depending on the thickness of each steak, cook for 2-3 minutes on both sides.
- 5 Once they are cooked to your liking, remove each steak from the heat and allow to rest for 2 minutes.
- 6 Put a tablespoon of anchovy butter on each steak.

ANCHOVY BUTTER

» MAKES 200G

120g salted organic butter
75g anchovies
2 shallots, finely chopped
1 lemon, juiced
Black pepper, to taste

- 1 In a mixing bowl, mash together all of the ingredients.
- 2 Once fully combined, store in an airtight container in the fridge.

**MAKE SOME
EXTRA GRANOLA
TO KEEP IN A JAR
AS A HEALTHY
KETO-FRIENDLY
SNACK**

Granola with berries

» SERVES 6

2 cups coconut flakes
½ cup pepitas
½ cup sunflower seeds
½ cup walnuts
½ cup pecans
2 tbsp linseeds
½ cup macadamias
1 tsp cinnamon
1 tsp allspice
2-3 tbsp coconut oil
1 tbsp honey
**1 cup coconut yoghurt,
to serve**
1 cup fresh or frozen berries,
to serve

- 1 Preheat the oven to 180°C.
- 2 Mix all the dry ingredients in a large mixing bowl, including the spices.
- 3 Add the coconut oil and honey, and combine thoroughly.
- 4 Line 2 baking trays with baking paper. Spread the ingredients onto the baking trays and distribute evenly. Bake for 15 minutes (swap the trays at the midway point).
- 5 Remove from the oven and allow to cool. Serve with the coconut yoghurt and berries.



Cauliflower larb

» SERVES 6

500g cauliflower florets
20g coconut oil
80g red capsicum, sliced
50g lemongrass stalks, thinly sliced and fried
80g cherry tomatoes, halved
100g red onion, sliced
50g toasted peanuts
50g toasted cashews
10g fresh coriander leaves
10g fresh mint leaves

DRESSING

10g garlic, finely chopped
10g ginger, finely chopped
4g chilli flakes
15g honey
15g fish sauce
15g lime juice
5g lime zest

- 1 Preheat the oven to 150°C.
- 2 Combine all the ingredients for the dressing in a small glass jar. Shake vigorously and set aside.
- 3 Pop the cauliflower florets into a food processor and pulse until it reaches a rice-like consistency – you may have to do two batches.
- 4 Place the cauliflower rice in an oven tray lined with oven-proof paper and drizzle over the coconut oil.
- 5 Bake for 25 minutes, then remove from the oven and allow to cool.
- 6 Combine the cauliflower rice with the other ingredients in a large bowl.
- 7 Add the dressing and season to taste.

'As long as there is an array of colours, textures and flavours, you can't go wrong'



Tuna poke bowl

»SERVES 2

1 tsp olive oil
1 albacore tuna steak
½ cup green cabbage, shredded
½ cup red cabbage, shredded
2 pink radishes, sliced
1 avocado, mashed
½ red onion, sliced
2 spring onions, chopped
1 small beetroot, grated
4 tbsp dressing

DRESSING

½ red onion, finely chopped
1 garlic clove, finely chopped
3 tbsp olive oil
1 tbsp lemon juice
1 tbsp apple cider vinegar
1 tbsp tamari sauce
1 green chilli, finely chopped

- 1 To make the dressing, place all the ingredients in a mixing bowl, stir to combine and set aside.



- 2** Place a griddle pan over high heat and add the olive oil. Add the tuna steak and cook for 2-3 minutes on each side. Remove from the pan, allow to cool, then dice.
- 3** In a large bowl, combine the remaining ingredients, then add the diced tuna. Add 4 tablespoons of the dressing and lightly toss to combine.

Beef goulash

» SERVES 2

- 1 tbsp ghee
- 2 brown onions, peeled and chopped**
- 2 garlic cloves, peeled and chopped
- 400g grass-fed beef chuck, diced**
- 1 large red capsicum, chopped
- 1 x 400g can tomatoes**
- $\frac{1}{2}$ cup passata
- 1 cup bone broth/stock**
- 2 tbsp paprika
- 2 tsp caraway seeds, crushed**
- $\frac{1}{2}$ bunch parsley, roughly chopped

- 1** In a large frying pan or saucepan, heat the fat on medium heat. Add the onion and garlic until softened.
- 2** Turn up the heat to high and add the chuck steak. Brown off the meat before adding the capsicum, tomatoes, passata, broth and spices. Season.
- 3** Reduce the heat, pop on the lid and cook for further 45-60 minutes or until the beef is tender.
- 4** Remove from the heat and serve with the chopped parsley.

‘Oozing with simplicity, ease and flavour’

Fennel, chilli and tomato sardines

» SERVES 4

- 20 whole MSC sardines
- 3 baby fennel, sliced**
- 1 punnet cherry tomatoes, halved
- 3 tbsp olive oil**
- Zest of 1 lemon
- 1 tsp chilli flakes**
- 2 lemons, halved
- Sea salt and black pepper, to taste**

- 1** Preheat the oven to 180°C.
- 2** In a large baking tray, place the sardines side by side, with the fennel and tomatoes between the fish.
- 3** In a bowl, combine the olive oil, lemon zest and chilli flakes. Pour the mixture over the fish, fennel and tomatoes.
- 4** Add the lemon halves to the tray and season with salt and pepper.
- 5** Place the tray in the oven for 10-12 minutes – times vary depending on the size of the fish
- 6** Remove from the heat and serve.



Rachel's greens in a cup

» SERVES 2

- 4 medium spinach leaves
- 250ml coconut water**
- $\frac{1}{3}$ cup blueberries
- $\frac{1}{2}$ **avocado, skin and pit removed**
- 4 ice cubes
- 1 tbsp coriander**
- 2 mint leaves

- 1** Wash the greens under water. Then, place the leaves and the rest of the ingredients into a blender. Blitz, then pour into a glass and enjoy!



Crispy salmon with greens

» SERVES 2

2 salmon portions (skin on)

2-3 tbsp olive oil

½ bunch of rainbow chard, stalks and leaves chopped

4 garlic cloves, chopped

1 long red chill

3cm Jerusalem artichokes, sliced

½ lemon, juiced

Sea salt and black pepper, to taste

1 Dab the skin of the salmon with paper towel. Season the salmon skin with salt and pepper.

2 Place 1 teaspoon of olive oil into a frying pan on high heat.

3 Place the fish in the pan, skin side down and cook for 4-5 minutes.

Turn the salmon over and cook for 3-4 minutes on the flesh side.

Remove from the heat and allow to rest.

4 Meanwhile, in a separate frying pan on a medium heat, add the remaining oil.

5 Add the garlic, chilli and Jerusalem artichokes to the pan and cook for 1 minute.

Next, add the stalks of the chard and cook for 2-3 minutes. Add the leaves of the chard and cook for a further 2-3 minutes. Stir the ingredients in the pan together.

6 Remove from the heat and season with salt, pepper and the lemon.

7 Serve the greens on the side with the salmon.

**THIS IS A
PERFECT
MEAL FOR
EITHER LUNCH
OR DINNER**

Cold spiced breakfast soup

» SERVES 4

2 fresh avocados, flesh scooped out

600ml coconut milk

Juice of ½ lemon

1 tsp turmeric

½ tsp cumin

¼ **bunch of coriander, leaves only**

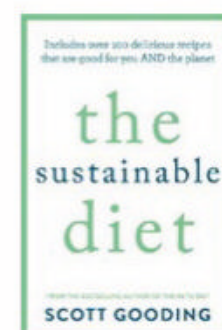
1 tbsp olive oil

Sea salt and freshly ground black

pepper, to taste

1 Place all the ingredients in a blender or food processor and blitz for 30 seconds or until smooth.

2 Season again with salt and pepper if needed, and serve immediately, or place in the fridge for 30 minutes to chill.



For more keto recipes, pick up a copy of *The Sustainable Diet* by Scott Gooding (Hachette Australia, **\$34.99**). Available from all good book stores.



FOOD
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The LOWDOWN

WHO SAYS
LOW-CARB CAN'T
BE DELICIOUS?
LUKE HINES SHARES
SOME MEALS TO
KICK-START YOUR
HEALTHY EATING
FOR THIS YEAR

Sensational sumac steaks

» SERVES 4

1 head of cauliflower

**1 large head of
broccoli**

2 tbsp coconut oil

**125ml (½ cup) extra-
virgin olive oil**

1 tbsp sumac

1 tsp ground cumin

½ tsp chilli powder

½ tsp garlic powder

Sea salt and freshly ground
black pepper

**1 handful of flat-leaf parsley leaves,
roughly chopped**

DRESSING

2 tbsp hulled tahini

**125g (½ cup) coconut yoghurt or
canned coconut cream**

125ml (½ cup) lemon juice

**Sea salt and freshly ground
black pepper**

**THIS RECIPE
IS ALSO
FANTASTIC
WITH DUKKAH.
SPRINKLE A
LITTLE OVER
THE TOP BEFORE
SERVING**

1 Preheat the oven to 180°C and line two baking trays with baking paper.

2 Sit the cauliflower upright on a chopping board and cut four even slices about 4cm thick out of the centre. Repeat with the broccoli.

3 Melt the coconut oil in a large frying pan over high heat. Add a few of the cauliflower and broccoli steaks to the pan and fry for 6–8 minutes, turning

halfway through, or until nicely caramelised. Transfer the steaks to one of the prepared trays and repeat with the remaining cauliflower and broccoli.

4 In a small bowl, whisk the olive oil, sumac, cumin, chilli and garlic powder. Drizzle this mixture over the cauliflower and broccoli steaks to coat evenly and season well with salt





and pepper. Roast for 20–30 minutes, or until the steaks are soft on the inside and golden on the edges.

5 Meanwhile, for the dressing, whisk all the ingredients in a bowl. Set aside.

6 To serve, divide the cauliflower and broccoli steaks among plates, giving each person one of each. Top with a generous drizzle of the dressing and a scattering of chopped parsley.

Simply satay and slaw

» SERVES 4

800g chicken thighs (about 8)
3 tbsp halved peanuts, toasted and roughly chopped
 Lime wedges, to serve

SLAW

$\frac{1}{2}$ Chinese cabbage (wombok), finely shredded
 $\frac{1}{4}$ red cabbage, finely shredded
 3 tbsp sesame seeds, toasted
2 tsp extra-virgin olive, avocado or macadamia oil
 Finely grated zest and juice of 2 limes

SATAY SAUCE

2 tbsp coconut oil
1 lemongrass stalk, inner core only, finely chopped
 2 garlic cloves, finely grated
5cm piece of ginger, peeled and finely grated
 $\frac{1}{2}$ red onion, finely chopped
 $\frac{1}{2}$ tsp dried chilli flakes
 2 tsp coconut sugar
2 tsp tamarind paste or puree
 2 tbsp tamari
125g ($\frac{1}{2}$ cup) peanut butter
 Finely grated zest and juice of 1 lime
250ml (1 cup) filtered water
 Sea salt

1 Place eight bamboo skewers in

a shallow dish, cover with cold water and leave to soak for at least 30 minutes. To make the slaw, toss the cabbage and sesame seeds in a bowl. Add the oil, lime zest and juice and toss again. Cover and set aside in the fridge until needed.

2 For the satay sauce, melt the coconut oil in a frying pan over medium heat. Add the lemongrass, garlic, ginger, onion and chilli flakes and cook, stirring, for 4–5 minutes, or until the onion is softened and caramelised. Add the rest of the ingredients (except the salt) and cook, stirring, for 1–2 minutes until thickened slightly. Season to taste with salt, then remove from the heat and set aside to cool.

3 Heat a barbecue grill to high.

4 Thread the chicken pieces onto the prepared skewers. Lightly brush the skewers all over with 80ml ($\frac{1}{3}$ cup) of the satay sauce, then cook, turning regularly, for 8–10 minutes or until cooked and golden brown.

5 To serve, divide the slaw among plates or bowls. Top with the chicken skewers, drizzle with the remaining satay sauce and sprinkle over the chopped peanuts. Serve with lime wedges for squeezing.



Mexican meatballs with salsa sauce

» SERVES 4

600g beef mince

1 bunch of coriander, leaves finely chopped

80ml ($\frac{1}{3}$ cup) coconut oil, grass-fed butter or ghee, melted

1 egg

2 garlic cloves, very finely chopped

1 tsp ground cumin

1 tsp ground coriander

1 tsp dried chilli flakes

Sea salt and freshly ground black pepper

MACADAMIA SOUR CREAM

160g (1 cup) macadamia nuts, soaked in hot water for at least 15 minutes (could substitute cashews)

Juice of 1 lemon

2 tsp apple cider vinegar

$\frac{1}{2}$ tsp sea salt

80ml ($\frac{1}{3}$ cup) filtered water

SALSA SAUCE

2 tbsp coconut oil, grass-fed butter or ghee

1 onion, finely diced

2 garlic cloves, finely diced

2 long red chillies, finely diced

2 tomatoes, roughly diced

1 tbsp tomato paste

1 tsp smoked paprika

1 tsp ground cumin

250ml (1 cup) beef stock or bone broth

250ml (1 cup) tomato passata

1 For the macadamia sour cream, drain the soaked nuts and rinse them really well, then transfer to a high-speed blender or food processor together with all the remaining ingredients and blitz for 1–2 minutes, or until beautifully smooth. Set aside.

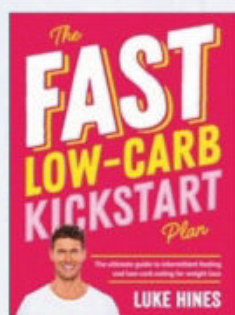
2 Place the mince, half the coriander, 2 tablespoons of your preferred cooking fat, egg, garlic, spices, salt and pepper in a large bowl. Using your hands, mix everything really well. Roll the mixture into walnut-sized balls, transfer to a tray and place in the fridge for 30 minutes to firm.

3 While the meatballs are chilling, make the salsa sauce. Melt your preferred cooking fat in a large saucepan over medium heat. Add the onion, garlic and chilli, and sauté for 4–5 minutes until softened and caramelised. Add the tomato, tomato paste and spices and cook, stirring, for a further 2 minutes. Stir in the stock or broth and tomato passata and bring to the boil, then reduce the heat and simmer for 15–20 minutes until thickened and reduced slightly.

4 Heat the remaining 2 tablespoons of your preferred cooking fat in a

large frying pan over medium–high heat. Working in batches if necessary, add the meatballs to the pan and cook for 5–6 minutes until golden brown on all sides. Pour over the salsa sauce, bring to a simmer and cook for a further 8 minutes, or until the sauce is lovely and thick and the meatballs are cooked through.

5 Divide the meatballs among plates, scatter over the reserved coriander and season well with salt and pepper. Serve with generous dollops of the macadamia sour cream.



Edited extract from
*The Fast Low-Carb
Kickstart Plan* by
Luke Hines
(Plum, \$39.99).

Zingy fish tacos with smashed avo

» SERVES 4

400g snapper or other firm white fish fillets, skin and bones removed

2 tbsp extra-virgin olive oil

1 tbsp arrowroot or tapioca flour

1 tbsp smoked paprika

2 tsp ground cumin

½ tsp cayenne pepper

1 tsp sea salt

½ tsp freshly ground black pepper

1 tsp garlic powder

1 tsp dried thyme

3 tsp coconut oil

COCONUT TORTILLAS

2 large eggs, beaten

250ml (1 cup) canned coconut milk

125g (1 cup) arrowroot or tapioca flour

3 tbsp coconut flour

½ tsp sea salt

2 tbsp extra-virgin olive oil

TO SERVE

2 avocados, roughly smashed with a fork

1 handful of coriander leaves, roughly torn

1 lime, cut into wedges

1 To make the coconut tortillas, whisk all the ingredients except the oil in a bowl to form a smooth batter. Heat a little of the oil in a frying pan over medium heat. Pour 3 tablespoons of the batter into the pan, then tilt and swirl the pan to spread the batter into a 15cm circle. Reduce the heat to low and cook for 1–2 minutes until sturdy enough to flip, then cook for 1–2 minutes on the other side until cooked through, puffed up and golden brown. Transfer the tortilla to a plate and repeat this process, adding a little more oil each time, to make eight tortillas. Wrap in a tea towel to keep warm

while you prepare the fish.

2 Cut the fish fillets into smaller pieces about 8cm in length, place in a bowl and drizzle over the extra-virgin olive oil. In a separate bowl combine the arrowroot or tapioca flour, spices, salt, pepper, garlic powder and dried thyme. Sprinkle the dry spice mix over the fish and toss to coat well.

3 Melt the coconut oil in a large non-stick frying pan over medium-high heat. Add the coated fish pieces and fry for 2–3 minutes on each side, or until golden brown and cooked through.

4 To serve, spoon a little smashed avo over the middle of a warm tortilla, top with a few fish pieces

and scatter over some coriander leaves. Give everything a good squeeze of fresh lime juice, season well with salt and enjoy.

GOOD TO KNOW:

Instead of eight smaller soft tacos, feel free to make four larger ones by pouring 125ml (½ cup) of batter into the pan. As the tortillas will be slightly thicker, allow an extra 30–60 seconds of cooking time for each side.

HEALTH HACK:

Store-bought tortillas often contain gluten and are high in carbohydrates, unlike these delicious homemade ones, which are a fantastic option for keeping you on track during your kickstart and beyond.

THESE DELICIOUS HOMEMADE TORTILLAS ARE A HEALTHIER OPTION TO KEEP YOU ON TRACK





'My daughter and I agree that it looks and tastes incredibly like the version made with sushi rice'



CAULIFLOWER

sushi

LOOKING TO ADD MORE
VEGETABLES TO THE MENU? THIS
VEGETARIAN TAKE ON SUSHI
WILL PLEASE A CROWD

Have you ever made your own sushi? If you haven't, then I highly recommend you get into the kitchen for some DIY sushi making – it is so easy, fun and super healthy, especially my cauliflower sushi, which is low-carb, paleo-friendly and grain-free. Using cauliflower as a grain or rice-free alternative in cooking has become super popular and there are so many delicious and healthy recipes available.

My daughter and I love to make cauliflower sushi at least once a week. As vegetarians, we fill our sushi with lots of my daughter's favourite fresh raw vegetables, but you can certainly get creative and add any fillings you like. My daughter and I both agree that it looks and tastes incredibly like the version made with sushi rice.



Christina Leon runs the health and lifestyle online community Reveal Yourself.

Cauliflower sushi

3 cups grated cauliflower (1 head of cauliflower)

1½ tbsp rice vinegar

2 tsp tapioca flour

Pinch of salt

5 nori sheets

Wasabi, soy sauce and pickled ginger, to serve

FILLING

1 avocado, sliced

2 carrots, peeled and thinly sliced

1 red capsicum, thinly sliced

1 yellow capsicum, thinly sliced

½ cucumber, seeds removed and thinly sliced

1 Chop the cauliflower into florets and place into a food processor, pulse for 2–3 seconds at a time until the cauliflower resembles rice. If you don't have a food processor, use a grater.

2 Put the cauliflower rice in a pan on a medium-high heat. Sauté for 3 minutes.

3 Add the vinegar, flour and salt, and continue to stir the cauliflower rice for a further 2 minutes until it is fully coated.

4 Remove the cauliflower rice from the heat and allow to cool.

5 While waiting for the cauliflower to cool, prepare the vegetable fillings. Slice the vegetables into thin sticks and set aside until you are ready to fill the nori sheets.

6 Place a nori sheet down on a bamboo rolling mat. Spread a thin layer of cauliflower rice evenly over the nori sheet (from edge to edge), leaving about 2cm of space at the top end of the nori sheet.

7 Add the fillings by layering them in a thin row closer to the edge where the cauliflower rice fully meets the edge of the nori sheet.

8 Dampen the bare edge of the nori sheet with water, then roll it up tightly.

9 Slice with a sharp knife.

10 Serve the cauliflower sushi with wasabi, soy sauce and pickled ginger.

Using **cauliflower** as
a **grain** or **rice-free**
alternative in cooking has
become super **popular**

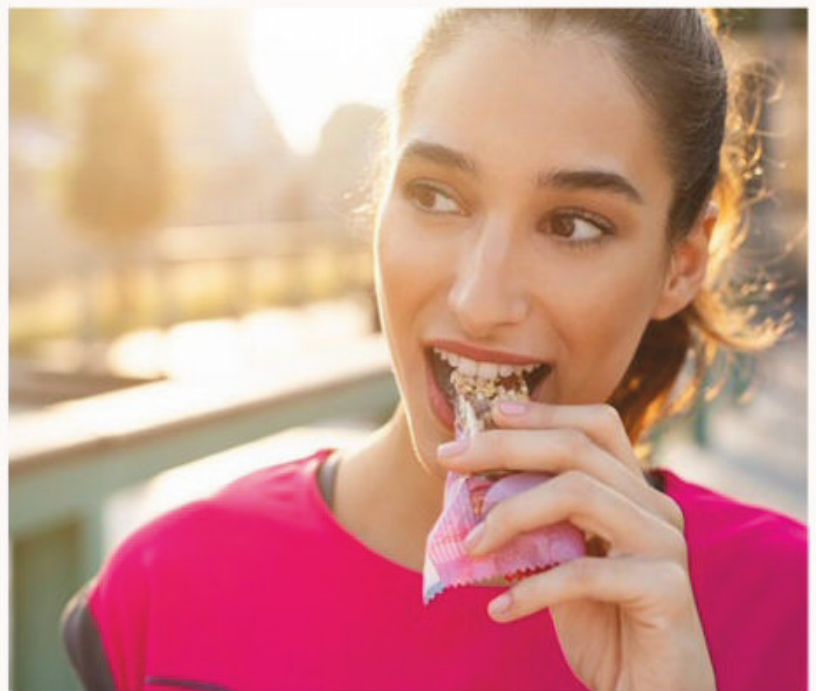
Ask the expert



DIETITIAN MELANIE McGRICE ON EATING BEFORE OR AFTER YOUR WORKOUT, GETTING ENOUGH IRON AS A VEGETARIAN AND WHETHER SUSHI IS HEALTHY

Should I eat before or after my workout?

A The answer to this depends on the type of exercise that you do and the goal of your physical activity. For example, if your goal is to lose weight and you are just going to undertake a short cardio workout, save your snack until after your session. If your goal is to win a game of netball, then you may be better off having a small, carbohydrate-rich snack before your workout to boost your energy levels so you can run rings around your opponent. However, if your goal is to build muscle tone in a weight session, it's best to include both a small pre-workout snack and a post-workout snack that includes both carbs and protein to support muscle growth. It can be a good idea to get personalised advice from your dietitian to know what's best for you.



'This depends on the type of exercise that you do'

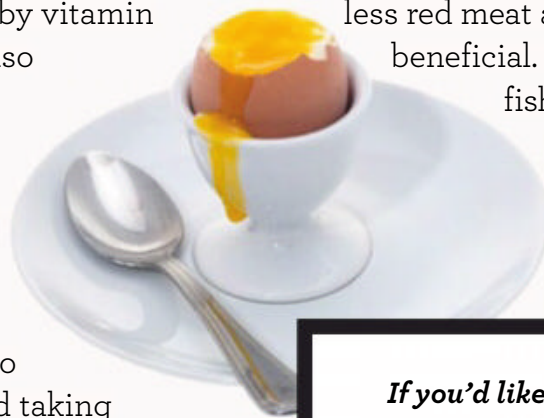
Is sushi healthy?

A A lot of people think that sushi is one of the healthiest options to choose when eating out, and it can be, but it depends on what ingredients are used and how it's prepared. The rice in sushi rolls is often mixed with vinegar and sugar to add flavour and to help it roll easily. And when you add mayonnaise or tempura (fried) meat or seafood, the calories really add up. If you do feel like ordering sushi, choose one that is fish-based and grab a side of seaweed salad. Better still, make your own sushi at home where you can avoid using high-calorie ingredients.



I follow a vegetarian diet. How can I get enough iron?

A Red meat isn't the only food source of iron – it is abundant in many plant-based whole foods. Grains, legumes, nuts and seeds are all good sources of non-heme iron. The catch is that non-heme iron needs to be converted to heme iron by vitamin C, so it's essential to also consume adequate vitamin C. Potatoes, capsicum, berries and citrus fruits are all great sources of vitamin C. It's also essential to avoid taking nutritional supplements, or drinking caffeinated beverages at the same time as eating iron-rich foods, as these can inhibit iron absorption.



Is there anything that I can eat to improve psoriasis?

A Psoriasis is an inflammatory condition that causes itchy, dry skin, triggered by changes in temperature, stress and certain foods. Research suggests that limiting your intake of arachidonic acid by consuming less red meat and eggs may be beneficial. Instead, focus on eating fish and plant-based proteins such as legumes, nuts and tofu. It may also help to avoid alcohol.

If you'd like one of our experts to answer your question, email it to goodhealth@bauermedia.co.nz. No personal correspondence will be entered into.



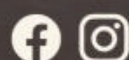
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Capture the good of life
by looking and tasting our best.



The same country flavours made by
the same country people.

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Keep your COOL

THE HEAT CAN ADD AN EXTRA LEVEL TO YOUR EXERCISE ROUTINE, BUT NOT IN A GOOD WAY. ERIN FISHER HAS SOME SUGGESTIONS TO DIAL DOWN THE TEMPERATURE TO AVOID RISK

be

energised

Nats
Levi's
balanced
approach to
fitness

Finishing a workout or arriving home from a jog dripping in sweat can feel like a sign of accomplishment and exertion – an indicator that yes, you can give yourself a nice big pat on the back.

But during the hottest months, when the temperature dial cranks up a few notches, combining exercise and extreme heat can put unnecessary stress on your body. Unless you have access to an air-conditioned gym, your exercise routine might need to be dialled down. Heatstroke is no joke!

- » One of the simplest things you can do is schedule your exercise for early mornings or in the evenings when the temperatures are lower.
- » If you're outside, try to find areas with lots of trees to keep you protected from the sun and provide shade should you need to rest.
- » Invest in some dry-fit clothing that is breathable, light-coloured and lightweight with moisture wicking technology to draw sweat away from your skin.
- » Always wear sunscreen when you're heading outside. Yes, it might make you sweat more, but preventing sunburn will keep your skin cooler in the long run.
- » Breaking a sweat is your body's clever way of letting off some heat, and the evaporation of sweat is what causes the cooling effect. When humidity is high and there is more moisture in the air, evaporation of sweat becomes far more difficult and your body can start to overheat.
- » Stay hydrated during the day and sip water regularly during exercise, even if you're in an air-conditioned space. Don't wait until you feel thirsty to drink some water, as thirst is a sign you are already dehydrated. To monitor your hydration, keep an eye on the colour of your urine – it should be a light pale yellow colour like Champagne.
- » To keep your head cool when you're outside, try dunking your cap in cold water.
- » Break it up! Instead of doing one longer bout of exercise, do a short burst in the morning and a short burst in the evening.
- » On days where you are doing intense activity, don't shy away from adding salt to your food as your body needs to replace what has been lost in sweat.
- » Post-exercise, have a cold shower to help your body cool down.
- » If you tend to sweat during your sleep, remember to drink water upon waking to rehydrate.
- » On days you feel dehydrated or are worried you may have heatstroke, avoid drinking alcohol as it will only deplete your body further.
- » Listen to your body and don't be afraid to slow down. Heatstroke is serious and in severe cases can even be fatal. As soon as you experience any symptoms such as nausea, dizziness, visual problems, vomiting, or an increase in heart rate, stop and seek shelter, help and hydration.

True HEALTH

FITNESS INSTRUCTOR NATS LEVI TALKS TO
ERIN FISHER ABOUT UNREALISTIC BODY IMAGE
GOALS AND THE HEALTH SCARE THAT PUT AN END
TO HER EXCESSIVE EXERCISING

Looks can be deceiving. An eye-catching book cover doesn't always mean a life-changing read, and just because a person's body looks fit and healthy on the outside, doesn't necessarily mean their daily habits are.

For Nats Levi, the boost of self-belief, confidence and empowerment she experienced through movement was the bait that got her hooked, and it wasn't long before she went from the shy participant at the back of a gym class, to a Les Mills group fitness instructor, sometimes teaching in front of hundreds of people around the world.

Her schedule at times was jam-packed with 15 to 20 group classes to teach each week, plus her personal client database and her personal workout regime on top of that. Yet even with all the high intensity hours she was clocking up on the gym floor, the sense of pressure to perform better athletically and look the part with a leaner and "fitter" physique was relentless.

When Nats and her husband wanted to start a family, her light and irregular menstrual cycle suddenly became a concern, and an appointment with her endocrinologist was the wake-up call she needed. She was diagnosed with Female Athlete Triad syndrome – a combination of three components; low energy availability (ie not enough food for the amount of exercise), loss of menstrual cycle and decreased bone density.

Too much

"We are bombarded with images of what healthy looks like, and I realised that while I was driving my body so hard to try and perform, and present this picture of health, I wasn't truly fuelling my body and treating it healthily."

"People would tell me I looked great, fit and healthy, and while in those moments I probably looked quite lean, I wasn't so healthy. My body was in such a stressed state that it was affecting my gut health, my hormones and my mental clarity, but I was so used to just pushing through it."

**'MY BODY WAS
IN SUCH A
STRESSED STATE
THAT IT WAS
AFFECTING MY
GUT HEALTH'**

After taking time out to dial back the training and focus on nutrition and recovery, her body slowly found its happy place. Her menstrual cycles returned, the heavy brain fog lifted, her energy levels were restored and she began to cultivate a more balanced approach to training.

Slowing down

"I still love moving – I think it's wonderful and it's a very powerful mood changer. However, it can be highly addictive, and I was definitely addicted to exercise."

In a single day, it's not unusual to »

*'I think it's wonderful and it's
a very powerful mood changer'*



● be informed

● be nourished

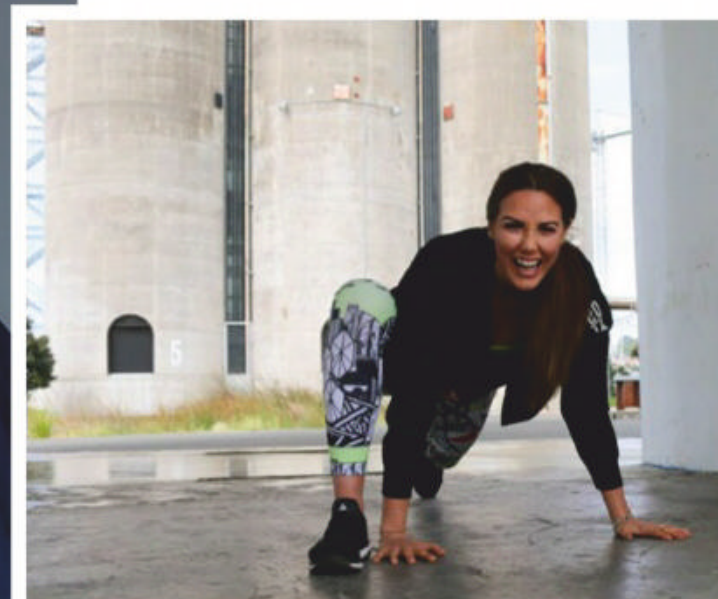
● **be energised**

● be inspired

● simply be



Left: After being diagnosed with Female Athlete Triad syndrome, Nats Levi had to nourish and regenerate her body. **Below:** For the fitness instructor, movement is an important part of her everyday life.



see images of unattainable physiques and advertisements for gym memberships or workout plans. Nats says it becomes so easy to fall into the trap of believing that more is better, instead of understanding that overdoing it can have serious consequences on the health of your hormones, fertility, brain and bones.

“I’ve learned that with hormones, it takes time to do damage, and as long as it takes you to do the damage, it will take you as long, if not longer, to repair it and come back to a place where you are healthy. If my story can help someone who feels a little dark like I did, who is

lost in their head and has lost touch with their body, then I’m so happy.”

Helping others

Having come full circle on her health journey, Nats is now on a mission to spread the word with her new book *From F.A.T. to Fierce: Solving the Health Puzzle When Your Body is Not Responding* – to let people know that there is far more to optimal

health and confidence than slogging your life away in the gym trying to look like a picture you have saved on your phone.

“I no longer think health and leanness are so correlated. Each person’s body is going to look different at optimal health – when they have

their best energy while going about their daily activities, they will feel great during exercise and feel refreshed and empowered afterwards.”

“There is definitely an energy to someone when they are truly healthy – they are just glowing.”

‘THERE IS DEFINITELY AN ENERGY TO SOMEONE WHEN THEY ARE TRULY HEALTHY’

Nats on the 'gram



We’re all different

“There is also a unique way for everyone to achieve that nutritionally. I don’t think everyone should be doing keto or eating low-carb or vegan, it just depends on the individual makeup of each person. You’ve got to listen to your instincts and your body will tell you when it’s not right.”

Some of the red flags might be an

irregular menstrual cycle, thinning hair or unusual weight gain, for others it might be low energy or libido, brain fog, or skin that is pallid or has a yellow tinge. The human body is a powerful communicator – we just have to learn to pay close attention to its signals and be open to change.

By the same token, Nats believes that so many people would benefit if there was a greater diversity of images of what a healthy body can look like. Being 1.87m with a lanky frame, she understands that health is not one size fits all.

Reality

“As a trainer, clients often show me a picture of who they want to look like and I have to tell them, ‘That’s cool, but that’s a single moment in time. The person could have been dehydrated, the lighting and the shadow is just right, or the image could even have been altered.’ That’s why I would love to see that image broadened, of what true health looks like.

“We are all so different and unique. I think if we could see more of ourselves – whatever our stature is and whatever our genetic makeup is – being presented

in a healthy way, then we would have something inspirational we could not only relate to but feel is achievable.”

Joy and empowerment

She explains that the path to great health involves tweaking three levers – nourishment, movement and restoration – and given that everyone’s physiology and lifestyle is different, you and your neighbour might need to fine-tune these levers in different ways to feel your best.

Her book explores the variety of body types and shapes, why kindness is the foundation of health, what weight gain in specific areas tends to mean and why including foods from all the food groups is so important.

She breaks down how to improve your gut health, use your hands to guide your portion sizes, and ways to experiment with your personal ratio of carbs, fats and protein.

When it comes to her exercise philosophy now, gone are the days of multiple sessions a day. Now, it’s all about quality strength training and adequate recovery over quantity of workouts. “If you want to change the look and shape of your body,

‘FITNESS SHOULD BE ABOUT JOY AND EMPOWERMENT. GO WITH WHAT YOU LOVE’

HOT TIPS

» More is not better when it comes to exercise, as the added stress can have a negative effect on your hormones, fertility and bones – especially if you’re doing HIIT. Opt for regular strength training instead with restorative practices like gentle yoga to recover.

» Yoga, Pilates, barre and bodyweight movements like squats and push-ups are also great ways to strengthen muscles and bones.

» Being healthy isn’t about having extremely low body fat, especially for females. Better indicators of health include glowing clear skin, eyes and hair, a regular menstrual cycle and stable high energy levels – not to mention happiness!

then strength training is the key.”

This doesn’t have to be powerlifting a barbell loaded with weights, it’s just about building your strength to perform primal daily movement patterns like bending, pushing, pulling and twisting. And guess what? Yoga, Pilates, barre, group classes, body weight or circuit training all fit the bill too.

Experiment until you find something that ticks three boxes – it challenges your muscles, fits seamlessly into your lifestyle and is something you enjoy.

“Fitness should be about joy and empowerment. Go with what you love.”



From F.A.T. to Fierce: Solving the Health Puzzle When Your Body Is Not Responding by Nats Levi (Natslevi.com, \$49.99).





Walk yourself SLIMMER

IT'S EASY TO DISREGARD WALKING AS AN EFFECTIVE EXERCISE, BUT AS LISA BUCKINGHAM DISCOVERS, ITS SIMPLICITY DOESN'T DIMINISH ITS BENEFITS

When it comes to improving your health and fitness, it doesn't get much simpler than walking. But its simplicity doesn't mean that it's not effective – walking has a vast array of benefits.

"It's an excellent way to reduce stress and improve cardiovascular health," says Kira Mahal, personal trainer and founder of London PT network, MotivatePT. "You don't need to be walking for hours to get the benefits; a brisk 20-minute walk each day is all it takes to improve overall health markers."

"Walkers are at less risk of developing type 2 diabetes, find it easier to maintain a healthy weight and have a lowered risk of heart disease. It can help to strengthen your bones and improve balance. And, unlike some other cardio-based exercises, walking has a very low risk of injury."

To gain maximum benefit, you should be aiming for moderate intensity – this means walking at a brisk pace

rather than a stroll. In fact, rather than counting steps, Public Health England wants people to focus instead on their pace and has launched the free Active 10 app to help. It tracks your walking and lets you know when you're going at the right speed.

A large 2018 study from the University of Sydney backs this up, finding that walking at an average pace was associated with a 20 percent

risk reduction for all-cause mortality compared with a slow pace, while walking at a brisk/fast pace cut the risk by 24 percent.

Upgrade your walk

If time is an issue, you can also cut the time you walk but still benefit by introducing

intervals of higher intensity walking. A 2019 Japanese study on middle-aged and older people found that interval walking training for just 50 minutes a week brought significant improvements in aerobic capacity and a 17 percent decrease in risk of lifestyle-

related diseases. Study participants walked at 70 percent of their maximum capacity for three minutes, then at 40 percent for the next three minutes for five or more sets.

Good technique will also make a big difference to the benefits you gain. "Make sure you have good posture, pulling your shoulders back, keeping a neutral spine and ensure your eyes are facing forwards, not down," says Kira. "This allows you to breathe more easily by opening your chest and making sure tension isn't building up in your neck and shoulders. And use your arms! Having your arms at a 90-degree angle, following your strides in a fluid motion, can help you walk more quickly and will also increase the amount of energy you're expending."

And it's not just physical benefits you'll see and feel. "It can help to reduce feelings of anxiety and give you time to reflect on your thoughts," says Kira. "To motivate yourself, make walking something to look forward to. Either set up a new playlist, have a podcast series or audiobook that you've been looking forward to listening to."

Try our two-week walking plan and get in your stride...



**'YOU DON'T
NEED TO BE
WALKING FOR
HOURS TO GET
THE BENEFITS'**



Week 1

MONDAY

15 minutes of brisk walking

It's the first day of your new walking routine, so enjoy it. Plan it into your day, pick a nice park or some nearby countryside and get going! Wear trainers or walking shoes with a fairly flexible sole. If you're walking off-road, invest in a pair of trail shoes, which have extra grip for muddy paths.

TUESDAY

15 minutes of brisk walking

In these first few days, you're aiming to start building your fitness and make walking a habit. Think about the best time of day for your walks and schedule them in. You might feel that getting up earlier for a walk is difficult when you first begin, but the reward is getting to walk at sunrise.

WEDNESDAY

20 minutes of brisk walking

Find some hills. They don't have to be huge steep slopes – just some undulation to challenge you a little. Aim for 20 minutes and really power up the hills, using your arms as accelerators. Adding in these hills helps build strength and boost the cardiovascular benefits of your daily walk. »

● be informed

● be nourished

● be energised

● be inspired

● simply be

THURSDAY

20 minutes of brisk walking

Today, add some strength work for your upper body. Every five minutes or so, stop at a bench or tree and do 10–15 press-ups. Start with your body in a straight line, either place your hands on the bench backrest (easiest), or on the seat (harder) and lower yourself up and down.

FRIDAY

20 minutes of brisk walking

Focus on your pace and technique. Good posture will help avoid aches and pains from your daily strolls, so make sure you're not slouching forward or looking at the ground. See if you can keep up that briskness for the whole walk without unconsciously slipping into a stroll.

See if you can keep up that briskness for the whole walk without unconsciously slipping into a stroll

SATURDAY

20 minutes of brisk walking

When you're out on your walk, find a park bench every five minutes and step up on to it, then step back down. Lead with your right leg, then step back down with the right leg first. Then step up with the left, stepping back down with the left. Aim for 6–8 step-ups each time you stop.

SUNDAY

Rest day or mobility work at home

Complement your walking with a Pilates or yoga YouTube video to help build up your core stability and get the good mobility needed for fast, efficient walking. Some well-chosen stretches can help you avoid some potential pitfalls of walking, such as an achy back and stiff legs and feet.



Week 2



MONDAY

25 minutes of interval walking

Warm up by walking for five minutes. Next do two minutes at a pace you couldn't sustain for the whole walk and causes you to feel a bit more out of breath than usual; then walk two minutes at a steady pace. Do this four times. Then walk at a steady pace for the final four minutes.

TUESDAY

25 minutes of brisk walking on a hilly route

Return to your previous hilly route from last week, or find a new one. If it only has one or two short inclines, walk up them, back down and up them again, then continue with your walk so you get as much of a hill challenge as possible.

WEDNESDAY

25–30 minutes of brisk walking

Stride out briskly and make sure you keep up the pace. Swing your arms to help your speed and look ahead of you. Repeat the upper body work you did in Week 1 by stopping to do some bench or tree press-ups every five minutes. Try to add five press-ups to the number you managed last week.

THURSDAY

20 minutes of brisk walking

Walk for five minutes to warm up. Then every three minutes, lunge walk for 16–20 paces. Keeping your torso upright, take a big step forwards and bend your front knee to 90 degrees (or as close as you can get it), push back up, swing the back leg through and repeat.

FRIDAY

Rest day or mobility work at home

If you like, you can do a 15-minute steady walk. Include some mobility work at home as well, as you did on Sunday last week. Some stretches or a yoga session are perfect. Maintaining mobility will mean that you can walk further without picking up injuries from tight hips or lower back.

SATURDAY

30 minutes of brisk walking

Add intervals to your training again. Warm up by walking at a steady pace for five minutes, and then aim for three minutes at a higher pace, with two minutes of recovery. Do this four times so you get 20 minutes of interval training. Finish with five minutes at a steady pace to cool down.

SUNDAY

35 minutes of brisk walking

You can walk for longer if you wish! Your stamina and strength will have progressed hugely in the past fortnight. Enjoy your new fitness and include some of the moves you've done in the last two weeks, such as press-ups and bench stepping. The world is now your walking oyster!

TIP

Make sure to wear suitable clothing on your walk.

Warm, light clothing is ideal in the winter, while cool, comfortable clothing is perfect for summer.

Don't forget your sunscreen and hat.



A person wearing black and white patterned leggings and black sneakers is captured mid-jump over a stone wall. The background shows a cobblestone street and historic European-style buildings with domes and arches.

BACK TO BASICS

MANY OF US FLOCK TO THE GYM AT THIS TIME OF THE YEAR, BUT ERIN FISHER REMINDS US THAT WE DON'T NEED ALL THE FANCY EQUIPMENT TO GET FIT

Going to a boot camp or joining a gym is definitely not a prerequisite for boosting your fitness. All you need for an incredible fully body HIIT workout is a little bit of space and a timer.

Here are some epic moves that will get your heart rate skyrocketing and your muscles burning. Push yourself during the “work” periods, and relax in the recovery time. Whether you’re following the beginner or advanced timings, each round is just one minute long.

Feel free to try all of the exercises, or mix and match your favourites. Even just alternating between two moves like squat jumps and mountain climbers for 10 minutes can deliver a powerful workout!

BEGINNER LEVEL:

Opt for the easier variations, and work for 30 seconds, followed by a 30-second recovery. (30:30)

INTERMEDIATE LEVEL:

Do the full movements, adjusting the difficulty if necessary, and work for 40 seconds, followed by a 20-second recovery. (40:20)

ADVANCED LEVEL:

Do the full movements or try the harder variations, and work for 45 seconds, followed by a 15-second recovery. (45:15)

1. BURPEES

Starting from a standing position with feet hip-width apart, bend into a squat and bring your hands to the ground in front of you, before jumping both feet back at the same time so you are in a plank position. Jump your feet outside of your hands again, then swing your arms overhead to jump explosively into the air. Land softly and repeat.

EASIER: Instead of jumping your feet back into the plank, step them back one foot at a time. Remove the jump at the end.

HARDER: Add a push-up when you are in the plank position. Instead of a jump at the end, you can also do a tuck jump, bringing your knees up to your chest.



2. SQUAT JUMPS

Standing with your feet hip-width apart, lower into a squat position by pushing your hips back and your knees stacked over your toes like you're sitting down. Then explosively jump into the air, before landing softly and starting again.

EASIER: Remove the jump and just do stationary squats.

*Explosively
jump into the
air, before
landing
softly and
starting
again*



3. SQUAT DROPS

Standing with your feet together, jump your feet apart wide as you lower your body into a deep squat, reaching to touch the ground with your hand while keeping your chest up. Jump up and bring your feet together, before repeating with the other hand touching the ground.



4. JUMPING LUNGES

From standing, jump your left leg forward and right leg back into a lunge position. Stack your front knee over your front foot and your back knee close to the ground. Jump up and switch your legs mid-air, landing in a lunge with your right leg forward and left leg back.

EASIER: Remove the jump, and do forward stepping lunges. »



5. KICK SITS

Start on all fours, with your knees hovering off the ground. Take your left hand off the ground, and then your right foot off the ground, and kick your right leg through in front of your left leg. Return to the starting position, then repeat with the other leg.



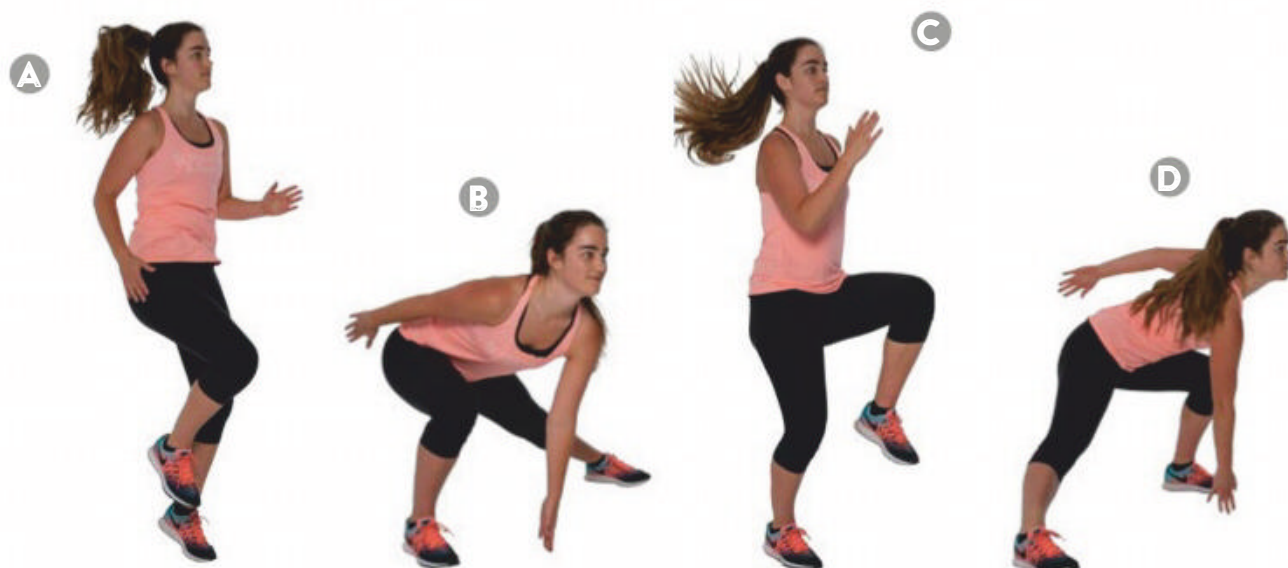
6. BEAR CRAWLS

Start on all fours, with your knees hovering above the ground and your back flat. Crawl forward in this position (like a bear), then crawl back. Repeat.

7. SIDE SHUFFLE WITH FLOOR TOUCH

Starting from a standing position, shuffle run to the right a few metres, before lowering your body into a side lunge and touching the ground. Shuffle to the left, with a lunge and touch down on the other side. Repeat.

EASIER: Remove the touch down and just do shuffles from side to side.



8. FROGGERS

Start in a plank position with your hands shoulder-width apart and your shoulders stacked over your hands. Your body should be in a straight line, without your hips sagging or back arching. In one jump, hop both feet forward to land outside of your hands, lift your hands off the ground, then place your hands down and jump your feet back to the starting position.

EASIER: Instead of jumping your feet forward at the same time, step them forward one at a time.



9. MOUNTAIN CLIMBERS

Start in a plank position, hands shoulder-width apart and shoulders stacked over your hands. Bring your right knee in towards your chest, then switch legs and bring your left knee in towards your chest. Speed it up until it feels like you are running in a plank position.

EASIER: Do this move slowly, stepping each leg back and pausing before bringing the next knee into your chest.

10. SKATER JUMPS

From a standing position, leap to the right, land softly on your right foot, and tuck your left leg behind, just hovering above the ground. Then leap to the left, land softly on your left foot, and tuck your right leg behind.

EASIER: Instead of leaping, simply take a wide step. Instead of hovering your foot above the ground, gently tap it down.

HARDER: Increase your speed or do wider leaps.



11. HIGH-KNEE SPRINTS

Run on the spot, trying to get your knees up to hip-level. Move your arms like a sprinter for more momentum.

EASIER: March on the spot instead of running.

HARDER: Instead of swinging your arms in a running motion, reach upwards like you are grabbing for the sky, alternating your arms.



12. CRAB REACHES

Start sitting with both feet on the ground and your hands placed down behind you. Lift your hips off the ground so you are in a crab-like position. Straighten your left leg, pointing your toe towards the sky, and reach your right hand over your body towards your foot. Touch down to the starting position and then repeat on the opposite side.

Remember to engage your core and keep your body in a straight line



13. PLANK UP DOWNS

From a high plank position, drop your right elbow to the ground, then your left, bringing yourself to a low plank. Place your right hand on the ground, and push your body back up to a high plank position. Remember to engage your core and keep your body in a straight line.

Ask the expert



FITNESS COACH HEIDI LINDAHL ON EXERCISE BIKE GOALS, WHEN TO RESUME WORKOUTS AFTER A COLD AND WHY IT CAN TAKE TIME TO SEE POSITIVE RESULTS

When riding on the exercise bike in the gym, should I focus on the RPM or the time per kilometre?

A RPMs are the amount of revolutions you complete per minute, so the focus here is speed. To work at a high RPM (100+), there needs to be less resistance, which in turn will encourage more slow twitch fibres to be recruited and it will also be more taxing on the cardiovascular system. If you focus on a lower RPM (60 or below) with resistance, you will recruit more fast twitch fibres and will cause more muscular fatigue in the legs. With this in mind, you can work at either of the RPM examples above and still hit the same time per kilometre, it just depends on what your actual goal for riding on the bike is. If it's just for fitness, I suggest focusing on your RPM at the average range of 75-85 RPM.



'If you focus on a lower RPM with resistance, you will cause more muscular fatigue in the legs'

I finally reached my goal weight through eating well and high-intensity training. To keep it off, can I drop the high intensity training now and just eat well and walk?

A This depends on your age, how much incidental exercise you do, and how disciplined you'll actually be with your diet from now on. There are also so many positives to continuing with high-intensity training – not only physical benefits such as helping keep weight off and reducing BP and resting heart rate, but also triggering hormones that contribute to better mental wellbeing. So rather than ditching HIIT altogether, I suggest continuing but maybe cutting down to two sessions per week (along with the walking and good diet). Be sure to include some resistance exercises in your HIIT sessions.

I've been unwell with a cold; when can I get back to exercising?

A When we are physically weak we become more susceptible to bacteria/viruses penetrating the body eventually circulating in our blood. If the blood is infected, there is a higher chance of the bacteria/virus becoming caught behind the heart valves when we exercise due to the increased rate at which the blood flows around the heart. This can lead to myocarditis (inflammation of the heart). I believe in playing it safe as you only have one body for life. I suggest waiting at least two days once any fever or phlegm has gone, then starting back with low-intensity exercise for a week.



After training consistently for three months (cardio and weights) I feel fitter but can't see any visual results. Why?

A The body protects itself against change through homeostasis to maintain its current state, even if it's not a healthy one. But if you're consistent with training at intensity, getting enough sleep and recovery, as well as eating healthily, it will eventually have no choice but to allow change to happen. Internal changes are already happening; the visual ones take longer so keep up the consistency, stay on a healthy path and you'll get there!

If you'd like one of our experts to answer your question, email it to goodhealth@bauermedia.co.nz. No personal correspondence will be entered into.



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A little less JUDGEMENT

IT'S AN UNHEALTHY HABIT THAT WE OFTEN DON'T REALISE WE ARE DOING. MONIQUE MCKENZIE HAS SOME TIPS ON HOW TO SHOW MORE COMPASSION

Have you recently caught yourself judging someone for their appearance, behaviour or relationship, only to feel guilty about it? Casting judgement is natural – we all do it. But an unhealthy amount can intensify negative thoughts, and it's important to remember that we only know so much about somebody else's life. You've likely rolled your eyes at a celebrity, but you've probably also judged friends and co-workers. Being judgemental can really hurt other people, and is exhausting for the person doing it. Here's how to show a little more compassion:

TIP
Identifying when we're at our most judgemental can help us slow our critical thoughts in those moments.

Be inspired

» Put pen to paper

When you have a judgemental thought, write it down. Then rewrite and reframe it as a positive affirmation. If you judge your friend's sense of fashion, your empathetic rewrite might be, 'She seems to feel comfortable with herself, no matter what she's wearing. I'll have to ask her what her secret is'. By reframing negative thoughts, we feel better about ourselves, too.

» Try the 'five senses' technique

This mindfulness technique can help to shift negative thinking. Describe five things you can see in that moment, four you can physically feel, three you can hear, two you can smell and one you can taste. This helps you to be present in the moment and better able to consider the intentions behind actions and your judgements.

» Interact with new people, places and ideas

Our instinct to judge often comes from a lack of experience with certain people, behaviours or actions, and is informed by our own internal biases. To challenge those deeply held beliefs, try travelling more often. The more we get used to different ideas, the more we become less suspicious about things we'd initially disapprove of.

Jot down your judgemental thoughts

'BE CURIOUS, NOT JUDGEMENTAL.'
– WALT WHITMAN

*Get to
know Kiwi
surfer Ella
Williams*

Riding the waves

WORLD CHAMPION
KIWI SURFER ELLA
WILLIAMS OPENS
UP TO ERIN FISHER
ABOUT CHALLENGING
HERSELF, STAYING
RESILIENT AND HOW
SELF-BELIEF HAS HELPED
HER TO GET TO WHERE
SHE IS TODAY



While most people are heading home from work in the evenings, you'll find Ella Williams paddling out into the surf in the coastal Coromandel town of Whangamata. As a multi-title world champion athlete, she lives and breathes the surfing lifestyle from sunrise to sundown.

The average day tends to start at the crack of dawn with an early ocean swim or a workout at the gym, followed by a smoothie and a day of work in her parent's Whangamata Surf Shop, before clocking off in the afternoon and heading straight back to the beach with her board where she rides the waves until dark.

"They are full on, big days, but it's good. I like to keep busy," she grins. And busy she has definitely been.

At 24, Ella is currently ranked 29th on the World Surf League Open Women's Qualifying Series. She has also been the Women's World Junior Surf champ, winner of New Zealand national titles across all age divisions, and taken out top spots at overseas championships.

Exciting times

In recent news, she has also provisionally qualified for the 2020 Olympics and as long as she gets a good result at the 2020 World Surfing Games in El Salvador in May, she'll be going to Tokyo.

"It's still kind of sinking in, but it's always been a dream of mine since I was a kid. I think for anyone growing up playing sports and any athlete, going to the Olympics is the ultimate; it's like the pinnacle of sporting achievements. To finally be just one step away from it is the craziest feeling that I can't even put into words."

Training multiple times a day and surfing as long as the sunlight will allow, it's clear that she puts in the hard yards,

but she says that she wouldn't be where she is without self-belief.

When Ella was six years old, she declared that she was going to be a world champion surfer, and affirmed it by grabbing a pen and writing it on her bedroom wall to remind and inspire her every day.

"I'm a huge believer in writing things down and making them happen, because I think when you actually put it out there to the universe, it's more achievable and actually more possible, too," she explains, and that is the philosophy behind the personal mantra that she lives by - imagine, dream, believe.

The Kiwi surfer believes that a lot of people lack the essential ingredient of self-belief, and that is what holds them back from taking action and fulfilling their true potential.

"The World Junior Title was a

great example," she adds. "Before and throughout the whole competition, I was visualising every night, and my whole life leading up to that, I had dreamed of holding up that big cup."

What makes her strong

"When that moment actually happened, it felt like I had been there before. It's crazy what the mind can do if you totally believe in something - it's such a powerful tool. All of us do have that imagination and intuition, it's just a matter of whether you actually tap into it, listen to it and use it."

Does that mean that all of her achievements have come easy with a little bit of visualisation? Absolutely not. "Nothing comes easy," she says, and over the past few years she has definitely had her fair share of challenges and surfing setbacks - difficulties that have only strengthened her resilience and ability to adapt.

"My whole surfing career has taught me to stay persistent, both in the sport and in life, too. If you persist, you can achieve anything."

"I also love that no surf is ever the same. For me, that is exciting and it keeps me coming back for more - I never know what I'm going to get. The more you push your boundaries, the more you get out of your comfort zone."

Her love of the sport has taken her all over the world like Japan, Bali, Barbados, Spain, France and the US, and every ocean brings with it new waves, and often some butterflies too.

Dreaming big

"I definitely do still get scared when the waves are bigger or the beach is unfamiliar, but I think that's a good thing; I think that's healthy. If you keep pushing yourself with new challenges, both mentally and physically, it keeps you on your toes and ensures you don't get stuck in a rut." »

'I'M A HUGE BELIEVER IN WRITING THINGS DOWN AND MAKING THEM HAPPEN'



When she isn't diving into new waters around the globe, Whangamata is where her heart is – the hometown where her love affair with surfing began, with a childhood that revolved around beach days and hours in the sea.

She laughs that her earliest surfing memory is of her mum and dad taking turns at the back of the board while she, a four-year-old rookie, held on for dear life as she rocketed towards the shore. To this day, her family still remain her bedrock and her biggest source of inspiration.

"I've always been a happy kind of girl and it definitely has come from the foundation they set me up for. The more that they encouraged me to dream big, the more that it sunk in and I believed it," she smiles.

Positivity

Ella is the epitome of that laid-back, cheerful surfer – her Instagram account is a dreamy collection of big smiles, aqua blues and golden sandy hues – and she gives credit to the ocean for a lot of her positive vibes.

'THERE'S JUST SOMETHING ABOUT BEING IN SALT WATER THAT IS INCREDIBLY HEALING'

Whenever people are having a rough day or need some clarity, getting in the water is her first piece of advice.

"There's just something about being in salt water that is incredibly healing. I can't explain it, but it truly does make you feel a whole lot better," she says.



Left: A healthy lifestyle is important for the surfer; Ella has provisionally qualified for the 2020 Olympics in Tokyo (above).

Fuelling her lifestyle

"There's no technology out there either, which is a game-changer. All you have left to do is just be present and enjoy the moment."

Surfing isn't just her sport; it's her lifestyle, and as a way of sharing her passion with others, Ella teaches the odd surf lesson when she's at home, and she's helped people of all ages and ability levels catch a wave.

"Age is just a number – attitude is far more important. Just stay persistent and keep it fun, that's the main thing."

Such an active lifestyle undoubtedly requires a lot of fuel, and for the past two years, the Almond Breeze ambassador has been following a vegan diet after an incident with some dodgy chicken in Morocco. "I noticed that I didn't miss eating meat at all, and actually, I felt so much better for it."

Even with her list of achievements stacking up, Ella insists that there is so much more to being an athlete, and to life, than taking out the top spot.

"It's great winning, but when I look back and I see what I went through to get there, it's a lot of hard work to get to number one and reap those rewards. Looking back on your journey and how you got there is always a far greater reward."

A DAY ON ELLA'S PLATE

- » "The day starts with my favourite breakfast – oats with Almond Breeze almond milk, topped with banana and raspberries and chia seeds, and my go-to green smoothie."
- » "My lunch, especially in summer, is an açai smoothie bowl. I add berries, açai and Almond Breeze almond milk, then for toppings, I add coconut, bananas, granola and my green smoothie – always."
- » "Dinner is usually a yummy wrap filled with all sorts of veggies. Or I will have my mum's very popular vegan veggie stack filled with pumpkin, kumara, broccoli, cashew nut sauce, mushrooms and more. Vegan lasagne and vegan hamburgers are also my faves!"
- » "It can be daunting to start going vegan. One key tip, which my family and I did, was if you love a certain meal with meat in it and you find it hard to give up, Google a vegan version. There are so many ways to enjoy the foods you love without feeling like you're missing out. Give it two weeks and you won't look back!"

Home CHOICE

HEALTH, BEAUTY AND WELLBEING
FINDS WE KNOW YOU'LL LOVE

NAIL IT

Dr. Hauschka's organic and 100% natural Neem Nail & Cuticle Oil penetrates the nail to strengthen and fortify while softening cuticles. Neem leaf, apricot kernel oil and extracts of chamomile and anhyllis fortify and moisturise nails and help to protect against breakage, while cuticles are softened.

\$47; drhauschka.co.nz



SKIN SAVER

Too much time in the sun can leave skin feeling less than its best. By Nature Brightening Pink Clay Mask gently draws out dirt and oil trapped in skin. Combined with nourishing native New Zealand kawakawa extract – renowned for its calming and cleansing effects – it's perfect for restoring skin balance.

\$12.99; bynature.co.nz



WHAT'S THE BUZZ?

Pioneering new honey brand, 1839's Mānuka Honey is 100 percent natural and triple churned, giving it a signature silky smoothness. Enjoy every last drop with the 1839 pouch and know you've got the genuine article with their trust codes. Available from New World, PAK'nSAVE and selected Four Squares. For more info, go to **1839honey.com**.

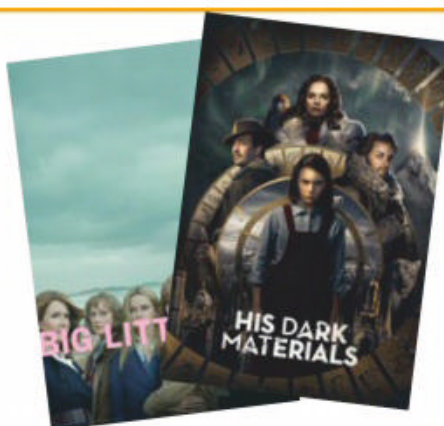
PEARLY WHITES

The Waterpik Whitening Water Flosser restores your natural whiteness in just four weeks by removing hard-to-reach stains that other products miss. It's proven to remove an additional 25 percent more stains than brushing alone and provides all the clinical benefits of water flossing. Available at pharmacies. **\$249; waterpik.com.au**



VIEWING PLEASURE

Neon is a subscription video on demand service for one-all-inclusive package of **\$13.95** per month. Neon offers hundreds of hours of viewing across a wide range of titles, from critically acclaimed TV shows to blockbuster movies and other highly anticipated premieres. To watch the latest HBO dramas such as *Watchmen* and *His Dark Materials*, sign up for a 14-day free trial at **neontv.co.nz**.



EARTH-HAPPY TIPS

Help reduce single-use plastics one tip at a time with Swisspers Cotton Tips. Made from 100 percent cotton and sustainably sourced paper stems, they give you greater control compared to standard plastic stems and are compostable. The resealable bag uses 90 percent less plastic than a conventional tub and can be recycled. **\$4.99; swisspers.co.nz**



GET READY TO LOAF

Loaf lovers rejoice! All your favourite packaged Loaf products are now available to buy online and be delivered to your door. You'll find their full range of slices, cakes, mini bites, bliss bites, GF goodies and sliders at your fingertips. What are you waiting for? Visit **loafshop.co.nz** and get our classic Kiwi home baking delivered.



IN YOUR STRIDE

The Kiki Mule Soludos are the ultimate addition to your summer wardrobe. Comfortable and stylish, they can take you from a day of running errands, to enjoying a wine or two with the girls. **\$159.95**. Check them out, plus more gorgeous Soludos styles at **marigoldandamber.co.nz**.





Max your MOTIVATION

SETTING GOALS IS EASY, MEETING THEM IS NOT.
GILLIAN HARVEY LOOKS AT WHY WE DON'T
ALWAYS REACH OUR GOALS AND HOW WE
CAN GET TO WHERE WE WANT TO BE

What are your current aims in life? Whether you'd like to be fitter, lose some weight, learn something new or land a better role at work, chances are you've got an aspect of your life that you'd like to improve. But setting a goal and reaching it are two very different things. So, how do you keep that motivation fired up, stay on track and ace your goals? We have some great advice from the experts to help you reach them...

What do you really, really want?

It sounds obvious, but when you come to set yourself a goal, it's important to ensure that it's something you actually want enough to be able to put the work in. "Sometimes we find ourselves picking goals that are other people's, rather than our own, especially when it comes to health and fitness," explains mindset coach, Ruth Kudzi. In order to establish whether our goals are authentically ours, NLP (neuro linguistic

programming) Master Practitioner, Rebecca Lydon, suggests we start by thinking about what we want from life. "I always recommend people think about what they want to feel, what they want to do, where they want to be in life, then work from there," she explains.

"After this, they can choose more concrete goals, which help them to work towards their overall ideals."

Having these 'life targets' can help us to hone in on something that will make us feel achievement both in the short-term and the long-term.

What will you sacrifice?

As well as thinking about what we want, we need to establish how we're going to make the time to achieve our goal and the sacrifices this may entail.

"We each have a limited amount of time," explains Ruth. "When we decide to do something – for example, training for a marathon – and it takes an hour a day, we may feel we can't fit it in.

That's often because deep down we don't value that goal as much as we value other things – whether that's working, spending time with family and friends, or hobbies. We see the sacrifices we need to make to achieve the goal as bigger than the goal itself."

The first thing we should do, therefore, is ask ourselves why we want to achieve that goal. What is it going to do for us? And what's the cost? "If your why isn't strong enough, you won't find the motivation," explains Ruth.

According to Rebecca, it also pays to factor in whether the cost is long- or »

**'SOMETIMES
WE FIND
OURSELVES
PICKING GOALS
THAT ARE OTHER
PEOPLE'S'**

A low-angle shot of a woman with long brown hair, wearing a white long-sleeved crop top and blue jeans, looking upwards with a smile. She is holding a large bunch of colorful balloons (purple, blue, yellow, and green) with both hands. The background is a clear blue sky with some light clouds.

*'We see
the sacrifices
we need
to make to
achieve the
goal as bigger
than the
goal itself'*

● be informed

● be nourished

● be energised

● **be inspired**

● simply be



It also **pays** to remember that short-term **sacrifices** will sometimes be **needed** to reach your **long-term goal**



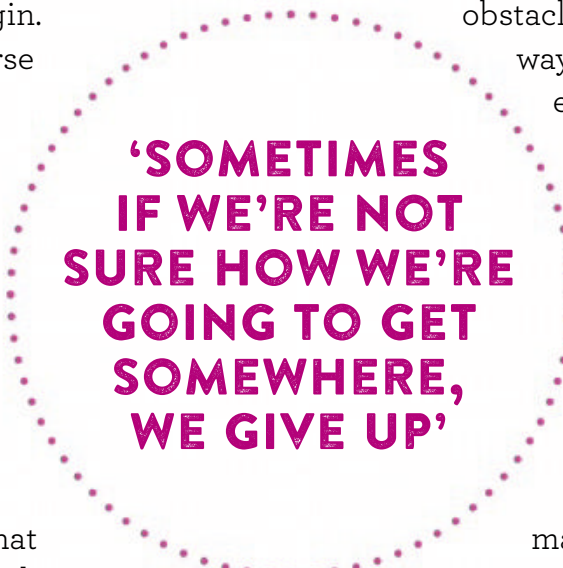
short-term. “For example, our main goal might be to set up our own business; and we may need to start the groundwork for this while we’re working full-time,” she says. “The cost may be that for six months or so, we’ll see less of our children. But longer term, once we’ve set up our business, we may consistently be able to see more of them. Many people will find this kind of short-term sacrifice bearable for the long-term gain.”

Getting started

So, you’ve set your goal. And you’ve worked out that the opportunity cost is worth it. So why is it that you find yourself unable to start? It may be that while you’ve settled on your goal, you aren’t really sure what the first step should be. Take a moment to think of a suitable starting point. For example, if you’re looking to progress at work, you look into training opportunities. Or if you want to lose weight, you might look up diet-friendly versions of your favourite meals.

These initial tasks may seem obvious, or too small, but they’re actually an

important part of your overall journey. Also, bear in mind that it’s not necessary to know every step you’ll take along the way before you begin. Life coach Felicity Morse recommends planning and adapting our journey as we go. “Sometimes, if we’re not sure how we’re going to get somewhere, we give up,” she explains. “But all we need to do is take a step towards it. When we’ve taken that step, we can look around from that perspective and see what our next step will be.”



**‘SOMETIMES
IF WE’RE NOT
SURE HOW WE’RE
GOING TO GET
SOMEWHERE,
WE GIVE UP’**

Remove interferences

One way to ensure we take that crucial first step is by removing any potential obstacles that stand in our way, known as ‘reverse engineering’. “Reverse engineering is all about preparation,” explains Ruth. “If you’re looking at your diet, plan your menus ahead and then do a food shop. If you want to go for a run in the morning, make sure that you’ve got your kit ready. Get over the obstacles before they arise.”





Staying on track

You've avoided chocolate for a week, or started that training course in the evenings. You're on the way to achieving your goal. But then you have a bad day at work, or feel tired. How do you keep going in those moments of weakness? It's natural that our initial enthusiasm might fluctuate over time, even when our goals are sufficiently short-term. This is why it's essential to have plans in place to keep ourselves on track, as well as reassure ourselves that we are making progress.

"Having some sort of accountability is important," explains Ruth. "For example, have a partner or friend you talk to about your goals, or join a forum where you can share your successes and deal with

any failures. Perhaps keep a journal."

Felicity also suggests pairing up with an 'accountability buddy' – someone who is also working towards a goal, with whom you can share your journey. "If you really want to dial it up, arrange it so that if you hit your goal, you buy your accountability buddy a present," she adds. "That means when you don't hit your goal, you are depriving someone else!"

By having accountability and feeling we have to report our progress – even if it's filling in a page of our favourite notebook – can be a useful tool to help us stay on track. We've all been there. We're doing well on a diet, but someone brings doughnuts into the staffroom. Or we were going to do a run, but the heavens open and we can't face the downpour. Chances are, if you're working towards a goal you're going to have setbacks and lapses. The key is not to let these slips become something bigger, or use them as a reason to give up.

'WHEN YOU FALL OFF THE WAGON, YOU MUSTN'T FEEL AS IF IT'S THE END'

"When we have a problem, it's easy to make things worse by getting anxious or beating ourselves up about it," explains Felicity. "Instead, look at the

reason for the lapse and, if necessary, make a change. For example,

if you're trying to go for a run, but changed your mind because you felt too tired, try scheduling it for a different time of day – perhaps first thing in the morning when your motivation and energy levels are likely to be higher.

"When you fall off the wagon, you mustn't feel as if it's the end," agrees Ruth. "Try to reframe how you feel about it. Ask yourself why it happened – perhaps you were stressed or tired. Then make sure you get straight back into it. Look at your progression as a journey in which you are likely to make some mistakes."



YOUR GOAL FOR THIS YEAR

Achieving your goal can leave you on a high. But if you've been focused on that one area of your life for a while, you may begin to miss the sense of drive and determination you've developed in order to meet your target. The danger here is that you might slip back into bad habits.

However, the good news is that the goal-setting, planning and experience of achieving what you set out to achieve stands you in good stead for the next step on your personal journey.

Whatever your next goal is, you will have developed the skills you need to achieve it. "This is why it's important to be aware of your overall life goals," explains Rebecca. "While it's great to celebrate the achievement you've made, it's also important that we continue to strive towards being who we want to be." You know what you want, and how to get it. So what are you waiting for?

DIY bootcamp WISH LIST



WORKING OUT
AT HOME DOESN'T
MEAN YOU
HAVE TO MISS
OUT ON ALL THE
LATEST FITNESS
PRODUCTS.
THIS WISH LIST
WILL GET
YOU STARTED



GET
MOVING





13



15



17



19



20

REFRESH AFTER YOUR SWEAT SESH



22

FEEL GOOD



14



16



18



21

GET CONNECTED WITH YOUR BODY WITH THE ULTIMATE TECH ACCESSORIES



23



24



25



28



29



30

SWITCH ON



26

FEEL GOOD AND LOOK GOOD IN YOUR WORKOUT GEAR



27



31



32

- 1 The Peach Builder Co fabric resistance bands, **\$39.99** (set of three).
- 2 Steeden 2kg medicine ball, **\$49.99**.
- 3 Nike Revolution 5 FlyEase running shoes, **\$110**.
- 4 Textured foam roller, **\$89.99**, from Rebel Sport.
- 5 Action Vibration Plate, **\$199**, from The Warehouse.
- 6 Exercise wheel, **\$10**, from Kmart.
- 7 Nike Swoosh sports bra, **\$45**.
- 8 P.E Nation Fastest Lap sports bra, **\$104.94**.
- 9 P.E Nation Fastest Lap leggings, **\$147.34**.
- 10 Adidas Originals Trefoil baseball cap, **\$30**.
- 11 TRX HOME2 suspension trainer, **\$199.95**.
- 12 SIX30 Blazer neoprene tote bag, **\$122.89**, from The Iconic.
- 13 The Body Shop Carrot Wash Energizing face cleanser, **\$13.03** (100ml).
- 14 Oh Natural Woohoo! Deodorant & Anti-chafe stick, **\$21**.
- 15 The Beauty Chef Glow Inner Beauty Powder, **\$69** (150g).
- 16 Kevin.Murphy Leave-In.Repair, **\$72**.
- 17 R+Co Clarifying Shampoo, **\$44.50**.
- 18 Bondi Wash cosmetics travel bag, **\$16.54**.
- 19 Laneige Lip Sleeping mask, **\$30** (20g).
- 20 GHD Straight & Tame Cream, **\$35** (120ml).
- 21 ILIA Colour Haze Multi-Matte Pigment, **\$55**.
- 22 Dock & Bay Quick Cool towel, **\$29**.
- 23 Active Intent Fitness neoprene dumbbell, **\$18**, from The Warehouse.
- 24 Nike Gym Ultimate fitness gloves, **\$49.99**, from Rebel Sport.
- 25 Under Armour Twist Tech tank, **\$49.99**.
- 26 Hidrate Spark 2.0 Smart bottle, **\$86.81**.
- 27 Olympus Speed Jump Rope, **\$14.99**.
- 28 JBL Harman 360-degree Pro Sound speaker, **\$140**.
- 29 Weight Watchers BodyFit Smart scale, **\$196**.
- 30 Bose SoundSport wireless headphones, **\$269.95**.
- 31 Samsung Galaxy Fit, **\$179**.
- 32 NutriBullet Balance Bluetooth blender, **\$277**.



SLEEPING *beauty*

WHEN IT COMES
TO BEAUTIFUL,
GLOWING SKIN AND
HAIR, MIRACLES
CAN HAPPEN
OVERNIGHT

Apart from being crucial to our health and wellbeing, a restful night's sleep is a chance for our skin to repair itself. We explore more beautifying ways to make the most of our precious shut-eye.

On the late shift

It's been a long day, it's late and all you really want to do is crawl into bed. We've all been there! But apart from messing up your pillow slip, hitting the pillow with a face full of makeup is cheating your complexion of its chance to regenerate and repair itself.

Even if you haven't worn makeup, an invisible film of pollution and grime can settle on your skin during the day, potentially clogging pores and accelerating ageing as you snooze.

However, if you think of cleansing your face as part of a relaxing, pre-bedtime ritual that signals sleep,

you could reap the benefits of dropping off to slumber a lot faster, as well as having clean skin that is more able to regenerate itself – not to mention absorb skincare more effectively.

Oils and balms are a luxurious way to deep cleanse the skin and provide an excellent opportunity to give your face a relaxing massage. Following up with a cleansing gel will give you an even deeper cleanse.

Micellar waters are effective at whisking away makeup quickly. While choosing a cleanser with AHA (alpha-hydroxy acid) exfoliating properties will

Super boosters

Experts say that skin gets the best out of beauty products at night because our skin cells absorb nutrients more effectively when they are in a less stressed state. So what should we use? Ideally, a serum or treatment product tailored to your skin's concerns.

Retinol (vitamin A) is a worthy choice for the way it can help skin turn over old skin cells and stimulate new collagen. Peptides are great collagen and elastin boosters too, while vitamin C is a favourite for brightening the skin and aiding detoxification. Niacinamide (vitamin B3) is also a good one for evening skin tone and improving the skin's barrier. If it's plumping you need, add hyaluronic acid.

Preventing moisture loss with the likes of ceramides or omega fatty acids is important too, so seal in your treatment with a repairing facial

WHEN USING MORE THAN ONE PRODUCT, THE GOLDEN RULE IS TO APPLY THEM FROM THINNEST TO THICKEST

oil or moisturiser to boost the overall health of your skin.

Remember, if you are using more than one product, the golden rule is to apply them from thinnest to thickest. For example, a serum would go on first, followed by an oil and/or a night cream. Allow a few minutes for each

product to soak in between. These types of ingredients will help your skin look dewy and revived in the morning...

TRY: Essano Collagen Boost Facial Oil, **\$22.99**; Nivea Hyaluron Cellular Filler Elasticity & Re-Densifying Night Cream, **\$32.99**; Kate Somerville +Retinol Vitamin C Moisturiser, **\$155**. Elizabeth Arden Retinol Ceramide Capsules Line Erasing Night Serum, **\$162**; Environ Youth EssentiA Vita-Peptide Eye Gel, **\$114**. »

resurface your skin as you cleanse. Choose a cleanser that you look forward to using as a way to wind down before bedtime.

TRY: Clinique Take the Day Off Cleansing Balm, **\$65**; Ultraceuticals Ultra Balancing Gel Cleanser, **\$65**; Dr LeWinn's Reversaderm Glycolic Cleanser, **\$39.99**; Garnier Micellar Cleansing Water in Oil Delicate Eyes & Skin, **\$13.99**; Trilogy Rosehip Transformation Cleansing Oil, **\$34.99**.



be informed

be nourished

be energised

be inspired

simply be

A great hair day

Most of us don't give a second thought to our strands before we hit the hay, but practising a few clever hair hacks could have you sleeping your way to your best hair day ever.

The first thing to remember is that our hair is at its most vulnerable when wet. That means shampooing before bed followed by a night of tossing and turning, is a recipe for damage and frizz.

Some hair-friendly alternatives to consider could be washing your hair earlier, or even the next morning – combing through a heat protectant before thoroughly blow drying – or misting through a dry shampoo to soak up extra oil while you sleep so it's fresh by the morning.

Other nights, take the opportunity to indulge in some hair healing with a treatment designed to be slept in. The pillow-friendly formulas go onto dry hair where the serum helps to repair hair throughout the night to leave it soft,

manageable and ready for styling when you wake up.

If you're trying to stretch out a beautiful blow-dry, or protect your hair from friction-induced frizz, a silk pillowcase will keep strands smooth. For long-haired ladies, a loose braid or high bun secured with a silky scrunchie or a snagless spiral hair tie, is another way to prevent a bird's nest greeting you in the bathroom mirror. If you dream about waking up to silky strands, turn to specially designed, beautifying serums that don't wet your hair, and make sure you hit the (preferably silk) pillow with dry hair.

TRY: Slip Silk Pillowcase, **\$109**; Joico Weekend Hair Dry Shampoo, **\$36**; Slip Silk Scrunchies, **\$59** (3-pack); Kérastase Nutritive 8H Magic Night Serum, **\$70**; Living Proof Perfect Day Night Cap Overnight Perfector, **\$50**.



Shampooing before bed followed by a night of **tossing and turning**, is a recipe for **damage and frizz**

NIGHT TERRORS

Three things that can make you look worse the next morning:

- » **Alcohol.** Although it will help you fall asleep faster, it commonly disrupts your sleep later in the night and it dehydrates your skin.
- » **Sodium.** Salty food makes your body retain fluid, which leads to puffiness, particularly around the eye area.
- » **Your device.** Research has shown that the blue light emitted from your phone, tablet or laptop not only interferes with your body's internal clock (your circadian rhythm), it may even prematurely age your skin.



And relax...

The quality of sleep we're getting is just as important as the quantity and it's deep sleep we're after. Like nature's Botox, when all of the muscles in our face relax, it allows lines and wrinkles to soften.

Good sleep also reduces the negative effects of the stress hormone cortisol, which otherwise creates an inflammatory response that can lead to a breakdown of collagen and elastin. All of this means the more we can do to encourage a solid amount of shut-eye, the better we're going to look when we wake up.

Try taking a warm bath one to two hours before going to bed to calm your mind and your body. Take time to massage your body with a calming oil or spray a lavender-scented pillow mist on your bedding. Look for body products with relaxing and calming properties.

TRY: L'Occitane Relaxing Body Cream, **\$66**; Manicare Sleeping Mask, **\$10.99**; Natio Focus on Sleep Essential Oil, **\$32.99**; Weleda Lavender Relaxing Bath Milk, **\$29.90**; This Works Deep Sleep Pillow Spray, **\$44**.



The **quality** of sleep we're getting is **just** as **important** as the **quantity** and it's **deep sleep** we're after

Goodness

SUPERFOOD SKINCARE

I'm Vegan



I'm soap-free and just the ticket for all skin types.

With the goodness of chia seed oil, apple and witch hazel, a balanced and clean complexion is just a fluffy pump away.

GOODNESS FOR
YOUR SKIN,
YOUR POCKET
AND THE PLANET.



Available at Farmers & The Warehouse stores nationwide and from goodnessproducts.com



Shot of moisture

While the addition of a skin essence isn't an essential step in a skincare regime, it certainly can be an added bonus. A hydrating blend of vitamin E and B3, YSL Beauty's new Pure Shots Hydra Bounce Essence-in-lotion, **\$76**, is a great choice for dry skin and is blissfully free of parabens, mineral oil and sodium lauryl sulfate.

PROTECTS AND PRIMES

Add a nourishing multitasker to your makeup routine and your skin will love you! Aleph Beauty Serum / Primer, **\$69**, works as a natural collagen production booster, moisturiser, a powerful skin barrier protector, and a primer.



SKIN SOLUTIONS

PROBLEM: Dry, damaged skin.

SOLUTION: Plunkett's Hi-Potency Aloe Vera Facial Mask **\$7.99** each.

Here to heal, Plunkett's Hi-Potency Aloe Vera Facial Mask harnesses the power of pure certified organic aloe barbadensis leaf juice, which is renowned for its soothing, cooling and moisturising properties. The clever sheet mask style prevents evaporation, so all of the serum can be absorbed into the skin, getting to work restoring dry and damaged skin.

BEAUTY *news*

A ROUND-UP OF WHAT'S
CREATING A BUZZ IN COUNTER
CULTURE THIS MONTH

Bright eyes

Dermalogica's new BioLumin-C Eye Serum, **\$136**, is a lightweight eye formula optimised to help fortify the delicate eye area. The supercharged serum delivers Dermalogica's own ultra-stable vitamin C complex, to gently brighten and firm over time.



*Help fortify
the delicate
eye area*

STAY SKIN FIT

Billing itself as "a workout for your skin in a bottle", New Zealand-made Rayna Skincare's Firming & Brightening Body Treatment Moisturiser, **\$145**, is a synergetic blend of beautifully balanced 10% vitamin C, 2% ferulic acid, hyaluronic acid, vitamin E, lactic acid, and liquorice root extract designed to transform and protect.



The good oil

If you haven't already added a facial oil to your daily routine, now is the perfect time to start. They range from a no-frills but effective rosehip formula like Biologi Br Organic Rosehip Oil, **\$25.45** (30ml), to more luxe options like Drunk Elephant Virgin Marula Luxury Facial Oil, **\$110** (30ml).

LABONICS

THE ART OF ORGANIC SKIN

WITH **FAST CLINICAL RESULTS**,
LIME PEARL™ PROVIDES
GENTLE SKIN EXFOLIATION FOR
A **SMOOTHER, BRIGHTER AND
EVEN SKIN COMPLEXION.**

- ✓ 100% VEGAN AND CRUELTY FREE
- ✓ CERTIFIED ORGANIC
- ✓ MADE IN NEW ZEALAND



NEW

RENEW Resurfacing Pads are a new way to exfoliate. Using the power of natural AHAs from new super-ingredient **Lime Pearl™ extract** which penetrates deep at a cellular level, fast tracking the desquamation process. Regular ongoing use helps shed skin cells quicker and faster than a regular surface exfoliator.

Safe enough to use every other day while completely resurfacing the skin's texture for an impeccably smooth and supple finish. (Secretly perfect before applying make-up).



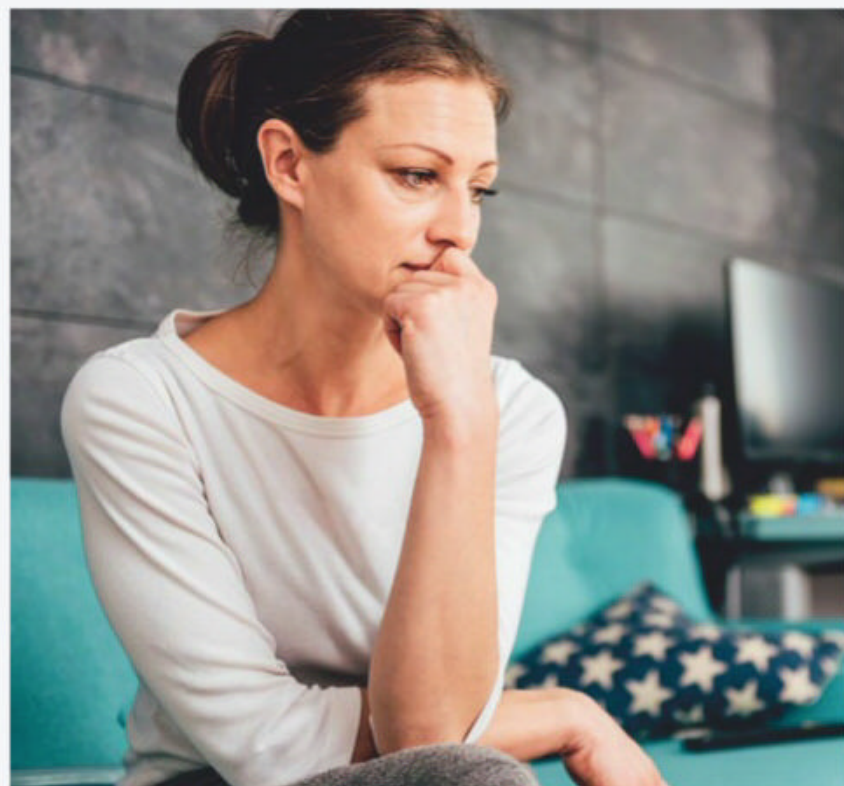
Ask the expert



PSYCHOLOGIST JENNIFER GARTH ON POST-TRAUMATIC STRESS, PERSUADING A DEPRESSED LOVED ONE TO SEEK HELP AND FINDING THE COURAGE TO SWITCH CAREERS

I was in a serious car accident a few months ago. I've fully recovered but I'm constantly anxious, afraid and I can't sleep. What's going on?

A It sounds as if you're suffering post-traumatic stress disorder (PTSD), a mental health condition that can develop when we experience a traumatic event like an accident, assault or natural disaster like a bushfire. Feeling wound-up, problems focusing and disturbed sleep are common symptoms. Effective treatments are available. A therapist can help you to recognise when your past trauma has been triggered and how you can access your resilient self to help you self-soothe the part of you stuck in the trauma incident. Yoga and meditation can also help release tension and regulate the nervous system. Ask your GP about a referral to a mental health expert, as the sooner you get help the better.



My partner is depressed and won't get help. What can I do?

A Your partner could be in denial about his illness, or feeling threatened by his emotions. There are several tactics you can try. First, focus on the issues he will talk about and suggest he get help for those specifically. For example, he may feel less threatened talking to a psychologist about his lack of motivation rather than his pervasive sadness. Second, suggest he see his GP. It's often easier to persuade someone to talk to their doctor than to see a psychologist. His GP can diagnose depression, prescribe medication and encourage him to see a mental health expert. Third, if you've ever received help for an emotional issue, tell him about it. This will help reduce his shame, which is often a contributing factor to denial.

Is online therapy effective and what's involved?

A Online therapy, also known as e-therapy, is a relatively new development. Your sessions take place online via email or chat, and video conferencing apps such as Skype or FaceTime. E-therapy offers practical advantages and is a better option than no therapy at all. However, it's important to note that online therapy is not considered psychotherapy and will never replace traditional face-to-face therapy. Online therapy is a good start and can point you in the right direction.

**ONLINE
THERAPY
WILL NEVER
REPLACE FACE-
TO-FACE
THERAPY**



I have a successful career, but I'm unhappy in my job and my life. I want to change careers, but I'm worried what everyone will think.

A Goals and desires evolve, so it's normal our decisions will evolve with them. It's okay to admit choices you made in the past are no longer right for you. If you want to make the transition, you'll have to overcome your fear of what others think. Change isn't a sign of weakness and you shouldn't beat yourself up if you decide to change tack. And if your decision doesn't affect anyone, there is no need to feel you owe people an explanation. Instead, use your boldness in changing direction to inspire others.

If you'd like one of our experts to answer your question, email it to goodhealth@bauermedia.co.nz. No personal correspondence will be entered into.



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TAPs 23621 / *Australian Newspoll Survey, May 2008

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MONIQUE MCKENZIE EXPLAINS THAT OUR GRATITUDE TOWARDS OTHERS AFFECTS HOW WE SEE OUR LIVES, AND HAS SOME IDEAS TO SHOW THOSE WE KNOW, AND DON'T KNOW, OUR APPRECIATION

In her book *The Gifts of Imperfection*, vulnerability researcher – and the woman behind one of the top five most viewed TED talks in the world – Brené Brown shares her tips for living a wholehearted life, compiled from 12 years of research on the subject. One of the findings that emerged from her research was that the people who described themselves as joyful all had one thing in common: an active gratitude practice. Practising gratitude brings us peace and joy. We've all heard of gratitude journals, but here are some unique ways to show our gratitude to the people around us:

» Write a handwritten letter

Grab a pen and paper and write a letter by hand to someone who you have never properly thanked. Throughout life, you will have met many people, and every one of them has likely had an impact on you – perhaps a favourite teacher, or a kind old neighbour. Take the time to write a true, heartfelt letter to one of these people; you could even hand

deliver it. Let them know how your life has been changed because of their presence in it and express true thankfulness.

» Thank those in the service industry

The service industry makes the world go round, but those in it rarely receive true thanks. The next time you interact with a barista, waitress or retail worker, take a moment to ask their name and then sincerely thank them for the coffee they serve or the product they help you find. Your life would be very different without them (and your daily coffee!) in it, and they deserve to hear your genuine thanks.

TIP
Starting a 'happiness jar' is another way you can express your gratitude for the positive moments of your day and week.

» Share a glowing review

Share a positive post on social media about a friend who may have accomplished something incredible, or leave a review for a company or product you truly love. Perhaps you experienced outstanding service and someone went above and beyond for you. Small businesses will really appreciate the time and effort made to put in the good word.

Enjoy your
relaxation
time more





Unwind your MIND

DOES YOUR BRAIN SWITCH TO YOUR NEVER-ENDING TO-DO LIST WHEN YOU SIT DOWN TO RELAX? TRUDIE McCONNOCHE LOOKS AT WHY THIS HAPPENS AND HOW TO PREVENT IT

What does the word 'relaxation' bring up for you? Does it prompt a softening of your muscles and a sense of peace, or does it result in a racing heart and a vague sense of panic? If you fall into the latter camp, you could be experiencing relaxation-induced anxiety.

It sounds like a contradiction – after all, the whole point of relaxing is to reduce feelings of stress and anxiety – but trying to relax can actually make some people anxious. Researchers have estimated that relaxation-induced anxiety may affect between 17 and 53 percent of adults. And unfortunately, those who are most likely to experience it are typically those most in need of relaxation.

A 2012 University of Cincinnati study into relaxation-induced anxiety asked participants about their health and emotions while doing relaxing activities such as yoga, meditation or

getting a massage. Those who fit into the category of relaxation-induced anxiety described sensations such as restlessness, boredom, embarrassment, unwanted thoughts and worry about the fact that they couldn't relax.

Sydney psychologist Jocelyn Brewer says there are a number of reasons people can find relaxation inherently stressful.

"I believe there are some limiting beliefs people might have about the role of

relaxation and some of the techniques that go with it," she says. "It might be their sense of not being 'good' at or not feeling skilled or comfortable with the techniques, and a mindset that might be quite fixed or closed around adapting to new skills."

A large part of the problem, she says, is the fact that we live in a fast-paced world where success is conflated with productivity.

"There can sometimes be resistance because they fear what might come up for them when they are alone with their thoughts or stop working or doing," Jocelyn explains. "Many people live in a perpetual state of busyness and »

'THERE CAN SOMETIMES BE RESISTANCE BECAUSE THEY FEAR WHAT MIGHT COME UP FOR THEM'

A **large part** of the problem is that we **live** in a **fast-paced** world where **success** is conflated with **productivity**



**'TRYING TO
GET RID OF THE
FEAR JUST BY
RELAXING IS
ACTUALLY NOT
THE BEST WAY'**

are always 'on', meaning slowing down, stopping and making space to unwind, quieten the mind and reflect can be foreign and uncomfortable.

"Certainly socio-cultural attitudes to working 'hard' – as opposed to smartly – and putting in the hours can shape how people relate to downtime, taking holidays, and general rest."

The fear factor

According to a recent Penn State University study into relaxation-induced anxiety, resistance to relaxation may be a self-defence mechanism of sorts. Researchers concluded

that some people may subconsciously choose to remain in a state of anxiety in order to avoid the possible letdown of something bad happening. Called contrast avoidance theory, it's the belief that worrying or being anxious might somehow shield people from adverse events.

Kate James, a Melbourne-based coach and mindfulness teacher, says fear of what might happen can be a huge issue for people who struggle to relax.

"When we have that fear response in the body – which is the racing heart and a lot of those difficult physical experiences that go with anxiety – when we try to just force it away, in a way we're being fearful of the fear," she says.

"Claire Weekes was one of the first people to understand this back in the 60s. She was a doctor who suffered from anxiety, and she was one of the first people to understand that trying to get rid of the fear just by relaxing is not the best way. The only way through it is actually to face it and to bear it and to say, 'Okay, here are these feelings, let me soften into it'. But that's very difficult to tell someone who's faced with those really unpleasant feelings."

Another issue that people can find daunting when they try to relax is dealing with the reality of their thoughts.

"I certainly experience this when I'm teaching self-compassion workshops," Kate says. "For people who haven't had any self-compassion

'The only way through it is actually to face it and to bear it and to say, 'Okay, here are these feelings, let me soften into it''

for most of their lives, it can be a real shock; it can be very confronting, because what starts to become obvious is all of the ways that they haven't been compassionate towards themselves – also, for some people, the experience of not having very much love or compassion in their lives overall. And it can be a real shock to see just how negative their thoughts are.”

Relaxation apathy

Even if relaxation doesn't bring up fear or anxiety, certain people find it unappealing for other reasons. Kate says some type A personalities are wary

of relaxation because they think it will take away their edge, especially on the career front.

“What they fear is that if they learn the art of mindfulness and get more connected to the idea of slowing down, being still and experiencing equanimity – which is just being with things as they are – that will mean that they are no longer driven, productive and ambitious,” she says.

“But, in fact, it's really the opposite of that, because the more that we're able to quieten things down internally, the more clarity we have about what's important. I have never found that people

who practise mindfulness are less focused.”

Another issue is that relaxation can bring up feelings of guilt, which is particularly common in busy mums.

“They feel that it is selfish to put their own needs first, instead of recognising that that's actually what we call self-care,” she says.

Kate also reminds us that, “When you recharge and replenish yourself, then you're actually going to have more energy to give to others around you.”

Making relaxation MORE RELAXING

1

» Understand that relaxation doesn't mean you're lazy or lack dedication. “Reframe these beliefs by understanding more of how the brain works, our cognitive load, and the evidence around wellbeing, self-care and the value of sleep,” explains Jocelyn Brewer. “Rest and relaxation can actually add to your productivity because you have freed up some of the mental load to be able to work more efficiently.”

2

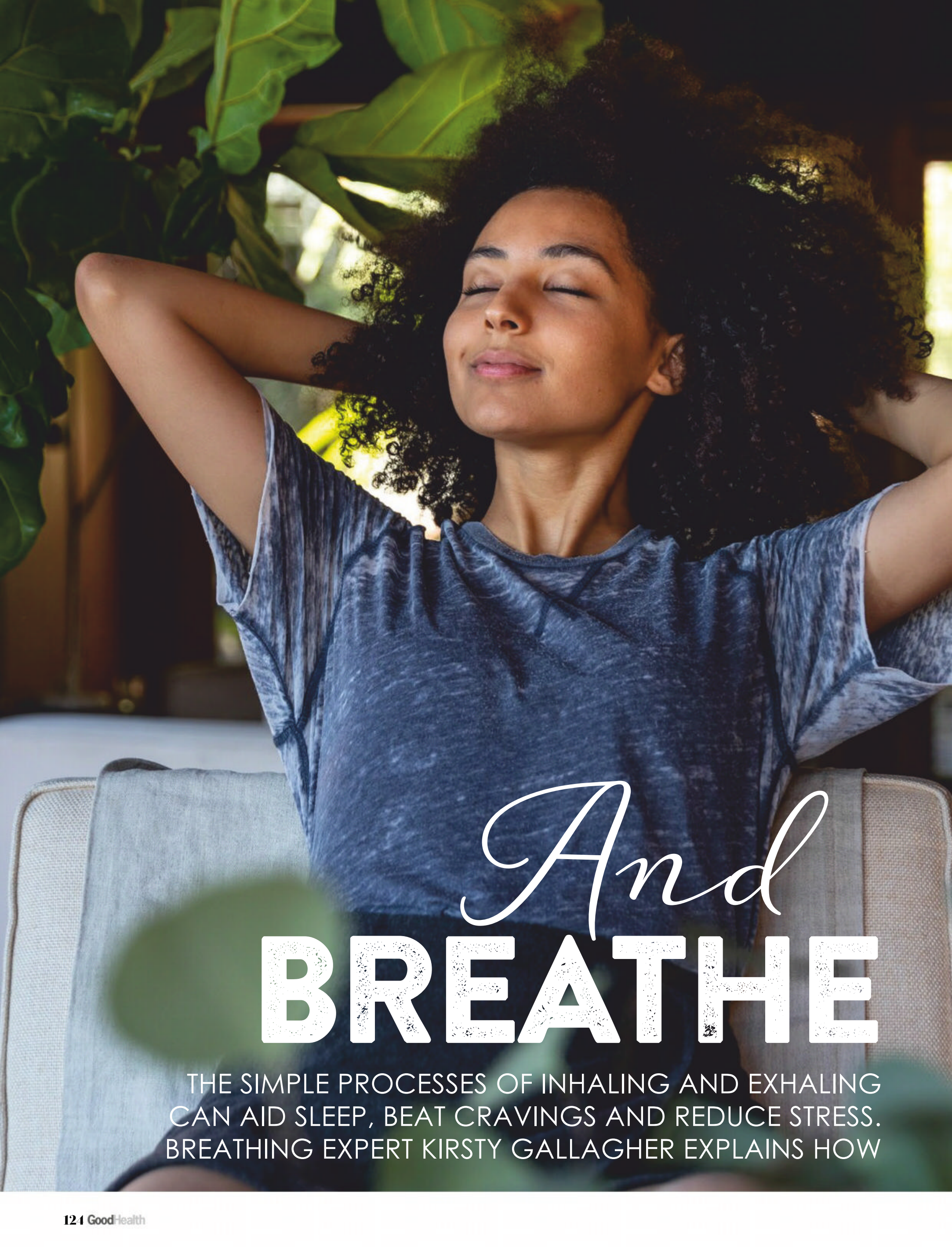
» Learn to be present with your feelings. “Fundamentally, many of us feel anxious because we feel like we can't cope,” Kate James says. “When we are able to just notice those difficult thoughts and difficult feelings – rather than needing to fix it or make it go away – there's this easing of tension. It's learning to be with the experience, not needing to change anything. But it can be harder to do than it is to explain.”

3

» School up on helpful techniques. Kate suggests acceptance and commitment therapy, which is explored in the book *The Happiness Trap: Stop Struggling, Start Living* by Russ Harris. She also recommends the books *Hope and Help For Your Nerves* by Dr Claire Weekes and *Feel the Fear and Do it Anyway* by Susan Jeffers that offers the insight and tools to deal with fears in everyday life.

4

» Know when to get help. If your ability to function well in key areas including work, family or social life is being seriously negatively impacted by your thoughts or feelings, Jocelyn recommends contacting a GP or psychologist. “It might be around ‘workaholic’ type behaviours that are really avoidance of certain things – like authentic relationships or connection with others,” she adds.



And **BREATHE**

THE SIMPLE PROCESSES OF INHALING AND EXHALING CAN AID SLEEP, BEAT CRAVINGS AND REDUCE STRESS. BREATHING EXPERT KIRSTY GALLAGHER EXPLAINS HOW

We do it at least 20,000 times a day, but apparently we still don't get it right.

"If you observe a baby breathing, they breathe fully and completely into their chest and belly. As we get older, our breathing patterns change in response to life experience, suppressed emotions and habits," says yoga and breathing expert Kirsty Gallagher.

When we're stressed or upset, we hold our breath and our inhalations can become shallower. And this type of breathing can become the norm.

"This triggers the 'fight or flight' stress response," says Kirsty. So how do we break this cycle?

Tune into your breathing

"The best way is to start spending some time each day with your breath," says Kirsty. Begin by simply noticing your breath. Are you breathing into your chest or belly? Is the inhale or exhale longer or shorter? Begin to consciously deepen and lengthen the breath. Don't force anything and start slowly. Try taking the breath all the way down into the bottom of your belly, and breathe fully and deeply. You may also choose one of these breathing techniques and work on them for a few minutes every day to reset your breath.

Breathing for stress relief

When we're stressed, our breathing quickens. The fast intake of air leads to

a build-up of oxygen in the bloodstream, which puts the pH level of the blood off-kilter. This can result in muscle twitching, irritability and anxiety.

A three-part yogic breathing technique called 'dirga pranayama' focuses on slower breathing to restore our pH balance, which calms the mind and reduces stress levels.

THE TECHNIQUE

1 Sit comfortably and focus for a few moments on the natural flow of your breath.

2 Begin to focus your breath into your belly, feeling it fill with each inhale and empty with each exhale.

3 Now begin to focus

your awareness into your chest and lungs as you inhale. Feel your belly

fill up and then take the breath all the way into the lungs.

4 Allow the exhale to leave in the same way, emptying at the lungs and then, the belly. Do this until it feels comfortable.

5 Next, focus your awareness into the collarbones. Inhale through your belly and lungs, but continue to take it up into the collarbones.

6 Exhale, letting the breath go from the upper chest, then the ribcage and then the belly. Continue to breathe deeply, allowing the three parts of the breath to flow into one another. »

TIP
As a rough guide, begin with a four-second inhale and four-second exhale, then build this up.

'The best way is to start spending some time each day with your breath'

Breathing for beating cravings

Stress-eating (ie “I need chocolate to get me through this deadline”) is often the result of a surge in the stress hormone cortisol, which can increase appetite. Stress can activate the ‘fight or flight’ impulse, which can cause the digestive muscles to contract, our stomach acid to increase and gut bacteria to change composition, leading to bloating and substandard digestion.

Deep breathing can banish that craving, as it allows you to focus on your breath instead of your craving, and tells your brain to calm down. Breathing can also trigger the parasympathetic system, which supports the digestive organs, thus improving your nutrient intake, too.

THE TECHNIQUE

- 1 Find a comfortable position lying down, close your eyes and place your hands on your lower ribs.
- 2 As you inhale, feel the ribs move outward and your belly rise with the breath. Try not to move your shoulders or chest too much.
- 3 Exhale slowly and deeply. Try to lengthen and deepen each breath. Doing this while you’re experiencing a craving will help to curb it. Try it before eating too, as it will help the digestive system to work better.

Breathing for better sleep

“Nadi shodhana (alternate nostril breathing) is great for quietening the mind and reducing stress, and is one of the best breathing techniques for insomnia,” advises Kirsty. This technique helps to calm the nervous system, and the act of alternate nostril breathing helps to distract from frantic thoughts that might be keeping you awake. So if you’re struggling to drift off, try this technique.

‘NADI SHODHANA IS GREAT FOR QUIETENING THE MIND AND REDUCING STRESS’

THE TECHNIQUE

- 1 Sit comfortably and allow your left hand to rest on your left knee. Tuck in the first two fingers on the right hand. The ring and little finger will be used to close the left nostril, and the thumb to close the right. As you close the nostrils, only use a slight pressure on the edge of the nostril.
- 2 Then, take a deep inhale, exhale fully and at the end of your



Deep breathing can banish that craving, as it allows you to focus on your breath



THE BENEFITS OF BREATHING BETTER

» It releases toxins

Deep breathing massages your body's lymphatic system, which helps to eliminate waste and toxins from the body.

» It manages emotions

"Proper breathing can help us to tap into, control and release our emotions," explains Kirsty. When we stifle an emotion, we subconsciously hold our breath, which can make us feel even worse. "Tuning into your breath and learning how to breathe fully and completely is a great self-healing tool," she says.

» It curbs stress

Breathing slowly and deeply can help keep your mind calm and alleviate symptoms of stress and anxiety. Breath work can be done anywhere.

» It helps you to live in the moment

A busy and hectic schedule means it can be hard for us to find a little 'me-time', but breathing can have a grounding effect to help you wind down. "It helps us to become present and enjoy the moment," explains Kirsty.

» It promotes digestion

Slower breathing activates the parasympathetic nervous system, which promotes a range of good effects, including better sleep and relaxation, and reducing stress. "The parasympathetic system is triggered when you're resting and is known as 'rest and digest'," says Kirsty. This means that it will also enhance digestion.



exhale, gently close the right nostril with the thumb, keeping your left nostril open.

3 Fully inhale through the left nostril. At the top of your inhale, close the left nostril with the little and ring fingers, and release the thumb from the right nostril, fully exhaling out the right nostril.

4 Inhale through the right nostril and at the top of your inhale, gently close the right nostril with the thumb, release the left nostril and exhale out of the left nostril.

Breathing for energy

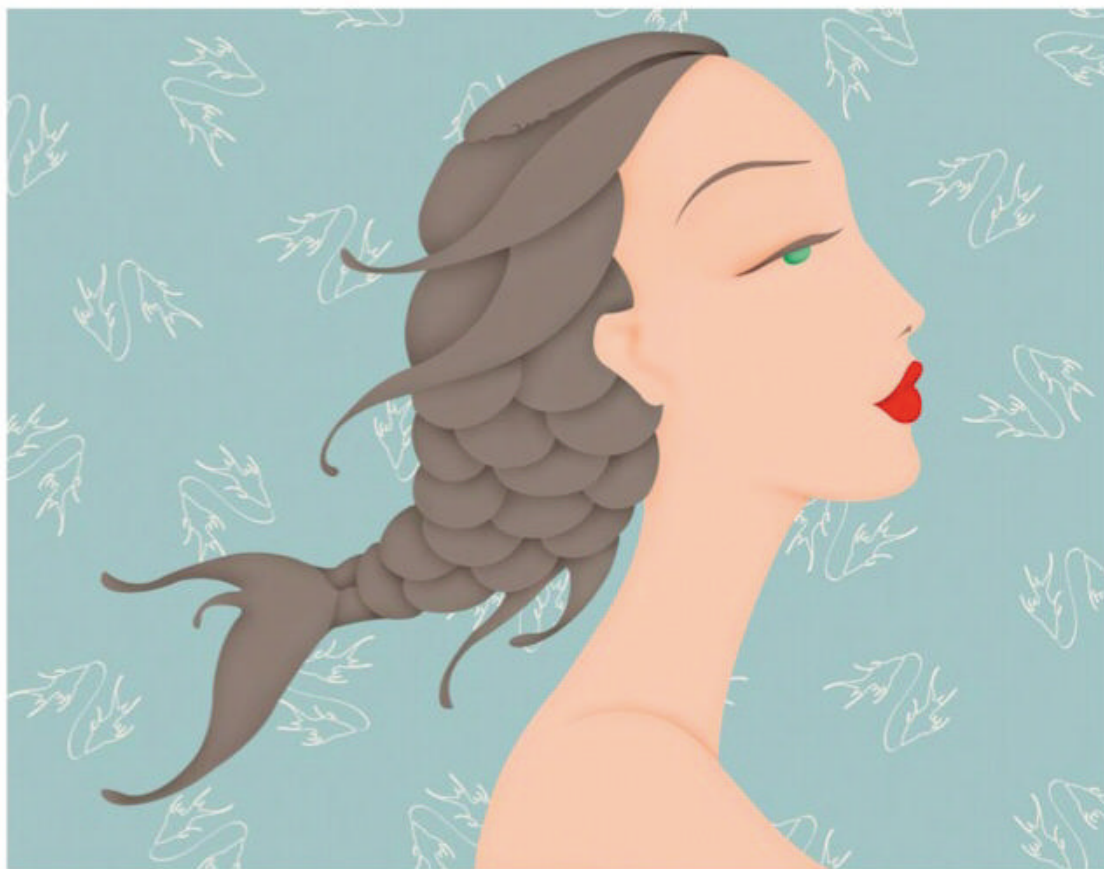
Feeling sleepy? Consciously regulating your breath helps to manage energy levels. "Kapalabhati, also known as shining skull breath, is perfect if you need to energise body and mind, and wake up," says Kirsty. Deep breathing helps you force more oxygen into the cells, which slows heart rate, lowers blood pressure and improves circulation – ultimately providing you with more energy. The muscle contractions also stimulate a sluggish digestive system. If you're feeling tired in the morning or

if you hit a slump during the day, try the breathing routine below to help awaken your mind and body.

THE TECHNIQUE

- 1** Start this technique off by taking a few deep breaths.
- 2** Then, when you feel ready, start to gently force out the exhalation by contracting and drawing in the abdomen, pushing the air out of your lungs.
- 3** Your next inhale will happen naturally.
- 4** Start with just a few rounds of 10 breaths and build up over time.

YASMIN BOLAND REVEALS WHAT YOUR STARS HAVE IN



Pisces

FEB 20 – MAR 20

You're entering a new cycle where you're going to have lots of fears stirred up. This sounds bad, but it's actually a good thing, because you can deal with those fears under this two year cycle.

Pro tip: meditation will really help you now.

AMAZING THINGS AHEAD

This month is a standout one astrologically-speaking. The latest Mercury retrograde ends, and, far more importantly, the planet of hard work and tough times, Saturn, is finally changing signs. More on that in a moment.

Let's start by looking at the end of the Mercury retrograde cycle. Mercury has been reversing, this time around in the sign of Aquarius and Pisces. The

cycle started last month and finishes on March 10. In other words, use the first 10 days of the month to go over whatever needs a rethink. Mercury retrograde is perfect for second chances, so if there's something you messed up which you feel you could tackle again now, do it before March 10 (if it feels right!). After March 10, we go into the shadow period – when the retrograde is over but Mercury is still

retracing its steps over old ground. You might call it the post-retrograde "shake-out". So go easy!

The big March news, though, is all about Saturn. Having moved into Capricorn in 2017, Saturn is finally moving out and into the neighbouring sign of Aquarius, for a short stay. It will stay there until July, then retrograde back into Capricorn for a few months before returning with a vengeance for a

Aries

MAR 21 – APR 20

And just like that, a good chunk of the massive pressures that have been bearing down on you for what feels like (and actually has been) years, is off. Nasty Saturn was clashing with Aries, but as of this month, he has moved on. Now all you have to do is be extra nice to your friends (more about that next month).

Taurus

APR 21 – MAY 21

Now is the time for you to work like a dog, if you want to make the most of some amazing new astrology lighting up your Career Zone. Saturn, the boss planet that everyone takes super-seriously, has moved into your Professional Zone. Play your cards right, and you'll position yourself as an expert. Mess up and... there will be trouble!

Gemini

MAY 22 – JUNE 22

If your sex life has sucked for the past few years, that can change now, thanks to the March departure of tedious Saturn from your Sex Zone. Similarly, if it has felt like you had the brakes on financially since 2017, that can start to change now. Better times are forecast. Make 'sexy and wealthy' your 2020-2021 aim.

STORE FOR YOU THIS MONTH

Cancer

JUN 23 – JUL 23

It's with great pleasure I can inform you that by the end of March, serious, tedious, fun-busting and ball-breaking Saturn will have finally left your Love Zone. Until then, be as nice as pie with your partner (and/or ex) and use all the lessons life has taught you. You are going to feel the changes very strongly very soon! Hallelujah!

Leo

JUL 24 – AUG 23

On March 10, Mercury ends its retrograde in your Love Zone, so use the first 10 days of March to sort out old problems with your beloved or ex. On March 22, serious Saturn moves into your Love Zone for a two-year stay. Strong romances get stronger... weaker ones are likely to crumble now. It's a big month for Leos!

Virgo

AUG 24 – SEP 23

The thing about Virgos is that you live to serve other people. That's your gift to us, but obviously it puts a lot of pressure on you. Moreover, for the past two years, you have had Saturn in your Fun Zone, making you even less likely to go off and do what pleases you. That cycle ends now. Live a little!

Libra

SEP 24 – OCT 23

Good news; Saturn is leaving your Home Zone this month. In other words, life at home and/or with family is going to be way less taxing and demanding. If you feel like you have had to bear a burden for a family member, expect your load to lighten. All the better for you to focus on your brilliant career a little more.

Scorpio

OCT 24 – NOV 22

The past few years have shown you how amazing life can be when you're rigorous in your thinking. In other words, when you don't allow yourself the indulgence of negative thoughts, you can change your life. Put all those lessons into action now, especially, but not only, with family and at home.

Sagittarius

NOV 23 – DEC 21

Since late last year, you've had lucky Jupiter (your ruling planet) in your Money Zone. Therefore, you currently have good luck when it comes to cash, property and possessions. However, as of March 22, you also have negative Saturn in your Mind Zone. So, if you want more cash, you have to know you deserve it.

Capricorn

DEC 22 – JAN 20

If you're feeling different, that's because Saturn, the planet of hard work that shoves the stench of reality up our noses, is finally leaving your sign. There has been a lot of karma flying around you. There have almost certainly been tough times since 2017. The question is; what have you learned and how does that inform your life in 2020?

Aquarius

JAN 21 – FEB 19

So here it is, Aquarius, the moment you haven't been waiting for! The planet of hard work and challenges, Saturn, arrives in your sign this month. It's time to Saturn-up. That means; be mature, be truthful, do what you said you would do and plan ahead. Manage all that and you'll finally start to feel secure in yourself.



longer stay in December. So live consciously this month and take note of where in your life you feel tested. Those are the issues which Saturn is going to bring up for you during this 'Saturn in Aquarius' cycle which lasts, overall, until 2023. Saturn has a bad reputation but actually is the planet that helps us to get stable. Read your horoscope for the month ahead and consider what it would take for you to feel more secure.

And where's the Moon, you might ask? A few hours before Mercury retrograde ends, we get the Full Moon in one of Mercury's two home signs – Virgo and Gemini. The good news is this Full Moon is making several harmonious alignments; to Jupiter, Pluto and Saturn, in that order. This is quite rare and suggests the Full Moon will flow easily and bring about positive changes, deep

transformation and easy lessons.

Meanwhile, we get the New Moon on March 24, this time in Aries. Aries is the first sign of the zodiac, so if you want to commit to working with the New Moon for 12 months in a way that can change your life, commit now. The way to use it to turn your life around is to make wishes at the time of the New Moon – wishes that you really believe in!



Last word

ACTRESS, COMEDIAN AND WRITER KURA FORRESTER, WHO PLAYS DESDEMONA SCHMIDT ON *SHORTLAND STREET*, TELLS US HER DAILY HABITS AND HER FAVOURITE THINGS

HOW DO YOU GET INTO A POSITIVE HEADSPACE ON DAYS WHEN YOU DON'T FEEL CONFIDENT?

Be really open and honest about how I'm feeling to myself and those around me, and staying in the moment.



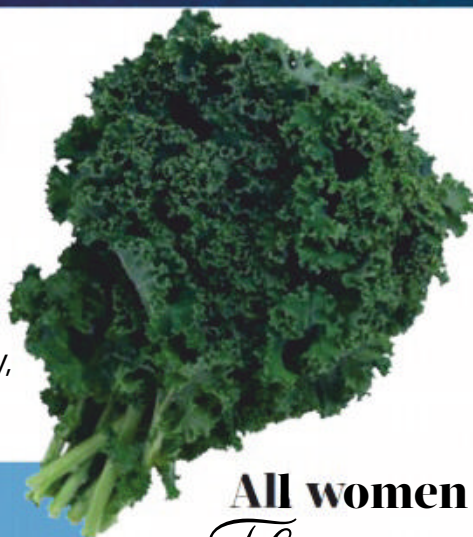
What does the perfect weekend look like for you?

Sunny days with friends, family, food, wine and stories.



If you could go on holiday tomorrow, money no object, where would you go?

Rarotonga – with everyone I love.



WHAT'S THE HEALTH FOOD YOU KNOW YOU SHOULD EAT MORE OF, BUT JUST CAN'T STOMACH?

Kale.

FAVOURITE CHILDHOOD MEMORY?

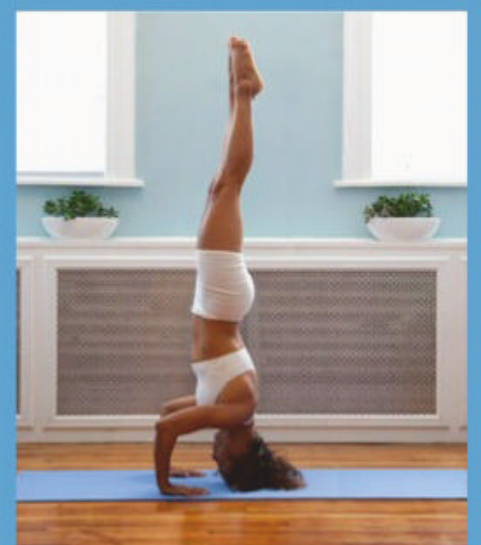
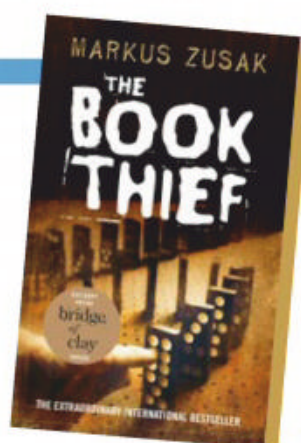
Ohhh so many! Probably putting on shows with my brother and sister. You know, the one where you tell your parents they *have* to watch and clap.



All women should know:
Themselves and their power.

WHAT BOOK IS ON YOUR BEDSIDE TABLE?

The Book Thief, *Normal People* and a travel guide to New York.



WHAT ARE YOUR FAVOURITE HEALTHY RITUALS THAT YOU LIKE TO DO EACH DAY?

A headstand.

Shortland Street airs weeknights on TVNZ 2 at 7pm.



We use minerals to block
the sun, naturally.



NEW

Always read the label. Follow the directions for use. Use as part of your sun protection regime. Avoid prolonged sun exposure. Reapply every 2 hours.

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