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{health BULLETIN}

Work-outs that don't feel like a chore, plus natural feel-good fixes

5 LESSONS FROM ...



Emma Sutherland
 Emma Sutherland, a Sydney naturopath and detox expert at the Golden Door Health Retreat in NSW's Hunter Valley, shares her top tips

- 1 Eat organic** It contains more nutrients and delivers more of an energy punch than conventional foods.
- 2 Boost B vitamins** Stress and the oral contraceptive pill can strip your body of nutrients – if you can't remember your dreams, chances are you're deficient in B5 – the anti-stress vitamin.
- 3 Caffeine makes stress worse** It activates the same fight or flight response as stress, flooding our bloodstream with hormones that can make us feel hyper-alert.
- 4 Watch your portions** Everyone gets this wrong. You should only eat two-thirds the size of a man's serving. Try to fill your plate with a palm-size amount of protein and the remainder with non-starchy carbs like salad and vegetables.
- 5 Mental wellbeing is essential to physical health** Having an amazing team of friends and family surrounding you will make you feel better all round.

Have this ...
 One serving of McDonald's banana bread + butter
2647kJ
31.6g fat



... or all this!
 Two slices of rye bread + two tbsps reduced fat ricotta + two tbsps maple syrup + one cup strawberries + ½ cup blueberries + a banana + a small skim flat white.
2402kJ
7.4g fat

ROAD-TEST

NO-WORK-OUT WORK-OUTS

Easier, more effective exercise? Yes, please. Our testers tried the latest short cuts

JENNA, 25, TRIED POWER PLATE, A VIBRATING EXERCISE PLATFORM
 VISIT WWW.POWERPLATE.COM.AU

They say: "The vibration machine activates muscle contractions, enhancing your results."
She says: "I don't like long work-outs, so doing each exercise for 60 seconds was great. It's not hard, and I love the results. I feel stronger and walking up stairs seems easier."

NICOLE, 27, TRIED HYPOXI, VACUUM ENHANCED CYCLING SESSIONS
 VISIT WWW.HYPOXI.COM.AU

They say: "Exercise and advanced vacuum technology targets fat and cellulite."
She says: "Cycling, while lying down, in a vacuum – just thinking about it made me

sweaty. But I only got rosy cheeked during the relaxing 30-minute sessions. My thighs definitely feel smoother and it's got me into a three-times weekly exercise routine."

HEIDI, 36, TRIED NEW BALANCE'S ROCK & TONE KILOJOULE-BURNING SHOES
 VISIT WWW.NEWBALANCE.COM.AU

They say: "The curved soles increase muscle use, core strength and kilojoule burn."
She says: "When I put these on, I had to adjust my balance to avoid keeling over! I got used to the strange sensation after a few minutes and immediately felt the resistance. It felt like wading through water, and now I'm addicted. I haven't noticed physical changes yet, but they make me want to walk more."



Eating an apple a day could keep diabetes away – a new study has shown women who do, reduce their risk by 28 per cent.

PHOTOGRAPHED BY ANTHONY ADAMSON. TEXT BY NAOMI JAUL. CSIRO'S THE 2010 APPLE REPORT. BASED ON THREE APPLES PER DAY.