



TV naturopath Emma Sutherland at her clinic in Balmain.

Picture: CRAIG WILSON -P1016276

NATUROPATH'S TIPS

- **Nourish yourself with food including starting the day well with a good breakfast;**
- **Eat organic wherever possible;**
- **Don't eat mindlessly and on the run – be organised and prepared with your meals.**

WINTER BOOST TO IMMUNE SYSTEM

Ingredients:

Juice of 1 lemon
 1 tsp fresh ginger, finely chopped
 Pinch of fresh chilli
 1-2 cloves garlic, finely chopped
 1-2 tsp Manuka honey
 Combine all ingredients with boiling water and cover for 10 minutes.

For more recipes and information, visit health-equalsvitality.com.au

ABOUT THE SHOW

Foxtel's Lifestyle YOU channel follows eight women as they transform their lives with food, exercise and relationship advice.

It will be hosted by Sarah Wilson, a former editor of *Cosmopolitan* magazine and columnist for *Sunday Life*.

The show is set to hit the screens midyear.

Get results with a smile

Alex Ward

THIS naturopath is wary of reality TV programs such as *The Biggest Loser* and how they deal with weight loss.

"Living in a house and training six hours a day with someone yelling at you isn't reality," Emma Sutherland said.

The Balmain naturopath has just finished filming a new reality TV show, *Eat Yourself Sexy*, which follows eight women through an eight-week health transformation. "Surprisingly, it didn't bother me having a camera crew following us around," she said.

"It was surreal having 7am makeup calls and working 16-hour days but it was so worthwhile."

Sutherland has appeared on *Mornings with Kerri-Anne*, on radio and writes for *Body+Soul*.

Consulting a naturopath has become more popular. "I think people are becoming more proactive and preventative about their health," Ms Sutherland said.

"People who are 70 to 80 have the attitude of waiting until they're sick before they visit the

doctor but now people are being healthy to prevent diabetes, high blood pressure and there's lots of research on food, vitamins and their effect on health."

Sutherland practises at Darling St Health Centre, 1/449 Darling St, Balmain.

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