

Q&A

...with *Eat Yourself Sexy's* resident nutritionist and naturopath, Emma Sutherland



What inspired you to become a nutritionist? Visiting a Greek island several years ago, I was blown away by the vitality of the elderly people. I couldn't believe it when they said their secret was simply home-grown vegies and herbal medicine.

How do you get people motivated to change their lifestyle? Instead of presenting them with what they can't have, I show them all the things they can. The benefits, like being more energetic and healthier, help keep them on track.

What's your top tip for women wanting to kick-start their diet? Women need to learn to put themselves first. Change your priorities and make sure you're the top of the list before you start anything.

Your mission is to get women their mojo back – why is this important? Being a size eight doesn't mean anything if you don't have the confidence to flaunt your new figure. Women should feel that spark again – that's what mojo is all about!

What's shocked you the most? I'm shocked by how little some people know about nutrition. Many people think 'low-fat' is better for you. The truth is that if it's low in fat, it's often high in sugar.

Is it okay to have guilty pleasures? Once you've reached your goal, your diet should be 90 per cent healthy and 10 per cent treats. Never feel guilty – everyone has a naughty indulgence.

What's been your biggest success story? Working with couples with fertility issues. Often they've tried every option before coming to me. After years of disappointment, helping them conceive is my biggest satisfaction. Watching people turn their lives around is a great joy and an honour.

As told to Smita Mistry
Eat Yourself Sexy airs Thursdays at 8:30pm on LifeStyle YOU.

BROTHER love

» There's a lot more to *Beauty and the Geek's* Gaia than just a pretty face **Gaia Booker, 19, Perth, WA**

At first glance, people often assume I'm shallow. They see my made-up face, dressy clothes and styled hair and think appearances are all I care about. But if they really knew me, they'd know there's much more to me than that.

Looking back at my childhood, I could have turned out very differently. I was raised by my single mum, Della, on a large property in Yarloop, WA. Mum was Hare Krishna and she liked the simple things in life.

When my brother, Dasa, came along when I was two, he instantly became my sidekick. But Dasa wasn't like most people's brothers. He was born with Down syndrome and at first, doctors weren't sure he'd make it. He had a heart defect and other complications and Mum was told to say her goodbyes. Being so young, I don't remember very much about that

time, but when Dasa kept battling on, I knew I would be forever grateful.

When he came home from hospital, we became partners in crime. To me, Dasa wasn't all that different from anyone else I knew. He couldn't speak properly but we

developed a little sign language that we both understood. I'm sure it frustrated Mum, always having to rely on me to translate what Dasa was trying to say, but it made me feel special.

Back then, the days always seemed so long. Dasa and I would go out exploring and make up plays to perform for Mum. At night, we were bunk buddies and we'd giggle ourselves to sleep after Mum turned off the lights.

It wasn't until I reached about 10 years old that I realised I was excelling at things that Dasa simply wasn't. As sad as it sounds, we started to drift apart, but he will always be my best friend.

Mum was Hare Krishna and she liked the simple things in life



Being on *Beauty and the Geek* is an amazing experience



My brother Dasa has always been my best friend

When I reached my early teens, Mum and I clashed. I was a wild spirit who wanted to explore the world and what it had to offer, but Mum was stuck in her ways. She liked the basic life, caring for Dasa at home.

Looking back, I guess that's the point where I began to rebel. I moved out to live with family friends and left school early to do a bridging course at TAFE and work odd jobs. When I went to Perth I found a whole new world. Exposed to partying and drinking, I was finding my feet and discovering who I was.

But I also rebelled in other ways. Because of Mum's beliefs, she thought we were at our best when in our natural state. That meant things like deodorant, perfume, fake tan and hair extensions were completely out of the question.

But to me, when I looked beautiful, I felt beautiful. That's when I was truly happy and Mum had always taught me happiness was the most important thing.

Living in Perth and working as a part-time nanny, I was at a loss as to what I wanted to do with my life. That's why I applied to go on *Beauty and the Geek* earlier this year. I thought it would be a great opportunity to learn about myself.

When I found out I was accepted to go on the show, I was completely stunned. Mum was even more surprised by the news, but still, she was happy for me.

Just before we started filming, I received a letter from Dasa. I still remember when it came in the mail. Instantly recognising the handwriting, I couldn't wipe the smile off my face. Sadly Dasa and I only see each other about once a year, so hearing from him was a special treat. As I opened the envelope in the living room, I couldn't wait to hear what my little

brother and best friend had to say.

I love you and hope you have a great time, it read. Always remember your life is a gift – keep it that way!

My heart melted. I've never missed him more than I did in that moment.

When I arrived to film *Beauty and the Geek*, I felt a mixture of anxiety and excitement. The experience so far is a real eye-opener. While it's not always easy, I'm glad I'm here. My partner has taught me a lot and I'm glad I'm helping him come out of his shell.

Amazingly, I've become better friends with the Geeks than I have the other Beauties. They're just so genuine. They say what they mean and don't apologise for who they are.

If there's one thing I've learnt, it's that no matter how much make-up you wear or how many pairs of high heels you own, the only way to be truly beautiful on the outside is to be beautiful on the inside too. ●

As told to Kim Bonett
Beauty and the Geek starts Thursday at 8:30pm on Seven.

