

australia

madison

HAIR COLOUR SOS!

THE PERFECT SHADE FOR YOUR SKIN (AND SALON AND AT HOME)

SOCIETY SCANDAL!

THE SECRET AFFAIR THAT DESTROYED A MARRIAGE AND A POLITICAL CAREER

SELF-HELP
ARE THE ANSWERS TO YOUR PROBLEMS REALLY IN A BOOK?

WORK UNDERCOVER
CATCH ONLINE PREDATORS

BETTER BODY
SHORTCUTS
NEW GADGETS, PILLS AND TREATMENTS

SARAH JESSICA PARKER
Bringing Carrie back

MEET, MARRY AND MULTIPLY
Why we're speed mating in our 30s

BEAUTY DETOX
FAST FIXES FOR TIRED EYES, CHAPPED LIPS & DRY SKIN

THE ULTIMATE JEANS guide

NEW STYLES THAT FIT AND ACTUALLY FLATTER
WE'VE FOUND DENIM THAT DELIVERS!

AUGUST 2007
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THE FERTILE - FOREVER PILL WOULD YOU TAKE IT?

HEALTH

GETTING PERSONAL FOR WEIGHT LOSS

As beauty and wellbeing become integrated with science and medicine, it's not surprising many wellness centres are now using swabs and needles rather than callipers to assess their clients' needs. Cohen's Lifestyle Clinic's weight loss programs begin with a blood test and an analysis of the body's chemistry – in particular the kidney and liver functions, and the fasting sugar levels. A food plan is then devised in order to control hormones, rebalance sugar levels and help clients find their natural weight. Call 1300 264 367 or visit cohens.com.au.

Berry good

"Just a handful of dried Goji berries eaten as a daily snack provides the nutritional benefits to help our bodies combat the effects of ageing and fatigue," says herbalist Michelle Matthewsman. Absolute Red Dried Goji Berries, \$16.95 for 200g, 1300 662 956.

HOW TO: CUT DOWN ON CAFFEINE

Everyone knows too much caffeine can result in difficulty sleeping, increased blood pressure and a tendency to feel jittery. But there's good news for tea lovers – you can downsize the caffeine in your favourite brew in under a minute. Approximately 80 per cent of the caffeine contained in tea is released during the first 30 seconds of brewing, so allow it to steep for half a minute, discard the liquid and use the same tea leaves or bag to make a fresh cup.



DID YOU KNOW?

McDonald's Australia has nine meals that have the Heart Foundation Tick, which means they contain less saturated fat and salt, more fibre and veggie content. Visit mcdonalds.com.au to see meal choices and to find out more.

THE OLD | THE NEW

Chai latte	Green tea latte
White tea	African red (rooibos) tea
Soy milk	Rice milk



You burn almost as many calories power walking as you do slow jogging, providing you're DOING AT LEAST 7km/h AND WORKING UP A SWEAT

Personal Trainer, Scott Camilleri

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