

AUSTRALIAN Women's Health

**DROP
2, 5, 10
KILOS**

Transform In **21 Days**

**Slash
Stress
in 60
Seconds**

**BETTER SKIN
OVERNIGHT** P79

KSENIJA LUKICH
SMART, SEXY, AND ABOUT
TO HIT THE BIG TIME

**EAT
MORE
WEIGH
LESS**

✓ Power
Pancakes

✓ Main
Meal
Salads

✓ Energy
Smoothies

**Epic
Solo
Sex**

P60

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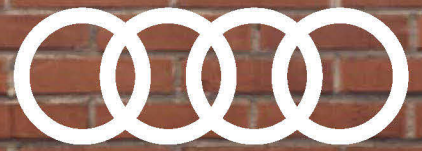
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SIMPLE SECRETS OF **HAPPY WOMEN**



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#independent?
#sophisticated?**



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APRIL 2017

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WOMEN SHARE
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LOLA BERRY



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Build
a better...



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E!'S HOTTEST STAR
LETS US IN ON HER
HOT-BODY SECRETS

PHOTOGRAPHY: ARMELLE HABIB; TOM WATKINS; ED URRUTIA; STEVEN CHEE
STYLING: TALIA KERSH; HAIR: BRAD MULLINS; MAKE-UP: FILOMENA NATOLI

ED'S NOTE

WHAT'S ON MY MIND

THE KEY TO HAPPINESS



Confession time: I haven't always loved exercise the way I do now. In fact, my lack of sportiness was infamous growing up – ironic in a family where my dad played both representative cricket and hockey. Case in point? A short-lived Little Athletics career, followed by a gymnastics stint that flamed out before it really began. Fast-forward a few years, and my 20s were all about hitting the gym and pounding the treadmill because I felt like I 'should'. But not genuinely enjoying it. Then, about five years ago, when I decided to take up running (and tackle 10 kays for a milestone birthday) the fitness penny finally dropped. And now I literally can't imagine life without it. For me, exercise has less to do with the number on the scales, or fitting into a certain jeans size, but everything to do with the fact it makes me feel calmer, happier and stronger, both mentally and physically. As a growing

body of science continues to confirm, exercise is one of the fastest routes to feeling healthier and more optimistic. The proof? A recent Harvard University study, conducted over more than a decade, found that happiness and getting your sweat on (regularly) go hand in hand. While another from the University of Michigan revealed that even just a few minutes immersed in the great outdoors can contribute to less stress, better mental wellbeing and lower rates of depression. Pretty powerful medicine! But that's not the only plus. As you'll read in this month's story *Live fearless* (p96), stepping out of your comfort zone is the perfect way to prove anything – not just in sport, but in life – is possible. Whether it's one more rep, one more kay or the backbend that one day miraculously falls into place. Over the past 12 months I've tackled everything from Sydney Coastrek (55km from Palm Beach to Balmoral, over 11 hours in 30°C heat), to my first half-marathon. And loved it. The lesson? Even when you think you've hit your limit, there's always 20 per cent left in the tank – and that's a truly amazing thing. I hope you enjoy this fitspo-packed issue as much as the *WH* team did creating it for you. Until next month, ask yourself: What do I really want? And go for it. You're capable of more than you know.

Jacqui X.

Jacqui Mooney **Editor**
Follow me @JacquiMooney

THINGS
I'M
LOVING
THIS
ISSUE



P82 HOT GEAR

It's official: strong is the new sexy. So get your sweat on with these sizzling athleisure looks.



P133 BOWL FOOD

Want real food, real fast? Our one-bowl dinners are so good you won't be able to stop making them.



P114 FIT TREND

Torch fat and tone up with the hot new workout sweeping Hollywood. All you need is a garage!

SKINACTIVE

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WOMEN IN SPORT

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by Triumph V

Swisse

► FLICK STRAIGHT TO P36 AND MEET
PRO ROAD CYCLIST GRACIE ELVIN

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ASK US SERIOUSLY, ANYTHING AT ALL...

ANYTHING

Is it OK to work out on an empty stomach?

● Kylie, via email

ANSWER It's completely fine. Research tends to indicate that you'll burn more fat if you train in a fasted state. However, if you feel dizzy or light-headed during a workout it could mean that you're glycogen depleted, so it's a good idea to eat a small amount of low-GI carbs (try half a banana) about 30 minutes before training. Your body will start utilising the low-GI carbs within 15-30 mins of eating and you'll have a sustained energy source as you sweat. Sorted!

BROOKE BEVAN

ASK US ANYTHING

OUR FEATURED EXPERTS THIS MONTH ARE...

IS IT BETTER TO FLOSS MY TEETH BEFORE OR AFTER BRUSHING THEM?

● Sal, via Facebook

ANSWER The National Health Service in the UK throws its weight behind flossing *before* brushing. That said, I checked in with the Australian Dental Association who recommend flossing once a day and say before or after brushing doesn't matter, as long as you do it. Science agrees it should be done: 12 studies, reviewed in 2012, found flossing reduces gingivitis and plaque build-up – but no studies identified a better time to do it. The bottom line? Floss before or after brushing, and get regular dental check-ups to protect your pearly whites.

DR GINNI MANSBERG

HOW DO I STOP CRAVING SWEETS IMMEDIATELY AFTER A MEAL?

● Polly, via email

ANSWER Think about whether your sweet craving really does kick in after every single meal, or are you just conditioned to crave the sweet stuff? Usually, it's just a habit. The quickest way to break the cycle is to brush your teeth (or use a breath mint when you're out and about).

This sends a message to your palate that you've finished eating.

A glass of water or piece of fruit can also help break your post-meal sweet craving. Also make sure your meals contain enough protein and dietary fibre and you're eating gut-friendly foods such as kombucha, sauerkraut, kimchi and kefir to help nix the craving in the longer term.

KRISTEN BECK

THE SOAPBOX

Is online dating over in 2017?

2016 WAS A BAD YEAR FOR MANY THINGS, INCLUDING DATING. TINDER FATIGUE AND DATING ADHD (WHERE IMPATIENT USERS ARE QUICK TO SWIPE LEFT AT THE TINIEST PERCEIVED FLAWS DUE TO LIMITLESS OPTIONS) ARE REAL THINGS. SO WHAT'S A GIRL LOOKING FOR ROMANCE OR AN LTR TO DO? SHOULD WE GO BACK TO TALKING TO MEN IRL? WH EMOTIONS EXPERT DR ALICE BOYES ISN'T SO QUICK TO DISMISS ONLINE DATING.

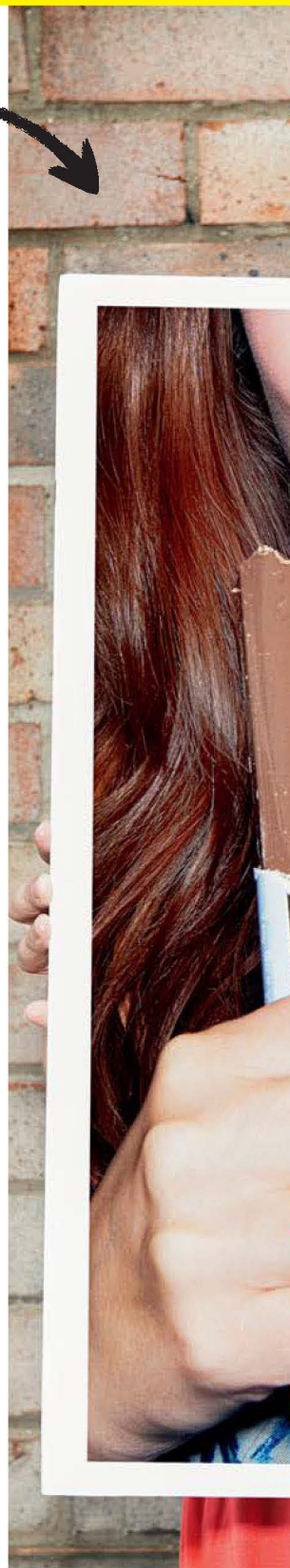
"There's no sign of dating apps being anywhere near dead. What hooks us? The fact we all know people who met their lovely, normal, desirable long-term partner on Tinder. The fatigue people feel with aspects of dating culture is real, but it's not new. Dating has always been full of emotional ups and downs, and a string of bad dates has always been an express pass to a sense of loneliness.

The thing is, couples still meet through work, friends, family, in bars and on backpacking trips through South-East



Asia. And most people tend to sabotage their relationships in the same ways regardless of how they hook up. Someone excessively critical of people on an app is just as harsh in judging whoever their friends or colleagues set them up with.

Since dating apps are a competitive space, new apps emerge to try to solve problems existing ones have (eg, Whim, which skips the pre-date conversation and immediately matches singles for meet-ups). But it's not the responsibility of apps to save us from the trial and error of dating. The user base doesn't change as apps do: the same douchebags who are on one platform jump to the next one! Since most apps rely on having a large user base, developers are hesitant to exclude too many people. But humans are complex and it's going to be a while before an algorithm can predict our perfect partner. And, to be honest, who would want that anyway?"



FITNESS
BROOKE
BEVAN



HEALTH
DR GINNI
MANSBERG



NUTRITION
KRISTEN
BECK



EMOTIONS
DR ALICE
BOYES



THREE ESSENTIALS TO TAKE

on a yoga retreat

(You'll need more than your trusty mat)

BY WHYOGA EXPERT CLAIRE NETTLEY

1 A plan for after you leave

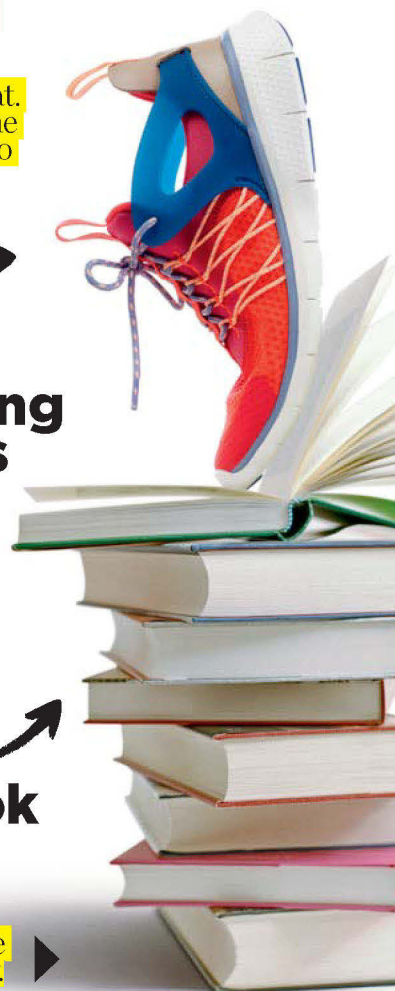
A friend and I joke about 're-entry syndrome'. Be gentle with yourself for a few days after the retreat. Trust me, you'll need some time to integrate back into the reality of real life.

2 Good walking shoes

Most retreats are set in stunningly beautiful locations, and the chance to connect with nature shouldn't be missed. It's also a great way to get some alone time.

3 A non- yoga book

A good page-turner or something completely unrelated to yoga can be a welcome break from the intensity of getting bendy.

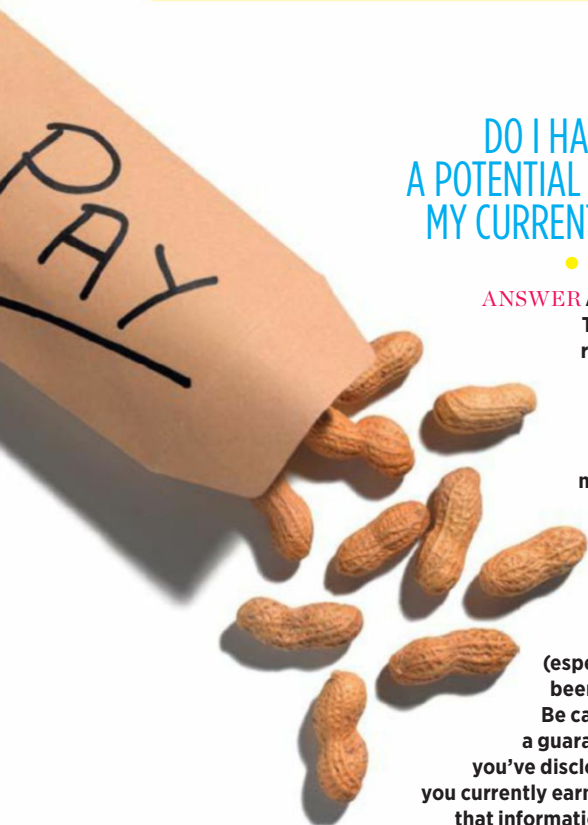


ASK US ANYTHING

OUR FEATURED EXPERTS THIS MONTH ARE...

MONEY
SARAH
RIEGELHUTH

MEN'S HEALTH EDITOR
LUKE
BENEDICTUS



DO I HAVE TO TELL A POTENTIAL EMPLOYER MY CURRENT SALARY?

● Becky, via Facebook

ANSWER Absolutely not. There's no legal requirement for you to disclose your salary to any potential employer. You may want to use your current salary as a bargaining tool to ask for higher pay in a new role (especially if you've been headhunted). Be careful as it's not a guarantee, and once you've disclosed how much you currently earn you can't take that information back! Salary negotiation can be tricky, but if you're moving to a role with more responsibility you should be getting more than your current role. Just be confident, and ask for something you are comfortable with and feel is fair.

SARAH RIEGELHUTH

CLEAVAGE SHOTS – A DO OR DON'T IN MY DATING APP PICS?

● Fleur, via email

ANSWER Probably not, for the same reason that guys shouldn't post shirtless Tinder selfies. For one thing it's unnecessary, but it can also smack of slight desperation. Choosing your dating pics is a complex balancing act. They shouldn't be false advertising (no old snaps from 2009). You want to play to your physical strengths while still preserving a little bit of mystery. Zooming in for a double-whopper close-up is a bit too brazen, but don't limit your gallery to headshots either. Make sure you always have at least one full-body image, otherwise he's likely to assume the worst.

LUKE BENEDICTUS

OUR EXPERTS

HEALTH

DR GINNI MANSBERG
T: @DR_GINNI
Sunrise's resident GP has a busy practice and four health books to her name.

SEX & RELATIONSHIPS

CHRISTINA SPACCAVENTO
T: @TALKTOCHRISTINA
The Sydney-based therapist counsels couples and individuals.

INTEGRATIVE MEDICINE

DR KAREN COATES
DRKAREN.COM.AU
This women's health doctor blends mainstream and alternative medicine.

SEXUAL HEALTH

DR DEBORAH BATESON
T: @DRDEBBATESON
This reproductive health expert has 15+ years of family planning experience.

FITNESS

MICHELLE BRIDGES
T+IG: @MISHBRIDGES
The former *The Biggest Loser* trainer runs the popular 12 Week Body Transformation program.

NUTRITION

KRISTEN BECK
IG: @KRISTENBECK
The Sydney-based nutritionist is the director of Beck Health & Nutrition.

EXERCISE REHABILITATION

AMANDA BISK
IG: @AMANDABISK
The former pole vaulter is an elite athletics coach, exercise physiologist and yoga instructor.

FOOD

BRIDGET DAVIS
T: @BRIDGET_COOKS
She has 20 years of commercial kitchen experience, but we know her best as The Internet Chef.

STRENGTH & CONDITIONING

CAMERON BYRNES
IG: @CAMERONBYRNESPT
This celebrity trainer also has props as one of Australia's leading PTs.

WEIGHT LOSS

TARA DIVERSI
T: @TARADIVERSI
Our dietitian is an Assistant Professor at Bond University.

YOGA

CLAIRE NETTLEY
T: @CLAIRENETTLEY
Our yoga teacher is the president of Yoga Australia.

MONEY

SARAH RIEGELHUTH
T: @SARAHRIEGELHUTH
This financial expert is co-founder of the advisory firm Wealth Enhancers.

PSYCHOLOGY

DR PAULA WATKINS
IG: @DOCTOR.PAULA
The clinical psychologist and mindfulness expert also holds regular meditation workshops.

BEAUTY

DR ELIZABETH DAWES-HIGGS
T: @OZDERMATOLOGIST
Our dermatologist sees patients at a private practice in Sydney.

EMOTIONS

DR ALICE BOYES
T: @DRALICEBOYES
This psychology expert released her book, *The Anxiety Toolkit*, in 2015.

MOTORING

STEPHEN CORBY
IG: @STEPHENCORBY
This former *TopGear* Australia and *Wheels* Mag editor is currently testing out cool cars in Europe.

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FOR OUR EXPERTS? SEND THEM TO
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food, check out the latest fitspo
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FRUIT FOR THOUGHT

It's official – we're hooked on plant-based diets. Veganism has surged by 35 per cent on Facebook, Twitter, Instagram and online news discussions, says research by restaurant reservations website OpenTable. Off the menu: web chatter about the paleo diet, which fell 52 per cent, and clean eating – that dropped 28 per cent. So, keen on greens? See our story on being a smart vego, p102.



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GYM HACK

STRETCH IN THE SHOWER

... Says fitness instructor Deaton Jones. “Your muscles are warmed up from the steam so you can get deeper into a stretch, relieving more tension.” For a slip-proof pose that’ll stretch your entire posterior chain: stand facing the wall opposite the showerhead; press your hands, with elbows bent, on the wall in front of you. Slowly walk your feet back until your arms are straight and your torso is nearly parallel to the floor. Lower your head, and then hold for 60 seconds.

45

The percentage your balance and stability are impacted when you text during a workout, reports the journal *Performance Enhancement and Health*. That means phones down, people.

REWARD POINTS

Want to make your love of fitness stick? Research from Iowa State University shows there’s a clutch combo to make a workout into a habit: a set cue and a personal reward. Exercise on your cue, and focus on your reward till your sesh is second nature. Try these pairs from study author Dr Alison Phillips...

CUE

Hearing your morning alarm

Stepping out for a lunch break

Shutting off your work computer

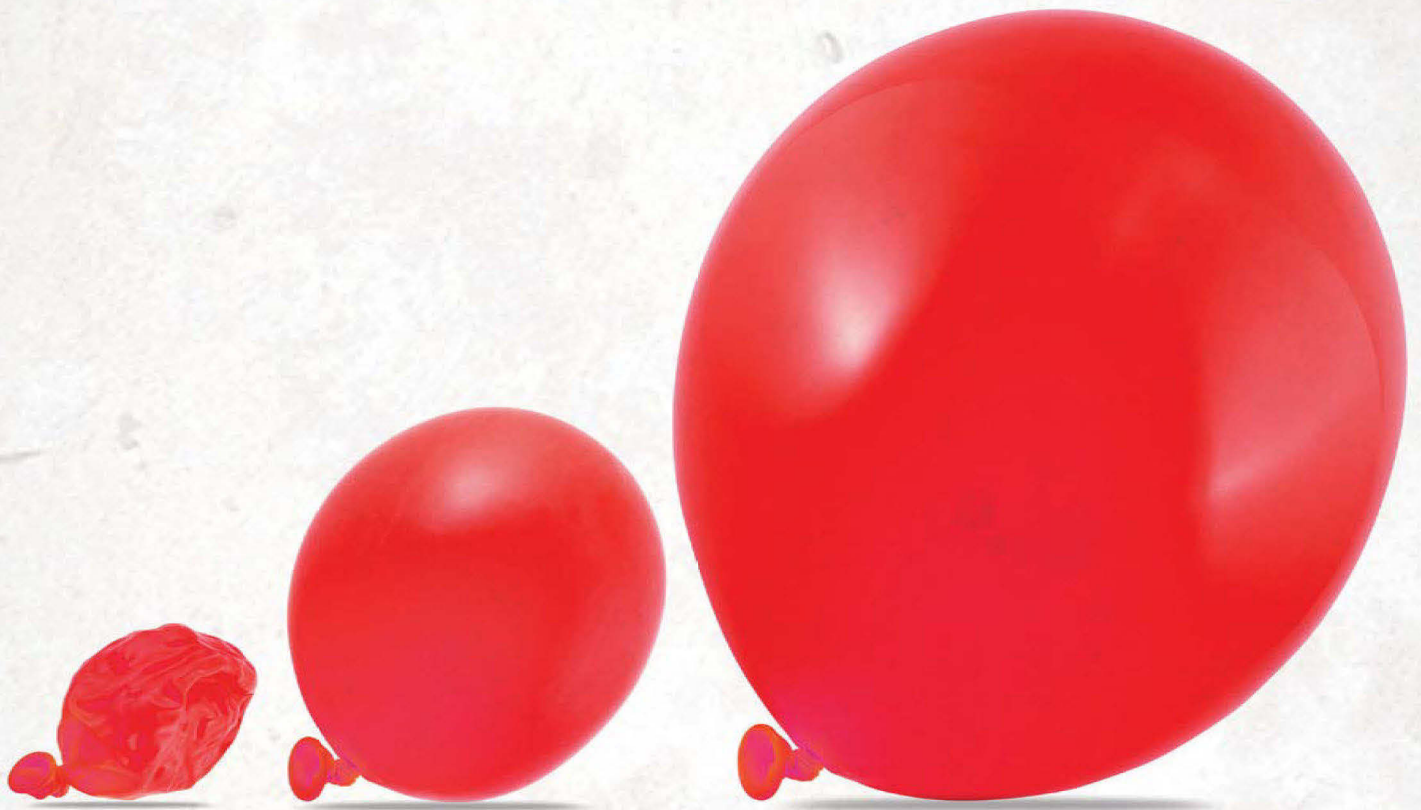
REWARD

Feeling more alert by your 9am meeting

Boosting your mood to power you through the afternoon

Relieving stress before spending time with your fam

DON'T WAIT UNTIL IT'S TOO LATE



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Bowel Cancer Australia

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{weight loss} discuss!

MAKE SUGAR A NO-BRAINER

Artificial sugars should be sweet music to slimmers' ears, but yet another study confirms they're not all that. Researchers from the University of Sydney found sugar substitutes like sucralose are just too confusing for your brain, which struggles to compute the sugary taste with the subsequent lack of energy content – and so your craving continues. Avoid kilo creep by using natural sweeteners that won't keep you wanting more. Nutritionist Angelique Panagos' top three natural choices all have added body benefits:

1

MANUKA HONEY

Use it in hot drinks, but let them cool first: the crucial antibacterial and anti-inflammatory enzymes you want are killed in boiling water.

2

FRUIT

For breakfast, swap sugar for fruit (fresh, stewed or grated) to boost the nutrients in your pancakes, porridge or granola.

3

MAPLE SYRUP

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350ML

THE AMOUNT OF WATER – ABOUT THE SAME AS A CAN OF SOFT DRINK – THAT WILL CURB YOUR APPETITE WHEN CONSUMED WITH A MEAL, SO YOU DON'T OVEREAT. THE STUDY FOUND TAKING A LONE GULP MADE NO DIFFERENCE.

Source:
Wageningen
University, The
Netherlands

MED TO MAINTAIN

You can keep kilos off with healing meditation. It helped people on a weight loss maintenance program by reducing their anxiety – a factor that can derail healthy efforts.

Source: *Complementary Therapies in Medicine*





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Always read the label and use only as directed.

THE RULES COOKING OILS

Does it really matter which oil you use in the kitchen? Yep. Dietitians Amy Chalker and Karen Caplan have a 2017 update

Rule #1

Cook with oils that have a high smoke point. This means that they won't lose their flavour or health properties when exposed to high temperatures. Try using sesame, avocado or sunflower oil.

Rule #2

Drizzle with lower-smoke-point oils. Focus on the ones that have the biggest nutrition benefits. Try flaxseed or walnut oil. Why? They're both good sources of omega-3 fatty acids.

Rule #3

Say yes to cold-pressed. This term refers to the process by which the oils are extracted from the original plant, nut or seed – as opposed to using damaging heat and/or chemicals to draw them out.

PLEASE EXPLAIN... Clean labelling

THE SIGN-OF-THE-TIMES FOOD MOVEMENT THAT'S SEEING MAJOR COMPANIES SUCH AS CAMPBELL'S SOUP, NESTLÉ AND KELLOGG'S MOVING TO CUT THE ARTIFICIAL INGREDIENTS FROM PRODUCTS SO THEIR LABELS ARE EASIER TO UNDERSTAND.

INTRODUCING: PACHOS!

That's pumpkin nachos. Swap traditional corn chips for crispy pumpkin and pile on tasty toppings

Butternut pumpkin nachos

1 BUTTERNUT PUMPKIN NECK (ABOUT 500G), PEELED AND THINLY SLICED
+ ½ CUP CRUMBLÉ GORGONZOLA + ¼ CUP HAZELNUTS + ¼ CUP POMEGRANATE SEEDS

Sweet potato nachos

1 LARGE SWEET POTATO (ABOUT 350G), SCRUBBED AND THINLY SLICED + ¼ CUP CHEDDAR + ½ CUP BLACK BEANS TOSSED WITH ½ TSP CHILLI POWDER + ½ AVOCADO, DICED + 8 PICKLED JALAPENO SLICES

Parsnip nachos

4 PARSNIPS, PEELED AND THINLY SLICED LENGTHWAYS + 55G BRIE, RIND REMOVED AND DICED + ½ CUP DICED CHICKEN + ¼ CUP TOASTED AND CHOPPED PECANS + 2 TBS DRIED CRANBERRIES

(All recipes make 2 serves)

Slice your vegies about 0.5cm thick. Heat oven to 190°C, lay the slices on a lightly oiled baking tray in a single layer, brush the tops with coconut or olive oil, and sprinkle with salt and pepper. Roast until the edges crisp up (15–20 mins), then remove from the oven and let stand for 5 mins. Top with cheese, then return to the oven until it melts (about 5 mins). Add the remaining ingredients and a bit of chopped parsley or spring onion for extra freshness.



MAGAZINE



NETWORKS

PASSION RESPONSE

{health} discuss

MASTER YOUR MINDSET

Why in the name of Rob and Blac Chyna did you read gossip sites until 2am the night before giving a speech at your friend's wedding? It's counterintuitive, but turns out self-sabotage is your subconscious protecting you from failure. The logic? You can then pin your poor performance on not being prepared rather than a lack of ability, says researcher Edward Hirt. To stop the behaviour, shift your perspective. "Self-saboteurs think trying hard and then failing is the worst scenario, but most people respect those who try more than slackers, no matter the outcome."



LET'S TALK ABOUT VAGINAL DRYNESS

I'M NOT AS WET DURING SEX LATELY. MY VAGINA CAN'T BE CLOSING UP SHOP AT 30?!

Millennial gurl, parched privates aren't just for the menopausal. A Gallup survey showed chronic dryness affects 12 per cent of women under 40. Low libido is one culprit, and can prevent you from getting lubed up.

BUT MY PARTNER TURNS ME ON!

Hormonal shifts from the pill (or a dip in oestrogen post-pregnancy) can cause that Sahara feeling, too. And some antidepressants/antihistamines may also mess with moisture.

SO WHAT CAN I DO? IT HURTS!

Talk to your doc about any meds you're taking. And for immediate relief, use lots of lube during sex and consider using a hormone-free over-the-counter vaginal moisturiser.

Source: Gynaecologist Dr Maria Sophocles

TWEET THIS

LISTENING TO THE SONG *WEIGHTLESS* BY MARCONI UNION REDUCES ANXIETY BY UP TO 65 PER CENT, ACCORDING TO RESEARCH

Source: Mindlab International

{beauty

discuss

20!

THE PERCENTAGE MORE YOU CAN EARN IF YOU'RE PERCEIVED TO BE WELL-GROOMED. NEAT NAILS ARE AN EASY WIN AND MAKE YOU APPEAR INSTANTLY POLISHED. TRY L'ORÉAL COLOR RICHE LE VERNIS IN CAFÉ DE NUIT, \$7.95, FOR A CLASSIC NUDE WASH.

OUTBACK SPECTACULAR

You might never have eaten one, but kakadu plum is the world's richest source of vitamin C - it contains 50 times more than an orange. And, according to Mintel research, with 85 per cent of consumers citing the brightening and free-radical-fighting vitamin as their skin ingredient of choice, the kakadu plum is something you'll want to squeeze the benefits out of.

Try it in...



Divine Woman Illuminating Day Cream, \$59.95



Cinch Face Cheat Moisturiser and Glow, \$39.95



Rohr Remedy Kakadu Plum Vitamin C Face Serum, \$48

WH TESTS IT...

COOLSCULPTING

"I hit the gym daily, but struggle to shift weight from my stomach. Enter: CoolSculpting. The cryolipolysis treatment uses cooling and suction technology to kill fat cells - with the body excreting them over three months sans surgery, needles or downtime. I went to Sydney Cosmetic Sanctuary where the practitioner marked my trouble spot and applied an applicator, which suctioned and froze the area to -10°C for 60 minutes. At first I was uncomfortable, but soon the area went numb. After, my stomach was inflamed but I could go about my usual business. Three months later, I can definitely notice it's flattened out. At \$1000 an area, it's not cheap, but if you're within 5kg of your goal, have a good diet and lifestyle and can't shift stubborn fat, it's worth a shot for up to a 25 per cent reduction." Ashleigh Austen, 27, WH Beauty Editor



Dressing for *Sunday*
morning meant keeping
their *options* open. Run,
brunch, or *relax*?

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#InspireYourMorning

TWININGS
OF LONDON

Best Body

Health and fitness inspo to feel amazing all over

CROSSFIT: ARE YOU GAME?

**Look beyond the acronyms! This intense
workout sculpts your body like no other**

By Alice Beverton Palmer

LEARN
THE ROPES

Do you know a WOD from an AMRAP? Are liquid chalk and knee pads part of your daily routine? Do you have any idea what we're talking about? No? Then you're yet to embrace CrossFit. But seeing as there's hundreds of CrossFit boxes (that's gyms by the way) in Australia, it's hard to drive past one and not wonder if you might want in on the action. Before it gets you, you'll need to get it... So welcome to the *WH* CrossFit masterclass.

Created by ex-gymnast Greg Glassman, CrossFit is a fast and furious mix of gymnastics, weights and sprints. Each day brings a new 'workout of the day' (WOD - an intense blast of dynamic strength training, lasting 10-30 minutes). Which, if you're at a box, will be part of an hour-long group session, but can also serve as a DIY circuit sesh to do anywhere. It's hardcore, but seriously effective. "If you want to be strong but sculpted," says Sam Briggs, a former CrossFit world champion. "I can bench-press 95kg, deadlift 175kg and run a 19-minute 5K." Impressive!

Master these seven intense, do-anywhere moves (right), then use them in the WODs. Ready?



AMRAP
As Many Reps As Possible are to be completed within the allotted time.

X-FIT SPEAK, DECODED

EMOM
Every Minute On The Minute do a set number of moves, then rest for the remaining time.

ETS
Expect to Swear is not an official acronym, but one we feel justified adding to the mix.

DO THE WODS

Workouts of the day!

THE CHIPPER

Ready? Do 100 double-unders, 80 lunges, 60 Buddha sit-ups, 40 burpees, 20 air squats and 10 push-ups. Work through the exercises one by one for 20 minutes (if you finish before time's up, go back to the start). Yes, you can do it.

THE UP 'N' UP

Do AMRAP (see 'X-Fit speak, decoded', above) of 5 push-ups, 10 sit-ups and 15 air squats in 20 minutes for a super intense full-body cardio and strength workout. Note how many rounds you manage to do so you can try to beat your score next time. Own it.

ODDS AND EVENS

Do EMOM (see 'X-Fit speak, decoded') for 30 minutes. On the even minutes, do 15 burpees; on odds do 30 double-unders. Go hard and rest until the next minute ticks over. Too much? Scale down to single skips instead. Want more? Do 20 burpees and 50 skips. You absolute nutcase.



21-15-9

Get your stopwatch out again. Then do 21 pistol squats, 15 push-ups and 9 sit-ups as fast as you can. If you can't manage pistols, try doing air squats or weighted lunges. And to make the workout harder, try weighted pistols. Buns. Of. Steel.

THE ANNIE

A classic WOD: 50, 40, 30, 20 and 10 reps of double-under skips and sit-ups. That's 50 double-unders, 50 sit-ups, then 40 of each and so on. Aim to do it as fast as possible. You can go harder with triple-unders and weighted sit-ups. Ooof.

THE MOVES

1

Buddha sit-up

Targets: your core

(a) Sit up with your legs bent out to the sides, like Buddha. This position puts your hip flexors at a disadvantage so that you have to work your abs more. (b) Lie back, then sit back up and touch your toes for one rep. Feeling zen yet?



2

Double-under skip

Targets: all-over fat burning

(a) Go and get yourself a skipping rope. Well, that part was simple enough. (b) Jump high enough that you can whip the rope under your feet twice in one jump. Faster! If you can't manage this, you can start by doing single skips. Come on, you used to do this in primary school.



3

Pistol squat

Targets: glutes, legs, core

(a) This one's really tricky. Standing on one leg, do a squat while your other leg is stretched out in front of you, parallel to the floor. Hold it steady... (b) Keep squatting until your glutes are touching the back of your calf, before returning back to the standing position. Come on, you've got this!



4

Full push-up

Targets: arms, core, back

(a) No girly knee versions here! Get into a high plank, with your body in a straight line, abs tight and hands shoulder-width apart. (b) Bending your elbows to the sides, lower your chest to the floor. Push back up.



5

Air squat

Targets: glutes, legs, core

(a) Stand tall, then bend forward from your hips and push your bum back and downwards. At the same time, reach your hands straight out in front of you. (b) When your hips are lower than your knees, return to the start. Keep your chest up throughout. Make it tougher by jumping between squats. You know you want to.



6

Jumping lunge

Targets: glutes, legs

(a) You know the lunge drill, take a big step forward, lower your back knee to the ground then push back up from your front leg. (b) Now it's time to speed things up a bit. Swap your legs mid-air, jumping up high between each rep. It is really gonna hurt.

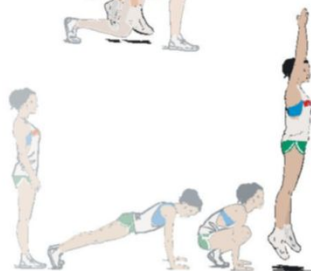


7

Ultimate burpee

Targets: all-over fat burning

(a) We're sorry in advance. Stand straight, feet shoulder-width apart. Squat down quickly, then shoot your legs back and bring your arms down to do a push-up. (b) Snap your legs back to the squat position and then jump up high. And that's one burpee. Yep, just one. **WH**



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WOMEN IN SPORT



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 THOR TO THE CORE

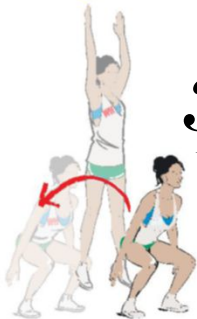
15-minute workout

THE VIKING WORKOUT

Burn 1460kJ in 15 mins – no swords or battle axes required

The expert Svava Sigbertsdottir, founder of the Viking Method*

Most workouts promise a flat belly and perky bum, but the Viking Method goes one further, with a focus on how your workout makes you feel. "Icelanders pride themselves on strength," Sigbertsdottir says. "We train for power and strength. Losing [weight] is just a bonus." To make your body work to the max in record time, she switches between functional cardio and resistance exercises. "It increases growth hormones, decreases stress hormones and insulin levels, and burns fat. Your metabolism will hit the roof," she adds. Do each move for 30 secs with a 30-sec break between intervals.

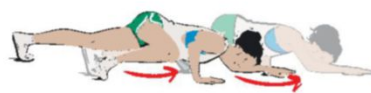


3½
MINS

Reverse squat jumps

(a) With shoulders back and heels on the floor, lower to a squat.
(b) Jump up and backwards, landing back into a deep squat. Flattering, no. Effective, yes.

Do: 6 sets of 30-sec stints

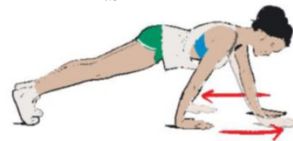


4½
MINS

Spider Man crawls

(a) From plank, bring your right foot and left hand forward and place them down on the ground, core engaged and bum low.
(b) Repeat on the opposite side. That's 1 rep done.

Do: 6 sets of 30-sec reps

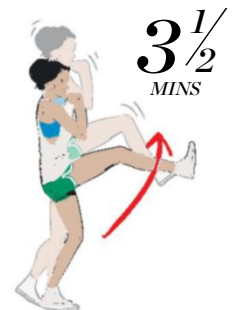


3½
MINS

Arm walks

(a) Get back in a plank position with your core engaged.
(b) Holding a plank position, walk your hands forward and back to shift your weight.

Do: 6 sets of 6 reps



3½
MINS

Jumping kicks

(a) Stand on your left leg with your right leg slightly behind it.
(b) Jump and drop onto the right leg while driving your left knee up with a high kick. **WH**

Do: 6 sets of 30-sec stints



YOU CAN DO THIS: CYCLING

Get fitter, healthier and save the planet, at the same time! All you need is two wheels

By Alice Ellis

WHAT CYCLING DOES FOR YOUR BODY

Cycling is an easy, low-impact form of cardio. "And it's not just good work for your legs – you actually use most of your major muscle groups as you pedal, especially your core, which needs to be engaged to help keep you balanced," says Kate de Beer, She Rides program manager at Cycling Australia. Cycling can be done at a very low intensity to begin with, and you can slowly build it up into a physically demanding workout. If you're time-poor (yep, all of us), it's also a great way to tick off both your daily exercise sesh and your commute in one go.

If you're not confident about hopping on, try a She Rides eight-week riding skills program – they're run by Cycling Australia coaches around Oz. Go to cycling.org.au/participation/she-rides for info.

SAFETY MUST-DOS FOR BIKE NEWBIES

Always... Be predictable in your movements. "Avoid swerving or braking suddenly, and where possible, use hand signals or your voice to let others around you know what you're doing," says de Beer.

Always... Look after your lady bits. "There's no need for you to be uncomfortable in the saddle. If you are, try changing either of these two things: one, your saddle – not all saddles are created equal. Your local bike shop should have a range of test saddles so you can find the perfect fit for you. Two, your shorts – the longer your ride, the more pressure is being put on your sit bones. If you're starting to ride longer distances, invest in a pair of padded shorts, known as knicks."

Always... Get your bike serviced. "At least once a year, take it to a qualified bike mechanic to keep it running smoothly and safely."

CHECK THIS OUT

Head to Ella's Cycling Tips (cyclingtips.com/women-cycling), a woman's one-stop spot for all things cycling. You'll find info on everything from recreational riding to training, bike maintenance, nutrition and pro racing. "We are so much more than a website, we're a community of women and men who bike and share a passion for cycling," says Ella's Anne-Marije Rook.

WinS

WOMEN IN SPORT



Meet... GRACIE ELVIN, 28

Pro road cyclist and Bike Exchange ambassador

How did you get into cycling?

"I did MTB (mountain bike) days at school and loved beating the boys. Dad set up an old road bike for me when I was 13 and we rode together. I went along to skills sessions and got hooked pretty quickly."

So when did you go pro?

"In 2012 I did my first full racing season in Europe. I was also an MTB rider before that and competed at the highest level for three years from 2009."

What do you love about cycling?

"Cycling's given me confidence – I was a very shy young person; I've met amazing people through the sport; I've surprised myself at how far I can push my body and mind; and I love seeing the world on two wheels. I've been to so many unique places that I would've never seen otherwise."

What's your training like?

"During the Aussie summer I build fitness for the European season and ride about 500km per week. I also mix in three gym sessions a week, and race more than 50 days of the year."

What are you most looking forward to?

"My main goal is to do well in

a Belgian race called The Tour of Flanders. It's like a footy grand final weekend for them – about a million fans line the roads that day. It gives me chills every time I race there and I'd love to win that race more than any other."

What would you say to women thinking of trying out cycling?

"Riding a bike brings a special joy because you feel so free. And the speed and efficiency of cycling is second to none in terms of both healthy commuting or exercise. I'd suggest starting with your local bike shop or club to get advice on the right bike for you and people to ride with." **WH**

WH TESTS IT...

New trend: nightclub spin

"Yep, it's a thing! Think pumping beats, a rocking DJ, lights and smoke machines, held inside Sydney's iconic Home Nightclub. Run by Flow Athletic spin guru Ben Lucas, this 45-minute class is a heart-pumping, leg-blasting, full-body challenge that takes regular spin to a whole new level. Within seconds I was covered in sweat (in a good way) but the killer soundtrack kept the entire crowd up, out of the saddle and seriously energised. In a word: addictive!" Jacqui Mooney, **WH** Editor

1 2

3

4 5

6

Cycling kit

- 1 Stay weatherproof in this bright Puma jacket. \$120, au.puma.com
- 2 No Marilyn moments with the Skirt Garter. \$14.95, cyclestyle.com.au
- 3 The Garmin Varia Rearview Radar alerts you to vehicles approaching from behind. \$259, buy.garmin.com/en-AU
- 4 The high-performance Rudy Project helmets are Italian designed and sleek-as. \$129, erudy.com.au
- 5 Don't miss a phone call with the Handleband Universal Phone Mount. \$34.95, cyclestyle.com.au
- 6 Weather-resistant Bookman Lights for back and front that attach on any sized bar. \$29.95, cyclestyle.com.au



BEST BIKES FOR WOMEN

Meet the three bestselling female-specific bikes bought at Bike Exchange (bikeexchange.com.au), the world's biggest online market for new and used bikes plus accessories. Ready, set, shop!



Liv Envie Advanced 2 2017, \$2795
A race machine for sprints and training.



Specialized Amira SL4 Comp 2016, \$1999
Another racer, to take you to the next level.



Nixcycles EVIVA Classic 7 Sp, \$210
Not just pretty – tackles hills with ease.



**YOUR
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IT'S BEST TO
UPDATE IT
EVERY
6-12
MONTHS**

Spin control

WHETHER YOU'RE AT A SPIN CLASS OR CYCLING IN THE GREAT OUTDOORS, THE NEW TRIACTION RANGE WILL SUPPORT YOU THROUGH ALL THE UPS AND DOWNS

It's a great way to keep fit but no matter how you spin it, cycling can be hard work! With constant up, down and forward movements, you need a bra that offers great support.

STYLE AND COMFORT

The stylish new range from Triaction by Triumph looks as good as it feels. Designed to support women of all shapes and sizes, the new Cardio collection features Stay Dry technology for breathability

and lightness, while the ultra soft lining keeps you comfy.

CERTIFIED BOUNCE CONTROL

As far as sports bras go, the Cardio range offers one of the best support levels you can get! Tested in the UK by the University of Portsmouth's renowned Research Group in Breast Health, it delivers a certified bounce control rating of up to 78 per cent* - so you can hop on your bike with confidence.



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*Depending on style. Products tested by Portsmouth University on size 12D



CAN'T GET NO SLEEP?

It's the stuff of nightmares: you're so stressed you can't sleep, which leaves you even more wound up the next day. Cue a vicious cycle of interrupted rest and anxious wakefulness that's hard to break – until now

G

Gear yourself up for the least surprising news to not-quite rock your world. You're stressed. Or there's a good chance you are – thirty-five per cent of us experience 'major' stress, according to the Australian Psychological Society. It's a 24/7 terror, as it not only messes with your day-to-day life – via sugar binges, breakouts and soaring blood pressure – but, as science tells us, it can also have a massive impact on your night-time routine.

Despite the fact 37 per cent of adults say stress makes them feel exhausted, nearly half also complain that it causes them to lie awake at night, research by the American Psychological Association has found. "By the time you go to bed, you might have as many as 150 life events – some agonising, others annoying – floating around your head, which is why it can sometimes

take you up to an hour to nod off, even when you're beat," says Dr Edward Suarez, professor of psychiatry and behavioural sciences at Duke University.

What's worse? A new report by the Centers for Disease Control and Prevention's National Center for Health Statistics found women are more likely to have sleep problems than men, reporting more trouble falling (and staying) asleep, and often waking up feeling tired.

It's a chain reaction, with experts saying one of the surest ways to feel mental strain is to fail to get enough shut-eye. Put simply, daytime stress equals bedtime distress. And bedtime distress adds up to more daytime stress... see where we're going?

The cause

In a perfect world, your bedtime hours look something like this: as you kill the lights, receptors in your eyes signal your body to prep for

A NIGHT'S
TALE

I ♥ HealthEngine

Alex Davies,
WH Features Editor
"Need a doc, stat?
I like my GPs how
the Bachelorette
likes her dates
- options, please.
Healthengine.com.au
lets you enter your
location, see what
appointments are
available at nearby
practices, and then
book. The site also
includes dentists,
chiro, physios and
more. And you can
add a user review
when you're done."

slumber time. Your brain releases the snooze-inducing hormone melatonin, slows your heart rate, reduces your body temperature and puts a lid on stimulating stress hormones, such as cortisol. After you fall asleep, you oscillate between light and deep slumber every 90-110 minutes, and it's in these deep-sleep stages that your cells begin to rejuvenate themselves, helping you fight off illnesses and recover from injuries.

But back in the real world, your hectic day can trigger your brain to pump out excess cortisol, which may hinder your ability to power down, says Dr Natalie Dautovich, co-author of *Handbook of Insomnia*. Cue tossing, turning and a racing mind ("How am I ever going to afford a deposit for a house? Did that girl from HR give me stink eye in the lift?"). This means you're less likely to reach the deeper, restorative phases of sleep and, by

morning, you'll be feeling like an extra from *The Walking Dead*.

The effect

When you're feeling totally spent, performing even the most routine of tasks can seem like climbing Mount Everest with a yak on your back. And nothing adds more stress quite like the feeling of being exhausted and overwhelmed. Sadly, again, this is especially true for women. Suarez's research has shown that



sleep-deprived females experience significantly higher levels of stress, anxiety and anger than their overtired male counterparts. "When men lose sleep, their testosterone can help limit the effect of stress hormones," he explains. Women, on the other hand, don't pump out enough testosterone to counteract this tidal wave of cortisol. Awesome.

Trying to make it through the day after one crappy night's rest is difficult enough, but when sleeplessness piles up, things can start to get seriously unhealthy. Inadequate shut-eye suppresses the immune system, upping your odds of catching an infection; it's also been linked to diabetes, heart disease, obesity, anxiety and other mood disorders. In addition, the journal *Sleep* suggests that people who wrestle with insomnia are 10 times more likely to suffer from clinical depression. Not good.

The solution, of course, is to get more shut-eye (why didn't we think of that before?). You want to aim for at least seven hours of uninterrupted sleep per night. But remember, the quality of the snooze is just as important as the quantity. And to get that quality? You need to tweak your habits to reduce stress, keep your sleep/wake clock humming along and calm your mind before you go to bed. Get comfy, because we have a host of simple solutions – and they're a damn sight more useful than counting sheep.

YOUR DAYTIME PLAN

Get moving in the morning

New research* shows those who do cardio in the AM doze off faster and get more deep sleep than people who sweat later on. Also...

SEE THE LIGHT

Within five minutes of waking, expose yourself to 30 minutes of sunlight to signal to your brain that it's morning. And keep finding light through the day: a recent study in the *Journal of Clinical Sleep Medicine* found workers who had window access got an average of 46 more minutes of sleep a night than daylight-deprived ones. Time to bags that window seat.

CARB LOAD

The insulin spike you get from fare such as brown rice, sweet potatoes or pasta may help you fall asleep faster, says a study published in the journal *Cell*. Aim for 15–20g of carbs at your evening meal, which you will get from 80g of quinoa or wholegrain pasta.

SHOWER LATER

While showering in the morning may leave you feeling refreshed, a study in the *European Journal of Applied Physiology and Occupational Physiology* found bathing at night can improve your sleep quality because it helps you relax. So save your soak till the evening.

YOUR BEDTIME PLAN

Go to bed when you're tired

A US study found women's body clocks are two hours ahead of men's, but we're still going to bed at the same time as our partners, meaning we're fighting our natural sleep cycles. Also...

PLAY A LULLABY

Studies suggest that specific kinds of music can help you relax. To set the stage for sleep, try songs with a continuous rhythm of 60 beats per minute, such as *Lost Cause* by Beck or *Say You, Say Me* by Lionel Richie (if you're so inclined). The beat syncs to your resting heart rate, according to Lyz Cooper, founder of The British Academy of Sound Therapy.

BACK UP

What you sleep on can affect the quality of your snooze. The Sleep Council says the way to check if your mattress is right for you is to lie on your back and slide a hand in the hollow of your lower back. If it slides in too easily, the bed puts excess pressure on your hips and shoulders; if it's a struggle, the bed is too soft. Aim for a bit of resistance. We love Koala mattresses (koala.com.au).

SOCK IT TO 'EM

Temperature regulation is the key to a good kip: the Sleep Laboratory in Basel, Switzerland, found wearing socks in bed can up your odds of nodding off successfully. Cold feet demand more heat from your core, in turn upsetting the natural release of melatonin, a hormone related to a proper sleep/wake cycle. **WH**

*ACCORDING TO APPALACHIAN STATE UNIVERSITY WORDS: JENNY EVERETT, AMELIA JEAN JONES & TARA ALI; PHOTOGRAPHY: ERIC OGDEN/TRUNKARCHIVE.COM/SNAPPER MEDIA; GETTY IMAGES

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"I CUT OUT JUNK AND SHED 6 SIZES!"

A wake-up call from her doctor convinced Kirsty Walker, 31, to embrace HIIT and get healthy



**BEFORE
98KG
AFTER
61KG**

THEN

For as long as I can remember, I'd never eaten well, even as a child growing up. My parents would diligently feed me healthy dinners, but I'd secretly binge on fatty, sugary stuff like scones with jam and cream. My weight really exploded during a hospital stay when I was 22; I wasn't even there for two weeks, but I weighed 98kg when they discharged me. I was horrified. Over the next eight years I tried doing crash diets and half-hearted bouts of exercise, but when my doctor told me 11 months ago that I hadn't really lost any weight, the penny finally dropped. I was 30 and a size 22, and I knew I had to do something about it.

HOW

I joined a weight loss support group, which helped me cut out all fast food and refined sugars. I started eating fruit with yoghurt for my breakfast, chicken with vegies for lunch and usually an omelette for dinner. I'd snack on fruit for a sweet fix without the empty kilojoules. Within four months, I'd shed 18kg. Then I started using the cross-trainer and treadmill at the gym for 40-minute stretches. I knew that I was making visible progress, but I lacked tone, so I started HIIT and weights with my PT two times a week – along with two solo jogs or cycles – and lost a further 19kg.

NOW

It first struck me how much my body had changed when size 14 dresses were too baggy, and now I'm a size 10. I still go to support meetings to keep me on track, and doing training with my fiancé John also helps – he's very supportive. Now I've reached my goal, I can treat myself a bit – on our recent anniversary, I indulged in some cheesecake and ice-cream – but I'll always go back to looking after myself. Shedding 37kg has given me a new lease of life and I want to make the most of it. The first stop is my wedding in seven months. With my new figure, dress shopping with my mum will be much more fun. **WH**



MY TOP 3 TIPS

Good energy

Granny Smith apples before my workouts always keep me going, and I refuel with an omelette after.

Fit kit

I can't go past Nike for top-quality trainers. They're a must-have.

Killer move

Battle ropes. It's the most fun you can have while doing cardio.

the **PARCEL**
by **marie claire**

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YOUR BODY ON... VIRTUAL REALITY

Guess what? It's not just for gamers! Slipping on a headset could deliver major perks for body and mind

EASE PHOBIAS

Fear of flying? Try VR exposure therapy. Aided by a therapist, you can face your aversion in small doses – eg, during successive sessions you might go to the airport, board a plane and take a flight, all without ever leaving the ground. Sydney Phobia Clinic, for example, specialises in combining cognitive-behavioural therapy techniques with VR.

SOOTHE STRESS

Being in nature is inherently calming, but we can't always get outside. Spending just 10 minutes immersed in a virtual tropical paradise can trigger a drop in blood pressure and stress hormones. Try *Perfect Beach VR*, an app compatible with Google Cardboard VR headsets, which you can take home for a measly \$15 (austechvr.com.au).

BOOST BRAINPOWER

Meditation can improve your ability to focus by sparking changes in your brain's cingulate, the area for attention. An app like *Guided Meditation VR* (pair with Samsung's New Gear VR headset, \$158.99, samsung.com/au) spirits you away to a serene setting (eg, a flower garden) while a soothing voice steers you through

a meditation. The 360-degree immersion blocks distractions, so it's easier to namaste.

IMPROVE CONFIDENCE

Pump yourself up before your next work preso by orating to a simulated crowd (they move around and talk to each other, just like your real colleagues).

Google Cardboard's *VirtualSpeech* app lets you practise until you feel self-assured, which helps reprogram your fight-or-flight reaction.

AMP YOUR WORKOUT

It hasn't hit Aussie shores yet, but the latest sweat sesh in the US comes via the VirZOOM, a VR exercise bike you pedal to 'drive' race cars and 'ride' horses. Research suggests adding a gaming factor to your workouts not only ups exercise enjoyment but may also enhance performance by taking your mind off the burn. **WH**

HEADSET
LEGEND

Woozy warning

Your eyes say you're moving, but your inner ear's vestibular system – which processes info about movement and balance – says "nope". That can make up to 80 per cent of VR users nauseous. Limit initial exposures to 10 mins max; as symptoms subside, you can prolong your sessions.





HOW TO BEAT THE 9-5 FEEDERS

**Found: the sneakiest workplace fat traps
and the savviest ways to swerve them**

By Lisa Marshall



THE PROBLEM

THE AIR-CON ENTHUSIAST

A third of women say they constantly feel cold at work – and your body's response is to adapt by storing fat for insulation, says Alan Hedge, a researcher at Cornell University who specialises in workplace design. The average office thermostat is set to 22°C, but fat storage for women kicks in below about 24°C. Sitting in a freezing office for eight hours a day, Hedge estimates that the 'heat gap' alone can add up to a kilo a year. Yikes.

THE FIX

Right, it's time to nail 'corporate casual' once and for all so you can rock the benefits of a warmer outfit without resorting to the onesie. As well as keeping you warm, one study found workers who wore casual clothes took 491 more steps

and burned 105kJ more daily than those in business attire. Even better: take the WH office's lead by rallying for 'fitness gear Friday' and layering up on athleisure gear. For a more corporate option, try a classic cashmere sweater/skinny pants combo.

**THE PROBLEM**

TOO MUCH WORK STRESS

Forty-seven per cent of working Aussies cite job issues as a source of stress, found the Australian Psychological Society. When you're under pressure, your body releases hormones that can increase appetite, make you crave junk and slow your metabolism – a weight-gain trifecta. “Handling stress forces the body to use glycogen, which is what helps the brain exercise self-control,” says Jim McKenna, professor of physical activity and health at Leeds Beckett University. All good news then.

THE FIX

Schedule time away from your nagging boss, your moaning colleagues and the crushing realisation that you hit ‘reply all’ when you called Sandra from accounts a waste of desk space. Wearables can help: the Apple Watch’s *Breathe* app sends reminders to breathe deeply and Fitbit has *Charge 2*, which tracks your heart rate and gives you

THE PROBLEM

YOUR HUNGRY WORK WIFE

We eat 30 per cent more, on average, when we’re with another person, says Dr Brian Wansink, author of *Slim By Design*. That’s because we tend to mimic our companion’s order, and then linger, getting dessert or picking at the plate when we’re no longer hungry – all while chatting, so we pay less attention to what (and how much) we’re eating.

THE FIX

No need to split up. Just pack your own lunch, and then convene with pals in the park rather than eating over your desk, so you’re still breaking bread socially – a mood lifter in itself. A study in the journal *Obesity* found people who ate portion-controlled meals for lunch and dinner dropped more kilos (an average of eight in 12 weeks) than those who relied on other methods. If you do go out, make a pact with your lunch crew to splurge one day a week but eat healthy the others.

a prompt if it senses you’re close to the edge. Excellent for getting your Zen back during a lolo break. Avoid stress snacking: remove the lolly jar! Studies show you’ll eat more when frazzled. Instead, duck out for a small bar of dark chocolate (shown to lower the stress hormone cortisol). Eat a couple of squares and give the rest to Sandra as an olive branch. ►



THE PROBLEM

YOUR PACKED SCHEDULE

Almost four million Aussies routinely don't take a lunch break, with one in two of them saying it's because they are 'too busy', found a survey by the Australia Institute and beyondblue. Plus, of those who do usually take a lunch break, 72 per cent said they either choose to eat lunch at their desks, cut it short or postpone their break until mid-arvo. But it's a false economy: research has shown that devoting work time to physical activity can actually lead to increased productivity – as well as an improved mood. So you'll get more done if you go for that run – it'll free up your precious evenings, too.

THE FIX

Commit to using your full hour at least twice a week – and put it to good use by nipping out for an express gym class. According to research by the University of Exeter, just 15 minutes of exercise can reduce cravings. On days when you know you'll be on the go and rushing from one task to the next, start with a hearty breakfast: eating half your day's kilojoules early on can help you lose twice as much weight as eating the same amount at dinner. To get you through the day, pack some portable, protein-rich snacks to keep your blood sugar steady and appetite in check (hummus and carrots, nut butter with celery, a hard-boiled egg). Your crammed diary is no longer an excuse. Now, pencil us in for brunch.

THE PROBLEM

THE KEEN BAKER

There's always one *My Kitchen Rules* enthusiast ready to annihilate your good intentions ("Oh, go on, it's Jessica's birthday/engagement/baby shower/divorce/leaving party"). In fact, around a third of dieting employees say their colleagues influence them to eat more or to choose less healthy options. Interestingly, the people you regularly spend time with is more important than your upbringing in terms of your eating habits. So, can't blame family habits for that second cupcake anymore, dammit!

THE FIX

We eat twice as much when food is in our direct line of sight, according to Wansink. So, take a seat at whatever end of the conference table is farthest from the biscuits and map your route to the loo to avoid strolling by the treats table/lolly jar/vending machine. Another strategy: plan ahead to treat yourself once a week.

"If you feel like you're constantly missing out, it's going to start seeming like deprivation and can lead to mindless overindulging later," says clinical dietitian Jennifer Bruning. The solution? Keep some fruit or nuts on your desk to avoid unnecessary temptation. **WH**

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ZING!

The days are getting shorter, but your energy levels don't need to crash and burn. Here are seven ways to keep your battery at a summer high

By Meirav Devash

* WATCH ALL THE CAT VIDEOS

An Indiana University Media School study has officially proven what kitty lovers intuitively know: viewing cats doing ridiculous things boosts your energy and pumps up positive emotions.

* FREEZE YOUR BUTT OFF

Finish every shower with a two-minute blast of cold water. Beyond eliciting a few profanities, cooler temps may have an anti-depressive effect, says research in the journal *Medical Hypotheses*. If that full-body brrr is way too much to handle, start by splashing frigid H₂O just on your face.

* BREATHE LIKE A DRAGON

This rhythmic technique has been found to lengthen attention span and speed up reaction time. Sitting in a chair, contract your abs and push your belly towards your spine to force a bit of air out of your nose. "When your ab muscles relax, it creates a mini vacuum that pulls some air back in," says Paula Tursi, founder of the Reflections Center for Conscious Living and Yoga in NYC. Repeat for 10 breaths.

* SWAP CAFFEINE FOR CARBS

For sustained energy, you need grub, not another soy latte. "Only kilojoules give real energy," says nutritionist Keri Glassman. "You need carbs and fibre to control blood sugar, plus protein and healthy fat to keep you full." Try eating baked sweet potato with a tablespoon of chopped nuts, or sourdough with smashed avocado.

* OPEN THE CURTAINS AT 7AM

The adage "rise and shine" is legit: getting sunlight first thing sends a wake-up signal to your brain's clock, lifting mood and lowering drowsiness. A light therapy box can supply a similar perk on dreary days; bask 60cm from its glow for 20–30 minutes. Try Philips GoLite Blu Energy Light (\$188, fishpond.com.au).

* INVITE THE GIGGLES

Listen to the hilarious podcast du jour *My Dad Wrote a Porno*. Why? Laughing for around 15 minutes relaxes your arteries and boosts blood flow. So bugger off, brain fog.

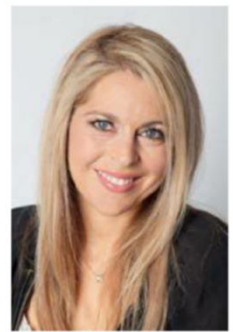
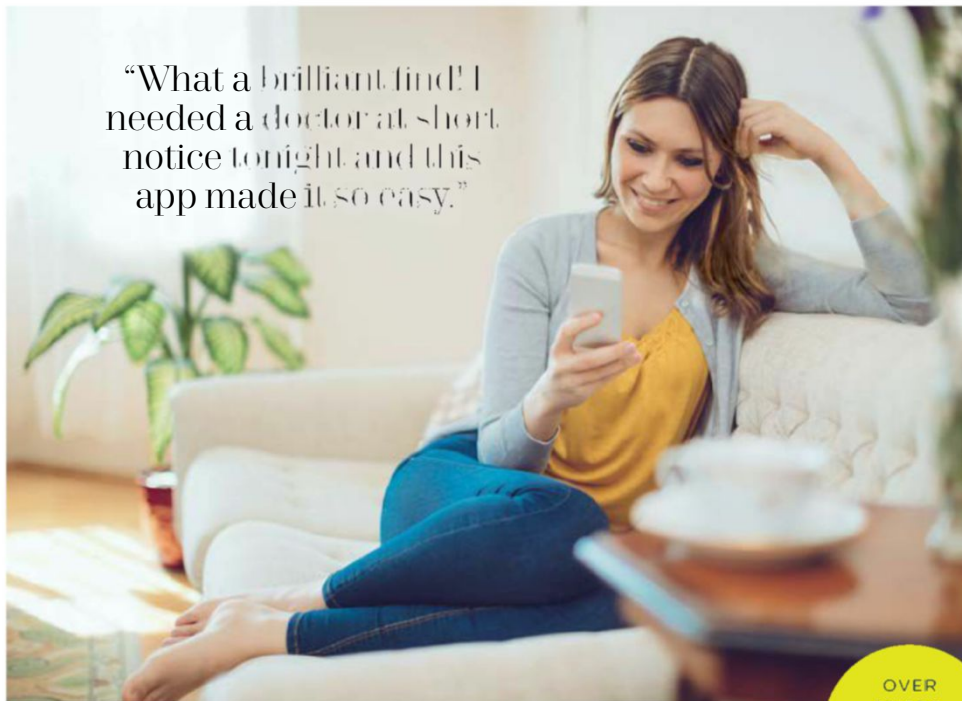
* POP A STICK OF GUM

Chewing gum increases alertness – without the sugar crash that follows a trip to the vending machine. A study from the British Psychological Society showed that gum chompers enjoy benefits such as quicker reaction times and more focused attention. This is because the chewing motion may increase the flow of blood and oxygen to the brain. Use it strategically, though; your new superpowers will only be good for about 15 minutes. **WH**



The smart way to make appointments

NEED TO BOOK IN A TIME TO SEE A DOCTOR OR DENTIST?
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Dr Ginni Mansberg, GP

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3. BOOK
your appointment with
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Over 7 million bookings have been made Australia wide

A close-up portrait of a woman with a serene expression. Instead of hair, her head is covered in a dense layer of dandelion seeds, some of which are floating in the air around her. The background is a solid, vibrant blue. A large, bright pink 'L' shape is positioned to the left of the main title.

Life etc

Useful stuff to upgrade your everyday

By Victoria Woodhall

SHOULD YOU BE MORE MINDLESS?

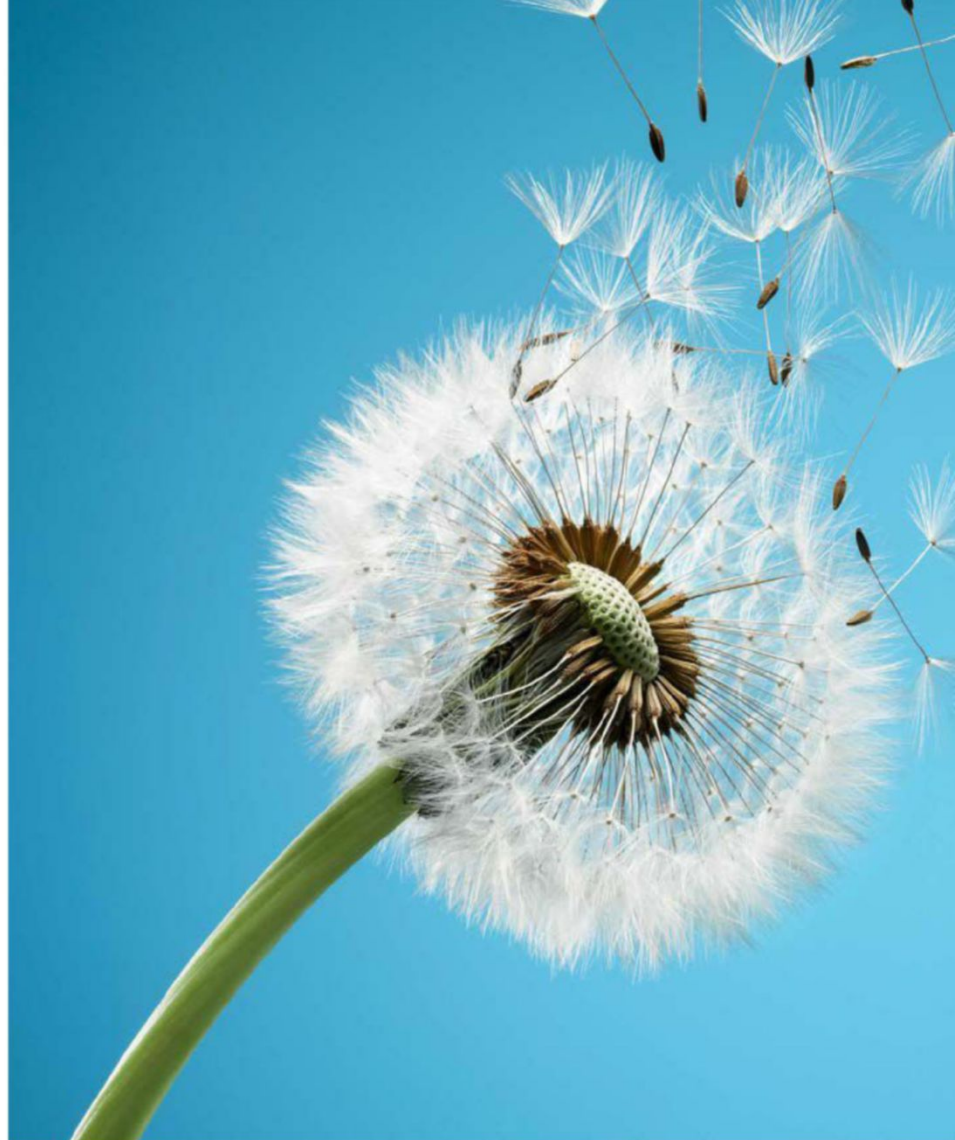
A large, solid yellow arrow pointing to the right, positioned to the right of the main article title.

Meditation not for you? ASMR might be just what the zen doctor ordered

I

I'm watching what may be the internet's most boring video. And given that the realm of videos online includes other people's proposals and the inside of a dishwasher, that's a big claim. A blonde woman in well-applied make-up and black-rimmed glasses is slowly tapping her fingers on a table. Hang on, now she's scratching them over a towel before folding it. In a moment, she'll pass tiny balls of beeswax from one hand to the other so they sound like dry rice being tipped into a saucepan. Throughout, she gives whispered commentary of what she's doing – though, for the uninitiated, the question of *why* she's doing it remains a mystery.

Thankfully, I already know why: this is an ASMR (autonomous sensory meridian response) video – part of a bona fide YouTube subculture, in which millions of people (some ASMR videos have had up to 18 million views) tune in to watch the seemingly pointless as a type of meditation. There are 'ASMR artists' – whispering presenters who crinkle paper, pop bubble wrap or flick a book's pages into sensitive binaural microphones so when you listen through headphones, it feels like they're right next to you. It's all slow movements and crisp sounds to help you de-stress and



disengage. Mindless, it seems, is the new mindful. "It's certainly similar to mindfulness in that it helps you disconnect with your rational, cognitive thought so you don't build more and more thoughts and get lost down the mental rabbit hole," says Dr Danny Penman, mindfulness expert and author of *The Art of Breathing*. And the blatant and defining inanity of these new 'mindless' techniques isn't so different from the more traditional meditative therapies, argues mind and meditation expert Cornelius O'Shaughnessy, co-founder of bodhimaya.com. Take all those personalised mantras in transcendental meditation. "They're two made-up sounds chanted over and over to give the mind something to focus on other than your thoughts – essentially, they're meaningless," he explains.

CALM, IN ONE CLICK

There's a bit more to ASMR than just relaxation, though. The response itself is a phenomenon that has piqued the interest of the scientific community. It refers to the tingling sensation that many people feel when watching these videos. Until 2010, when the phrase ASMR was coined, people referred to it as a 'head orgasm' or 'braingasm'. Who wouldn't want one of those?

In an attempt to chase the tingle, I've watched everything from someone making (then eating) zucchini noodles, to demonstrating their new oil burner (lots of finger-tapping opportunities), yet it eludes me. One theory? It only affects a personality type known as the highly sensitive person (HSP), thought to be around 20 per cent of the population. Edinburgh psychotherapist Michelle Woodall,

51

The percentage of Aussies who use social media as their main way to de-stress

Source: the Australian Psychological Society

who specialises in the HSP, says they are “more likely to experience ASMR because, due to their finely tuned sensitive system, subtle arousal has a more powerful effect”.

So what’s the big deal? Google ASMR and the results pages are full of testimonies of how it helps with insomnia, migraines, fibromyalgia, depression and anxiety – which scientists are only just starting to test. Researchers at the University of Swansea published a study in 2015 that looked at 475 people who claimed to be sensitive to ASMR. They found that 80 per cent of participants believed ASMR boosted their mood and, of those respondents who suffered from chronic pain, 42 per cent reported an improvement.

All the participants had experienced the tingling sensation, but even if you’re not the tingly

type, ASMR could still offer you something. Dr Craig Richard, professor of biopharmaceutical sciences at Shenandoah University, US, believes ASMR techniques activate the same biological pathways as bonding between loved ones, whether parent and child, friends or partners. “Some basic biology of bonding is well established and this involves specific behaviours like gentle touches and soft voices, which stimulate the release of endorphins, dopamine, oxytocin and serotonin.”

There’s also a functional explanation for ASMR’s lullaby effect: inane noise might be better for us than total silence. “It’s unnatural to be in a completely quiet space,” says Dr Penman. “In any natural environment, when it goes silent, there’s danger and your evolutionary fight or flight response

can kick in. A lot of meditation involves focusing on the sounds around you – but it’s about learning how to not engage with them.”

And despite not feeling the tingles, it’s easy to let the hushed words and sounds float over me. I find it slightly more difficult to disengage from the fact that the woman in the video has chosen to fold leopard print towels (why not just a nice fluffy one from Sheridan?), but when I switch from watching to listening I soon drift off to sleep. Out of sheer boredom perhaps? Hard to say for sure.

BRAIN BENEFITS

Following ASMR, the next mindless therapy I try involves more words: “Prune... monkey... Pacific Ocean... wrestling.” I’m trying to fall asleep listening to a string of random words read out at eight-second intervals on *mySleepButton*, an app developed by Canadian cognitive scientist Dr Luc Beaudoin. Picturing random words (but not relating them to each other) will, the app claims, “shuffle my thoughts to sleep”.

Imagining diverse, random things (serial diverse imagining, dubbed ‘cognitive shuffle’ for the iTunes generation) affects the brain in two ways. First, says Dr Beaudoin, it’s ‘productively distracting’. “It interferes with the kind of thinking that keeps you awake,” he says. “So while you’re thinking about these images, you won’t be thinking about your mortgage or whatever concerns you might have.” Second, it triggers incoherent ‘somnolent mentation’, the thinking that your brain naturally does before you drop off, signalling that it’s safe to fall asleep. “Studies have found that, as people fall asleep, they experience visual imagery,” says Beaudoin. “They have ‘micro-dreams’ and the cognitive shuffle imitates this state.”

As Penman points out, it only works if the words don’t trigger any

unpleasant associations. Luckily, I've had no bad experiences with prunes or monkeys, although I have difficulty picturing an atom. It may be nonsensical, but it is undeniably effective. With my usual spinning, pre-sleep thoughts kept at bay, I fall easily into a deep, sound slumber.

THE FINAL VERDICT

My final dose of mindlessness is a morning affair and, this time, the words are my own. I am scribbling them down: after 15 minutes, I've written fragments of to-do lists, snatches of conversation and song lyrics – anything that comes to mind, whether or not there's any reason to it. This is 'brain dumping' – the mental equivalent of a good bowel movement; do it first thing to let go of old crap. According to life coach Michelle Roques-O'Neil, brain dumping is a way of off-loading what's clogging your overloaded mind. "Three pages," says Roques-O'Neil, "without taking your pen off the paper. Don't read it back because it won't make a lot of sense. The process is what's important. It's a way of safely releasing things that could fester and implode."

Writing down your feelings is such a common notion, it's almost clichéd. Yet there's strong science to support it. One study found people who wrote expressively about traumatic, stressful or emotional events for 20 minutes had better psychological outcomes compared with those who wrote about neutral topics. Another study found it even helped wounds heal faster.

Even if you're not dealing with traumatic events, neuroscientist and performance coach Magdalena Bak-Maier points out chronicling the everyday and inane can have an effect on neural pathways. "When your emotional centres, such as the amygdala, are activated – say if a friend offends you and you can't let it go – it puts the brakes on the

higher cortical areas, such as the pre-frontal cortex, where sense-making and decision-making occur. By writing it down, you're allowing your emotional centres and higher cortical areas to work in tandem, processing and storing what's relevant and clearing out the rest."

So what's the result of my week of living mindlessly? Well, I learnt you can't really fail. There is no end game. "That's also true with mindfulness," points out Penman.

ASMR STARS AND THEIR WEIRDEST YOUTUBE VIDS

1 GENTLE WHISPERING

Gentlemen's suit-fitting session... Without a doubt YouTube's biggest ASMR star, this clip has so far clocked up more than 6 million views. Rubbing a blazer, fingering a men's fashion mag, chalking some fabric; it's all here and it's all for stress relief. Apparently.

youtube.com/user/GentleWhispering

2 COSMIC TINGLES

Cranial nerve exam doctor role play...

Just like your own doctor. If they were into whispering, sitting in a darkened room and can't actually hear you. Yep, a bit sinister!

youtube.com/user/KaylaSuzette

3 ACCIDENTALLY GRACEFUL

Virtual haircut role play...

Role play? No, not *Fifty Shades*, but a virtual trip to the hairdresser, all in the pursuit of binaural benefits.

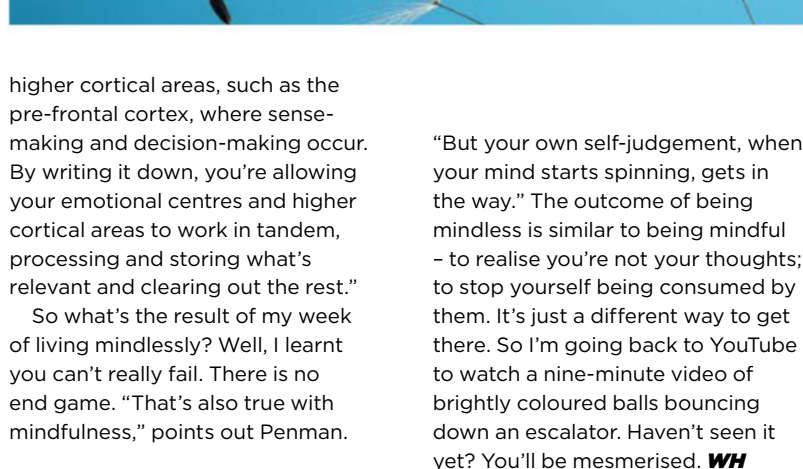
youtube.com/user/accidentallygraceful

4 HEATHER FEATHER

Princess Ducky and blowing in your ears...

Over 11 minutes of extreme close-ups and breathing. Oh, and there's a rubber duck thrown in for good measure.

youtube.com/user/HeatherFeatherASMR



"But your own self-judgement, when your mind starts spinning, gets in the way." The outcome of being mindless is similar to being mindful – to realise you're not your thoughts; to stop yourself being consumed by them. It's just a different way to get there. So I'm going back to YouTube to watch a nine-minute video of brightly coloured balls bouncing down an escalator. Haven't seen it yet? You'll be mesmerised. **WH**



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FOR THE MULTI-TASKER
Tingletip, \$18.95,
lovehoney.com.au

Transforms a regular electric toothbrush into a clitoral vibrator in a jiffy. Just pop it on the base of selected electric models for a different kind of head. "It's very travel-friendly and discreet. Just pop it in your purse or suitcase," says Dani. "It's a different sensation to other vibrators as well." Oh and just a quick tip – make sure your toothbrush is fully charged for max stimulation. External use only.

FOR THE GREENIE
Gaia Eco, \$44.95,
mimideluxe.com/au

If you religiously separate paper from plastic and compost veggie scraps like a pro, the world's first biodegradable vibrator is for you. It's made from a starch-based bioplastic called Biofeel, which can biodegrade in a commercial composting facility in less than three months – and the electronics can be recycled. Although silicone is still the most popular choice of vibrator, it's hard to recycle, so if you want to be super eco-aware, the Gaia Eco is your top ticket.



FOR THE BEAUTY BUFF
Lovehoney Oh! Lipstick Vibrator,
\$22.95, lovehoney.com.au

Stash this lippie in your make-up bag to add extra colour to your day. Secret, simple and super low-fuss, the powerful one-click vibrations will get it done. "The button is hidden in the base, so you take off a separate cap to switch it on," says Dani. "You could leave it on the bathroom counter and no one would be any the wiser."

FOR THE MUSIC LOVER
LELO Siri 2, \$219, lelo.com

After pitch-perfect pleasure? Tune in to Siri 2, with eight vibration modes to match your music preference. Think hip hop, jazz, techno and more. Yep, forget the lady on your iPhone, this Siri is, er, another kind of personal assistant. The sound-response mode lets Siri 2 vibrate in tune with any sound played near it, like your favourite playlist or your bloke's voice.



FOR THE BESPOKE BUYER
MysteryVibe Crescendo,
\$289.95, sext toys.com.au

One vibe does not fit all. This one bends to any shape your body wants, so it really hits the spot/s. For next-level custom pleasure, connect the Crescendo to the *MysteryVibe* app on your phone via Bluetooth to create a pleasure playlist. And the charging dock is a nice touch.

VIBE TRIBES

The top new toys to get every gal in the groove

By Anthea England

Whether you're a first timer or vibrator veteran, there's never been a better time to get buzzed. According to research from sexual wellbeing brand Smile Makers, 75 per cent of Aussie women feel sexual satisfaction is important to their overall wellbeing, yet four in 10 of us aren't so satisfied. After a new route to O-town? There are fresh vibes for every tribe – and more ways to get 'em. You can even pick yourself up a Smile Makers vibrator at Priceline Pharmacy, with no sex shop visit required.

New users, don't stress. "Start small, with something non-realistic and non-threatening," suggests Dani, customer care specialist at online sex toy retailer Lovehoney. "Use a water-based lubricant: a lot of people bypass it, but it makes such a big difference. It delivers that smoother sensation and makes things a lot more pleasurable." But most importantly, there's no 'one size fits all'. "Everybody is so different," says Dani. "There's no golden rule, it's a matter of trying things out. As long as you're open to the idea of trying new toys you're on the right path." Ready? Then sit back, relax and vibe on!

HOW FUN IS THE PACKAGING?!



FOR THE SERIOUS BARGAIN SHOPPER

Smile Makers range, from \$29.95, at Priceline Pharmacy

While stocking up on lip balm at Priceline, add a Smile Makers personal massager to your basket. There are five vibes to choose from, based on your fantasy: the Millionaire, Fireman, Tennis Coach, Frenchman and, an Aussie exclusive, the Surfer. Ticks for cute packaging sans cringe factor. **WH**

PARCEL PICKS

Our favourite finds from The Parcel by *Women's Health*

1. Looking for an easy way to boost your diet? Give Bioglan's Organic Greens a go. This 100 per cent organic fruit and vegetable blend contains 19 key vitamins and minerals to help alkalise and energise plus support immunity and detoxing. Mix it with water or add to smoothies and juices. **Bioglan Organic Greens Powder, 100g, \$21.95.**

2. Imagine having the delicious aroma of coffee tantalising your senses as you scrub your body smooth with natural goodness. This heavenly body scrub combines the stimulating benefits of coffee with natural oils to leave skin clean, smooth and soft. **SugarBaby Vita+Skin SLIM-ULATE Coffee & Coconut Body Scrub, 100g, \$7.50.**

3. After an intense workout or a long day at work, give your muscles the love they need with this best-selling gel! Experience the warming and easing powers of rosemary, black pepper, lavender and ginger to de-stress your body and leave muscles feeling soothed. **Aromatherapy Associates De-Stress Muscle Gel, 150ml, \$56*.**

4. The Schick Hydro Silk® Razor for Women features a water-activated moisturising serum that delivers moisture for up to two hours after shaving. Its five curve-sensing blades follow the natural shape of your body. Each blade has skin guards to help prevent irritation and the oval cartridge is the perfect size for getting to those hard-to-reach areas. **Schick Hydro Silk Razor, \$14.25*.**

5. These help support healthy detoxification, and provide relief from indigestion and digestive discomfort. Ingredients include St Mary's milk thistle that's been traditionally used to help support liver health and function. **Bioglan Bio Happy Liver Detox, 120 tablets, \$29.95.**

Always read the label. Use only as directed. If symptoms persist consult your healthcare professional. CHC70993-10/15

6. If you love your tea, it's the finer details you appreciate. Make your tea break extra special with this bright, pure Ceylon green tea from Dilmah. Fresh herb notes bring the elegant flavour to life, creating a delicious green tea that's mildly astringent and ultra refreshing. **Dilmah Pure Ceylon Green Tea, 20 pack, \$3.69.**

7. Achieve a bright, beautiful complexion with this skin-perfecting face mask. Infused with vitamins C and E as well as seven plant extracts, it gently reduces the appearance of freckles, age spots and imperfections for an even skin tone. Skin is left radiant, bright and luminous. **Skin Republic Brightening Vitamin C Mask, 25ml, \$7.99.**

8. Sick of the same old boring lunch every day? You need this delicious soup from Hart & Soul in your life! This yummy flavour is an Indian spiced infusion of lentils, capsicum and sweet potato in a creamy coconut base. To make it extra delish, serve garnished with chopped coriander, a side of flat bread and natural yoghurt. **Hart & Soul Coconut Lentil soup pouch 400g, \$3.99.**

9. FACE is the most comprehensive formula in the Dr Roebuck's range. It repairs, moisturises and reduces wrinkles and lines via three key active ingredients: rosehip oil; vitamin E oil and macadamia oil which work together to regenerate, calm and moisturise the skin. Dr Roebuck's FACE includes a total of seven essential skincare ingredients. **Dr Roebuck's FACE, 100ml, \$59.95*.**

10. Coconut Water by Raw C has launched the world's first dairy-free coconut water with protein. Containing only 100 per cent natural ingredients, each 330ml drink gives you 20 grams of protein mixed with yummy cacao. This great-tasting beverage is the perfect choice for those on the go or for hydrating after a workout. **Raw C Coconut Water Pure Protein, 330ml, \$2.99.**

11. Short on time? This nourishing lotion is the most convenient way to glow! It gradually builds in just three minutes, as part of your daily shower regime. Apply for three consecutive days to achieve a healthy-looking tan that suits all skin tones. Now available in a new darker shade. **St. Tropez In Shower Golden Glow Medium, 200ml, \$39.99*.**

All products pictured are not shown to scale. Shades may vary. All prices refer to the recommended retail price for the full-sized product. Samples not exchangeable or redeemable for cash. *Full-sized product is pictured, but you have received a sample size in The Parcel by *Women's Health* Spring edit.

4 EASY WAYS TO... CLIMB THE CAREER LADDER

How do you find what you love *and* get paid to do it? Chef, author and business owner Renee Loux shares her secrets for success



#ROCKYOURJOB

4

Be true to yourself

At many points, I was told there wasn't enough interest in the things I wanted to pursue to make them successful. I opened a raw-food restaurant in Maui in '96 – way ahead of the curve. I also became interested in environmentally friendly practices before they really became mainstream. Trusting my instincts enabled me to be a pioneer in the sustainable-food movement, which proves authenticity is truly the most valuable commodity of all. Go for it! **WH**

1

PUT ASIDE PRACTICAL CONCERNS

What's your heart truly saying? It can often be blocked by thoughts about what salary you can earn for the work. Unearth what you really want by posing queries such as, "At the end of my life, what will I wish I'd done?" I moved to Maui, Hawaii, sight unseen, and then lived there for 15 years because it was my answer to "If I could live anywhere, where would it be?" Aloha!



2

Identify granular interests

If it's not realistic to give up a regular pay cheque for a passion project right now, chances are some aspects of your current job intersect with what moves you. Figure out what you dig in your day-to-day and focus on that. For example, if you're interested in social responsibility, scout a non-profit that is related to your work and create a proposal for how an affiliation would benefit your company. Win-win.



3

FIGURE OUT WHAT YOU DON'T LOVE

Be honest about where your true talents lie. One critical lesson that I came to learn: as a restaurant owner, I was capable of sourcing competitively priced ingredients, but that wasn't the best or most joyful use of my time. So I enlisted someone to handle that duty while I focused on what really inspired me – developing new recipes.



RELAXATION STATION

Burnt out? Need a break? As Rachelle Mackintosh discovered, Canada's British Columbia could be your new dream destination



The tiny seaplane seems to be bouncing between the mountains and my knuckles are white as I grip the seat. "Nervous, ey?" Pilot Wes asks, amused. "Don't worry, I've flown enough miles to go around the entire planet at least 40 times." I think, "Mkay then, so why are you flying us *straight into that snowcap?!'*" Cool as a Weiss bar, Wes steers the plane over the peak and I loosen my grip a little – and 30 minutes later, when we effortlessly land on the Nekite River at the Great Bear Lodge, my arms are aching but I'm mega excited. Its quaint wooden buildings are surrounded by the dense Great Bear Rainforest, all shimmery in the mist.

I have big plans for this wilderness. It's going to transform me from over-thinking stress head to zen forester. A crammed schedule and not enough alone time has me frazzled, and, according to a Stanford University study, hiking in nature boosts mental health. The study measured people walking for 90 minutes in a natural area against others in an urban setting. The result: the nature-walkers had significantly decreased activity in the subgenual prefrontal cortex, the part of the brain associated with depression. So, walking in this rainforest will top up my vitamin N reserves and help me reclaim my calm – science says so.

Rollin' on the river

Sprawling along the remote west coast of Canada's British Columbia province, and almost twice the size of Belgium, this epic wilderness is one of the last remaining tracts of temperate rainforest on the

planet. And while logging is permitted in some areas, there is still plenty of virgin old-growth forest at Smith Inlet, where you'll find Great Bear Lodge. The area surrounding it is home to approximately 50 grizzly bears, but I'm visiting in summer when they're usually a no-show (peak seasons are spring and autumn). So while I'm not expecting to see any bears during my three-night stay, I am hoping to find out what's so 'great' about their forest; I sign up for the lodge's daily activities (which, as well as all meals, drinks, protective outdoor gear and the seaplane flight from Port Hardy, are all included in the price).

Each day is filled with action and follows a similar itinerary so you can get into the swing of forest life. Yoga mats are supplied, so I roll one out on the deck to get bendy before brekkie – the view is just as invigorating as my sun salute. Then at 8am, a few other guests and I hit the





river in our rowboat, where our biologist guide, Marcus Atkins, steers us through the Nekite's tidal sloughs and remote backwaters, pointing out seals, otters, bald eagles and kingfishers. But the real highlight here is the scenery. On each side of the mirrory river, dramatic ridges are cloaked in fog, and only the gentle splash of the oars breaks the silence. There are no words to describe the sense of peace I feel here.

Hotfoot it

We head back to the lodge, grab lunch, then set off on an unhurried guided hike through the forest.

While tree roots can make things a bit ankle-twisty, the walk is an easy grade and the guide stops to point out some of the fruit favoured by the grizzly bears, like thimbleberries, red elderberries, salmonberries and even wild crab apples (a tarty party in the mouth). We also keep an eye out for signs of creatures like wolves, and while we don't see anything furry, we do find their fresh poo – proof they've seen us!

Back from the walk, we clean ourselves up then tuck into dinner. Actually, the food here is a pretty big deal – head chef Julie Triska and chef Ruth Bohmfalk go all out with the fresh produce and source a lot of it locally. A typical dinner might feature fresh crab caught in the river

or even salmon roasted on a cedar plank from the forest. Delish! Refuelled after dinner, we head back out on the boat to watch the sun set in the forest – the perfect way to help unwind from a day of wild adventure.

Every day we explore the wilderness on foot and by boat, and every day I feel my shoulders drop a little more as I start feeling calmer, happier and stronger. By the time the final morning rolls around and our boat stumbles upon a young grizzly bear foraging on the river bank, I've never felt more 'alive' in the moment.

Flying high

On the seaplane back to Port Hardy, it's obvious how relaxed the forest has made me. Like before I'm sitting in the cockpit, although this time it's beside Pilot Rose. A local, Rose clearly runs on vitamin N – she's pure sunshine and chill. She's so laidback, in fact, that as we bounce over the snowcaps, she decides it's the perfect time for a break and cracks open her lunchbox. When she drops a cherry tomato and then starts scrounging around for it on the floor, I can only laugh. Pre-Forest Rachelle would've blacked out with terror at that point, but after a few days in this epic wilderness, I'm the most relaxed I've ever been. Mission accomplished. **WH**

Hey, Port Hardy

To get to the Great Bear Lodge, head to Vancouver then board a flight to Port Hardy (where you pick up a seaplane to the lodge). It's worth staying in this cute coastal town; base yourself at the Pier Side Landing Hotel and check out:

TELEGRAPH COVE

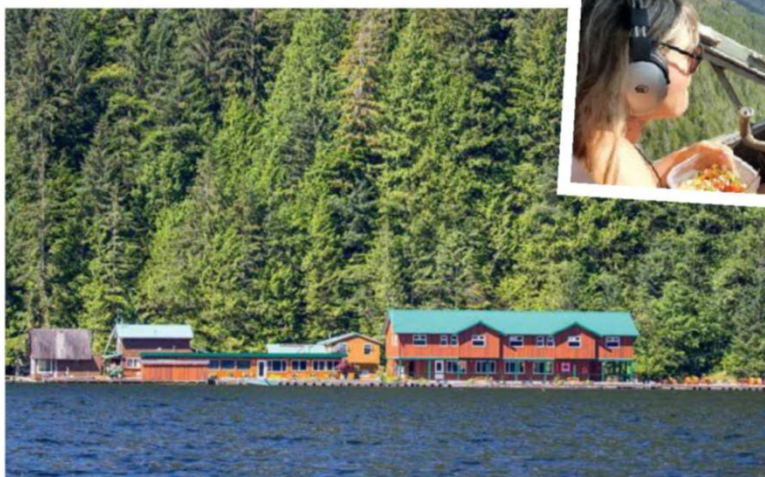
Head to this quaint harbour to board a whalewatching tour with Stubbs Island Whale Watching – if you're as lucky as I was, you'll see humpbacks, orcas and plenty of seals. If you prefer to get sweaty, hit the water with North Island Kayak Tours.

BLUNDEN HARBOUR

You can get to this important First Nations site with K'awat'si Tours – a local indigenous outfit that shares the Gwa'sala Nakwaxda'xw history and leads cruises down the Nakwakto Rapids – the fastest navigable tidal rapids on the planet.

CAPE SCOTT PROVINCIAL PARK

Start with the San Josef Bay trail; it's Pilot Rose's favourite spot; she calls it "San Jo". The hike around the bay takes 90 mins return, through some stunning coastal scenery.



CAN YOUR CAR MAKE YOU HEALTHIER?

In a word, yes! Think massage chairs, air purifiers, zen tech and more

By Anthea England

Hadn't considered your car a #fitspo friend? Get this: your wheels can boost your health en route. Think new tech and design that optimise your time behind the wheel. Get ready to meet your healthy mate.

IMPROVE YOUR DRIVING POSTURE

Just like the office chair, when you're in the driver's seat, you want posture that would make a chiro smile. The Fiat 500X, Alfa Romeo Giulietta and Giulia boast a clever tilt and telescopic steering wheel, an ergonomic feature that lets you adjust the steering wheel for optimal posture, positioning and comfort.

Epic road trips got you seizing up like you've just gotten busy at boot camp? The BMW 7 Series offers eight different exercise programs to mobilise back and shoulder muscles. The 'interactive

body training' is displayed on the rear-seat entertainment monitor, while sensors in the rear seats give instant feedback to ensure exercises are performed correctly. The seat also has a massager to ease muscle tension. For a more affordable option, the Holden Astra has power lumbar adjustment for support.

BREATHE BETTER

Dust, pollen and other pollutants can wreak havoc on your health. Especially when they're pumped straight into your car. Volvo's Cleanzone system has an air inlet sensor that monitors the outside air quality and seals the cabin if it detects harmful pollutants. Plus, the brand's on board with the charcoal health trend – the air filter uses it to cut pollutants and smells. The re-circulated air passes through the same filter to slash levels of dust, pollen and other fine particles.

Tesla is also filtering like an influencer on Instagram, using the HEPA filtration system to strip air of pollen, bacteria and pollution so it doesn't enter the car. You can also

activate 'Bioweapon Defense Mode'. (Best. Name. Ever.) It scrubs cabin air and vacuums air outside the car as well. According to Tesla, "You can literally survive a military grade bio attack by sitting in your car." Or, hey, just a bad traffic jam in a tunnel.

STAY HYDRATED

Use the commute to help you hit your hydration target. The Holden Trax offers three central cup holders, including larger door ones that are perfect for cradling your favourite green superfood smoothie. Clever!

TENDER
LOVING
CAR

STRESS A BIT LESS

Running crazy late for that morning meeting? Well get this: Mercedes-Benz is currently dreaming up tech that knows when you're stressed and tells you to chill out, in real time. Its nifty new 'Fit and Healthy' concept sees the car as a 'health hub' that will collect data kind of like a Fitbit does. It'll get info from sensors in the car and on your wrist, plus a heart rate monitor in the steering wheel. It then reacts accordingly - through lighting, sounds and soothing scents.

TAKE YOUR GYM ALONG WITH YOU

On-point activewear is great inspo to get you sweating. Same goes for a workout-friendly car. The Jeep Wrangler has a wash-and-wear style interior you can completely remove and clean. Perfect after a mud run/soft sand session/rainy bootcamp. Plus, there's plenty of room in the back to chuck those extra kettlebells and battle ropes. Yep, we like it. **WH**

PODCASTS TO BOOST YOUR COMMUTE

Women's Health Live Better Radio
Obvs. The *WH* team chats all things health and wellness.

Shrink Rap Radio
A psychology podcast about all kinds of mind matters.

The Minimalists
How to live better with less stuff.

FoundMyFitness
Dr Rhonda Patrick reveals how to boost your health through biology.



Holden Astra, from \$21,990

Anthea England,
Features Writer

Lean machine

Sometimes small cars feel like they might blow away on a windy day. The Astra has that zippy, responsive small-car look, but still feels really sturdy. It handles like a dream. On these weighty matters - the new Astra is up to 160kg lighter than its predecessor. This may not seem like a big deal, but I've learnt every kilo counts when it comes to your fuel efficiency. Read: you'll have more dollars for fun stuff.

Tech time

I love the user-friendly MyLink Infotainment System - it was easy to sync my iPhone via Bluetooth. It's also equipped with Apple CarPlay and Android Auto, so you can stay connected while on the go. This is all delivered via a 7-inch (R and RS models) or 8-inch (RS-V) high-res colour touchscreen.

Eye spy

Big bonus: the rear view camera comes standard. The car park at my gym is an absolute punish and this helps me navigate the tight spots with ease. The RS and RS-V models have a five-star ANCAP safety rating and blind spot alert (so handy). Plus, they've got Holden Eye, which is basically a fancy camera that warns you if you drift into another lane and tells the car to get back on course. This 'eye' also facilitates the automatic emergency braking, forward collision alert and offers advanced park assistance. That's one intuitive car!



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Beauty & Style

Simple secrets to feel great and look gorgeous

brief



EASY
BEING
GREEN



CLEAN + GREEN

CLEAN BEAUTY IS BIG BUSINESS – BUT ARE ALL ECO PRODUCTS EQUAL? WH INVESTIGATES

By Ashleigh Austen

It's an inconvenient truth: our modern lifestyle is rough on the planet. Beauty companies are listening, with many no longer reducing the conversation to whether a product is natural or organic. And you won't just find eco beauty booty in the health food store – lesser-known brands are making it to the mainstream, with no signs of slowing.

According to the 2016 Green Beauty Barometer survey, 59 per cent of women age 35–44 say buying green beauty products is important, while 73 per cent of millennial women seek out cleaner, all-natural products. With the growing demand for green products comes a greater awareness of their ingredients. Case in point: 62 per cent of millennial women read products' ingredient labels before buying to avoid certain elements or additives.

It's a move holistic wellbeing expert and Natural Instinct ambassador Lee Holmes agrees with. "More of us are waking up to the fact that up to 60 per cent of what we put on our skin is absorbed into our blood, meaning it's important to know what's in the products we use. We're so good with the food we buy, so why not beauty?"

Natural skincare expert Lisa Bronner says the key to going greener is to take baby steps. "Start with one small change. Decide you're going to work on one area – such as cleansing – and research the products you're currently using. Find a safer, simpler option. After that's settled, tackle another one. Eventually this'll add up to a healthier routine." Still no easy feat, since the average woman uses 12 products containing 168 unique ingredients every day. To help you on your way, use our guide to staying clean.





SPOT DIFFE

●Natural

A natural ingredient is regarded as anything that's a plant, mineral or animal by-product. But because they're not regulated, brands can use the word 'natural' on their packaging freely. This means a product that contains a handful of natural skincare ingredients can claim it's natural, despite the addition of synthetic components. Ingredients are listed in order of highest to lowest content, so if you're trying to limit putting anything synthetic on your skin, make sure they're towards the bottom of the list.



THE SKINCARE KIT

- 1 Kiehl's Pure Vitality Skin Renewing Cream, \$87
- 2 Kosmea Apple of my Eye Cream, \$44.95
- 3 AEOS Cleansing Oil Dé-Maq, \$67.90
- 4 Goldfaden MD Brightening Elixir @ Mecca, \$116
- 5 Hello Brows Brow Enhancing Oil, \$39.95

THE REFERENCE

So, what exactly is the difference between organic and natural products? Glad you asked...

● Organic

Organic refers to how an ingredient was farmed – it must be prepared and grown without pesticides, chemical fertilisers, growth hormones or antibiotics. The use of the word 'organic' on beauty products is not regulated on domestic products in Australia, although if there's a complaint brands that make false claims can face fines under consumer law. There are several accrediting bodies, so if you're on the lookout for organic, make sure the product has a 'certified organic' logo. See right...

● Certified organic

For a product to make this claim it has to meet a number of strict specifications. Each ingredient is separately checked to ensure it complies with the organic farming standards, but in order to claim full certification a *majority* of ingredients in the product must comply. The *Australian Certified Organic Standard* (ACO) states that a product with over 95 per cent organic content can claim it is 'certified organic' and use the ACO logo on their packaging.



THE HAIR KIT

- 1 Essano Argan Oil Hair Recovery Serum, \$15.99
- 2 Aveda Shampure Dry Shampoo, \$30
- 3 Natural Instinct Moisture Surge Shampoo, \$9.95
- 4 R+Co Rockaway Salt Spray, \$25

Lightening the toxic load

Parabens are passe and we've been swiping left on phthalates for ages. We get it, toxins aren't cool. Add pollution, a high-stress job, processed food plus a skincare regimen of additives and you're left with an unhappy dermis. The skin is where it shows: it's a living interface with the world. When healthy, it's an effective barrier against harmful chemicals. When afflicted by inflammation, or compromised by washing with harsh products, the barrier function can break down, says dermatologist Dr Adam Sheridan. "If these chemicals get into the blood or lymphatic systems, they can have negative impacts on the body." On their own: not so bad, but with our already-toxic lives, Sheridan advises we get clued up...

→ Parabens

"A class of widely used preservatives, typically included in products for their antibacterial and antifungal functions. Some concerns have been voiced regarding skin irritation, allergy and cancer," Sheridan says. But, he adds, no definite causative link has been established with skin or any other type of cancer.

→ Phthalates

"These are used to plasticise cosmetic products such as nail polishes or hair sprays; and also as a solvent and fixative in fragrances. Concerns have been raised regarding its effects during pregnancy." On the flip side: "No significant risk from low-level inclusion in cosmetics has been found to date," says Sheridan.

→ Sulfates

"A group of compounds often found in shampoo, toothpaste and cleansers. They are surfactants that foam when in contact with water," says Sheridan. He adds they're deemed safe when included in products that meet regulations and are generally included at low concentrations. Minimise contact to be extra safe.





THE MAKE-UP KIT

- 1 Antipodes Performance Plus Mineral Foundation, \$39.95
- 2 Inika Pressed Mineral Eye Shadow Duo, \$39
- 3 Indah Lip and Cheek Tint, \$9.95
- 4 RMS Beauty Living Luminiser @ Mecca, \$55

SIZE UP THE PACKAGING

Natural beauty products not only contain nutrient-rich ingredients for your skin, they also reduce environmental impact. Remember, the outside matters too. Here: the best sustainable options...

● Plastic

It's lightweight, meaning fewer CO₂ emissions when shipped than glass (France is really far, guys). Look for bottles made with two types of plastic commonly accepted by recycling programs: polyethylene (PET) 1 or polypropylene (PP) 5. These two are typically free of endocrine-disrupter BPA. A good start!

● Refillable

Giving the bottle a second go eliminates the energy it takes to create from scratch. Foundation is the easiest place to make the switch. If you're currently using a liquid, a cushion compact is a stress-free swap.

● Glass

In theory, glass can be recycled indefinitely, but in reality? Different colours often aren't sorted and, as they're heavy, transportation creates lots of CO₂. Keep Captain Planet in mind and only go for glass when buying fragrances or locally-made products.

Start now

Ready to do your bit? Yeah you are! According to holistic nutritionist and natural beauty expert Samantha Sargent, this is a solid starting point (without getting a degree in environmental science).

➔ Choose brands that are aware of and take action with their corporate, social and environmental responsibilities. Right on!

➔ Look beyond the words on the packaging. If a brand has to rely on buzzwords or pretty advertising to convince you to purchase their product, then you should dig a little deeper.

➔ Make the choice for yourself. If your skin isn't improving with your current skincare ritual, it could be time to choose a different brand that delivers the results you need, instead of just being buzz-worthy.

➔ Be mindful with your purchases. Do you really need three different moisturisers? Find the products that work best for you. Use on a daily basis until they're completely empty. **WH**

THE BODY KIT

- 1 Theseke Rose and Calendula Botanical Beauty Oil, \$59.95
- 2 Dr Bronner's Pure-Castile Soap, \$12.95
- 3 Grown Alchemist Purifying Body Exfoliant, \$33.95
- 4 Ivadore Tanning Treatment, \$48



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THE 5-MINUTE FACE

There's a time for perfect contouring and it's not 7:47am post-gym, pre-work. Here, the five items you need when the clock's not onside

By Ashleigh Austen

FOUNDATION

It sounds counterproductive, but applying a double layer of your foundation ensures you'll be done in two minutes – sans concealer. Use your hands first and rub a liquid foundation on with your palms as you would a moisturiser and your base coat will be on in 20 seconds. "Once you've done this, concealing imperfections with a second light layer is so much faster as the product has something to blend into," says MAC senior artist Nicole Thompson.

TRY Yves Saint Laurent Fusion Ink Foundation, \$89

You might not have clocked eight hours sleep, but a pearly highlighter works hard to hide a multitude of sins (hello, midweek prosecco binge). "Applying a highlighting cream to the tops of the cheekbones, brow bones and down the nose will give you instant luminous skin. It doesn't need to go everywhere," says Thompson. Go for a gold shade to brighten up your complexion and zap life back into tired skin.

HIGHLIGHTER

TRY MAC Strobe Cream, \$55

LIP/CHEEK TINT

The beauty of this multi-tasking duo? The colour fades into an I-woke-up-like-this flush while also providing a healthy dose of pigment. First, give your lips a once over with a make-up wipe, to get the blood pumping and amp up the natural rosy colour in your lips. Then rub the colour in with your pinky finger for a natural-looking stain. Add two dashes of the same colour to the apples of your cheeks and pat in for a plumping effect. Bonus points: it can be chucked in your bag for afternoon touch-ups.

TRY Endota Natural Lip & Cheek Tint, \$38

BROW CRAYON

When you're racing the clock, go for a feathery and full look à la Cara Delevingne, as opposed to a defined brow, and you'll cut your time in half. "With your brow pencil, start at the base of your brow on the inner corners and quickly stroke the colour through the brows in an upward motion," says Thompson. For an even faster brow, brush through a tinted brown mascara to hold the hairs in place and emphasise the shape and colour to boot.

TRY L'Oréal Brow Artist Maker, \$20.95

MASCARA

According to Thompson, you can use the wand in a different way to create fullness quickly. "A lot of mascara gathers at the end of the wand; instead of wiping it off, use it!" Here's how: holding the wand vertically, wipe the end across your lashes, then twist the brush around and comb through to get rid of clumps. Speedier than building up a false-lash vibe with layers?

You bet. **WH**

TRY Bourjois Volume Reveal Mascara, \$23

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**Master the well-rested look
with a night-time arsenal that
slaves away while you snooze**

WAKE UP GLOWING

By Ashleigh Austen

S

Sleep is one of our favourite things. While you're snoozing after a day of getting it done, your skin is working overtime to turn over cells and regenerate collagen, thanks to high melatonin and lower cortisol levels. It's a win if you get your eight hours, and it's also the perfect period to target your skin, says dermatologist Dr Natasha Cook. "Night-time products are often formulated as a treatment, so they get a chance to absorb without make-up, sweat or activity."

PM is the dream time to get a dose of vitamins if you want bright skin. "Vitamins B3 and C block the tyrosinase enzyme responsible for making pigment. They also reboot immune systems, restore the epidermal barrier function and stabilise sensitivity and redness, alongside rebuilding collagen," says Cook. Like a recipe, following the steps matters. Repeat after us: cleanser, serum, moisturiser, mask. The reason? "Serums are best applied after cleansing so you get maximal absorption and they're not diluted by your moisturiser."

And watch how you sleep. A study published in the *Aesthetic Surgery Journal* found face-planting the pillow can lead to sleep wrinkles. "It depends on your sleep position and how long you stay there," says study author Dr Goesel Anson. Ideally, doze on your back. But you can't change unconscious habits, so slather on these treatments that work when the lights go out. **WH**

- 1 Napoleon Auto Pilot Overnight Lip Balm, \$29
- 2 Elizabeth Arden Skin Illuminating Advanced Brightening Night Capsules, \$100
- 3 La Prairie Skin Caviar Luxe Sleep Mask, \$410
- 4 Garnier Miracle Sleeping Cream, \$19.95
- 5 Lancôme Énergie de Vie Nuit Recovery Mask, \$80
- 6 Rationale DNA Night Cream, \$185
- 7 Alpha H Beauty Sleep Power Mist, \$19.95





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FIT AND FIERCE

Strong is the new sexy. So get your sweat on in this smokin' gear

Photography by Richard Freeman Styling by Nicole Adolphe



Charli Cohen
crop, \$150, and
tights, \$180,
@ Stylerunner;
Komono
sunglasses,
\$99.95; Colette by
Colette by Colette
Hayman necklace,
\$8.99, and
earrings, \$7.99
(set of two)



Triangl one-piece,
\$107; Speedo
goggles, \$100

Athletic?
Create the
illusion of
curves with
strategically
placed cut-
outs or mesh
detail. Easy!

In love with low-impact? This Nike crop is your body's new best friend with breathable fabric, light support and racer back for a perfect fit.



Nike crop, \$50; Seafolly jacket, \$149.95; Running Bare tights, \$59.99; PUMA trainers, \$180; Local Supply Everyday Delorean sunglasses, \$59.95; Colette by Colette Hayman necklace, \$8.99; Ice watch, \$159.90; resistance band, \$12.99 @ Rebel Sport



PE Nation crop,
\$99, and shorts,
\$109; Lululemon
towel, \$25; adidas
watch, \$129;
Colette by Colette
Hayman earrings,
\$7.99 (set of two)





Lorna Jane singlet, \$69.99, and running belt, \$39.99; Roxy shorts, \$49.99; PUMA trainers, \$180



HAIR AND MAKE-UP: KATRINA RAFTERY/DLM. MODEL: ILONA/CHADWICK

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neoprene that's
soft, flexible and
made for your
next swim or
paddleboard
session. Yew!



Duskii one-piece,
\$195; This is First
Base bikini top,
\$59.09; Speedo
flippers, \$90; Colette
by Colette Hayman
earrings, \$7.99
(set of two) **WH**



special report

Can you take away the pain?

IT'S BECOME LEGAL TO GROW CANNABIS IN AUSTRALIA FOR MEDICINAL PURPOSES, AND THAT'S REFUELLED THE ONGOING DEBATE ON THE MERITS OF MARIJUANA FOR PAIN RELIEF. SO HOW DOES POT'S PAINKILLING CAPACITY STACK UP? AMELIA JEAN JONES – A CHRONIC MIGRAINE SUFFERER – PUTS IT TO THE TEST

MAY
CAUSE
MUNCHIES





LEAFY
GREENS.
ANYONE?

i

Imagine this scenario: you go and see your GP because your back twinge has turned into weeks of agony and, no matter what you do – physio sessions, cat stretches, even acupuncture – it just won't quit. But instead of the usual anti-inflammatory or opioid drugs, she suggests writing you a script for a 'new' painkiller on the market. Bob Marley's drug of choice: marijuana. Imagine no more. In October last year, the Australian Federal Government passed landmark legislation, allowing people to apply for a licence to grow their own cannabis crop for medicinal purposes, paving the way for the use of the plant by those with painful and chronic illness. Becoming a legit grower won't be as simple as walking into your doc's office complaining of period pain then dropping a couple of weed seeds into the planter box on your balcony. Unlike the US, Australia has taken a top-down approach to medical marijuana – legalising at the federal level first, then letting the states add their own regulations (for more on how it will work in each state, see 'The green light', p94). But regardless of the legalities, I was intrigued about if and how cannabis actually works to soothe pain. So I ventured to Amsterdam, the world's cannabis capital, where scoring a bag of weed is easier than rolling a joint...



3 natural pain relief methods

Don't like the side effects that come with OTC or prescription painkillers? Don't rule out these other kinds of relief, says *WH* Integrative Medicine Expert Dr Karen Coates

1

AN ICE PACK
"Never underestimate the power of an ice pack in reducing pain and inflammation. Always travel with one."

2

TURMERIC CAPSULES
"These work on reducing the same inflammatory pathways as drugs like ibuprofen, without the side effects."

3

MAGNESIUM TOPICAL SPRAY
"Helps with muscle pain, cramps and tension headaches. The magnesium is absorbed through the skin and moves into muscles cells to reduce tension."

Before I've managed to count out €30, I'm clumsily pocketing a small plastic bag containing what looks remarkably like kale chips. The seller shoots me a wry smile. Behind me, two teens chat loudly, well on their way to a cloudy high. But this isn't a dodgy backstreet deal. In this city, although not technically legal for recreational use, the possession of less than 5g of marijuana falls under a soft-drug toleration policy.

My 'pharmacy' of choice is a typical Dutch cafe with a benchtop of brownies that'll give you more than just a sugar rush. I'm not the first to come to The Netherlands for a dope-smoking mini-break, but rather than losing days between canals and coffee shops, this is a research trip. I'm here to test the theory that cannabis is a bona fide method of pain relief and an emerging rival for highly addictive prescription opioids like morphine.

I was first prescribed morphine during a six-day stint in hospital with acute migraines. I'm talking the kind of pain that left me completely incapacitated – where I'm in too much agony to notice a bus until it

brakes centimetres from me, and I'd call someone for help except I can't bear the light from my phone long enough to press the right button.

So, morphine: great when you're in bed and the sole thing on your to-do list is to get well soon. But with sedation, dizziness, vomiting and physical dependence just a few of the side effects, it wasn't going to work for me long-term. At work, a dose prior to eight hours in front of a computer screen left me feeling like I'd left my brain on the ward. And with acute headaches hitting a few days a month, that time out of the office was making it hard to meet deadlines. Not ideal!

However, this accusation has also been levelled at marijuana:

that its stoner side effects make it impractical for everyday use. Which is why I'm here. After my hit I'll work a full day in The Netherlands *Women's Health* office – to see if I really can smoke a joint and still be a functioning member of society.

Gone to pot

Which brings me to Olivia*, a 39-year-old mum-of-three who suffers from constant back pain caused by degenerative disc disease. "I stopped taking morphine the day I set fire to my kitchen making toast," she says. "Doctors prescribed me 24 different drugs over five years, but they were so strong I felt as if I had a constant hangover." She couldn't focus enough to get the keys in the ignition to drive the kids to school, let alone function in her job as an education welfare officer.

Olivia is among the 3.2 million people living with chronic pain in Australia. Like her, the vast majority (90 per cent) of those living with severe pain find it interferes with their ability to work. That's not all. A report in *The Lancet* found that in 2013, four times more Americans were using opioid drugs to relieve pain compared to 1999. The Australian Medical Association has said addiction to these prescription drugs is a 'national emergency'.

For Olivia, the choice was stark: take the drugs and have no life, or try to live with the pain. Instead, she took a third option, becoming one of a growing number of people who illegally turn to cannabis to ease their suffering. The first time Olivia scored cannabis from a dealer, she pulled on a dark hoodie and shoved

3.2 MILLION AUSTRALIANS LIVE WITH CHRONIC PAIN. IS MEDICINAL CANNABIS THE ANSWER TO THEIR PRAYERS?

her hands in her pockets to hide the shaking. "I felt physically sick walking the small distance from my front door to his parked car down the road," she recalls. "I was sure somebody was going to see me." But the transaction was smooth and the results were worth it. "The fact is, I feel better. I don't feel fuzzy like I did before. I know when I've had enough because my hands stop shaking and I can stand up again. Then I stop. It makes me so angry that I have to risk getting arrested. If I had a reliable and legal supply, I could go back to work."

Things would be slightly different for Olivia if she lived in the US, where there's a green revolution sweeping from coast to coast. To date, 28 US states have legalised medical marijuana, and eight states and Washington DC now allow recreational use. While the global science community has been debating pot's painkilling merits for 20 years, in Australia, cannabis possession is still illegal and carries fines and a possible criminal conviction.

So I'm in a Dutch coffee shop, talking to grower and entrepreneur Paul Coghlan, who's going to walk me through the best way to use pot as a painkiller. Sadly, you can't time migraines to fit in with your schedule, but helpfully a nagging gym injury in my shoulder is providing enough of an ache for me to test out the hypothesis.

Smoke and mirrors?

Cannabis comes in two main strains: sativa, which is higher in

the psychoactive compound THC (responsible for pot's trademark euphoric high); and indica, higher in cannabidiol (CBD), a non-psychoactive component with a range of therapeutic benefits, including pain relief. For my purposes, indica is best. Coghlan advises vaping for first-rate results.

"When you eat a space cake, it's difficult to work out how much you're taking," Coghlan says. "It goes into the bloodstream via your liver, so the effects are delayed and you could end up going for an extra slice you don't need. Smoking cannabis will make you feel the most 'stoned', but vaping goes into your system at a steadier pace, so you're

able to stop once you feel the pain go away before you feel spaced out." Research published by the American Chemical Society also found that marijuana smoke can contain significantly higher levels of several toxic compounds than tobacco smoke, which

sounds anything but medicinal.

Cue the vaporiser. These EU-approved medical devices heat finely-ground marijuana to 180°C to create vapour without burning the leaf and releasing toxins. The benefit is that when vapour is inhaled into the lungs, cannabinoids are absorbed in a matter of seconds, providing almost instant relief – and you can stop once the pain has gone. Science backs up the benefits: a study in the journal *PLOS One* found that vaporising is considered a favourable means of CBD delivery.

Paul makes inhaling look simple, but when I have a go, he has to quickly order a bottle of water as I cough to retching-point after the first puff. It burns my chest so much that my eyes are streaming. After



The green light

A state-by-state guide
While medicinal marijuana has been given the go-ahead, what that actually means for each state is still a little different. Here's what we know so far

Queensland

As of this month doctors are able to apply to Queensland Health for permission to prescribe and dispense cannabis for patients with certain conditions.

Tasmania

Specialist medical practitioners are now allowed to prescribe the drug to patients suffering serious and chronic illness.

NSW

Since last August, doctors in NSW can legally prescribe medicinal cannabis for patients who've exhausted existing treatments.

Western Australia

WA doctors can prescribe medicinal cannabis but only under strict conditions.

Northern Territory

Not legal.

South Australia

SA laws allow it to be prescribed by pharmacists and authorised medical practitioners.

Victoria

Vic was the first state to pass the legislation for the use of medicinal cannabis.

five minutes, my lungs and I feel as if we've had enough. I leave the hot cafe and head out towards the *WH* office feeling slightly fatigued, dreamlike (dangerous in a city full of waterways and bicycles) and paranoid that I smell.

Working under the influence is odd. While I'm wishing I were tucked up in bed watching *The Crown* with a packet of chips, I'm also strangely focused. As I tick items off my to-do list, I definitely feel more 'stoned' than Coghlan had led me to believe I would after vaping, but I'm less distracted and don't experience the nausea or exhaustion I get with morphine. (Full disclosure: when I check my work the next day, it's littered with the kind of grammatical errors I'd usually, er, weed out.) As I walk out of the building, revived by the blast of cold air on my face, I'm satisfied with what I've achieved and feel more than justified seeking out a giant plate of banana pancakes.

The pain? I can't say it goes away completely. The morphine would have deadened it for the day – along with a large amount of cognitive function – but instead, I do feel a familiar twinge nipping at my shoulder blade when the high starts to wear off in the afternoon. But while I'm aware of it, I can handle the sensation with minimal distraction and without resorting to additional medication. Which makes sense – a University of Oxford study found that, rather than reducing the sensation of pain (like opiates), cannabis makes it more bearable.

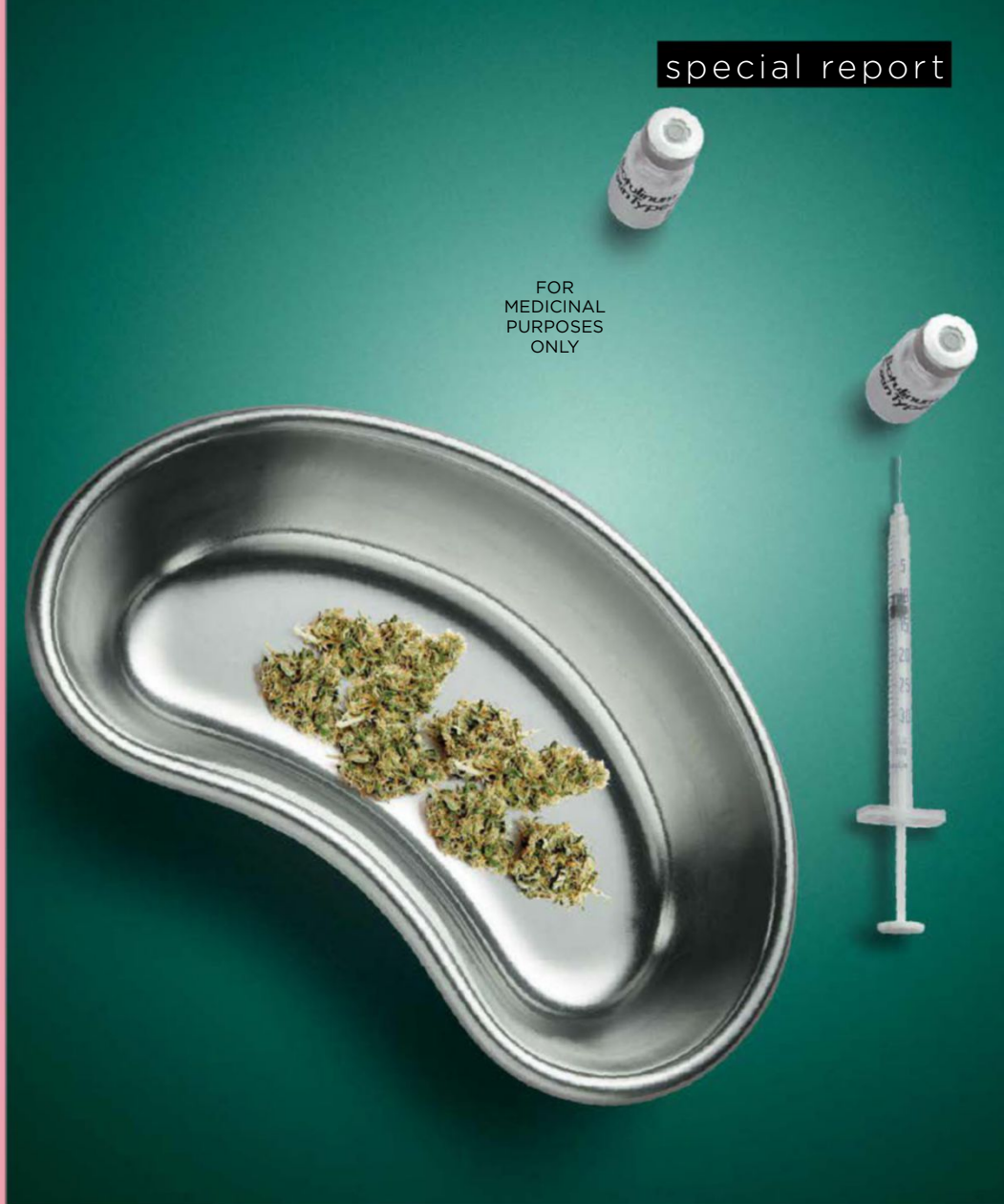
Weed out

None of this means that weed vaping is without risks. THC has what doctors refer to as 'biphasic

activity'. Translation: at low doses it can make you calmer, happier and have medicinal benefits, but take in too much and you can become irritable and even psychotic (due to THC's psychoactive side effects).

It's also where medical marijuana gets complicated. There's no real difference between the prescribed stuff and what dealers hawk on street corners. "Not only can THC and CBD be at vastly different levels, there are many chemical compounds present that have not been researched and that bind to receptors in your body, affecting your immune system and brain," says Ziva Cooper, assistant professor of clinical neurobiology at Columbia University. "The truth

FOR
MEDICINAL
PURPOSES
ONLY



is that there's very little human data to say that cannabis is useful and safe as pain relief, but it's an exciting area of research. Hopefully, over the next few years, we will have more conclusive evidence about how to take it most effectively."

Meanwhile, I won't be seeking out a dealer. My lungs take days to recover and I'm still getting stale wafts from my hair several washes later. The USA's green rush means entrepreneurs are already working on easier delivery methods, like oral sprays, tablets and e-cigarettes. But until I have a reliably dosed, legal supply, I think I'll stick to the contents of my medicine cabinet, thanks. **WH**

LIVE FEARLESS

It's possible! When these four women stopped focusing on what their bodies looked like and zeroed in on what they could actually do, they hit heights (and distances) they'd never dreamed of. Here's how stepping bravely out of your comfort zone could totally revolutionise your world, today!

By Victoria Joy

LAURA, 29



ANNA, 31

SOPHIE, 30

BONITA, 28

“I SPENT 24 WEEKS RUNNING ACROSS NEW ZEALAND ALONE”

Anna McNuff, 31

GREATEST CHALLENGE Cycling solo 17,700km across every state in America

CURRENT CHALLENGE Travelling across South America on a bike

▶ “I was very sporty as a kid, and used to row competitively in my early 20s. After ‘retiring’, I took a desk job in marketing, but spent every spare minute training for my next challenge: becoming an Ironwoman and doing the Otillo Swimrun along the coast of Sweden. Then in 2013 I took a sabbatical and cycled across America. At the finish line in Hawaii, after completing the Haleakala (the world’s longest paved climb), it felt like I’d found my thing. So I became a pro adventurer: I face my fears, tell my stories and encourage others to see the world in a different way as a motivational speaker. I love that.

Travelling by human power, on foot or bike, is the ultimate way to experience a country – you feel the land, you breathe it in, you talk to people. I do a six-month trip every year. When I return, I often lose that sense of purpose with a post-adventure crash, so it’s important to take time to recover and process everything.

If I over-train, it takes the fun out of the journey. I owe my adventures to my body. It’s my machine and constantly adapts to what I need it to do – with patience and persistence, it gets it. And after I succeed, I want to thank it and say ‘Cheers for not giving up on me.’”



BEAT THE FEAR: FIND YOUR PASSION

1. Get more curious
“Work out what gets you curious as that will spark your motivation,” says Dr Susan David, UK-based clinical psychologist and the author of *Emotional Agility*. Find out what makes you tick with these two questions: “What makes me feel satisfied?” and “If today was my last day, what would I do with it?”

2. Avoid traps
It’s easy to fall into an activity or career just because you’re good at it. But talent is neither a predictor of success nor a key motivator. “Don’t get into a rut,” cautions David. “Ask yourself: ‘What makes me do the things I do?’” Be honest.

3. Face the difficult feelings
If you feel anxious because you’ve gone down a path that doesn’t quite sync with your values, allow things to unfold. “We’re conditioned to stamp out these feelings, but it’s better to engage with them,” says David. Then you’ll know what you really value.

"I KAYAKED SOLO AROUND RUSSIA"

Laura Kennington, 29

GREATEST CHALLENGE Cycling the Wild Atlantic Way - 2575km along Ireland's west coast

NEXT CHALLENGE An 8km Channel swim

▶ "I never thought I had it in me to be an adventurer. I used to think those people were part of a different species. That, like elite athletes, they had an extra chromosome that gave them super strength. But after becoming a PT, I realised the power of the human body and that anyone can unlock its potential, as long as they develop a determined mindset to match.

I always have a couple of new adventures in mind that I plan around a place I'm curious about, and I raise funds, too - that keeps me motivated when it's 3am and I still have 80km to go. I get the most out of my challenges when they push me beyond my limits.

But that means you have to accept failure is always a possible outcome. In fact, one of my biggest challenges was deciding to end a trip early when I was kayaking solo down the Volga River in Russia after receiving threatening messages on social media. Nine months of training down the drain. But, instead of sulking, I planned another trip straight away. The experience didn't break me; I learnt so much from it.

My next adventure involves swimming 8km around Sark, one of the Channel Islands situated about 130km south of England. It's been tough - but my stubbornness always keeps me determined."

BEAT THE FEAR: EMBRACE FAILURE

1. Separate from your experience
"As human beings, we're naturally wired to have a one dimensional view of failure, blurring the distinction between the bad experience itself and an overall sense of personal shame," says David. Want to recover from mistakes and keep going? The secret is simple: you need to recognise that there's a very big difference between failing and being a failure.

2. Think again
Don't roll your eyes, but failure can really be an opportunity to learn. "You just need to break the psychological constraints you have about what you can and can't do," says David. Switch thoughts like "I can't do this" to questions such as "What do I still need to practise?" and "How can I adapt so I can do better the next time?". Self-improvement, totally sorted.

3. Phone an imaginary friend
Here's the bad news: we set the bar for success much higher for ourselves than for others. "The good news is, studies show those who are more self-compassionate deal with change more effectively," explains David. "Practise taking a new perspective by imagining what response you would give to someone with the same issue. Then apply it yourself."



"I'VE CYCLED 312km ACROSS SPAIN"



Sophie Radcliffe, 30

GREATEST CHALLENGE Spent 32 days climbing the highest mountains in the eight alpine countries and then cycling in between

NEXT CHALLENGE Running 645km along the Sierra Nevada mountain range



"I was 23, training for a week-long adventure race in Borneo, when I discovered I was a terrible runner.

So I did boot camp sessions to build my stamina and, while I loved exercising outdoors and battling the elements, the sprinting was so hard that I thought I was going to die. But I ploughed on – I had thought I couldn't do something, then found a way to keep going.

I gave up my day job to become a full-time adventurer three years ago as I wanted to discover what I was capable of. Making big decisions stirs the world around you, and I kept reminding myself that no one was going to take that risk for me. I had to keep the faith and put myself out there – training harder, building relationships with potential sponsors, trying new things and reinventing myself. It's important to know why I'm doing each challenge – I choose them based on what I want to improve. It's a process and, when I succeed, I find a new respect for myself. Now I travel the world as an ambassador and presenter for brands like adidas and GoPro, as well as for my own adventures, like cycling the 312km Majorca sportive [in Spain] or running the Giant's Causeway [in Ireland]."

BEAT THE FEAR: KEEP THE FAITH

1. Turn the negative into a positive
Forget what you've heard – positive visualisation won't lead to success on its own. "Instead, use some 'mental contrasting', which means identifying obstacles, too," says David. Your subconscious will then find the route to success.

2. What do you want exactly?
There's stacks of research into the difference between 'have to' and 'want to'. "Uncover your 'wants' and you'll be far more likely to succeed because you'll persevere more," says David. Make a list of your 'wants' and keep it close.

3. Friends in high places
Find people who share your interests. No, not *sauv blanc*. "Studies in social contagion – the way behaviours and ideas spread – have shown that this makes it easier to achieve your goals," says David.

“I CLIMBED TO THE TOP OF EVEREST”

Bonita Norris, 28

GREATEST CHALLENGE Summiting Mount Lhotse in the Himalayas, the world's fourth highest mountain

NEXT CHALLENGE It's top secret! But it's my toughest adventure yet and I can't wait

“I was inspired to start climbing after a university talk by some mountaineers.

I fell in love with the *challenge* – the idea that your entire focus is getting to the top of a mountain and back down again alive. Everest was my first goal and, within two years, I went from an indoor climbing wall to training in Scotland, the Alps, the Himalayas and then successfully climbing to Everest's summit at 8848m. I've been back four times.

There's a certain amount of ego involved, and every challenge is about proving to myself and others what I can achieve. But it's more than that; climbing is what makes me who I am: happy and proud.

I stay active by running and climbing. I'm also a presenter on Red Bull TV and do corporate speaking. It takes time to plan and raise funds for a big expedition, and the stakes are high. In 2012, I cancelled my expedition to Mount Lhotse [at the border of Tibet and Nepal] because the conditions weren't right. But days before the team set off I got really emotional because I wanted it so badly. So I got on the plane, held out until the conditions changed and I reached the peak. My adventures put things into perspective and show me what I value most: summer barbecues and Christmas at home with family. Simple things that cost nothing.”

BEAT THE FEAR: FOLLOW YOUR GUT

1. Trust your instinct
You know that gut feeling? “It's an evolutionary process that exists to warn you about potential danger,” says David. But now the T-Rex is no longer a threat, it can also tell you what you care about most and what will serve you well. But, following it blindly is possibly not so smart. Ignoring it altogether? Worse, as it can lead to repeating mistakes. Noted.

2. Tweak for results
“There's plenty of evidence that shows small shifts in mindset and behaviour bring way more success than colossal changes,” says David. Pepper your day-to-day life with that stuff you value: what aspect of your job do you most enjoy and how can you create extra opportunities? How can you work a hobby into your life more? Make just a few small changes to get the most out of it.

3. Beware bad talk
“We're primed to avoid loss,” says David, “and many studies show that what motivates us is trying to avoid a negative outcome rather than the thought of us achieving a truly positive one.” Want to harness this drive? Easy. “Write down something you risk losing if you don't give it your all: this little reminder will ignite your desire even more.” **WH**



HOW TO VEG



There are now 2.1 million vegetarians in Australia, and science says plant-based diets deliver some seriously impressive health benefits – provided you do it right. Here's why going vego isn't always as straightforward as cutting out the steaks...

By Tara Ali and Claire Barnardo



nutrition

OUT

(THE HEALTHY WAY)



Meat-Free Mondays. Meat as a side. Pescetarian diets. Even if you forget actual vegetarians, plant-based eating is gaining serious momentum. For some, the move towards mainly plant diets is about weight maintenance – thanks to high-profile Hollywood vegans, like the svelte Ariana Grande or Natalie Portman, getting us thinking about the kilo-dropping benefits of going meatless. Others freaked out about World Health Organization research into the link between meat and cancer. Some cut back because of the environmental impacts of producing meat. And of course there are those who can't stand that the cute, fluffy lamb and the thing served up on kebabs are one and the same.

Whatever the tipping point, the diet maths seems easy enough: decrease a food category high in saturated (animal) fat and cholesterol, add more healthy greens, and the result should be health epitomised. But, as with most equations, it's not the answer that's tricky, it's working it out. The reality? Plant-based diets don't automatically equal better health – you have to be smart.

■ Super plants

A general plant-based diet includes vegetables, fruit, grains, pulses and nuts and – unless you're vegan – eggs and dairy products. We all know people who opt to include small amounts of fish and/or chicken in their diets, but for trad vegetarians, getting the nutritional balance can be tricky. "A vegetarian way of eating can be very healthy – it's high in fibre, contains a variety of micronutrients and provides the essential amino acids – as long as a variety of foods are consumed," says dietitian Rowena Visagie.

But once the menu's down, the health benefits are huge. Research shows vegetarians have a lower risk of obesity, cardiovascular disease, hypertension, type 2 diabetes and some cancers. "This is because vegetarian diets are lower in saturated fat and cholesterol, plus

there's a higher intake of complex carbohydrates, dietary fibre, certain minerals and phytochemicals," says dietitian Genevieve Jardine. Going meat-free may also help you live longer: a 2013 study from Loma Linda University in California found, among a group of 70,000, vegetarians had a 12 per cent lower risk of death compared with non-vegos. And the perks go further than just the body. A 2012 study in *Nutrition Journal* found participants also had better mood states after just two weeks of cutting out meat.

But. And this is a big BUT – while axing meat has health advantages, eating it comes with benefits too, notably giving you a higher intake of essential nutrients like iron, B vitamins (including B12), protein, zinc and omega fatty acids. Supplementation is an option, but following a balanced diet is key. "Supplementation should only be used as a back-up and is not a substitute for a well-balanced diet," says Jardine. "If the diet is incorrect, supplementation may reduce the chances of certain nutrient deficiencies, but supplements can't fulfil all the body's needs."

And here's the thing – it's easy to be an unhealthy vegetarian if you don't know what you're doing. A diet of bread, Pringles and Oreos

is technically vegetarian, but you won't be living longer that way.

Leaving out meat but not replacing it can leave you hungry, so it's also common to start overeating snacks if you're not clued up on alternative sources of protein.

■ Pumping iron

Actor Eva Longoria called trying veganism her biggest health regret. "I went from eating chicken and meat one day to eating just salad the next. I didn't know how to be a vegan," she said. "I didn't know about soya, almond butter or great breads. So I literally stuck to salads. I think I passed out the first week."

Fellow screen star and self-confessed bunny hugger Rachel McAdams also had disastrous results with her vego diet: living almost exclusively on pasta, she found herself in a constant state of fatigue that eventually prompted her to throw in the meat-free towel.

The rich sources of iron in animal products can be tricky to substitute. Vegetarians generally have lower iron because the type of iron from a plant-based diet is not as easily absorbed – which can be especially problematic for women, who are at higher risk for iron-deficiency anaemia because of blood loss during periods. Same goes for vitamin B12, zinc and riboflavin (B2).



6 DEGREES OF VEGETARIANISM

Lacto-ovo-vegetarian
Eats both dairy products and eggs, but no meat

Lacto-vegetarian
Eats dairy, but no eggs

Ovo-vegetarian
Eats eggs, but no dairy

Vegan
Doesn't eat any meat or animal by-products, including eggs, dairy products and often honey

Pesco-vegetarian/pescetarian
A 'vegetarian' who eats both fish and shellfish, but no other meat

PREP SCHOOL

Cut down the time it takes to prep veggies, thanks to Terry Hope Romero, author of *Vegan Eats World*

Butternut pumpkin

Cut off the top and very bottom so it will sit on a flat surface without wobbling. Stand it on its end and halve lengthways, then peel off the outer rind.

Tomato

Cut a small X into the skin. Drop the tomato into boiling water, wait 15 secs, fish it out with a slotted spoon, then drop it into ice water. The skin will slide right off.

Corn on the cob

Microwave two unhusked corncobs on high for 6–8 mins. Then cut off the bottom 1.5cm and slip the corn from the husk. The kernels will be tender and, even better, silk-free.

Eggplant

Salt slices and let sit for 20 mins, then squeeze and pat dry. Salt draws out the bitter juice and keeps the spongy flesh from absorbing too much oil while cooking.

Onion

To avoid crying, freeze the onion for 10 mins. Doing so prevents the release of the enzymes that irritate your eyes.

Spicy barbecued cauliflower

The problem with barbecuing vegetables is that they contain little to no fat, so if you don't add some, you'll end up with rubbery crap, says chef Rich Landau. Oil the vegies, not your barbie grill – and keep the heat high to help prevent sticking.

“Vegetarian sources of iron include fortified products like cereals, bread, textured vegetable protein (TVP), tofu, tempeh, dried beans and lentils, nuts, dried fruit and dark green, leafy veg,” says Visagie, who advises adding foods rich in vitamin C to aid absorption. She recommends orange juice, strawberries, tomatoes and broccoli – and keep your meals free of tea and coffee, which can inhibit iron absorption. But don't pop the supplements without talking to your doctor first. Overdosing on iron when you don't have a deficiency can lead to dodgy side effects.

Other nutrients to stay on top of are omega-3s. Diets lacking fish or eggs are low in the fatty acids EPA and DHA, which help protect against serious diseases and may also affect cognitive function and mood. Good plant sources include flaxseed, walnuts, chia seeds, hemp seeds and rapeseed oil.

Remember, when you eat outside the norm, convenience can go bye-bye – forget grabbing a burger on the go. You'll just need to be a little more prepared at mealtimes.

■ The skinny on veg

So you're willing to learn new recipes, read up on proteins and are prepared with a few smart comebacks when people question your choices. But will cutting meat actually help shed kilos? Maybe. About 60 per cent of Australian adults have a BMI in the overweight or obese category, but this figure

SERVES 4

- 1 tbs cumin
- 1 tbs paprika
- 1 tsp garlic powder
- 1 tsp dried thyme
- Salt and pepper
- 2 heads of cauliflower, sliced into 2–4 planks (slices) per head
- Olive oil

1 Combine spices, salt and pepper and set aside.

2 Preheat oven to 260°C. Brush the cauliflower planks on both sides with oil, season with salt and pepper, and place on a baking tray. Roast for

6–8 mins or until ends soften.

3 Make sure the grill is hot. Brush a fresh layer of olive oil onto cauliflower and sprinkle with spice mix. Place each plank directly on the grill and then barbecue until lightly charred (about 5–8 mins). Flip and char the other side. Enjoy!

PER SERVE: 375kJ, 0g sat fat, 6g protein, 7g fibre



drops to 45.4 per cent for those whose diet is mostly or totally vegetarian, according to Roy Morgan research from 2016. Yet not all vegetarians are slim. “I have vegetarian clients who come to me for help with weight loss,” says Jardine. “They may be vegetarian, but their meal plan still needs the proper balance of carbs, protein and fat.” She finds vegetarians often eat too much starch and fat in compensation for a diet lacking animal protein. “It's well known that meat protein results in better satiety than starch. Without meat protein, people tend to fill up on starch, which may lead to overeating.”

Instead, your protein substitutes should include healthy alternatives



LOVE YOUR VEGIES!

Learn to cook fast, flavour-rich plant dishes and you won't even miss the meat!

like lentils, beans and, if you want, tuna and salmon. And if you need to fill up on something, bulk up your meal with non-carb veg like broccoli, cauliflower or leafy greens.

“Many people opt to follow a vegetarian diet to lose weight. However, it's not a magic diet,” says Visagie. “If a lot of cheese is used as a protein source, it adds a considerable amount of fat. Likewise, if junk food and high-kilojoule snacks are regulars on the menu, weight loss will be hard.” In other words, don't go vego just to drop kilos. Take nutrients seriously, have fun with a new way of eating, and if your jeans happen to feel looser from eating fresh produce, that's what we call a health extra.



Roasted roots

Boiling can leave them waterlogged and even leach out nutrients. But the dry heat of roasting caramelises the starches' natural sugars, giving them a sweet flavour.

SERVES 4

- 6 cups chopped carrots, parsnips and turnips, peeled and cut into 1.5cm slices
- 2 tbs olive oil
- Salt and pepper
- 6 fresh sage leaves
- 6 fresh thyme sprigs
- 2 tbs chopped flat-leaf parsley

- 1 Preheat the oven to 200°C.
- 2 In a baking dish, toss vegetables with the oil, a few pinches of salt and pepper, and

the sage and thyme. Cover and roast for 20 mins. **3** Uncover, give the dish a shake to loosen the vegetables, and roast uncovered for 15-20 mins more, until tender. Remove the sage and thyme and add the parsley before serving.

PER SERVE:
960kJ, 1g sat fat, 4g protein, 11g fibre

A MEAT LOVER'S APPROACH

Fitness powerhouse Michelle Bridges is a meat eater who makes sure she packs plants into every single meal. Here's how:

What's your diet like?

"The kind of food that I eat is about 90 per cent stuff that you can pull off a tree or out of the ground. We eat meat, but vegies are one of the staples in my diet from the moment that I wake up to the moment I go to sleep. I pretty much have them in every single meal that I eat."

How do you incorporate veg into brekkie?

"Breakfast might just be a green smoothie or a poached egg on some sourdough with wilted spinach. Sometimes I'll do mushrooms, and on the weekend I might do a bit of a cook-up on the barbie: eggplant, onion, spinach, zucchini, mushrooms. A bit of a DIY Mediterranean mix." Love it.

What about lunch, dinner and snacks?

"Lunch will either be a salad wrap with ham or maybe some chicken from the night before. And then dinner will be a bit of fish or steak or

chicken with vegetables or salad. For snacks I love little broccoli florets dipped in hummus or tzatziki."

There's plenty of veg in your Delicious Nutritious frozen meals range, right?

"There are three serves of veg in there, which you don't get in any other frozen products in the market. And I introduce people to a few different ingredients. I'd say we live in a bit of a bubble in [the city]. You go further afield and things like quinoa, chickpeas, legumes of any description - these are foods that probably wouldn't be gracing the tables all across the country. So those meals help give an introduction to those sorts of things."

What are your favourite non-meat sources of protein?

"It's not always easy to get protein into your

diet if you're a non-meat eater. We are dairy eaters, and we eat a lot of eggs, so that's one way we get protein in our diets. Legumes are obviously a source of protein. As is quinoa. Steve is probably more keen on protein powder than me, although I have them if I know I haven't really had a lot of protein in my diet, say, while travelling or when I'm on the road. I'm not very creative when it comes to vegetarian meals, so we often take ourselves off to really great vegan or vegetarian cafes and get some quick meals that way. That way you can try tofu done in a multitude of different ways, and you go, 'Wow, that tastes great!'"

Do you grow any veg at home?

"I have a herb garden on the balcony to add flavour. Basil, mint, parsley, and we have a chilli plant so we put a lot of it in our food." **WH**



Ksenija

Hot. Happy. About to hit the big time

See that name? Remember it. As the face of *E! Australia*, Ksenija Lukich is kicking major career and life goals right now, juggling A-list interviews with jetlag, a journalism degree and her first year of marriage. The self-confessed foodie chats to *WH* about mentors, motivation, her serious passion for yoga and what's next

By Alex Davies Photography by Steven Chee



W

We're a little jealous of Ksenija Lukich right now. Not just because she interviews the likes of Justin Timberlake and Angelina Jolie for a day job, but because she can rock out Crow Pose. "It took a little while but when it clicked, it was amazing!" laughs the yoga-loving face of *E!* in Oz. It's been a helluva ride for the 27-year-old from Sydney's northern beaches. She joined *E!* in 2014, started co-hosting *The Hype* in 2015 and married long-term partner Daniel Bragg in October last year. But her meteoric rise isn't just down to luck. As *WH* found out, it takes serious work, self-belief and staying mentally and physically strong.

You beat thousands of hopefuls to score your job on *E!*. How did you feel going in?

I had a bit of self-doubt but I was surrounded by a lot of people who really believed in me. And I was passionate about the job – I still am – so I hope that comes across to the audience. It's been a steep learning curve but the best journalism school I could've hoped for! I'm doing a journalism degree [at the University of Technology Sydney] now to help me develop my skills even further. I feel incredibly lucky to be able to interview so many fabulous people!

Who inspires you professionally?

Giuliana Rancic has always been such a big inspiration for me. She's really at the top of her game and changed the whole way people see the red carpet. It became more personal with her – she got to know people and there's a real openness and warmth she brings. I just hope that's the kind of experience I bring and the feeling I leave people with.

How do you deal with the live TV pressure?

Breathing. If I'm on a red carpet and I can see the talent walking towards me, I get these little butterflies. So I take a couple of deep breaths and go into it with the biggest smile possible. I try and make them feel as welcome and comfortable as I can.

What does your day on a plate look like?

I love all foods! And wholefoods, so I try not to eat anything that comes out of a packet. For breakfast I'll have a smoothie – frozen banana and raspberries, ginger, coconut water, ice and raw protein powder. I snack on fruit

or a medjool date for a sweet treat – it's like a little caramel. Lunch is tuna or a piece of fish and lots of vegetables, and dinner is usually whatever new recipe I've found. I love cooking. I'm obsessed with cauliflower right now; I make rice or tabouli out of it, or I'll roast it whole with Moroccan spices. It's so versatile and lasts forever in the fridge.

The one food you can't live without?

Incredible Italian food like a nice [spaghetti] vongole – fresh clams. And a cheeseboard. Obviously I don't eat that way every day but definitely on occasion!



KSENIJA IN 30 SECS

SECRET SKILL?

I LOVE SHOW TUNES, ESPECIALLY *WEST SIDE STORY*, ALTHOUGH I'M NOT A GREAT SINGER!

WINE OR SMOOTHIE?

A BEAUTIFUL GLASS OF RED ON A FRIDAY NIGHT. THERE'S NOTHING BETTER.

WORKOUT TUNE?

ED SHEERAN'S *SHAPE OF YOU*. AND ANYTHING BY BEYONCÉ.

DREAM HOLIDAY?

SO MANY. LET'S GO WITH THE GREEK ISLANDS.

FAVE HEALTHY BAKE?

BANANA BREAD USING TEFF FLOUR - IT'S A GRAIN FLOUR AND I LIKE IT BECAUSE IT BEHAVES THE SAME AS NORMAL FLOUR.

CAUSE OR CHARITY?

BEYONDBLUE AND GROUPS WHO LOOK AT MENTAL HEALTH. THAT SUPPORT IS JUST SO IMPORTANT.

GO-TO FOOD ON A SICK DAY?

MY GRANDMA'S CHICKEN SOUP! MUM MAKES IT AND NOW I DO.

BABA MARIJA'S CHICKEN SOUP

- Whole organic or corn-fed chicken
- 4 carrots, halved
- ½ bunch celery, including leaves
- 1 brown onion, halved
- 1 tomato, halved
- 1 bunch continental parsley
- 1 turnip, halved
- 2 parsnips, halved
- 1 tsp peppercorns
- 3-5 parcels vermicelli egg noodles
- Sea salt

1 Clean chicken, rinse and put into large pot with all other ingredients except salt

2 Cover with cold water and cook over high heat until it comes to a boil

3 Turn down heat to a simmer, add approximately 1 tsp sea salt

4 Leave to simmer on low heat for 2-3 hours until reduced by half

5 Remove chicken and veggies from stock

6 Strain stock through a fine sieve into a clean pot

7 Take meat off chicken and return to stock along with carrots, which have been cut into discs

8 Bring stock back to slow simmer

9 Break vermicelli into stock - stir and simmer for approx. 10-12 mins until noodles are al dente

10 Add extra chopped parsley and adjust seasoning to taste. Serve piping hot!

You travel non-stop. How do you manage to stay healthy?

The first thing I do, especially after a long flight, is find an exercise class. When I'm in the US I'll find a SoulCycle and get to a class within 24 hours to get into a routine. I also love a green juice to rehydrate, with apple, celery, kale, cucumber and lots of freshly grated ginger.

Talk us through your typical fitness week

I see a personal trainer once a week. We do a lot of circuit training and own-body-weight stuff plus lots of cardio. I hate hills but nothing burns [kilojoules] like running up one six



times! I also do two or three F45 classes a week, and a lot of vinyasa yoga at BodyMindLife in Sydney.

Why do you love yoga?

I wear heels all the time and I'm tall so I'm always hunching over people, and I find if I don't do yoga I get bad back and neck spasms. I'm not the most flexible but it's amazing what two classes a week has done.

Is it just as much mental as physical?

It's quite incredible what yoga does for your headspace. I'm a bit of a scatterbrain and find it really hard to focus on one thing, so trying to stay in Warrior II for a long period of time is challenging. But when I do it I'm like 'yeah!' It's a pretty incredible form of exercise. I actually convinced my husband to go and he loves it.

The one pose you swear by, and why?

Anything involving a hip opener. I've got tight hips and was born with hip dysplasia, so if I can stretch them out, that's great. I also like Crow. When I first started doing yoga I couldn't do it - I had to build arm strength and confidence, so it felt like a real achievement.

What motivates you to sweat regularly?

My husband. I've come to the fitness game late, but now I can't go a few days without exercise. When we were dating, he'd encourage me to go for walks, runs or classes with him. It's a really nice thing to do together, especially as we're both so busy. Couples that train together stay together [laughs]!

What's your idea of quality couple time?

We do a lot of cooking. My husband makes the best poached eggs ever. We make green brekkie bowls – he poaches eggs and I saute leeks, carrots, garlic and zucchini – then we'll go to yoga or for a walk, maybe a swim. A lot of our time together is based around food or exercising.

You've got the dream job. So, what's next?

I love working with *E!* and having the chance to interact with people at the top of their game in terms of entertainment television. So I'd love

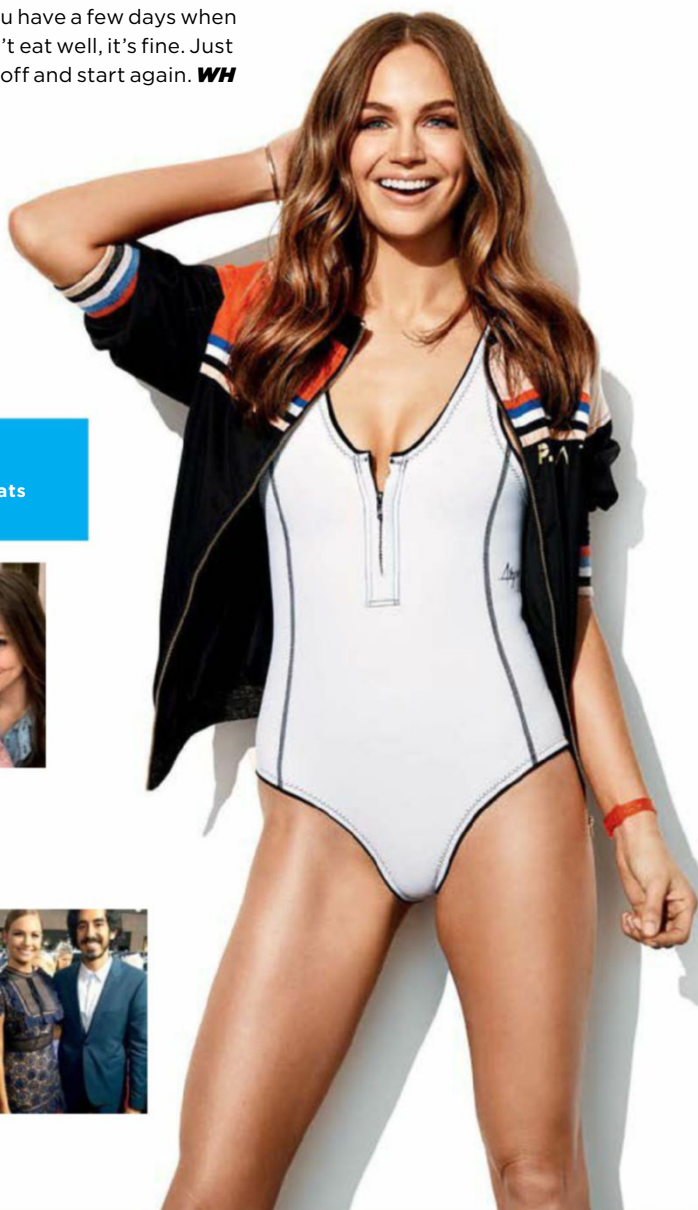
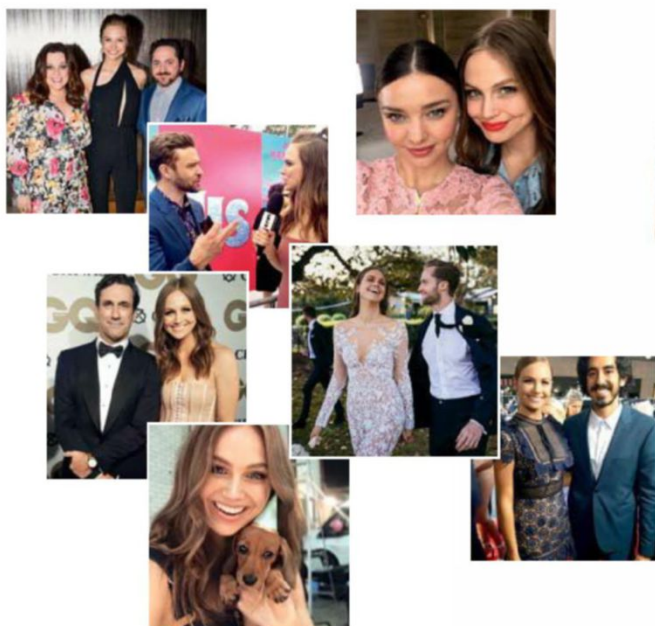
to keep doing that, and keep people laughing and enjoying their chats with me. Would I move abroad? I'm happy here right now but I'm always open – never say never.

Lastly, the secret to creating a life you love?

Looking after your health and wellbeing. Fitness wasn't important when I was younger but when I got into it, it changed my whole outlook. I feel better about myself, I'm fitter and stronger. My PT says consistency is key, and a good support system has also been helpful. We're so hard on ourselves, but if you have a few days when you don't eat well, it's fine. Just shake it off and start again. **WH**

HER LIFE ON INSTA

Highlights? Her 2016 wedding. Plus red carpet chats with everyone from Miranda Kerr to Mr SexyBack.



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FEELING
TYRED?
NOT FOR
LONG

LA'S NEW GARAGE WORKOUT

Direct from LA to you, fitness guru Lauren Kleban's low-tech workout is Hollywood's hottest health trend. Guaranteed to help you drop kilos fast, it targets arms, abs, bum and legs – you'll transform your body in just 21 days. Where do we sign up?

Typical isn't it? Celebs have everything money can buy:

trainers, high-tech studios, jaw-dropping locations. And what do they want? The exact opposite: to work out in a garage. LA's Lauren Kleban, protege of trainer-to-the-stars Tracy Anderson, has devised a fat-busting, results-driven workout A-listers are going crazy for - in her garage. Arguably, its bright white walls and lacquered timber floors might not look much like your average, junk-filled parking space; but using only a resistance band and mini tramp, her intense cardio and low-impact resistance regimen can help you strip fat and tone up in just three weeks. "My clients come in and work their muscles and themselves to fatigue, then leave," says Kleban. "It's getting fitter, not faddy concepts, that gets results." Sounds like it's time to cut out the BS and get down to business - shove the lawnmower aside and sculpt your hottest body, fast!.

THE PLAN:

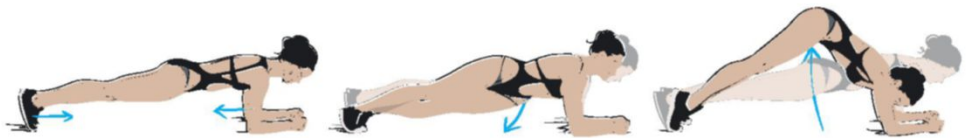
- Mix and match 2 workouts a day, 5 days a week, using all of the 4 workouts equally.

- Rest for 30-60 secs between sets. Do all reps.

- Each full workout should last 40 mins.

- Have 1 rest day and 1 LISS (low-intensity steady state) cardio session a week, like running on a treadmill at 8 km/h for 30 mins. Done!

CORE



1

Contracted plank

Do 3 sets, 1 min each

(a) Assume a forearm plank position, engaging your glutes and quads as well as your abs.

(b) Without moving, imagine your elbows pulling into your toes and toes to elbows. Hold it there. Not showy, but definitely effective.

2

Hip dip plank

Do 3 sets of 30 reps (15 per side)

(a) Stay in that killer plank position then, keeping the rest of your body as still as possible, lower your left hip slowly to the floor.

(b) Return to the start position and repeat on the right. Don't worry if you're shaking - it's totally normal.

3

Plank pike

Do 3 sets of 30 reps

(a) Still in a plank? Good. Hold it there for 10 secs. Yeah, we know. Keep going.

(b) Without moving your feet, lift your hips as high as you can in the air by hinging at the hips and shoulders. Hold for 1 count (you won't last much longer) then lower to the start position.

ARMS



4

Side plank kick

Do 3 sets of 30 reps on each side

(a) Get into a side plank on your left side for 10 secs.

(b) Then, squeezing your obliques, raise your right hand in the air while placing your right foot down behind the left. Slowly kick right leg into the air and then back to the floor. Keep that arm up!



5

Superman with leg pulse

Do 3 sets of 30 pulses

(a) Lie face-down (trusting your garage floor isn't too oil-slicked or dusty) with your legs straight and hands palm-down by your chest, elbows bent.

(b) Lift your hands, chest and thighs off the floor, then pulse your legs out and back in. You'll feel like Superwoman after this.

1 Bicep curl

Do 3 sets of 30 reps each arm

(a) Stand on the middle of the resistance band, one end in each hand in an underhand grip.

(b) Bending arms and keeping your elbows tucked into your waist, raise your right hand up to your shoulder, then slowly return to the start. No cheating.

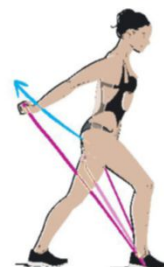


2 Arm pull

Do 3 sets of 30 reps each arm

(a) Start holding the band the same way as before, with hands by your hips. Hinging at the shoulder, move your right arm backwards as far as you can.

(b) Return slowly to the start position. It will begin to burn.



3 Resistance row

Do 3 sets of 30 reps each arm

(a) Still holding on? Good. With the right elbow pressed to your side and left arm relaxed, bend your elbow so you're pushing it backwards and stretching the band upwards.

(b) Lower slowly to go again.

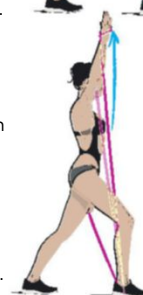


4 Arm press

Do 3 sets of 30 reps each arm

(a) Band in position – hold your right arm out to the side, bent at the elbow with your palm facing forwards.

(b) Raise your right arm to straighten, then lower slowly.

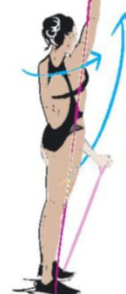


5 Lift and twist

Do 3 sets of 30 reps each arm

(a) Start in the usual position, both arms by your sides gripping the band. Hold left arm still as you raise your right arm as straight as you can and press it overhead, twisting your torso to the left.

(b) Reverse the movement back to the start position.



LEGS & GLUTES

1 Inverted side lift

Do 3 sets of 30 reps per leg

(a) On hands and knees, put one end of a resistance band under your left hand and the other around your right foot. Rotate your foot out to the right side and knee inwards.

(b) Kick back, so your leg is extended and foot still turned out. Now return. Easy, huh? You'll think differently after the full 180 reps, believe us.

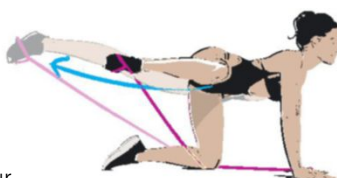


2 Leg extension

Do 3 sets of 30 reps per leg

(a) Start back on all fours, with the resistance band still under your left hand and on your right foot, but trap the band under your left knee. Crunch your right knee up into your right obliques.

(b) Fully extend your leg backwards, then return to the bent position without touching the floor. Ouch.

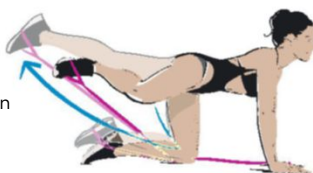


3 Bent-leg lift

Do 3 sets of 30 reps per leg

(a) On all fours with the band still on your left hand and right foot under your left knee, raise your right leg behind, knee bent out to the side.

(b) Draw your knee towards your body; then straighten your leg and raise it. Return to the start then go again. You can do it.



4 Leg arch

Do 3 sets of 30 reps per leg

(a) Yep, hands, knees, band as before. Straighten your right leg and cross over the left, toes touching the floor.

(b) Slowly and with control, lift your right leg up in an arc to finish with your toes pointing out to the right. Reverse then repeat. Yep, killer.

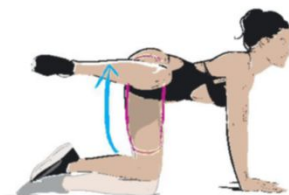


5 Knee raise

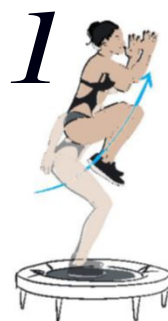
Do 3 sets of 30 reps per leg

(a) Begin in the same stance, but this time, to spice things up, wrap the band snugly around your upper thighs.

(b) Keep your right leg bent and, without shifting your weight to the left, lift your right knee out to the side, then lower it slowly. Simple, but deadly.



CARDIO



Centre hop

Do 3 sets of 30 bounces

(a) Get on your mini tramp and bounce. As you jump, tuck your knees up into your chest and pump your arms back and forth. Go on, channel your inner child.



AH, JUST
PUSH IT

HEY,
GOT
YOUR
BACK

BURN FAT FASTER



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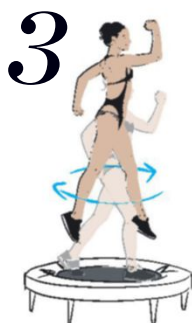
DO A TABATA WORKOUT

"Eight rounds of 20 work well: 10
reps of four to five of your favourite
moves so you're working for a total
of 16-20 minutes. My picks are:
jumping lunges, burpees, sit-ups,
box jumps, squats. Complete all
eight rounds in one movement
before moving on to the next."



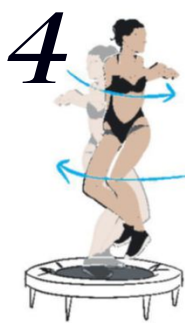
2 Lateral jump

Do 3 sets of
30 bounces
(a) Keep
bouncing, but
this time land
with your legs
hip-width apart.
(b) Next
bounce, land
with them back
together. Keep
alternating.



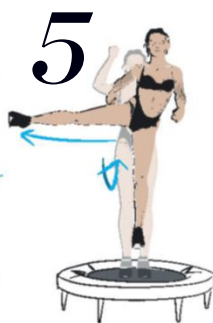
3 Front jump

Do 3 sets of 30
bounces per leg
(a) Still
bouncing?
Great. This
time land with
your right leg
in front.
(b) Switch so
your left leg
lands in front.
Pump your arms
to go harder and
faster - this is
about intensity,
not height.



4 High twist

Do 3 sets of
30 bounces
to each side
(a) Keep on
bouncing, and
land with feet
together and
knees slightly
bent, pointing
to the right
and your torso
facing left.
(b) Repeat the
other way round
and enjoy the
stretch. Mmmm.



5 Side kick

Do 3 sets of
30 bounces in
each direction
(a) Final push.
While jumping,
kick your right
leg to the right
side for 1 set.
Next set, kick
the left leg out
to the left.
(b) Repeat with
sets kicking a
leg out to the
front (this hurts
way more). Job
well done! **WH**

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FOOD FOR ENERGY

Turmeric and banana pancakes with maple nice cream

SERVES
4-6

DAIRY
FREE

GLUTEN
FREE

VEGETARIAN

"Bananas first thing in the morning are a really great way to set yourself up for a big day. This recipe has an extra tweak and that's the addition of turmeric, which is brilliant for inflammation in the body – so if you're training hard, adding turmeric to your diet is a brilliant idea. Note: I'm really impatient, so I like to use frozen bananas for the maple nice cream to give it that lovely ice-cream consistency from the get-go, but you can use regular bananas and freeze it for a few hours until solid if you prefer. You can also use any nut you like in the pancakes – macas are just my favourite."

- ◆ 2 cups buckwheat flour
- ◆ Pinch of gluten-free baking powder
- ◆ 3 tbs roughly chopped macadamia nuts, activated if possible
- ◆ ½ tsp ground cardamom
- ◆ 1 tsp ground turmeric
- ◆ Pinch of ground cinnamon
- ◆ 1 banana, roughly chopped into chunks
- ◆ 2 eggs
- ◆ 1½ cups almond milk
- ◆ 1 tbs coconut oil

MAPLE NICE CREAM

- ◆ 2 frozen bananas
- ◆ ½ cup almond butter
- ◆ ½ cup maple syrup
- ◆ 1 cup cashews, soaked for 2-3 hours (or overnight), then rinsed well
- ◆ Pinch of ground cinnamon

TO SERVE

- ◆ Banana, cut into discs
- ◆ A few macadamia nuts
- ◆ Drizzle of maple syrup
- ◆ Pinch of ground turmeric

1. Combine the buckwheat flour, baking powder, macadamia nuts and spices in a large bowl. Make a little well in the centre and add the bananas, eggs and half the milk, then mix it up, gradually adding more almond milk if needed, until you have a lovely thick batter.

2. For the nice cream, put everything into a blender and process until smooth, then put it in a container and pop it in the freezer while you get on with making the pancakes.

3. Preheat the oven to 100°C. Melt the coconut oil in a large frying pan over a medium heat. Cook the pancakes in batches of three using about ¼ cup of batter per pancake. Cook for 2-3 mins, or until you see air bubbles in the centre of the pancake and the edges are starting to crisp. Flip and cook for another minute or two. Pop in the oven to keep warm, then repeat with the remaining pancake batter.

4. Divide the pancakes among serving plates and top with the nice cream, banana discs, macas, maple syrup and a pinch of turmeric to make it look super pretty. Now tuck in!





FOOD FOR CALMING

Lavender milk

"While writing this book I spent some time in LA, where I made it my mission to hit up as many juice and smoothie bars as possible. There's this awesome place there called Erewhon, which was one of the first spots my mate Pip took me to the day I flew in. I was so jet-lagged, but I spied a lavender milk on the menu that I thought would help calm me down and get a good night's sleep. I can confirm it not only worked a treat but also tasted delish – so here's my version!"

SERVES
2

DAIRY
FREE

GLUTEN
FREE

GRAIN FREE

PALEO

RAW

VEGETARIAN

- ◆ 2 cups almond milk
- ◆ 1 cup blueberries (fresh or frozen)
- ◆ ½ tsp dried lavender, plus extra to serve
- ◆ 1 tbs raw honey
- ◆ Pinch of salt flakes
- ◆ 1 vanilla pod, split and scraped (or a pinch of vanilla powder)

1. Pop everything into a blender and process until lovely and smooth.
2. Pour into 2 glasses and top with an extra sprinkle of dried lavender. Bliss!

TIP!

Lavender is super calming and a mild sedative, so this is a great one to have in the evening to relax you before you hit the sack.





FOOD FOR IMMUNITY

E-z broccoli omelette

"This recipe is so easy and takes about five minutes to make. Broccoli is a great source of vitamin C as long as it's only cooked briefly, so this is a brilliant one to have in your immune-boosting locker. I've made this omelette fructose-free by using only the green bits of the spring onion to flavour it, but if you don't have a problem with absorbing fructose then feel free to add the white bits or even a little chopped regular onion to the mix as well."

SERVES
2

FRUCTOSE
FREE

GLUTEN
FREE

GRAIN
FREE

VEGETARIAN

- ◆ 4 eggs, whisked
- ◆ ½ cup (100g) crumbled goat's milk feta
- ◆ Pinch of chilli flakes
- ◆ Salt flakes and freshly ground black pepper
- ◆ 2 tbs extra-virgin olive oil, plus extra to serve
- ◆ ½ head of broccoli, florets chopped
- ◆ Handful of kale, stalks removed, roughly chopped
- ◆ 2 spring onions, green bits only, sliced
- ◆ ¼ bunch of dill fronds, chopped
- ◆ 1 avocado, sliced
- ◆ Lemon cheeks, to serve

1. Combine the eggs, feta, chilli flakes and seasoning in a bowl and give them a good old mix up.

2. Heat 1 tbs of the olive oil in a frying pan over a medium heat. Add half the broccoli and sauté for 1 min, then add half the kale and cook, stirring, for a further 2 mins.

3. Pour half of the egg mixture into the pan and cook for 3 mins, or until the base of the omelette is firm and it has just set on top. Flip the omelette if you're feeling a little brave (or turn it over with a spatula if you're not) and cook for another 1–2 mins.

4. Remove the omelette from the pan and keep warm under a clean tea towel while you repeat with the remaining egg mixture, broccoli and kale.

5. To serve, top the omelettes with the spring onion, dill and an extra drizzle of olive oil and serve with the sliced avocado and lemon cheeks on the side. Go on, dig in!

FOOD FOR BEAUTY

Crunchy celery, sultana, macadamia and quinoa salad

"This salad is a real crowd-pleaser. You can easily tweak it to make it suit whatever you've got to hand – pears work well in the place of apples, or add dried cranberries instead of sultanas. I love this dish because it's a protein-dense vegetarian creation, and because the vitamins A, C and E in the celery mean that your skin is getting loads of nourishment. Of course, you could have it as a side, but I like eating it on its own and I always make enough for lunch the next day."

SERVES
2

DAIRY
FREE

GLUTEN
FREE

GRAIN
FREE

VEGAN

VEGETARIAN

- ◆ ½ cup quinoa, rinsed
- ◆ 1 red apple, grated
- ◆ 3 celery stalks, finely sliced, plus a few leaves to serve
- ◆ 3 tbs sultanas
- ◆ 2 handfuls of baby spinach
- ◆ ½ cup macadamia nuts, activated if possible, roughly chopped
- ◆ 3 tbs roughly chopped brazil nuts, activated if possible
- ◆ Salt flakes and freshly ground black pepper
- ◆ Handful of flat-leaf parsley leaves, to serve

DRESSING

- ◆ 1 garlic clove, grated
- ◆ Juice of ½ lemon
- ◆ ¼ bunch of flat-leaf parsley, leaves picked and finely chopped
- ◆ 3 tbs extra-virgin olive oil
- ◆ Salt flakes and freshly ground black pepper

1. Place the rinsed quinoa in a saucepan with 2 cups of water. Cover and bring to the boil over a medium heat, then reduce the heat and simmer for 10–15 mins, or until the quinoa has sprouted little tails and all the liquid has been absorbed. Set aside and allow to cool.
2. For the dressing, put all the ingredients in a small bowl and whisk together well.
3. Place the apple, celery, sultanas, baby spinach, nuts and cooled quinoa in a large mixing bowl. Toss everything together, then pour over the dressing, season with salt and pepper and toss again. Top with parsley leaves and a few celery leaves (they've got a really strong flavour, so you won't need many) and then simply enjoy.





FOOD FOR HAPPINESS

Simple poached salmon and salsa cruda *(with a twist)*



"This dish is so light and bright. The salmon will keep you going for yonks and the salsa cruda keeps everything super fresh. I like to add basil to my salsa cruda to mix things up."

SERVES
2

DAIRY
FREE

GLUTEN
FREE

GRAIN
FREE

PALEO

- ◆ 1 punnet (200g) cherry tomatoes, halved
- ◆ 1 red capsicum, roughly diced
- ◆ ½ cup pitted kalamata olives, chopped
- ◆ ¼ red onion, finely sliced
- ◆ ¼ bunch of basil, leaves picked
- ◆ Grated zest and juice of 1 lemon
- ◆ 2 tbs extra-virgin olive oil
- ◆ Salt flakes and freshly ground black pepper
- ◆ 2 x 200g salmon fillets, skin and bones removed
- ◆ 4 slices of lemon
- ◆ ½ tsp black peppercorns

1. Combine the tomatoes, capsicum, olives, onion, basil, lemon zest and juice in a large bowl. Pour over the olive oil and season to taste with salt and pepper, then give everything a really good toss together. Set aside.
2. Add salmon, lemon slices and peppercorns to a small saucepan filled with water and bring it to boil over medium heat. Reduce the heat to a simmer, then cover with a lid and leave to poach for 2–3 mins. Remove from the pan and drain on paper towels.
3. Divide the salmon fillets between 2 plates and season, then top with the salsa cruda and enjoy this quick, simple and super healthy creation.



FOOD FOR WEIGHT LOSS AND DETOX

Nettle super soup

SERVES
4

DAIRY
FREE

GLUTEN
FREE

GRAIN
FREE

PALEO

VEGAN

VEGETARIAN

"This soup is great any time of the year – perfect if you feel like something light and cleansing. It not only tastes brill but it freezes really well too, so you can make a big batch and portion it up ready for lunches or dinners when you're under the pump. Nettles are so good at detoxifying the kidneys and liver, plus they contain appetite-suppressing qualities, so they are a bit of a hero when it comes to weight-loss meals. Just remember to pop on some gloves while preparing them."

- ◆ 1 tbs extra-virgin olive oil
- ◆ 2 garlic cloves, diced
- ◆ 1 red onion, diced
- ◆ 1-2 red chillies, finely chopped
- ◆ ½ bunch of celery stalks, bottoms diced, tops roughly chopped
- ◆ 1 x 400g can chopped tomatoes
- ◆ 2 carrots, grated
- ◆ 1L vegetable stock or water
- ◆ 1 cup diced pumpkin
- ◆ 1 cup diced sweet potato
- ◆ 1 head of broccoli, finely chopped
- ◆ 1 large zucchini, grated
- ◆ 2 mega handfuls of nettle leaves* (baby spinach will also do the trick)
- ◆ Handful of basil leaves
- ◆ 3 tbs pumpkin seeds
- ◆ Salt flakes and freshly ground black pepper

1. Heat the olive oil in a large saucepan over medium heat.
2. Add the garlic, onion and chilli, then stir in the celery and cook for 3-4 mins, or until everything has softened and starts to smell amazing. Add the tomatoes, carrots, stock or water, pumpkin and sweet spud, bring to a simmer and leave to cook for 20 mins. Add the broccoli and zucchini and cook for a further 10 mins.
3. Stir in the nettle leaves, then ladle the soup into bowls and scatter over the basil leaves and pumpkin seeds. Season to taste and serve. (I love having this with some toasted paleo bread but it's brilliant on its own too!) **WH**



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ROASTED CHERRY TOMATO AND EGGPLANT TABOULI WITH GARLICKY HUMMUS DRESSING

SERVES 4 / GLUTEN FREE / VEGETARIAN / SUGAR FREE

"I'm one of those people who always has a snack in my handbag, much to my husband's embarrassment," says *Whole Food, Bowl Food* author and chef Anna Lisle. Whether that's a small handful of nuts, fruit or a container of salad. This is one of my go-to dishes because it gets better the day after, is chock-full of protein and travels easily. Wherever I am, I happily pull out a plastic fork and snack away and, despite his embarrassment, Andrew is usually the one to finish it off."

- ◆ 4 small Lebanese or 2 large eggplants, about 700g
- ◆ 3 tbs extra-virgin olive oil
- ◆ Sea salt, to taste
- ◆ 500g cherry tomatoes, on the vine
- ◆ 190g quinoa, rinsed and drained
- ◆ 500ml vegetable stock* or water
- ◆ 2 bunches flat leaf parsley, washed, dried and roughly chopped
- ◆ 1 bunch mint leaves, roughly chopped
- ◆ 2 spring onions, thinly sliced
- ◆ 2 tbs beetroot tzatziki, to serve*

GARLICKY HUMMUS DRESSING

- ◆ 4 tbs extra-virgin olive oil
- ◆ 2 lemons, juiced
- ◆ 2 tbs garlic hummus* (plus extra, to serve)

1. Preheat oven to 200°C. Start by roasting the eggplant. If using Lebanese eggplants, halve lengthways or, if using normal eggplant, cut into 2cm thick slices. Place on a tray lined with baking paper, drizzle with 2 tbs of olive oil and season with salt.
2. On another tray, place the cherry tomatoes and drizzle with the remaining 1 tbs olive oil. Season with salt. Place both trays in the oven and roast until the eggplant is browned and tender and the tomatoes are slightly dried at the edges, about 30–35 mins.
3. Place quinoa and broth in a small saucepan and bring to the boil. Reduce heat, cover and cook until the liquid has been absorbed and the quinoa is tender, about 15 mins. Uncover, fluff the quinoa with a fork and transfer to a large bowl to allow to cool. Once cool, add half the roasted cherry tomatoes, along with the parsley, mint and spring onions.
4. Combine dressing ingredients in a small bowl and season to taste. Pour dressing over quinoa mixture. Toss to combine and set aside to allow the flavours to marinate.
5. When ready to serve, divide tabouli between bowls, top with the remaining roasted cherry tomatoes and eggplant rounds. Serve with an extra dollop of hummus and beetroot tzatziki.



HARISSA PRAWNS WITH CHARRED CORN, SUGAR SNAP PEAS AND BEETROOT SLAW

SERVES 2 / 15 MIN PREP / 10 MIN COOK / 25 MIN TOTAL



"This tangled slaw is a vibrant medley of sweet corn kernels, crisp raw beetroot and sugar snap peas – tossed in a refreshing lemon and vinegar dressing. This is great for a barbecue as you can do the slaw ahead of time and toss through the dressing at the last minute for maximum crunch. I must point out though, the beetroot will run a little – coating all of the vegetables in a gorgeous purple hue."

SLAW

- ◆ 2 ears of corn, outer husk and silk (white string) removed, lightly brushed with extra-virgin olive oil
- ◆ ¼ red or white cabbage (about 300g), shredded using a mandolin
- ◆ 2 medium beetroot (any colour; about 250g), peeled, julienned using a mandolin
- ◆ 200g sugar snap peas, thinly sliced on the diagonal
- ◆ ½ bunch coriander, roughly chopped
- ◆ ½ bunch mint, roughly chopped
- ◆ 3 spring onions, finely sliced

DRESSING

- ◆ 3 tbs extra-virgin olive oil
- ◆ 2 tbs red wine vinegar
- ◆ 1 tbs lemon juice
- ◆ Sea salt and freshly ground pepper

HARISSA PRAWNS

- ◆ 1 tbs extra-virgin olive oil
- ◆ 700g green prawns, peeled, deveined and tail intact
- ◆ 1–2 tbs harissa paste*
- ◆ Whole egg mayonnaise*, to serve

1. Heat a chargrill pan or barbecue to a high temperature and when it starts to smoke, add corn. Chargrill for 10–12 mins, turning so that all sides get some colour (this will create quite a lot of smoke and the corn may pop and snap). Remove from the heat and, when cool enough to handle, use a large knife to shave off the corn kernels. Set aside.
2. Place shredded cabbage, beetroot, sugar snap peas, coriander, mint and spring onions in a large bowl.
3. Whisk together all the dressing ingredients and season to taste.
4. When ready to serve, heat the oil for the harissa prawns in a frying pan to a medium-high temperature. Place prawns in a bowl and toss with harissa. When the pan is hot, add prawns, in batches if necessary, and cook for 2 mins on each side or until just cooked.
5. At the last minute, dress the slaw and divide between bowls. Top with the harissa prawns and serve immediately with mayonnaise.

TRY THIS To make this paleo, leave out the corn and sugar snap peas.



► Eat well with more recipes from *Whole Food, Bowl Food*, RRP\$45. Available from all good bookstores or online at newhollandpublishers.com

GRILLED LAMB TIKKA WITH CARAMELISED NECTARINES AND PINE NUT AND PISTACHIO RAITA

SERVES 4 / GLUTEN FREE / REFINED SUGAR FREE

"I like to serve this dish for a Sunday lunch with little bowls of each component set out on the table – allowing guests to help themselves. The caramelised nectarines are up for discussion – if you're the kind of person who likes fruit in savoury dishes, this will be right up your alley but it works just as well without."

LAMB TIKKA

- ◆ 1 tbs tandoori spice mix*
- ◆ 3 tbs natural Greek yoghurt
- ◆ 2 tsp sesame oil
- ◆ 2 x 250g lamb backstraps or fillets
- ◆ Extra-virgin olive oil, for grilling
- ◆ Twice-cooked crunchy garlic quinoa* or cooked quinoa, to serve

PINE NUT AND PISTACHIO RAITA

- ◆ 2 tbs pine nuts
- ◆ 2 tbs pistachios

- ◆ 250g natural Greek yoghurt
- ◆ 2 tsp lemon juice
- ◆ 2 tbs mint, roughly chopped

CARAMELISED NECTARINES

- ◆ 2 ripe, firm yellow (or white) nectarines (or peaches), halved
- ◆ 1 tbs balsamic vinegar

1. Combine tandoori spice mix, yoghurt and sesame oil in a large bowl. (If using store-bought paste, omit sesame oil.) Add lamb and toss to coat. Marinate for at least 30 mins (preferably overnight).
2. Dry roast pine nuts and pistachios in a frying pan over low heat. Stir constantly (as pine nuts can burn quickly) and remove from heat as soon as the pine nuts are lightly golden. Roughly chop and place in a bowl with the Greek yoghurt, lemon juice

and mint. Set aside until ready to serve.

3. In a bowl, toss together the nectarines and balsamic vinegar.

4. Preheat the barbecue, grill or a grill pan to a high temperature. Place the lamb on the barbecue or grill and cook about 5 mins per side (cooking time will vary depending on the thickness of your lamb). Once grilled on both sides, remove, cover with foil and allow to rest for 5 mins.

5. Grill nectarines, cut-side down first, until they begin to caramelise and grill marks begin to appear. Flip and lightly grill the other side, about 30 secs.

6. To serve, divide quinoa between bowls. Slice lamb and place on top with raita and caramelised nectarines.

TRY THIS If you're okay with gluten, serve this tasty lamb tikka with warm, store-bought garlic naan bread. **WH**

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10 SUSHI ROLLS

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HOW TO ROLL YOUR OWN SUSHI



STEP 1 Cook your rice or quinoa. Lay a nori (seaweed) sheet on top of a bamboo mat and spread the rice on top.



STEP 2 Place all the ingredients lengthways on the rice. Roll up the mat, pressing forward to shape into a cylinder.



STEP 3 Remove the mat from the sushi. Wipe a knife with a wet cloth before slicing into bite-size pieces.



1

FLAT-BELLY SALMON MAKI

MAKES 6 PIECES | 230KJ | READY IN 10 MINS

◆ 100g apple, peeled and chopped
◆ 10g ginger ◆ 90g mango, peeled and chopped ◆ 10ml rice vinegar ◆ 1 piece rice paper ◆ 80g rocket ◆ 40g tofu ◆ 70g salmon ◆ coriander leaves

Dig out your food processor and blend the apple, ginger, 40g of the mango and vinegar to make a dressing, then strain. Next, wet the rice paper and add the rocket, the rest of the mango, tofu and salmon. Roll it up and cut into pieces. Serve with the dressing and coriander.

Eastern promise Sushi feast? Rice can be bloating, so pair with ginger, nature's flat-belly antacid. And switch it up with rice-free options.



5

DETOXIFYING BEETROOT MAKI

MAKES 6 PIECES | 218KJ | READY IN 20 MINS
PLUS 4 HOURS REFRIGERATION TIME

◆ 80g quinoa ◆ 200g cucumber
◆ 70g red onion ◆ 30ml beetroot juice
◆ 15ml rice vinegar ◆ 25g coriander

Boil the quinoa for 10 mins then allow to cool. Cut the cucumber into 14cm pieces, then peel off the exterior, creating a strip. Chop the onion into chunks, toss with the beetroot juice and vinegar and refrigerate for four hours. Fill the cucumber strip with quinoa, coriander and the (now purple) onion. Roll it up tightly, secure with skewers, then cut up into small rolls.

Eastern promise Beetroot has detox properties, helping improve the function of the liver to eliminate nasties. Better have two bits then.



6

BONE-BOOSTING SCALLOP MAKI

MAKES 6 PIECES | 636KJ | READY IN 25 MINS

◆ 40ml rice vinegar ◆ 20g sugar
◆ 10g salt ◆ 100g cooked sushi rice
◆ 5g rosemary ◆ 25ml honey ◆ 10g dijon mustard ◆ 70g scallops ◆ 25g prunes ◆ 10g caviar ◆ 1 sheet seaweed
◆ 10g black sesame seeds ◆ 15g spinach ◆ 15g raisins ◆ 5g wasabi

Prep the rice, chop the rosemary and mix with the honey and mustard. Chop the scallops and prunes, add the caviar and refrigerate. Spread the rice on the seaweed and sprinkle with seeds. Flip and add the scallop mix, chopped spinach and raisins. Roll, cut and serve with wasabi and honey.

Eastern promise Prunes can protect bone density, and studies show they can help stave off osteoporosis. Win!



7

BRAIN-BUSTING TUNA MAKI

MAKES 6 PIECES | 381KJ | READY IN 15 MINS

◆ 80g white quinoa ◆ 60g red quinoa
◆ 1 sheet seaweed ◆ 70g tuna ◆ 70g watermelon ◆ 15g micro basil ◆ 20ml light soy sauce ◆ 5g wasabi

Quinoa at the ready? Boil both the white and red quinoa in water in a pan for 10 mins. Leave covered and allow to cool. Lay out the seaweed and spread the cooled quinoa in the middle. Thinly slice the tuna, then place it over the quinoa with the watermelon and basil. Now, roll it up. Garnish with soy sauce and wasabi.

Eastern promise Seaweed is high in selenium and iodine, which support cognitive function and memory. Go ahead, eat yourself clever. Note: you can make these rolls with rice too.



2

ANTI-AGEING KINGFISH MAKI

MAKES 6 PIECES | 335KJ | READY IN 15 MINS

◆ 80g quinoa ◆ 1 sheet seaweed ◆ 10g caviar ◆ 80g kingfish, sliced very thinly ◆ 5g chives, chopped ◆ 60g orange segments ◆ 20g coconut flakes ◆ 20g lemongrass ◆ lime juice ◆ 5g wasabi

Boil the quinoa for 10 mins, cool and spread it over the seaweed. Flip the seaweed and cover it with caviar. Add kingfish, chives, orange, coconut and chopped lemongrass. Cut into pieces and garnish with lime juice and wasabi.

Eastern promise Lemongrass and its essential oil contains anti-ageing properties that aid cell rejuvenation. Eat up and turn back the hands of time in your lunch break. Yes please!



3

MUSCLE-BUILDING HOSOMAKI

MAKES 6 PIECES | 548KJ | READY IN 20 MINS

◆ 40ml rice vinegar ◆ 20g sugar ◆ 10g salt ◆ 100g cooked sushi rice ◆ 4 sheets seaweed ◆ 80g cucumber, chopped into tiny batons ◆ 70g salmon ◆ 100g tuna ◆ 20g chives ◆ 5g wasabi

Here's how to make the sushi rice: warm the vinegar, dissolve in the sugar and salt, mix in the rice and cool. Next, spread the cooled rice on to one sheet of the seaweed, add the chopped cucumber and roll it up. Repeat for the salmon and tuna sushi. Use chives and wasabi to garnish if desired.

Eastern promise Tuna and salmon are filled with omega-3, great for building lean muscle and perfect for your next post-gym din-dins.



4

IMMUNE-BOOSTING MELON MAKI

MAKES 6 PIECES | 385KJ | READY IN 20 MINS

◆ 40ml rice vinegar ◆ 20g sugar ◆ 10g salt ◆ 100g cooked sushi rice ◆ 1 sheet seaweed ◆ 5g shichimi togarashi* ◆ 50g melon ◆ 50g pineapple ◆ 20g cucumber ◆ 10g radish ◆ 5g wasabi

Make the sushi rice as per Muscle-Building Hosomaki (left). Meanwhile, sprinkle the seaweed with shichimi togarashi (a Japanese spice mix), add the rice, melon, pineapple, cucumber and radish. Roll up, cut up and dish up with a hit of wasabi.

Eastern promise Pineapple is full of essential nutrients that help boost the body's immunity. Sayonara, cold and flu season! It also provides the digestive benefits of bromelain.



8

LEAN SALMON ASPARAGUS MAKI

MAKES 6 PIECES | 481KJ | READY IN 2½ HOURS

◆ 40ml rice vinegar ◆ 20g sugar ◆ 10g salt ◆ 100g cooked sushi rice ◆ 350g Granny Smith apples ◆ 20ml honey ◆ 1 sheet seaweed ◆ 80g salmon ◆ 60g asparagus ◆ 30g tofu

Prep rice. Heat 20ml water with 100g of the apples (peeled and chopped) and 5g of the honey to make a sauce. Cover thinly sliced apples with the remaining honey and cook for two hours at 80°C. Spread the rice on the seaweed and flip it over. Add the salmon, asparagus, tofu and baked apples. Roll it, cut into pieces, serve with apple slices and apple sauce.

Eastern promise Rich in potassium and vitamin A, asparagus can aid weight loss by detoxing the kidneys.



9

HEART-HEALTHY VEGIE MAKI

MAKES 6 PIECES | 331KJ | READY IN 20 MINS

◆ 80g red quinoa ◆ 1 lettuce leaf ◆ 50g mango ◆ 30g avocado ◆ 30g cucumber ◆ 35g strawberries ◆ 60g passionfruit ◆ 30g asparagus, roughly cut into 1cm pieces ◆ 50g firm tofu ◆ micro herbs ◆ 5g wasabi ◆ 10g pickled ginger

Boil the quinoa in 110g water for about 10 mins, cool, mix with the passionfruit then spread on the lettuce leaf, roll it up and cut into 6 pieces. Use the fruits, vegetables, tofu and micro herbs to uniquely garnish each piece. Serve with wasabi and freshly pickled ginger.

Eastern promise Tofu is made from soy beans, which help to lower blood pressure by reducing cholesterol in the blood. Stress relief in a bean.



10

HUNGER-FIGHTING CRAB MAKI

MAKES 6 PIECES | 481KJ | READY IN 20 MINS

◆ 60ml rice vinegar ◆ 20g sugar ◆ 10g salt ◆ 100g cooked sushi rice ◆ 20ml mirin ◆ 60g mixed berries ◆ 50g crab meat ◆ 40g strawberries ◆ 10g spring onion ◆ 1 sheet seaweed ◆ 15g sesame seeds ◆ 5g wasabi

Prepare the rice as before, then warm 110ml water, 20ml rice vinegar and the mirin. Cool, add the berries and blend. Chop the crab meat, strawberries and onion into pieces. Cover the seaweed with rice and sprinkle with sesame seeds. Flip it over, add the chopped ingredients and roll up tightly. Garnish with wasabi.

Eastern promise Strawberries help to slow carb absorption, helping to stave off pesky hunger pangs. **WH**

GUNS POWDER

Want to rev
your metabolism
and build lean
muscle? Read on

➤ Protein powders: they're not just for men with necks the size of pillows. "Your muscles are made up of amino acids, which are the building blocks of protein," says Dr Stuart Gray, a lecturer in exercise and metabolic health. "Powders deliver a huge amount of amino acids to the muscles without a lot of those extra unwanted [kilojoules]." But do you know your pea protein from your whey, and which one is best for you? We've sifted through the powders on your behalf.

SURPRISING PROTEINS



DAIRY
¼ cup shredded low-fat
mozzarella (37.5g)

11.9G PROTEIN



SEAFOOD
Barramundi (100g)

19.5G PROTEIN



VEGETABLES
1 cup chopped boiled
broccoli (156g)

7.2G PROTEIN



**WHOLEGRAIN
BREAD**
2 slices Abbott's Village
Bakery Oats, Grains and
Sunflower Seeds bread (83g)
9.5G PROTEIN

WORDS: ROBIN DERRISH-O'KANE & ANTHEA ENGLAND.
PHOTOGRAPHY: GETTY IMAGES; ED URRUTIA

FOR THE HEAVY LIFTER

Whey

30g | 472kJ | 26g protein | 0.4g fat

Basically, this is the liquid left behind when cheese is made. Sounds sketchy, but it's a complete protein, meaning it contains all nine essential amino acids.

Gold-star goodness "Whey concentrate is 65-70 per cent protein, which is higher than any plant-based options," says Price. Protein's gold-star nutrient is leucine, an amino acid that triggers muscle growth and repair.

"Around 13 per cent of the protein in whey is leucine," says Price. "If you're training at a high intensity, have 15g before your workout and 15g after." Dairy issues? You could try whey isolate (it's had the milk sugar removed) although consult your health specialist first.

FOR THE BLOAT-PRONE

Pea

30g | 456kJ | 24g protein | 1.9g fat

Made by extracting the soluble protein from fibre-rich yellow split peas, this powder will give you a vegan protein punch – minus the gassy side effects.

Pea is for protein High in superstar amino acid leucine, pea protein outranks other plant-based proteins – a French study found it was as good as whey protein at upping muscle mass. It's popular post-workout because its low fibre content makes it easy on the gut, but since it's missing some non-essential amino acids, pair it with another plant protein, such as oat bran. Just add a 30g scoop to your smoothie or make a protein porridge with the oats themselves. Nutritious and delicious.

FOR THE SMART SNACKER

Brown rice

30g | 481kJ | 24g protein | 0.4g fat

Rice grains are ground and treated with enzymes to separate the protein. You'd need about 800g of rice to get the same protein as a 30g scoop of brown rice powder. And that's a helluva lot of pilaf.

Making grains Easy on the stomach, rice may seem like a decent alternative to whey; the *Nutrition Journal* found it to be as effective on all counts, but sports nutritionist Drew Price has a word of warning: "Rice doesn't compare in terms of amino acids so I'd guess that the subjects in the study were getting them from elsewhere in the diet, to even things out." He advises you to do the same. "Fill up on quinoa at mealtimes and snack on peanut butter or edamame beans." Don't mind if we do.

FOR THE AB SEEKER

Casein

30g | 468kJ | 24g protein | 0.5g fat

Another dairy by-product, its fat-blasting rep makes it a favourite with the body-building crowd.

The casein point Despite its meathead associations, casein is ideal for those with a get-lean goal. "Casein is digested more slowly than whey and forms a jelly in the stomach to keep you feeling full," says Price. "It also stops muscle from breaking down, enabling you to lose weight without losing muscle." The best time to take it? The journal *Medicine and Science in Sports and Exercise* found taking 40g of casein before bed improved protein repair rates by 22 per cent – effectively speeding up progress by one-fifth. Still not good for the dairy-averse, though. **WH**



I ♥ Macro Snack Bites

Anthea England, WH Features Writer

"Confession: I stash these in my handbag to stave off hunger between meals. Available in a range of superfood flavours, they're perfectly portioned at around 400kJ a bite, depending on variety. I like that I recognise all the ingredients – ie, no weird chemicals. Bonus: they're gluten-, dairy- and egg-free with no added sugar." \$1 each, Woolworths



WHAT DO YOU DO WITH...

RAW CACAO BUTTER

➤ Easter choc with a healthy twist

Good news: Easter eggs *can* come with health benefits. Raw cacao butter makes amazing chocolate treats (these definitely aren't pseudo-choc substitutes) and does your body serious good in the process.

Solid at room temp and a pale whitish-yellow in colour, raw cacao butter is made by cold-pressing cacao beans to separate creamy fat from the powdery solids. The result? Its natural probiotic content remains intact, prompting healthier gut flora to stimulate your immune system and digestion. It's loaded with fibre, omegas 6 and 9, and antioxidants.

Add flavour to stews by subbing for olive, coconut or canola oils, use to bind protein balls or bars, or even add to your bath to soothe dry skin.

Sweet craving? Blend it directly into nut milks and protein drinks for a quick cocoa hit, or for a more indulgent option, add to raw desserts like our delicious chocolate coconut orange creams (below). So incredibly satisfying you'll be happy to skip those foil-wrapped sugar grenades.



Planet Food Organic Cacao Powder, \$9.99, at Coles stores

Mayver's Almond, Coconut and Cacao Super Spread, \$9.35, mayvers.com.au



Honest to Goodness Organic Cacao Butter, from \$29.95 per kilo, goodness.com.au



RAW CHOCOLATE COCONUT ORANGE CREAMS

Serves: 18–20 | 649kJ* | 5g sat fat | 18g sugar | Ready in 35 mins

FOR THE FILLING

- ◆ 40g cashews ◆ 45g coconut cream ◆ 1 tbs orange essence
- ◆ 1 tbs agave syrup, xylitol or honey (we like Capilano Pure Australian Honey)
- ◆ 1 tsp desiccated coconut

FOR THE CHOCOLATE

- ◆ 120g raw cacao butter
- ◆ 6 tbs cacao powder ◆ 3 tbs coconut blossom syrup ◆ 4 tsp orange essence ◆ Pinch of salt

METHOD

1. First, the filling: soak the nuts in water for 30 mins. Drain, then blend with the coconut cream, orange essence and sweetener.
2. Fold in the desiccated coconut and spoon into a shallow bowl; pop it in the freezer while you make the chocolate.
3. Melt the raw cacao butter in a bowl over a pan of

boiling water. Once melted, pour into another bowl with the cacao powder, syrup, orange essence and salt, then whisk.

4. Grab an ice cube tray; spoon in chocolate to fill a third of the way up each square. Set in the freezer for about 5 mins.
5. Take the filling and chocolate moulds out of the freezer. Spoon the filling



on top of the chocolate base, then return to the freezer for 5 mins.

6. Repeat step 4 to add a second layer of chocolate, then return to the freezer for 5 mins. Store in the fridge. Feel free to eat them all at once. **WH**

*APPROX. NUTRITIONAL VALUES, DEPENDING ON SERVING SIZE AND SWEETENER
WORDS & RECIPE: NATASHA CORRETT; PHOTOGRAPHY: LISA LINDER



“Lowan Muesli. A great way to start the day.”

A handwritten signature in blue ink that reads "Hayden Quinn".

Hayden Quinn - TV presenter, author and champion of a healthy lifestyle. Hayden believes a healthy start to the day is essential, which is why he chooses Lowan Muesli. Lowan contains all natural ingredients, is high in wholegrains and is packed with fibre and taste. Make Lowan the perfect way to start your day.



For information about our range and tasty recipe ideas visit www.lowan.com.au

The Winners' List

EVENTS, PRODUCTS AND PROMOTIONS THAT TAKE OUT THE TOP PRIZE

A SMART WAY TO KICK-START THE DAY

Looking for a better start to the day? Lowan Muesli is made from all natural ingredients, it's high in whole grains, packed with taste and is good for you. Make Lowan the perfect way to start your day. Available at your local supermarket in the breakfast aisle.



EVERY TRICK IN THE BOOK

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thechiaco.com/au/

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*Dewland P et al BMC Clinical Pharmacology 2009, 9:19 (Sponsored by RB)

ASMI: 27237-0117





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*Products photographed are indicative only and will vary



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By Anthea England

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