

ezyhealth & beauty

FEB 2007

**CUDDLE
THERAPY**
Fur and
kisses heal
old wounds

MUST-READ
**CHINESE
HEALTH TONICS**
DO THEY
WORK?

**Ahead of
her game**

**Jamie
Yeo**

Find your
inner beat with
**BALLROOM
DANCING**

RELATIONSHIP
SPECIAL
LEARN THE
SCIENCE OF LOVE,
MARRIAGE AND
DECEPTION

**TIPS
FOR SAFE
WEIGHT
GAIN!**
PG 50

**PHYSIO
THERAPY**
Seniors stay
active in the
silver years

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plenty of lean meat, fresh vegetables and fresh fruit. Don't forget to drink plenty of water to stay hydrated as well. In fact, why not start your day with a glass of vegetable juice since vegetable juice contains less sugar than fruit juice, and is brimming with the same natural goodness. Blend cucumber, celery, cabbage, wheatgrass or beetroot with a dash of lemon. Experiment and be creative!

4 MINI TREATS Eat small frequent meals rather than three big meals a day. Your body will be able to digest the food better and you will end up eating less. Eat slowly so that your body has time to send signals to your brain that you are full. You will find that this simple trick will reduce your chances of overeating. Also, as a rule of thumb, eat till you are 80 per cent full; you should stop just when you feel like you have had enough but could possibly eat some more. If you feel you cannot eat another bite, you have overdone it. Drink water with your meals. Water does not have additional calories or sugar and can help you feel fuller faster.

5 BREAST-FEED Breast-feeding will help you burn extra calories as well as help you bond with your

baby. Breast-fed babies enjoy a host of benefits ranging from being healthier to having better immunity. It will take some effort to start breast-feeding but once you get going, it becomes much easier. This is one of nature's ways to help you get back in shape.

'Lunch-time' procedures for quick results

If breast-feeding has been completed and you still have not shed the extra weight you gained during pregnancy, you can look to your doctor for more intensive weight loss solutions. This can come in the form of prescription weight-loss medication.

If you are looking to further contour or shape your body and reduce localised fat bulges, consider non-invasive treatments such as mesotherapy and carboxytherapy. Mesotherapy involves

a series of painless injections of a special cocktail of medication into the fatty tissues to 'melt' away the fat. In carboxytherapy, carbon dioxide is injected into fatty tissues to break down the fat lumps into smaller pieces and eliminate the fat. Both mesotherapy and carboxytherapy will require several sessions.

Finally there is lipotony, a technique patented in Europe that utilises a special solution infused into the fat areas over a sustained period of time. Only one session is needed and fat reduction will occur over the next four to six weeks. This is a good non-invasive cellulite reduction method for people who want maximum fat loss in one session.

No matter what you choose to do to tackle your post pregnancy bulges, the important take-home message is that you need to sustain it with a healthy and active lifestyle. Otherwise, you will find that you will not be able to maintain your new shapely figure. Indeed, when you see a fit and toned body on the street, you are not looking at great genes but great discipline and will power. That's the secret ♥



BOOK REVIEW

In Full Bloom: Look Fabulous During and After Pregnancy

By Dr Low Chai Ling

Published by Marshall Cavendish

Reviewed by Annie Tan

There's nothing more fashionable than motherhood today; Madonna set the trend, Angelina Jolie quickly followed suit, and in no time, the world was swamped by hot celebrity mamas.

Hollywood may make pregnancy seem glamorous, but is it really possible to have flawless skin while your hormones are running amok? Moreover, how likely is it to pop out an eight-

pound baby and then slip into a mini-skirt?

These are some questions Dr Low Chai Ling addresses in her book, *'In Full Bloom'*. This book, however, not only provides a reality check for mothers-to-be, but more importantly, tosses up useful solutions to common grouses. Dr Low's specialisation in aesthetics allows her to discuss skin, hair and nail problems in greater depth. You'll find practical tips on how to deal with common skin problems such as varicose veins, stretch marks and pigmentation, as well as a simple fitness and nutrition plan.

Fabulous motherhood is indeed possible with a bit of hard work on your part. And *'In Full Bloom'* will provide you with just the tips and encouragement you'll need to weather these drastic changes, and emerge looking better than ever!

remember bringing my favourite mini-skirt to the hospital for my first delivery, foolishly thinking that I will give birth to my baby girl, slip into my little skirt and bounce out of the hospital in a halo of post-pregnancy radiance. My obstetrician was too kind to say anything except that I may catch a chill with a skirt so short. Thirty-six hours later, I was wrapped like a swollen dumpling in my maternity wear as I left the hospital, resigned and depressed.

Just when you thought the hardest part of pregnancy is over, you are battling excess pounds and unsightly bulges after delivery. It may be difficult to imagine that you will ever lose all that extra weight and uncover the slim girl within but do not fret, you will and you can. There are so many different weight-loss treatments out there on the market. The question is: Do they work?

The important thing to remember about post-pregnancy weight loss is that you want to do it in a safe, healthy manner. Only then will you be slim and radiant and still brim with energy for your kids. You do not want to indulge in crash or fad diets that will weaken you and make you look gaunt and tired.

Healthy ways to shed excess pounds

Well, you do not have to spend lots of money investing in new exercise equipment or expensive gym memberships. Here are some simple changes you can incorporate into your daily life once your obstetrician gives you the green light.

1 POWER WALK Take brisk 30 minute walks every morning. Even better... why not take that walk with your baby? This way, you also get to spend precious time with your little one and get some fresh air. Bundle him (or them) in a stroller and head out for a power walk!

2 FIVE-MINUTE WORKOUTS If time is an issue, you can always incorporate little bursts of activity into your daily life. For example, 30 sit-ups will take you five minutes and you can do this in between feeds. Walk whenever you can and take the stairs instead of the lift.

3 FOOD WISE Of course, you don't want to throw away all the hard work away by filling your body with high-calorie but nutritionally deplete foods. So cut down on red meat and eat

How do some women manage to pop out eight-pound babies and look hotter than ever?

Dr Low Chai Ling shares some post pregnancy weight loss tips

Go figure

