DESPERATELY SEEKING HOUSEHOLD HELPER?

As foreign maid crunch hits home...

Ma'am, want some MAN-MAID

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FEB 20 2011

TABLE FOR 4
Authentic pizzas baked in a wood oven made from thick volcanic rocks
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MEN COOK
Make Sunday breakfast for a hungry lover
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enjoy

Unlike the Koreans, these S'poreans say they look much younger without plastic surgery

She has yearly $1,200 hormone implants

Ms Anna Tay, 66, dance instructor

These men don't sniff at the placenta

Doctors wary of anti-ageing claims

Can you guess HER AGE?

Doctors wary of anti-ageing claims

EXPERTS are still sceptical about these unconventional methods that are used to slow down or reverse the ageing process.

Said Dr Low Chai Ling, medical director at The Sloane Clinic: "There is no evidence to support the eating of placenta for anti-ageing.

"Animals eat their placenta to get nutrition, but when people are already well-nourished, there is no benefit so there is no reason to do it.

"Mr William Yong could himself be health conscious and be engaging in a healthy lifestyle, which has a positive effect on his ageing process. At best, the sheep placenta could have given him a placebo effect."

However, socialite Ms Beverly Tan, brand ambassador for Le Beau sheep placenta that the Yongs consume, said that placenta "rejuvenates one's skin cells".

She added: "There's no cruelty to animals because it's just passed out after birth and it used to be thrown away before people discovered its anti-aging properties."

As for the purported slimming effects of wearing tourmaline shapewear, Dr Low added that its wearers are likely to be weight-conscious people with healthy eating and exercise plans in place.

On hormone replacement therapy (HRT), Dr Christopher Ng, a gynaecologist at GynaeMD Women's & Rejuvenation Clinic, said that looking younger as a result of HRT should be the bonus and not the goal of the therapy.

He said: "Women who need HRT to treat their menopausal symptoms should not be on it for longer than five years as it can increase their risk of developing breast cancer."