

Vitagen[®] Less Sugar

The only cultured milk with PREBIOTICS and PROBIOTICS.

Each time we indulge in foods that are difficult to digest, our guts have to work extra hard. Which is why we need VITAGEN — the only less sugar cultured milk in Singapore with both Prebiotics and Probiotics (Lactobacillus acidophilus & Lactobacillus casei) that helps you maintain a healthy digestive system.

Be good to your gut, give it VITAGEN LESS SUGAR.

- PREBIOTICS -

Helps support growth of beneficial bacteria in the gut.

Reduces the presence of less desirable bacteria.



Maintains a desirable balance of beneficial bacteria in the gut.

Helps fight harmful bacteria to maintain a healthy digestive system.

PROBIOTICS





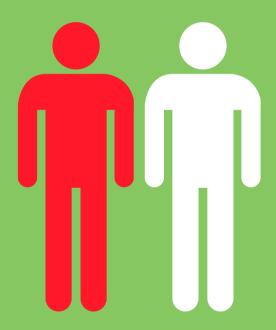




REBIOTICS

MARIGOLD **

1 in 2 Singaporean adults has borderline high to high blood cholesterol*

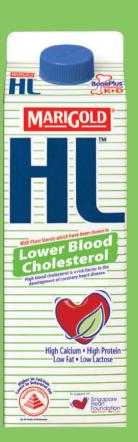


Plant Sterols have been proven to lower blood cholesterol.

High blood cholesterol is a risk factor in the development of coronary heart disease.

Drinking 2 glasses of MARIGOLD HL Milk with Plant Sterols daily will provide you with 1.3g of Plant Sterols. You also get to enjoy the same delicious milk that is high in calcium and protein, as well as low in fat and lactose.

MARIGOLD HL Milk. The Perfect Balance of Highs and Lows.





Available at selected :

guardian **unity**

watsons















Exclusively brought to you by:

JR Life Sciences Pte Ltd
2 Bukit Batok Street 24, #08-20 Skytech Building, Singapore 659480
Sales Enquiry Hotline: 6425 4100

www.holisticway.com.sg



www.facebook.com/holisticway







VOLUME 5



REGULARS

- Editor's Note
- Star Finds 152
- Happy Ending 160

On The Cover: Jennifer Love Hewitt Photo Courtesy Of Palmer's

LIVEWELL WOMAN

HEALTH & WELLNESS AWARDS 2015

Meet the winners who conquered our halls of fame in skincare, body care and wellness!

CLOSE UP

LOVE. JENNIFER

Jennifer Love Hewitt may have played many roles, but it's her role in motherhood that looks to be the most fulfilling.

HEALTH & NUTRITION

A STRONG GAIT

Naomi Joseph shows you the right running techniques.

18 **SOLVING SCOLIOSIS WOES** WITH YOGA

Nur Fahimah stretches out for the truth behind the healing power of yoga when it comes to scoliosis.

20 **ESSENTIALLY YOURS**

Get a quick whiff of the 411 on essential oils.

23 COMMON GERM-AVOIDING TRICKS THAT DON'T WORK

Leah Ho explains why most of your germ-avoiding behaviours are probably futile.

26 THE RIGHT DISCHARGE

Know the facts behind your vaginal discharge.

28 **NAIL BITING TROUBLE**

Your nails could be telling you something about your health you didn't know.

38 GET YOUR GUT MOVING

Know what's causing your constipation and how you can deal with it effectively.

41 **5 TIPS TO LOWER YOUR** HIGH BLOOD PRESSURE NATURALLY

We show you how with just a few positive changes to your lifestyle.

44 **ACHIEVE INNARDS PEACE** WITH YOGHURT

Start the New Year with innards peace by discovering the goodness of eating yoghurt on a regular basis.

48 FAD IS THE NEW FAT

Are fad diets the answer to weight loss? Rashmi Ullas narrates her storv.

51 **TOP 10 WAYS WATER CAN** MAKE YOU AWESOME

How does this clear liquid make your life awesome? We tell you why.



54 SLEEPLESS BEAUTY

What can a mortal do to get some much-needed rest?

58 **NOT SO SKIN-DEEP PROBLEMS**

How to cope with the emotional impact of having skin allergies?

64 DO YOU HAVE THE TOXIC **HOME SYNDROME?**

Find out how to defend your home against the culprits that cause indoor air pollution.

HOME SWEET HOME

UNLOCK YOUR FRIDGE'S POTENTIAL

Create one-pot wonders with what your fridge has to offer!

ALL IN THE FAMILY

10 THINGS TO SAY FOR A HAPPIER HUSBAND

What can you say to keep your man happy?





VOLUME 5

TRAVELOGUE

72 THE WORLD IS YOUR OYSTER

We speak with a young seasoned traveller who has made the world her personal oyster.

74 ESSENTIAL TIPS FOR SOLO FEMALE TRAVELLERS

Read these useful tips before you board the jet plane on a journey of a lifetime!

78 GO IT ALONE

We suss out the places a female traveller can check out alone.

TYING THE KNOT

82 TIPS ON ENGAGING A MAKEUP ARTIST FOR YOUR BIG DAY

Learn the secrets to looking good on your wedding day! PLUS: An interview with Sarah Lee, a wedding makeup artist from ColorsForLife.

86 TALE OF 3 WEDDINGS

Rashmi Ullas speaks to 3 former brides who had been through it all.

92 GUIDE TO CREDIT CARDS FOR YOUR WEDDING

Find out the benefits you can reap with the right card.

94 FAVOURS WITH FLAVOUR

Get useful and memorable wedding favours for your guests with our guide!

WOMEN OF NOTE

98 EUNICE TAN: MINDING YOUR PS & QS

Internationally recognised expert in personal grooming and business etiquette

102 BETH GREER: WRITING THE SUPER NATURAL LIFE

Award-winning journalist and author of "Super Natural Home"

104 FAITH CHNG: WHERE JOY BEGINS

Director of Fun@Giggles

106 THE NEW AGE CAREER WOMAN: EMCEE SYLVIA

Highly sought-after wedding emcee

PILLOW TALK

110 FLYING SOLO

Is self-pleasuring better than being with your partner in the sack?

114 PERFORMANCE ISSUES EXPLAINED

Find out what you can do to make life in bed more fulfilling for both you and partner.

122 FOODS TO FIGHT THE PASSAGE OF TIME

We can't stop the passage of time, but there are foods and drinks that can help combat the signs.

126 HORRID BREAKOUTS... WHY ME?

Why do acne and pimple woes continue to haunt our lives? Rashmi Ullas explores.

128 FOOD FOR HAIR

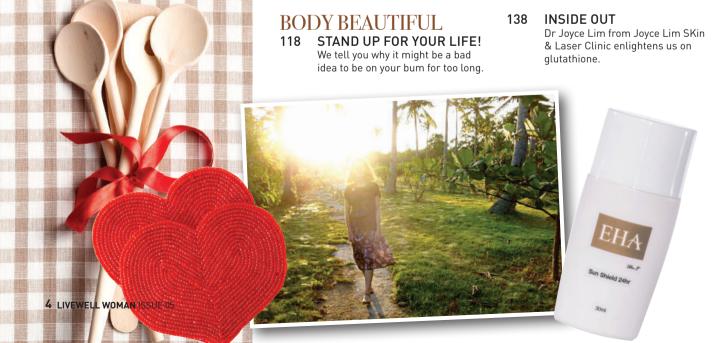
Can diets slow down the dreaded process of hair loss? Nur Fahimah untangles this mane issue.

132 POWER COMBO

Want those tummy fats gone? Then read on for our simple guide.

136 THE MIDDLE WEIGHT BATTLE

Losing weight can be an uphill battle. Leah Ho shares her personal experience.





Make the right investments in your life and your family, starting with JR Life Sciences (manufactured in New Zealand) reinvigorate one's physical well-being, so everyone can full range of supplements that help raise, restore and live life to the fullest!

JR Life Sciences



365's: \$138.00 Glucosamine 300's: \$68.00

Lecithin

Watsons AN METRO Jea M. Charles

Wunity

Available at selected: guardian

365's: \$79.00

Evening Primrose Oil

240's: \$75.00 Omega-3

Royal Jelly 365's: \$128.00

And islandwide at:













TOP QUALITY
NATURAL HEALTH SOLUTIONS
DIETARY SUPPLEMENT

TOP QUALITY WATURAL HEALTH SOLUTIONS

TOP QUALITY
NATURAL HEALTH SOLUTIONS

DIETARY SUPPLEMENT

DIETARY SUPPLEMENT

e Ocience

Royal Jel

Omega-3

1500 mg

ite Ociences

earls

600's: \$72.00 Garlic Pearls



ping Healthcare Communications, a division of ping Healthcare Pte Ltd 20 Sin Ming Lane #06-55 Midview City Singapore 573968. Tel: +65 6778 5620

PUBLISHER Dr Francis Kwong

francis@pinghealthcare.com

ASSOCIATE Peggy Leung

PUBLISHER peggy@pinghealthcare.com

EDITOR Lilian Wu

lilian@pinghealthcare.com

Jennifer Ho

SENIOR WRITER Rashmi Ullas

CONTRIBUTORS Leah Ho, Nur Fahimah,

Naomi Joseph, Chua Hanting

SENIOR DESIGNER Tan Hwee Bey

DESIGNER Sarah Lee

ASSOCIATE SALES Mace Goh

& MARKETING DIRECTOR mace@pinghealthcare.com

SENIOR SALES Joey Heng

MANAGER joey@pinghealthcare.com

SALES Lynn Yeo

MANAGER lynn.yeo@pinghealthcare.com

MEDIA Karen Chia

SPECIALIST karen@pinghealthcare.com

ADMINSTRATION & Jolene Teo

FINANCE MANAGER jolene@pinghealthcare.com

ASSISTANT Lynn Ng

CONFERENCE DIRECTOR lynn.ng@pinghealthcare.com

CONFERENCE Sharon Lin

EXECUTIVE sharon@pinghealthcare.com

MESSAGE TO OUR READERS

Every issue, LiveWell Woman brings important issues to your and your family and will make every endeavour to present unbiased and accurate information.

LiveWell aims to inspire you to take the journey to live well, but it is not a replacement for your medical caregiver.

Always seek appropriate professional medical counselling and treatment when in doubt.

RIGHT AND PERMISSION

Material in this publication and website may not be reproduced in any form without written permission from the Publisher.

Weman is published by ping Healthcare Communications, a division of ping Healthcare Pte Ltd (registration number 200402525W)

20 Sin Ming Lane #06-55 Midview City Singapore 573968. Tel (65) 6778 5620

DISCLAIMER

Although every reasonable care has been taken to ensure the accuracy and objectivity of the information presented in this publication, neither the publishers, nor their employees or agents can be held liable for any errors, inaccuracies and/or omissions howsoever caused. We shall not be liable for any actions taken based on the views expressed, or information provided within this publication. You should seek appropriate professional advice from relevant institutions. We may occasionally use materials we believe has been placed in the public domain where it is not always possible to identify and contact the copyright holder. If you claim ownership of something we have published,

we will be pleased to make a proper acknowledgment.

Kemp Smart 1 PERS IN SINGAPORE SINCE 1988

The President's Choice ** The New Generation Smart Alkaline Water Ionizer

"Kemp Smart i water ionizers are an excellent showcase of joint Korean Innovation and Smart Technology, and its quality and user friendly features make it to be my top choice." - Professor KJ Lee



Smart i7u (Undersink)

RRP \$3388 Now \$3088 Alphion MX (5 mesh)

RRP \$2020.16 Now \$1888

Smart i7 (7 mesh)

RRP \$2788 Now \$2488 **Professor KJ Lee, President of Korean Water Society & Head Professor, Medical Faculty, Yonsei University

Website: www.kemptrading.com

G 6272 5337

SINGAPORE AWARDS AND ACCREDITATIONS:

















Kemp Singapore – The Trusted Source For 27 Years

Kemp Singapore is the pioneer and undisputed leader for 27 years in the alkaline water ionizer industry. We pride ourselves on being a reputable and distinguished water ionizer provider offering excellent services and providing superior quality systems. The awards and accreditations we received prove just why we are the premier choice for alkaline water ionizers in Singapore!



KEMP SINGAPORE Pioneer and Leader in Alkaline Water Since 1988

THE MOST IMPORTANT "Is that so?" She asked with an indulgent smile, but didn't take me QUESTION **OF YOUR** LIFE

When I was a wisp of a little girl, my aunt asked me what I wanted to be when I grew up. Clutching a book I had borrowed from the library, I gave her a solemn look and said I wanted to be a novelist.

too seriously.

X number of years has passed since then, but I'm still holding on to that dream. While I'm not yet a full-fledged novelist, I've written and published many short stories. I even *cough cough* self-published a couple of e-novelettes online. It might sound like a piece of cake to you, but trust me when I say that it hasn't been an easy journey.

I'm telling you this, not because I want to brag about my literary pursuits, but because an article I read some time back struck a chord with me and I want to share its wisdom with you. Titled "The Most Important Question Of Your Life", it was an article where writer Mark Manson asked the reader just what kind of struggles they were willing to go through in order to fulfil a dream:

"Who you are is defined by the values you are willing to struggle for. People who enjoy the struggles of a gym are the ones who get in good shape. People who enjoy long workweeks and the politics of the corporate ladder are the ones who move up it. People who enjoy the stresses and uncertainty of the starving artist lifestyle are ultimately the ones who live it and make it."

What about you? How have your struggles so far shaped the person you are today? Are they taking you closer to that childhood dream of yours or further? Serious questions, no doubt, but they deserve much consideration on your part.

In this issue, too, we address the struggles that litter our path to a wholesome and healthy life. From understanding your nails and what they say about your health to achieving sexual gratification via the art of self-pleasure and the various hurdles that brides-to-be have to jump over for their fairy-tale wedding—we have (almost) everything that your body, mind, and soul would need for enrichment and nourishment.

Choose your struggles wisely, dear reader, and we'll see you in the next issue of LiveWell Woman.



Healthier Brighter Brighter

Choose The Filtration
Technology You Can Count On

LIMITED TIME PROMOTION

The 3M[™] Hot, Cold & Room Temperature Filtered Water Dispenser at

\$1,488_{NETT}

Free standard installation*

Call 6288 8290 to find out on the latest promotion! (Valid till 31 Dec 2016)

Free of Bisphenol A (BPA Free) High Quality 3M
Filter to remove
Slime, Rust,
Benzene, Chlorine,
and 99.95% of
Protozoan Cysts

UV Lamp to sterilise water Extended
Water Dispensing
Space to fit
Water Bottles

31

















DO YOU KNOW?

Aside from acting, Jennifer Love Hewitt has also ventured into singing and releasing a few music albums such as Love Songs (1992) and Jennifer Love Hewitt (1996). In 2013, she recorded I'm a Woman to promote the second season of The Client List and even shot a music video for it, which scored a Top 10 Music Videos Added on iTunes chart.

pregnancy, I knew I wanted to support the brand by baring my pregnant belly to celebrate the beauty of expectant mothers.

DO YOU SHARE
YOUR BEAUTY
PRODUCTS FROM
PALMER'S WITH
YOUR HUSBAND
SINCE THEY ARE
HYPOALLERGENIC,
PARABEN-FREE,
PHTHALATEFREE AND
DERMATOLOGIST
TESTED?

Yeah and I just get to reap the benefits, so it's really nice.

WERE THERE ANY PARTICULARLY MEMORABLE MOMENTS DURING EITHER OF YOUR PREGNANCIES?

All of it has really been great. It's amazing how much you forget after [your first pregnancy is] over, then it feels like this familiar thing when you're back in it. You forget about the other stuff and then it just happens again.



WHAT IS ONE LIFE LESSON THAT YOU HOPE TO IMPART TO YOUR CHILDREN AND WHY?

A piece of advice my mom gave me when I was a teenager: Work like you don't need the money, dance

like no one is watching and love like your heart's never been broken.

HOW HAS YOUR DAUGHTER BEEN ADJUSTING TO HAVING A NEW SIBLING?

She is in love with him and kisses him most of the day. And her favourite part of the day is snuggling with him. It's so gratifying to see them developing such a strong bond. My brother has always been an important part of my life and I'm so glad they will always have each other too.

WHAT IS A TYPICAL DAY LIKE WITH TWO YOUNG CHILDREN AND A DOG AT HOME?

Let's just say it's crazy and beautiful. Every day brings something new and surprising and exciting. I wouldn't trade any of it for the world.

IF YOU COULD INVENT A PARENTING PRODUCT TO HELP YOU OUT WITH BEING A BUSY MUM - WHAT WOULD IT BE AND WHY?

Extra hands and arms that can play with one baby and hold the other at the same time.

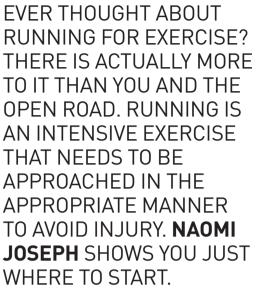
WHAT HAVE AUTUMN AND BABY ATTICUS TAUGHT YOU ABOUT YOURSELF?

That my capacity for love is greater than I ever could have imagined. •••

A favourite of consumers and celebrities alike,
Palmer's is a trusted product designed for new and expectant mothers to help reduce the appearance of stretch marks from weight changes or pregnancy. Formulated with Cocoa Butter, Vitamin E, and pure oils, Palmer's stretch mark products keep your skin moisturised and smooth even after childbirth. They are hypoallergenic, paraben-free, phthalate-free, and dermatologist-tested as well so you can enjoy healthy skin for a healthy pregnancy!



health & nutrition



ou've not run for exercise before but after months of toying with the idea, you finally decided to fasten your laces and take to the street. Running is running right? So you just throw on any or pair of trainers and head out the door.

You begin slowly; you feel the breeze on your face and the welcome jolt run through your body as your feet rhythmically pound against the pavement. Before you know it, you're doing it. You're running! In the heat of this realisation, you start to speed up and decide that you can go on running for longer than you previously planned to.

STOP. This image is all wrong. You know what this jog will end in? Tears. Most first-time runners run too fast for too long without the important prior conditioning or the correct gear.



All of this leads to injury, which no one wants. It may surprise you, but running is not just running. Throw that mentality out with your busted up trainers and keep reading to learn the proper etiquette for a first time runner.

FEET FIRST

The only equipment you really need is a pair of trainers, but not just any pair that you randomly pluck off the shelves. You need to level up your footwear, which means you have to invest in a pair of running trainers that are tailored to your specific podiatric needs.

Get yourself down to a running shoe specialist; they'll suss out your feet's needs by asking you a whole host of questions to ascertain your running habits. The specialist will assess your level of pronation as well, so they can recommend you a suitable pair of trainers to counteract the condition. In other words, they conduct tests to help them determine the degree of your foot's inward roll as you walk or run, so they can make the right suggestion.

One of the tests commonly used is the Wet Foot Test, where you leave a wet footprint on a flat surface to see how your foot absorbs the shock of the impact with the floor. Your feet will most likely fall into one of the following



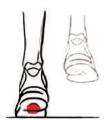
categories for pronation:

Neutral Pronation

Neutral pronators have a healthy level of pronation, so they can pretty much wear any kind of trainer they desire. The reason for this is simple: a neutral pronator's feet come into complete contact with the ground so they are able to support the body weight. The feet roll in optimally for an even distribution of impact and pushes off the front part of the foot.

Nevertheless, neutral pronators are still recommended to wear trainers that provide cushioning and support to increase their running efficiency.







Improving Mobility & Bone Health

According to Physiotherapist **CALVIN SIM** from Physio Connectionz, there are many types of exercises that can help build muscular strength, but a typical exercise programme should have 4 components:

1) WARM-UP

Warm-up exercises should always include either a 5 to 10 minutes slow jog, brisk walk or cycling to get your heart rate up a little and warm up "cold" muscles.

2) STRETCHES

Always stretch the muscles that will be used when exercising to prevent injuries. So if you are going to run, include stretches for your gluteus (buttock muscles), quadriceps (front thigh muscles), hamstrings (back thigh muscles), as well as gastrocnemius and soleus (calf muscles). As a rule of thumb, hold each stretch for approximately 15 seconds for 4 repetitions per muscle per side.



Depending on your baseline level of strength and fitness, strengthening exercises can vary from bodyweight exercises to resistance band exercises to weight training exercises using the weight machines found in gyms or bar bells and free weights.

Muscle balance is also essential to preventing injuries and cramps. Other than strengthening the thighs and calf muscles, you will also need to strengthen the gluteus medius muscle, which is the outer side of the buttock muscle that is essential in preventing the knee from turning inwards and causing knee pain on activities.

To activate that muscle, start by lying on the side with your knees bent at 90° and positioning your

heels to be in line with your buttocks and shoulders. Slowly lift your knee and turn it outwards while keeping your heels together.

4) COOL DOWN STRETCHES

Cooling down is as important as warming up so do some static stretches to help your muscles relax and re-establish their normal range of movement.

Calvin also strongly recommends exercising out in the sun because of the body's ability to produce Vitamin D in the presence of sunlight. Therefore for those who exercise in gyms and before/ after work where there is commonly no sunlight – especially ladies, complement your exercise regime

with vitamin D supplementation to ensure your bones absorb the calcium that you consume as well as for muscle maintenance and strengthening.

Editorial write up provided by LiveWell.

World's No1. Calcium Supplement

health & nutrition

Overpronation

An overpronator's foot tends to roll inward significantly. Weight is transferred from the heel to the forefoot and the foot arch flattens as a result. A person with overpronation also tends to push off mainly from the big and second toes on the inside of the foot.

This destabilises the foot, which will try to compensate for the inward movement but will cause unnecessary strain to the ankles, knees, back, and

This is not necessarily a bad or good condition, just that you need to wear appropriate footwear to avoid injuries. A suitable pair of shoes is thus one that provides adequate stability to counteract this condition.







Underpronation

An underpronator's feet tend to not roll in much at all. They also push off mainly from the smaller toes on the outside of the foot. Since the outer part of your heel connects with the ground at an increased angle, it sends a wave of shock through the lower leg and will eventually cause the runner to sustain injuries such as stress fractures and muscle sprains.

Since the majority of trainers out there are designed for overpronators, it's recommended for underpronators to get lightweight shoes that have midsole padding and encourage flexibility.











Once you have geared up, you can start conditioning your body to meet the demands of running. While everyone can run, it's an intensive exercise and overzealousness at the start can lead to avoidable injuries that can hinder the efficiency of your run. If you're going to make a habit of running, then we have these tips for you:

Prime your body first

Before you actually run outside, you should ideally be exercising 4 to 5 times a week on a treadmill, elliptical trainer or bicycle for 30 minutes. This will help prime your body before it begins the more intensive practice of running.

Slowly build up to longer runs

Start with a mixture of running and walking, before you build up to longer runs. Avoid pushing yourself to run too fast too far too soon because you'll end up hurting yourself. A slow but steady build-up will help condition your body over time and prevent injuries.

Start slow

The same goes for speed: start slow and

build up. A good way to monitor your speed is the ability to hold a conversation with your training partner. This little trick is rather useful because it helps you to control your breathing and gauge whether you're exercising at an appropriate intensity.

Avoid pushing yourself to run too fast too far too soon because you'll end up hurting yourself.

Incorporate other exercises to improve your running form

Aside from running, there are other exercises you can add to the weekly routine to spice things up. After all, you don't want to injure your muscles by overusing the same muscles and joints. You can run 3 to 5 times a week, but plan for alternatives like yoga, taichi or Pilates on other days.

Plan beforehand

Before you rush down the road into the great beyond, remember to plan your route. You wouldn't want to get lost in an unfamiliar place nor do you want to tackle a route that may be too ambitious for you.

Decide what you want in a running route (e.g. scenic view, pavements or number of inclines) and plan it out accordingly. Don't forget to take a bottle of water with you too.

Now that you're all prepared, go forth and run like the wind! W



TEA DOWN SHAPE UP.

- 100% herbal blend USA formulated Caffeine-free
- Fast action Delicious

Made from 3 organic ingredients that actively work together to help cleanse the palate; it's also free from additives, preservatives, and artificial colourand detox your body naturally. Shape~Tea® is not only pleasantly light on ings. So go ahead and lighten your day with a cup of Shape~Tea®, your bowels will thank you for it.

Ingredients: Garcinia cambogia, Senna pods, Senna leaves and Chrysanthemum.



\$25.00 25's Sachets Shape Tea

JR Life Sciences Pte Ltd 2 Bukit Batok Street 24, #08-20 Skytech Building, Exclusively brought to you by:

Available at selected:

Singapore 659480. Sales Enquiry Hotline: 6425 4100 www.holisticway.com.sg

























Solving Scoliosis Woes With YOGA

NUR FAHIMAH STRETCHES OUT FOR THE TRUTH BEHIND THE HEALING POWER OF YOGA WHEN IT COMES TO SCOLIOSIS.

t was just so difficult to bend; I was constantly on the verge of failing my sit-and-reach. After a while, it got frustrating watching my peers do it effortlessly. I even threw away the referral letters the school gave me. At the young age of 12, why would anyone want to be diagnosed with Scoliosis? Naturally, I avoided the doctor at all costs – until it started to distort my posture severely.

Was it too late then? Well, sort of. I can safely say "been there, done that' to anyone who has gone through the various treatments for scoliosis - from wearing a back brace to getting a fused spine. But what exactly is Scoliosis?

SCOLIO-HUH-WHAT-SIS

Scoliosis is a type of spinal deformity and is defined as a curvature of the spine measuring 10 degrees or more. This curvature may occur towards the right or left side of the spine. There are cases where it curves in both directions at different sections of the spine. When this happens, the spine forms an "S" shape instead of the "C" shape observed in a one-sided curvature.

These curvatures predominantly form in the thoracic (middle) and the lumbar (lower) parts of the spine. This curvature also gives the impression that the person is leaning towards the side even when standing upright.

There are two types of scoliosis: non-structural (functional) and structural scoliosis. As the name suggests, functional scoliosis occurs due to underlying conditions such as difference in leg length or an inflammatory condition. This type of scoliosis is mostly temporary and can be relieved once the basal condition is treated.

Structural scoliosis, on the other hand, is mostly considered idiopathic, as the cause is unknown. Sometimes, it may be caused by degenerative diseases, osteoporosis, injury, or birth defects.



DOCTOR'S RECOMMENDATION

Depending on the severity of your condition, the doctor would recommend to either undergo the orthotic treatment (back brace – for curvature of 20 to 40 degrees) or a spinal fusion surgery (40 degrees or more). I must emphasise that using a back brace requires a lot of discipline, as it has to be used for about 23 hours a day. This is to stop the progression of the spinal curve.

STRETCH AND STAND TALL!

Instead of going through the processes (both orthotic treatment and spinal fusion surgery), an alternative that is gaining popularity amongst those suffering from scoliosis is yoga. As we all know, yoga is an ancient physical and spiritual practice that originated all the way from India. So how can something that involves a lot of physical exertion and mental focus help to improve scoliosis?

Well, there are different forms of yoga and the type of yoga recommended for scoliosis patients is specific - Hatha Yoga. Hatha yoga is a practice that involves correcting the physical postures, breathing techniques and relaxation. This has proven to improve the body posture, flexibility and strength.

In yoga, there is a strong emphasis on alignment and balance through breath awareness and posture. With scoliosis, the body alignment becomes distorted. Through stretching muscles that have tightened or weakened, you will be able to create a more effortless posture and a more normal symmetrical alignment. In addition to that, you will slowly work towards elongating the spine while simultaneously strengthening the spine and back.

I'm pretty sure that you'd be questioning the pain factor. Yes, you will experience some discomfort in the beginning. You may also feel some soreness in the back as the muscles gradually become balanced and the body finds its centre. You will gradually learn to release muscle tension and relax the body through various yoga postures and breathing techniques.

So let's say, you are just like me; you found out about yoga only after you have had your spine fused. Will your rigid spine be able to accommodate the flexibility that might be required? Of course! The beginning yoga postures require you to fold from the hips rather than the waist, allowing the spine to stay in a neutral position. Do not worry your pretty little mind, the yoga instructors are professionally trained and will bend their backs over to ensure that you do not overexert or injure yourself.

Yoga is definitely an option to find that balance point to activate the body's natural plumb line, by allowing the curved spine to coexist with gravity.

When doing yoga for scoliosis, it is important to not expect perfect results but instead to learn acceptance and finding your body's alignment. The results are more than physical; you can even see the improvements psychologically because it gives you a sense of empowerment and enhances the overall quality of living.

Simple Office Desk STRETCHES

Sitting too long at your desk not only affects blood circulation, but also causes leg muscles to weaken. Calvin Sim, Physiotherapist from Physio Connectionz, offers some simple stretching exercises you can do so you don't compromise your muscle health and still maintain mobility!



Start with simple neck stretches to improve the mobility of your neck.

- Curling your back and then slowly proceed downwards towards your ankle can give your upper to lower back a good stretch.
- Standing up to stretch your quadriceps and calves would prevent your knee from getting stiff.



Stretching out your knee to stretch your hamstring allows you to feel more comfortable. You can hold onto the desk for balance.

To promote bone health, do a simple sitto-stand exercise at your desk, repeating it 10 times every 2-3 hourly. Ensure that your knees are kept shoulder width apart and always over your feet so they are not turning inwards.

Take Note! It is also strongly recommended to exercise out in the sun instead of at the gyms because of the body's ability to produce Vitamin D in the presence of sunlight. If that's not possible, complement your exercise regime with supplements containing vitamin D, calcium and bone & joint fortifying minerals to ensure your bones absorb the calcium that you consume, as well as to keep your muscles strong and help provide greater mobility.

Editorial write up provided by LiveWell.

World's No1. Calcium Supplement



e all know what essential oils are—natural oils that have a distinct scent that can send you to cloud nine. But what exactly are they and how do the various oils differ? Essential oils are volatile aromatic compounds extracted from plants, and they are widely used for aromatherapy. Sometimes, they can even be used for medicinal purposes so essential oils tend to be rather popular with the organic crowd. In fact, here are some popular ones that you should check out.

Citrus: The refreshing and energising smell that immediately awakens your senses is the ever-familiar scent: citrus. Citrus essential oils are extracted from the rinds of citrus fruits such as orange or grapefruit. Popularly used for their uplifting fragrance, citrus oils are also known to lighten cranky moods on a cooped-up rainy day or relieve depression.

While citrus oils can make you feel more energised, certain types also tend to suppress the appetite—making them an excellent partner in the quest for weight management. The grapefruit essential oil, for instance, is considered to be one of the best options due to the d-limonene it contains. It's a mild appetite suppressant and helps to release fatty acids into the bloodstream where the body is able to break them down and use it for energy.

However, do be careful if you apply citrus oils to your skin for it may result in increased sensitivity to sunlight.

Lavender: Lavender is one of the most widely used flowers as it can be seen (or smelled) in a large variety of soaps, perfumes and lotions. It's not only used for its floral scent, the essential oil is also treasured for the calming quality

that counteracts anxiety and stress-and this is perhaps why it helps you to sleep better!

More than that, the lavender essential oil has also been found to relieve migraines and headaches. So if you're looking for a safe and effective option, this essential oil may be your answer! It promotes natural wound healing and reduces scarring as well, making the lavender essential oil a pretty handy gem to have around the house.

All you have to do is apply it topically 2 to 5 times a day with 2 to 4 drops of the essential oil. Don't forget to dilute it if necessary!

Sandalwood:

Our ancestors once used Sandalwood for spiritual purposes and this tradition lives on even today. It's commonly used to soothe the soul, helping people reconnect with themselves and find their inner Zen. So if you are feeling stressed or experiencing negativity, you could fall back on this ancient trick and oil your way to finding

You may not know this, but sandalwood is also known to have aphrodisiac properties. It contains a chemical similar to androsterone (known

your spiritual bliss.

opposite gender. On top of that, its woody fragrance makes a great substitute if you're not much of a floral scent fan. Sandalwood helps to soothe dry itchy skin as well, and prevents scarring.

Rose: Available in various colours and sizes, you can find a rose for every mood and occasion. It can be used at funerals, weddings and even occasions when you just want to cheer someone up. The true rose essential oil is extremely expensive since you need

rose oil. but be careful not to get fooled into getting a cheaper rose oil

been 'extended' (diluted) with geranium or palmarosa.

Although it's commonly used as a form of aphrodisiac, rose essential oils are also helpful in relieving post-traumatic disorders and anxieties. Its therapeutic properties don't stop here either; the rose essential oil is considered the key ingredient in many anti-aging skincare products and is particularly effective for those who are suffering from obstructed (or irregular) menses.





health & nutrition

Jasmine: Commonly used in cosmetic and perfume products due to its ability to lift moods and increase the elasticity of dry skin, the jasmine oil is an absolute essence that's extracted from the petals of a flower that blooms only at night. It's technically not considered an essential oil since it's more concentrated, but it has a warm exotic scent that brings to mind romantic liaisons and candlelight dinners.

Due to its higher concentration, you won't be able to apply it directly to your skin like essential oils. Its alluring fragrance is a natural sleeping aid though, so you can harness its calming quality by diffusing it in an oil burner—it works even if you're suffering from a cold

or cough. Jasmine oils encourages milk secretion in lactating mothers as well, which in turn has a positive impact in the prevention of breast tumours and cancer.

Cinnamon: You might mistake it for the cinnamon you use while cooking, but the type we use for essential oils is actually called Cinnamomum Zeylanicum. Scientifically speaking, it's known as the true cinnamon—which is more expensive and thus more infrequently used.

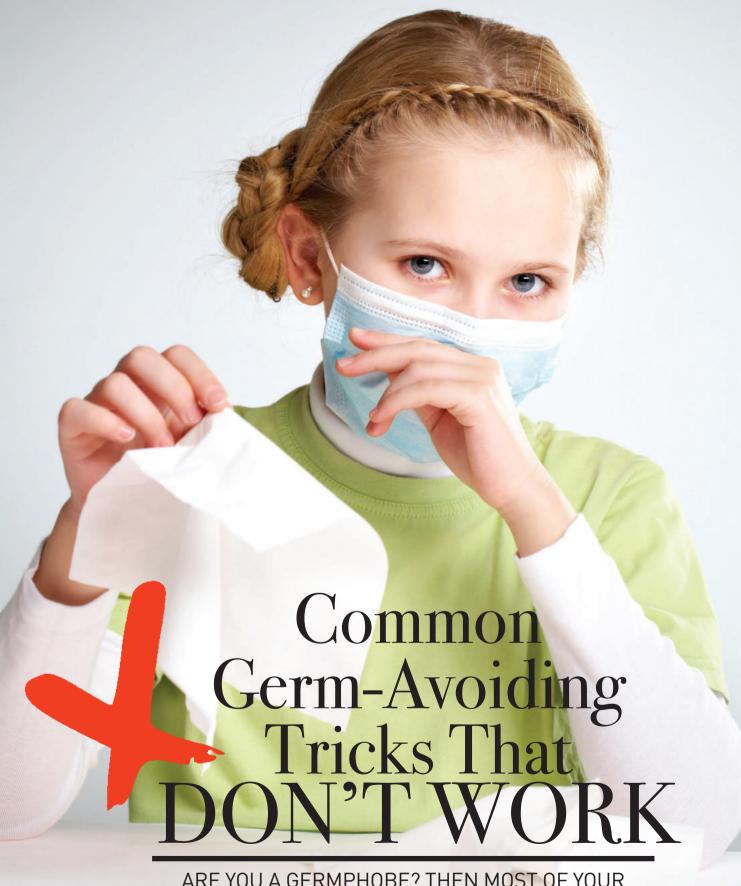
Nevertheless, you can get two types of essential oils from this tree: cinnamon bark and cinnamon leaf. Relished for their earthly fragrance, cinnamon essential oils are well loved for their healing properties even though they have been known to cause allergic reactions and irritations. While they come from different parts of the cinnamon tree, they have similar benefits.

For example, cinnamon essential oils are said to protect the kidneys from environmental toxins and can even be used to relieve toothaches! Interestingly, they can even be used for treating constipation. What a way to answer the call of Mother Nature!

Isn't it amazing what essential oils can provide us? If you have yet to try out their wondrous benefits, then it's time to oil your way back to body wellness today! **W**

Cinnamon essential oils are said to protect the kidneys from environmental toxins and can even be used to relieve toothaches!





ARE YOU A GERMPHOBE? THEN MOST OF YOUR GERM-AVOIDING BEHAVIOURS ARE PROBABLY FUTILE. **LEAH HO** EXPLAINS WHY.

health & nutrition

et's face it, we have done some silly things to avoid coming into contact with undesirable germs. The bad news? Your fussy habits may not be doing you any good, despite what you choose to believe. Here's looking at 3 common practices that appear logical on the surface, but are really pointless habits you should kick.

[1] HOLDING YOUR

BREATH OR

WAVING YOUR

HANDS IN FRONT

OF YOUR FACE

AFTER SOMEONE

HAD SNEEZED

There is really nothing you can do once the person has already coughed or sneezed. That's because a cough or sneeze forces out a burst of tiny droplets that travel through the air at high speeds. The bigger droplets may fall to the ground, but the smaller and much lighter particles will stay airborne almost indefinitely as they get dispersed by the room's airflow.

You might think that holding your breath or waving your hands in front of your face might keep the virus from landing on you, but the truth is the particles can still land on your eyes, lips and even inside your nose when you take your first gasp of air after holding your

breath.

[2] SQUATTING ON A TOILET

For those who believe that squatting on public toilet seats will protect them from germs that "infest" toilet seats, you might want to think again. Toilet seats are not commonly known for transmitting diseases or STDs to humans. In fact, researchers found that everyday items such as the cutting board and cell phone are more likely to contain harmful germs than the maligned toilet seat!

Although countless bottoms have come into contact with the toilet seat before you, the truth is that bacteria and STDs start to die the minute they leave the nice warm human body. By the time they hit the cold hard toilet seat, they would have been on a one-way ticket to the netherworld.

The danger of catching a disease is actually quite minimal unless your skin has an open cut and you come into contact with a contaminated seat or you

touch your eyes, mouth or nose without washing your hands first. Intact skin acts as an effective barrier and your buttocks tend to have relatively thicker skin so there is really little to worry about.

What you really need to do to ensure proper hygiene is to wash your hands with soap and water for at least 30 seconds. The Health Promotion Board recommends that you follow 8 steps for a more thorough wash:



Toilet seats are not commonly known for transmitting diseases or STDs to humans. In fact, researchers found that everyday items such as the cutting board and cell phone are more likely to contain harmful germs than the maligned toilet seat!

So squatting on a toilet seats is not really doing anyone a favour because all you're doing is making it unpleasant (not to mention dirty!) for the next person. On top of that, a sitting toilet is not built for squatting purposes. If you are not careful, you could fall off the rim or break the toilet altogether and risk injuring yourself!

In addition, flushing causes an invisible cloud of tainted tiny droplets that are aerosolised into your surroundings and the particles will land everywhere, including yourself so there is really no benefit to "hovering" over the toilet.

[3] OPENING DOORKNOBS WITH TISSUE OR HOLDING ON TO GRAB POLES ON PUBLIC TRANSPORT USING YOUR ELBOW

You might think that opening doors with a piece of tissue will save you from whatever bacteria that are living on the knob but it's a futile act at the end of the day. Unless you dispose of the tissue immediately, you will still be exposed to whatever it had touched, especially if you simply wad the tissue up and leave it in your pocket for later disposal.

Even wearing gloves is pointless because you'll still touch the gloves in order to remove it. Such a method will only be effective if you are familiar with the

proper sterile techniques for removing gloves.

Hugging grab poles on public transport won't do you much good either, because you're simply transferring what's on the pole onto your clothes—thus negating your efforts.

YOUR BEST SOLUTION

Unless you live in a bubble like the Bubble Boy, there is no way you can avoid germs. Even an over-use of hand sanitizers could result in more antibiotic-resistant bacteria and lower your own resistance to diseases. Using hand sanitizers tend to kill off the good bacteria, which helps to protect you against the baddies.

While you can't prevent unforeseeable circumstances like a stranger sneezing right next to you, you can play a part by boosting and strengthening your immune system with the proper set of actions.

RECRUIT YOUR BEST SOLDIERS

It is important that you supply your body with the best 'soldiers' to help you fight against harmful germs so you can stay healthy and strong. Here is what you can do recruit some of the best soldiers you can find:

- Get enough vitamins and minerals from a diet high in fruits, vegetables, and whole grains.
- Foods high in vitamins A, B2, B6, C, D, E, zinc and selenium like citrus fruits (orange, kiwi) are highly recommended.
- Stub the smoking habit and try to cut down on how many sticks you puff on each day.
- Limit your intake of fatty foods that are high in saturated and trans fat.
- Do 30 minutes of physical activity 5 times a week.
- Get 7 8 hours of sleep every day.

The next time you feel under the weather, remember that your immune system is working around the clock to deal with the bacteria that has invaded your body. So don't take it for granted and supply your immune system with plenty of nutritional ammunition!

health & nutrition

ost of the time, it's perfectly normal to have vaginal discharge. You might think it's a sign of unhygienic conditions down there, but that's how your body cleanses and protects your delicate parts from infections. While the colour, amount, texture of your vaginal fluids may vary throughout your menstrual cycle, there are some signs that you should be aware of because it might signal an infection.

Before we go into that, let's find out what's considered 'normal' vaginal discharge.

JUST BEFORE OVULATION: Clear, thin, sticky, and elastic with the texture of raw egg whites; this usually signifies fertility, and helps sperms survive longer and travel through the body to fertilise the egg. It may appear yellowish when dried out on clothing.

DAY OF OVULATION: You

will usually experience an increase in wetness due to the greater amount of vaginal discharge that is being secreted during this time.

RIGHT AFTER OVULATION: Less vaginal

fluids will be secreted, but their consistency will now be thicker and more viscous, with a milky white or off-white colour. This is due to the release of the progesterone hormone, which also blocks your cervix in order to help sperms survive longer within the woman's body.

WHEN IT'S NORMAL **OR NOT**

Basically as long as the vaginal discharge is not accompanied with a foul or fishy smell, it's considered normal. Although the thickening of virginal discharge can be a sign of ovulation, it could also be caused by other factors like stress, diet, sexual arousal, or medications including birth control pills. Some pregnant women may even experience an increase in vaginal discharge, especially towards the end.

If you've been neglecting your personal hygiene for quite some time, your vagina will start to smell funky as well. But other than that, virginal discharge is perfectly normal until it starts exhibiting the following signs of abnormality:

The Righ DISCHARGE

VAGINAL DISCHARGE IS DEFINITELY NOT SOMETHING WE'D TALK ABOUT AT THE DINNER TABLE. IN FACT, IT OFTEN GETS SHOVED UNDER THE TABLE AND IGNORED. BUT FEAR NOT! HERE ARE SOME TIPS ON WHAT TO TAKE NOTE AND WHEN IT'S TIME TO GET SERIOUS.

- LEAH HO

- The colour of your discharge has changed.
- It smells bad.
- Itchiness, rashes or pain around the vagina
- Bleeding from the vagina or bloody vaginal discharge that has nothing to do with your menstruation
- Sudden large increase in the amount of discharge

Any of the above symptoms mean that your vagina's balance has been upset, which points at an infection or a more serious problem. Either way, it's pertinent that you consult a doctor. Approximately 75% of women¹ will experience an infection down there at least once in their life, so there is nothing to be ashamed about.

POSSIBLE CAUSES YEAST INFECTION

Type Of Discharge:

- Thick, white and looks like cottage cheese
- Generally odourless.

Caused By: This type of infection is usually caused by an imbalance of natural bacteria or yeast in the vaginal area. Yeast (Candida genus) is a naturally occurring microorganism and its growth is usually kept in check by the lactobacillus bacteria. An imbalance within your system will then result in an overgrowth of yeast, which causes an infection.

Symptoms: Burning sensation, intense itching around the genital area, soreness or redness of the vagina, pain during sexual intercourse

BACTERIAL VAGINOSIS (BV)

Type of Discharge:

- Thin and greyish white or yellow
- Strong fishy odour that's noticeable during menstruation or after sex

Caused By: A common infection among women, it's caused by an imbalance of the naturally occurring bacteria in

the vagina. It's still not clear how some women contract BV, but the chances of it developing seem to increase with the number of sexual partners a woman has.

This, however, doesn't mean that sexual contact is the only way of contracting the infection. A woman who has never had sex may also develop BV. You can't contract it from toilet seats, swimming pools or towels but certain acts like douching (squirting water or fluids into the vagina) could increase the risk.

Women are also advised to practise safe sex by using condoms and limit the number of sexual partners.

Symptoms: Some women may report no symptoms, but common ones include vaginal itchiness or burning sensation, as well as irritation of the vulva and vagina.

GONORRHOEA

Type of Discharge:

Greenish yellow or cloudy

Caused By: It's a sexually transmitted disease that is highly infectious and can be spread through contact with infected bodily liquids.

Symptoms: Not everyone infected with Gonorrhoea will have symptoms. In fact some women may report symptoms that are so mild, they are mistaken for a yeast infection. When symptoms do develop, they are usually include pelvic or lower abdominal pain, burning sensation during urinating, conjunctivitis, spotting after sex, bleeding between periods, swelling of the vulva etc.

TRICHOMONIASIS

Type of Discharge:

- Frothy, yellow, greenish or greyish
- Has a foul smell

Caused By: Another common sexually transmitted disease, Trichomoniasis is caused by a parasite called trichomonas vaginalis that lives in the urogenital tract.

Symptoms: They include pain during intercourse and urination, bleeding after

intercourse, as well as itchiness, burning or soreness of the genital area.

CERVICAL CANCER

Type of Discharge:

• Brown or bloody

Caused By: Brown or bloody vaginal discharge is not unusual—especially when it occurs during or right after your menstruation. But in rare cases, it could be a sign of advanced cervical cancer so it's recommended for women to get a yearly pelvic examination and Pap smear.

HEALTHY INTIMATE PARTS

It's good to practise a few simple tips for a clean and healthy vagina. Here are some recommendations:

- Use breathable cotton underwear and nothing too tight or damp.
- Practise safe sex and use protection.
- Do not overuse perfumed bubble baths, shower gels and soaps as this can lead to vaginal soreness and abnormal discharge.
- The same goes for feminine deodorant sprays, scented tampons etc.
- Clean your vagina with warm water and mild soap daily.
- Avoid douching (washing out the vagina with a mixture of water and vinegar) because your vagina self-cleans and doing this may upset the natural balance of naturally occurring bacteria in your vagina.
- Wipe from front to back after using the bathroom to avoid the spread of bacteria from anus to vagina.
- Change after a swim or workout into dry clothes, as a damp environment is the ideal place for yeast infection to occur.
- Avoid wearing tight-fitting pants so you can stay cool and dry.

On top of the above tips, it's still important to keep your immune system in tip-top condition by maintaining a balanced lifestyle. This means getting ample rest and relaxation as well as adopting a nutritionally balanced diet. **W**

health & nutrition

NAIL Biting Trouble

HAVE YOU EVER
TAKEN A GOOD LOOK
AT YOUR NAILS? THEY
COULD BE TELLING
YOU SOMETHING
ABOUT YOUR HEALTH
THAT YOU DIDN'T
KNOW.

e all know that well-maintained nails are part and parcel of a professional appearance but if you're a familiar face at the nail salon, it could be time to give your nails a well-deserved break from all the frills and flashy colours.

Frequent manicures not only weakens your nails, they also hide the clues about your overall health that your nails could be trying to tell you. The shape and colour of your nails, for instance, could be an indication of an underlying disease or the state of your current health. Here are a few common red flags to look out for.

NAIL CLUBBING APPEARANCE:

 Enlarged or thickening of fingertips due to the thickening of the tissue beneath the



nails, which gives them an abnormal rounded or "drumstick-like" appearance

- The nail bed softens and the nails look as if they are "floating" instead of being firmly attached.
 - Nails are rounded around the fingertips and curve downward so that they look like the round part of an upside-down spoon.
 - •The nails form a sharper angle with the cuticle and appear to be shiny.

POSSIBLE CONDITIONS:

Lung related problems or lung disease, heart problems, or liver disease.

DOUBLE WHITE LINES APPEARANCE:

- Double white lines across the entire fingernail, usually on the second, third and fourth finger.
- The nail bed looks healthy between the lines, which stay in the same



- place even as the nail grows longer.
- The white lines do not cause any dents in the nail.
- Otherwise known as Muehrcke's Lines, they disappear temporarily when you press down on the nail.

POSSIBLE CONDITIONS:

Muehrcke's Lines are generally caused by low albumin levels in the blood. This could be due to poor nutrition, unbalanced diet, liver disease, or kidney disease. Albumin is involved in important body functions such as circulating hormones and vitamins in the body.

Sometimes you might find small white spots on the fingernails, but that's usually not a cause for worry. Most of the time, such spots are due to a past minor injury that you sustained to the nail matrix (base) of your fingers. It takes about 6 weeks after the injury for the white spots to show so by then you might have forgotten about the incident.

White spots can also be a symptom of mild infection or an allergic reaction to a nail polish/hardener. In any case, the spots will usually disappear by the time your nail grows out.

TERRY'S NAILS APPEARANCE:

White or pale nails with reddened or darker tips, no lunula (the crescent-shaped whitish area of the nail bed) and the opacity of ground glass



POSSIBLE CONDITIONS:

- Liver cirrhosis or failure, congestive heart failure, kidney failure, diabetes, overactive thyroid or malnutrition
- Illnesses aside, this is usually a sign of ageing and it is usually caused by a decrease in blood supply to the nails.

DISCOLOURED NAILS APPEARANCE:

Discoloured nails that appear yellow,

greenish, brown or come with a bluish tint

POSSIBLE CONDITIONS:

There are many likely explanations for discoloured nails. Yellow nails, for instance, could be due to an overuse of nail polish or excessive smoking. Another common cause for yellow or greenish yellow nails is fungal infection, which is usually a rare inherited affliction. This causes the fingernails to thicken, grow very slowly and is frequently associated with pleural effusions, sinusitis, or lymphedema.

Greenish nails, on the other hand, may be due to an infection by a bacterium known as Pseudomonas aeruginosa. It tends to thrive in wet environments such as bath sponges and contact lens solution, and could cause the skin around the nail (including the cuticle) to become red, tender or swollen. While it responds well to treatment, such a condition could also be a sign of diseases like diabetes, tuberculosis or kidney-related problems.

Nails that have a bluish tint can mean that your body isn't getting enough oxygen, which may point at a lung-related problem such as emphysema or heart problems.

DENTS ON NAILAPPEARANCE:

- Small dents on nails
- Some nails may discoloured. The skin under the nail can appear to be reddish-brown.

POSSIBLE CONDITIONS:

You might have psoriasis, which is a build-up of dry, rough, and thick skin on your body. Another possible condition is the Reiter Syndrome—a type of reactive arthritis caused by a bacterial infection and results in swelling and pain in the joints in addition to inflammation in the urinary tract and eyes.

Dented fingernails are also common occurrences of certain conditions like hair loss or nail eczema.

THIN, CRACKED NAILS APPEARANCE:

Nails that appear to be thin, cracked, brittle, chipped and fragile.

POSSIBLE CONDITIONS:

Non-medical reasons for this include a

prolonged use of harsh manicures, signs of ageing or frequent exposure to water such as swimming or dishwashing.

Thin nails could also be related to hypothyroidism, which is a thyroid disease associated with low levels of thyroid hormones. These hormones are involved in the growth, development and cellular processes in the body. You may also not be eating well and could be suffering from malnutrition or a lack of certain nutrients like biotin if your nails are thin and chip or break easily.

DARK STRIPES APPEARANCE:

Black lines or pigmented bands run vertically down the nail, especially the thumb or big toe.

POSSIBLE CONDITIONS:

be

It could either be due to a harmless mole or a deadly form of cancer known as Melanoma, so it's best to have it checked out by a doctor.

HOLD YOUR NAILS

While nails are an indication of something that might be wrong with your health, they are only part of the puzzle. Most of the time, the patient would have manifested other symptoms of the disease beforehand. If you are feeling fine but notice something suspicious about your nails, then it's best to seek advice from a doctor to rule out any possibility of a serious medical condition.



SKINCARE | HEALTH | WELLNESS | SUPPLEMENT | INNER CARE | HAIR

It's time again for our LiveWell Woman Awards! As always, we recognise the brands that have impressed us with their innovative products and commitment to bringing overall wellness to body, mind, and intimates. Every product/service in the following pages have gone through much deliberation on our part because we want to make sure that each entry into our hall of fame is worth its weight in gold.

So without further ado, let us present to you the LiveWell Woman Health & Wellness Awards 2015 winners! Check out what we have to say about each product or service and you might just find exactly what you need for a busy lifestyle!

MED-LINETM





If you've been paying attention during science lessons at school, you'd know that our skin is the largest organ of our body. It's also our natural barrier against all the environmental assaults so it makes sense to take good care of it. But with the gamut of skincare products out there, how would you know which is best for your skin? The first thing to take note is to ensure that the skincare products you use do not contain any toxic ingredient. In fact, it'll do your skin (and health) a whole world of good if you avoid these dangerous chemicals:

- 1. Parabens
- 2. Ethanol
- 3. Artificial Colours
- 4. Mineral Oils
- 5. Butylated Hydroxytoluene (BHT)
- 6. Synthetic Fragrances
- 7. Sodium Lauryl Sulfate (SLS)

The reason for avoiding them is simple: our skin absorbs 60% of the products we use topically, so whatever that has been absorbed will go straight into our body, blood stream and lymphatic system. In the long run, this will cause harm to our body in the form of allergic reactions, lung problems, and other health problems.

That's why we are happy to discover MED-LINE™, a range of eco-friendly

skincare products that underwent years of meticulous R&D, advanced scientific production methods such as fermentation, nanotechnology, sterilization and plant stem cell technology, as well as rigorous trials and tests. As with most beauty products, its aim is to slow down the passage of time on your skin by allowing optimal cell renewal, healing, and regeneration. But what really impressed us is the fact that it does all these without the need for harmful toxins or side effects.

On top of brimming with anti-oxidants, phytochemicals, essential oils, marine actives and a powerhouse of ancient herbs, MED-LINETM also comes in 5 lines of products to meet your specific skincare needs: Essential, Miracle, Power Masks, Protective, and Marine Line for Men. The Essential line, for instance, keeps the skin clean and supple by refining the pores, controlling hyperpigmentation at the cellular level, as well as calming irritated and sensitive skin to maintain a youthful and healthy epidermis.

Plagued by dark spots that you can't seem to rid of no matter what you do? Then



the Whitening Spot Control is the magic eraser you'd want to invest in within this range. Teeming with Vitamins C and B3, this nifty product contains Morus bark extracts to regulate melanin synthesis and minerals to control hyperpigmentation at a cellular level. Just a few applications of this wonder serum, and your dark spots will start to fade to reveal clear luminous skin that will make anyone green with envy!

Psst! This dark spot treatment can also be used to manage post-acne hyperpigmentation, melasma, and uneven skin so that's great news for people who suffer from such conditions!

Med-LineTM products are also suitable for all skin types and are especially beneficial for sensitive or inflamed skin. This means they can be safely used by people suffering from Rosacea, Eczema or Psoriasis and can be used on children/young adults or on those who are recovering from an illness, have undergone post-radiation therapy or are immunocompromised due to any reason. For instance, you can even share the Pure Cleansing Mousse with your child because it's that mild and beneficial on his/her delicate skin.

Why We Recommend It: It's natural to want youthful, radiant, and beautiful skin. But there's no need to resort to applying toxins on your skin just to achieve that worthy goal! The range of MED-LINE™ skincare products not only answers your skin woes, it also does it the natural way with no harmful chemicals! We also love that the products are free from animal by-products, not tested on animals or genetically modified so that makes this range of skincare products a sure winner in our books!

Salons, skin doctors, and dermatologists are welcome to enquire with M & O SkinCo.

CLINICAL SKIN CARE



M & O SkinCo is the official authorised dealer for MED-LINE™ in Singapore. For more information, visit www.MOSkinco.com, send your queries to enquiry@moskinco.com or call +65 9691 1224.

Sommeil Natural Sleep Aid Oral Strips









Don't let a hectic lifestyle, stress, or jetlag stop you from enjoying quality sleep. When the occasion demands it and you simply must have a good night's rest, turn to Sommeil Natural Sleep Aid Oral Strips for a fast-acting solution. Sommeil's unique quick-to-dissolve oral strip allows for fast absorption into your body far more efficiently than conventional tablets or pills so you can fall asleep quickly.

Since it's non-habit forming and 100% natural, you can experience up to 8 hours of uninterrupted sleep with absolute peace of mind. Sommeil Natural Sleep Aid Oral Strips are made from 6 natural herbs and 5mg of melatonin, which help to induce good sleep so that you wake up feeling fresh and ready to take on the world. These natural herbs include Jujube Seed, Poria, Sichuan Lovage, Licorice, and Luo Han Guo—all of which are premium ingredients that help to restore your natural sleep cycle and are specially chosen from only reliable sources.

Melatonin is a natural hormone that helps to regulate your body's sleep and wake cycles. It's made by the pineal gland, a pea-sized gland in your brain, and is typically controlled by your body clock. Once the sun goes down, the pineal will start to actively produce melatonin that is then released into your blood. This is when your eyelids will begin drooping, signalling that it's

time to go bye bye into lalaland.

Your body will continue in this drowsy state throughout the night until sunrise, whereupon your melatonin will drop to barely detectable levels. However, even if melatonin production is turned on by your body clock, the presence of bright artificial lighting can hinder the release of melatonin. This could ruin the quality of your sleep and exert an awful amount of stress on your health.

Our hectic lifestyles (e.g. spending long days in an office away from natural sunlight) and late nights (e.g. too much exposure to bright screens just before bedtime) can also alter our body's natural melatonin production, which is why melatonin supplements like **Sommeil Natural Sleep Aid Oral Strips** are so useful.

Frequent travellers who have to adjust to different time zones on a regular basis will find this beneficial as well. Jetsetters can simply take one strip of Sommeil 30 minutes before bedtime after arriving at their destination and repeat 2 to 5 nights or until your sleep/wake cycle is restored. Students mugging for their examinations

or rushing out a last-minute project will find Sommeil an effective solution too. In fact, many have attested to its effectiveness by waking up refreshed and revitalised from a good night's sleep.

Each pack of Sommeil Natural Sleep Aid Oral Strips comes with 14 mint flavoured film strips in a handy dispenser that you can take anywhere with you. We also love that it doesn't cause dependence and can be stopped at any time, so don't let the lack of sleep hold you back from what you can achieve in life. Enjoy uninterrupted sleep with Sommeil's fast-acting solution today!

Why We Recommend It: If you've ever had insomnia, you would know the effects of not having enough sleep. You won't just feel fatigued and irritable. A few nights of no sleep could make it difficult for you to concentrate and even increase your risk for health related issues like heart problems, high blood pressure, and obesity.

That's why **Sommeil Natural Sleep Aid Oral Strips** are a shoo-in for our LiveWell
Woman Awards 2015. It's not only 100%
natural; it also helps to restore your natural
sleep cycle so you can get the quality rest
you need to function properly the next day.
And the best thing of all? It doesn't cause
dependence so you can use it as and when
you need, and with perfect ease of mind.



Available at: guardian

watsons

Kemp Smart i7 Alkaline Water Ionizer

TRUSTED ALKALINE WATER BRAND

The latest Kemp Smart i7 alkaline water ionizer is the proud product of many years of joint research and development between Korea, Japan and Singapore. Combining both functionality and aesthetics, it generates safe and clean ionized water with a high alkaline pH, negative Oxidation Reduction Potential (-ORP), and high levels of activated Hydrogen.

Kemp Smart i7 is fitted with 7 platinumtitanium MESH electrodes that produce far more superior water quality than traditional large solid plate technology. These ionisers also boast of the award winning KDF55 0.01M ultrafine filter that is the first of its kind in removing water soluble heavy metals, silt, dirt, chlorine and even bacteria and viruses!

Kemp Smart i7 also offers six other unique industry's first Smart features,

- SmartDiagnostics: This in-built device handles everything from filter usage to low pressure, and relays the important information to the users
 - SmartClean: Prevents mineral deposit build-up on the electrodes by activating

the cleaning process regularly · SmartSwitch:

Detects water source quality and automatically alters to an appropriate power usage for ionization

SmartAdjust: Works in tandem with SmartSwitch by adjusting the ionizing power to produce the optimal water

- SmartBrassValves: More durable and can regulate the water flow better than those found in traditional ionizers
- SmartDefault: Automatically defaults to alkaline water upon activation of the unit to prevent any accidental usage of acidic water

To maintain a healthy immune system function and optimal wellness, our body fluids should be slightly alkaline at pH 7.36. The Kemp Smart i7 delivers alkaline ionized water that hydrates the body better than normal water. In fact, it is recognised as a medical product in Japan and Korea with all the relevant certifications and therefore, would make itself very useful in every home, office and hospitals here for providing good health.

Why We Recommend It: Already, the Kemp

competitors as it has been tested locally to prove its efficacy and quality. Plus, it is distributed by a multiple award winning and accredited company, Kemp Singapore Pte Ltd, which has a reputable track record in water ionizers over the past 27 years and provides a credibility that is unmatched in an industry with relatively

new competitors, online vendors and multilevel peddlers.

AWARDS WINNER

Performance aside, we like that the Kemp Smart i7 is elegantly designed with soft edges against striking cool colours, which complements most spaces. There's an undersink option to further reduce its footprint via an optional stylish tap, so is perfect for island kitchens.

Whatever your requirements, you can trust Kemp Smart i7 to fit the bill. Even the Medical Faculty Head of Yonsei University, Korea, and current President of Korean Water Society, Professor KJ Lee, was so impressed by the superior quality and technology that he declared it to be his "top choice" - and that's how Kemp Smart i7 was given a LiveWell Woman Award!



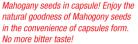


10 Anson Road #02-86 International Plaza Singapore 079903 Tel: (+65) 6272 5337 www.kemptrading.com

Naturo[®] Natural-Health[®]











Sky-Pointing Fruit

ALL NATURAL WELLNESS

Known as the "sky-pointing fruit", the Swietenia Mahogany King Fruit is a jungle fruit that's native to the tropical areas in the South Pacific—especially in the Solomon Islands where the natural environment is clean and unpolluted. Since it's been known to be **rich in flavonoids and saponins**, the sky fruit is a great favourite with the natives.

Flavonoids, which are polyphenolic compounds found in plants, have antioxidant properties that are associated with important health benefits. Known as "free radicals scavengers", antioxidants inhibit the oxidation of other molecules. This neutralises free radicals, which would otherwise cause damage to your cells.

Saponins are found in many plants as well, and they are generally regarded to be anti-carcinogenic. Studies investigating the effect of saponins from specific plant sources have also found this class of naturally occurring compounds to have a positive influence on blood cholesterol levels, bone health, immune system etc. On top of that, the Swietenia Mahogany King fruit is rich in a wide variety of nutrients like protein, minerals, and vitamins.

All of this natural goodness are then

harnessed and put into a single bottle for easy consumption. For people who are unable to take the bitterness of the King seeds from Naturo® Natural-Health Swietenia Mahogany King Seed, they can choose the other alternative: Naturo® Natural-Health Swietenia Mahogany Extract for a less bitter but equally nutritious option.

Using only 100% natural and organically grown Swietenia Mahogany King fruits, each vegetable capsule from Naturo® Natural-Health Swietenia Mahogany Extract contains 400mg of Swietenia Mahogany extract so you can imagine the level of nutritional goodness you could be getting.

On top of that, Naturo® Natural-Health Swietenia Mahogany Extract do not contain any chemical additives or preservatives. This is achieved through state of the art technology, which sterilises and extracts from the Swietenia Mahogany King fruit to give you premium supplements that complement a healthy lifestyle. Each bottle is also sealed with the highest hygiene standards, thus keeping the capsules fresh

until you break open the seal.

But what really impresses us is the fact that both products are Halal-certified, so this means that our Muslim friends will get to enjoy their nutritional value as well! Although Naturo® Natural-Health Swietenia Mahogany King Seed and Naturo® Natural-Health Swietenia Mahogany Extract are not meant to be taken as medicines, they support your health by maintaining healthy bodily functions and relieving fatigue.

Why We Recommend It: All natural and free from preservatives, both Naturo® Natural-Health Swietenia Mahogany King Seed and Naturo® Natural-Health Swietenia Mahogany Extract allow healthconscious individuals to harness all the nutritional goodness that the sky pointing fruit has-all within a convenient bottle. We also love how the products don't contain any chemical additives, preservatives or animal by-products, making it easy for everyone, including our Muslim friends, to complement a healthy diet and lifestyle. Last but not least, the reason for its inclusion into our LiveWell Woman awards is the fact that we don't have to subject ourselves to the natural bitterness of the Swietenia Mahogany King Seed because there is always the alternative vegetable capsule from Naturo® Natural-Health Swietenia Mahogany Extract!



Quality Product Marketed by: Naturo Health International

10 Jalan Besar #12-08 Sim Lim Tower Singapore 208787. Enquiry Hotline: 6299 1411 or 6100 6898. www.naturohealth.sg

Canesten® Sensicare™ Calm Intimate Soothing Wash



RESTORE INTIMATE BALANCE

Canesten® Sensicare™ Calm is a feminine wash specially designed to protect and maintain flora balance in the intimate area. It contains glycine, which provides soothing and protective effect on the skin and mucosae, reducing both itch intensity and duration

It also has a high alkaline pH of 8.5 that will neutralise the intimate zone's overly acidic pH, making the conditions in the intimate zone unfavourable for the naturally occurring fungus, Candida albicans, to multiply.

These Candida organisms are responsible for causing a common yeast infection called thrush. They normally reside harmlessly in the gut, but are also present in the intimate area in small numbers. Normally, these organisms are kept in check by the immune system, but the delicate balance may be disturbed causing an overgrowth of Candida.

Women who suffer from intimate area flora imbalance experience a change in pH that leads to excessive acidity, which causes discomfort such as itching. Sometimes, the discomfort can also be caused by certain external factors, including the use of synthetic or tight clothing, and inappropriate or excessively harsh soaps.

Proper care of the intimate area is thus fundamental to a woman's health, and what better way then to start with the basics of good hygiene by using the right feminine wash!

Most women would have at least one attack of thrush in their lifetime, while some may suffer more than once, so without a doubt, it's for any female who wants to take charge of her vaginal health!

Although thrush can be treated with oral medication, vaginal tablet or cream depending on the severity of the condition, Canesten® Sensicare™ Calm acts as a useful complement to the treatment by relieving itch. In fact, it can provide up to 12 hours of relief, so you can go about your daily activities without a hint of discomfort. If you have any concerns about which treatment to use, speak to your doctor or pharmacist.

Why We Recommend It: While thrush is not a sexually transmitted disease, it can cause irritation, discharge, intense itchiness, embarrassing.



Intimate Soothing Wash

Canesten® Sensicare™ Calm is clinically proven to restore the natural flora balance in your intimate area while keeping the skin moist and fresh. It is also suitable for daily use to soothe the itch, so you're really getting the best feminine wash for the job!

Plus, we like that it's free from soap, preservatives and colourants, and backed by a global number 1 brand* for anti-fungal in skin and gynae category, which gives us the assurance that the itch switch will be effectively turned off.

And that's why it is getting a LiveWell Woman Award.



Canesten®

For more information, visit www.canesten.com.sg. Send your enquiries to Singapore.bcc@bayer.com or call +65 6496 1888. AUDACE Regan









HAIR BEAUTY ESSENTIAL

AUDACE Regan Extra Hair Reactive Shampoo and Tonic offer innovative solutions to the many hair problems one can experience in life. Exclusively made in Germany, these hair care products nourish and protect to give you a luscious, voluminous and healthy mane.

AUDACE Regan Extra Hair Reactive Shampoo strengthens the hair from root to tip and provides optimal conditioning, giving it the bounce you desire. Containing methionine, which supplies sulfur to hair cells, as well as a blend of chamomile and rosemary essential oils, it helps to treat dry and thinning hair, which in turn prevents

For best results, apply AUDACE Regan Extra Hair Reactive Tonic after shampooing to prevent further hair fall. It is packed with the optimal dose of vitamins, including A, B, H and E, as well as minerals and antioxidants that your hair requires to grow and flourish. Not only does it combat free radicals that damage hair roots, it also improves the blood circulation in the scalp, making sure that these micro-nutrients are delivered to exactly where they are needed.

A pH-balanced scalp of between 4.5

and 5.5 ensures that hair stays healthy, glossy and problem-free. However, external factors like the weather and chemical treatments like colouring, straightening and perming, may sometimes cause your scalp to stray from this healthy range, resulting in scalp problems like dandruff, oily scalp and hair loss.

The shampoo and tonic both have balm mint, which has antibacterial properties and can fight dandruff, so people with such problems will definitely benefit. The antioxidants in these infusions also aid in colour and curl retention, so are suitable for people with chemically-treated hair. Those who suffer from an inflammed and irritated scalp can enjoy the stimulating yet soothing effects of chamomile and rosemary! Basically, they're for anyone who wants healthy, shiny hair!

Why We Recommend It: Hair fall and other scalp problems are rampant in today's society. The exposure to dust, pollution, and several hair styling products can leave

your hair dull and lifeless.

AUDACE Regan Extra Hair Reactive Shampoo and Tonic help to return the shine and life your hair deserves, plus the benefits are something users can vouch for. For one, we like how refreshing they felt on the scalp and the way the relaxing aroma of essential oils pampered our senses as we washed our hair!

Because of its one-stop complete hair care solution, they truly deserve a LiveWell Woman Award!

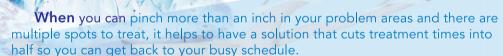
Audace products are available at Guardian, John Little, Mustafa, National Healthcare Group Pharmacies, NTUC Fairprice, Robinsons, Giant, Watsons and Unity NTUC Healthcare. For more information, contact Ellard (S) Pte Ltd at 6285 4566.

Twice the Ice – Half the Time –

Equivalent Fat-Loss Benefits

The latest DualSculpting and the newly launched CoolSmooth PRO™ Applicator are now available in Calvin Chan Aesthetic & Laser Clinic to help you freeze your fat

away twice as fast!



Make that two groundbreaking new solutions – DualSculpting and the just-launched CoolSmooth PRO^{TM} Applicator.

The Cool Way to Reduce Fat

DualSculpting is a unique, non-invasive and clinically proven procedure that uses not one, but two CoolSculpting®machines to selectively reduce fat bulges in multiple problem areas at once, so treatment times are effectively halved with the same great outcomes during each visit!

Unlike other methods of fat reduction, CoolSculpting® by ZELTIQ® is a natural and controlled elimination of fat cells via cell apoptosis, where lipids from the targeted fat cells are destroyed before being eliminated from the body, without harming the skin, nerves, muscles and other surrounding tissues!

What's more, this patented procedure has recently received Food and Drug Administration (FDA) clearance to be performed at lower temperatures using the latest treatment applicator, which translates to even shorter treatment times!

The CoolSmooth PRO[™]Applicator is a newly-launched second generation surface applicator that features non-vacuum based cooling to treat non-pinchable fat bulges, such as the saddlebags or outer thigh area.

The CoolSmooth PRO Applicator is uniquely designed to safely conduct treatments at colder temperatures and includes an enhanced strapping system that provides increased conformity at the treatment site, while also improving ease of use and patient comfort. It will be used in conjunction with CoolSculpting's new treatment parameters, providing significant time savings.

CoolSmooth PRO 75 mins: pricing \$500 per cycle & 10 sessions for \$4,500



Calvin Chan Aesthetic & Laser Clinic
501 Orchard Road #05-11 Wheelock Place Singapore 238880
tel: 6732 4981 email: drcalvinchan@yahoo.com.sg



There could be many reasons why we get this imbalance. The foods we eat influence our bacterial composition. For example, a diet high in refined carbohydrates such as cakes and sweet drinks can lead to an overgrowth of a type of yeast called Candia because sugar is its food source. Stress and our environment can also change the bacteria composition in our gut. The symptoms of dysbiosis vary and constipation is one of them.



The exact treatment for dysbiosis for each person is different, and would require an assessment from the

doctor or evaluation by a dietician who can assess your food intake. However, a general solution to the problem is to boost the good bacteria in your gut by taking probiotics and prebiotics.

Probiotics are good bacteria (e.g. Lactobacillus and Bifidobacterium), which help to produce substances known as bacteriocins that destroy harmful bacteria. Prebiotics are not live microorganisms, but are nutrients that help to promote the growth of good bacteria with probiotic properties.

Many food products contain either probiotics or prebiotics only. VITAGEN LESS SUGAR, on the other hand, is the only cultured milk in Singapore that has both probiotics and prebiotics.

Basically the skim milk used in VITAGEN LESS SUGAR has been fermented with billions of live

probiotic cultures and prebiotic fibre, so it supplies both good bacteria and promotes the growth of beneficial bacteria in your gut.

49 Lack of Fibre

Fibre helps to encourage healthy bowel movements and prevents constipation. There are two important types of fibre: soluble and insoluble fibre. As its name suggests, soluble fibre is able to absorb water, forming a gel that is softer and easier for defecation.

Insoluble fibre does not dissolve in water but adds bulk to your stool. It also helps with water retention in the colon, which gives a moister stool that is easier to defecate.



Make it a point to always include a source of fibre in your meal. This includes grains like brown rice, oats,

beans, wholemeal breads and noodles, vegetables and fruits. VITAGEN LESS SUGAR is also a great source of fibre as one bottle of VITAGEN LESS SUGAR offers 1/4 of your recommended daily fibre intake!

Did you know that fibre does more than just prevent and relieve constipation? In fact, there are studies to show that high fibre intake helps to lower blood cholesterol and reduce your risk of many common diseases like heart disease and colon cancer. So don't forget to drink plenty of water (8 glasses a day), as water is needed for fibre to work its magic!

Stress

You might not know this, but yes, stress can cause constipation! It's not something we pluck out of the air either. It's been found that the rate of constipation is higher in children who had been exposed to stressful life events.

Stressful situations can alter your gastrointestinal systems and cause constipation symptoms. Remember the time you had a stomachache just before a job interview? That is stress disrupting your bowel movements. You may also find yourself trying to control the urge to go to the loo during stressful times like exams or deadlines. Such attempts often harden the stools and could cause constipation.



Everyone has their methods to reduce stress levels. It could be going for regular yoga classes, indulging in a favourite hobby or meditating. Get

active and make it a point to include at least 30 minutes of activity every day.

Physical inactivity can cause constipation while being active actually provides a form of relief for it. The reason for this is simple: exercise helps to stimulate the contraction of intestinal muscles—thus making it easier to defecate.

You don't have to tough it out with constipation just because you lead a stressful lifestyle. As long as you manage your diet, lifestyle, and stress with the right attitude and appropriate food choices, you can still keep your gut moving smoothly on the throne! W





Vitagen®

Natural Fruit Cocktail

INGREDIENTS FOR 2 PERSONS

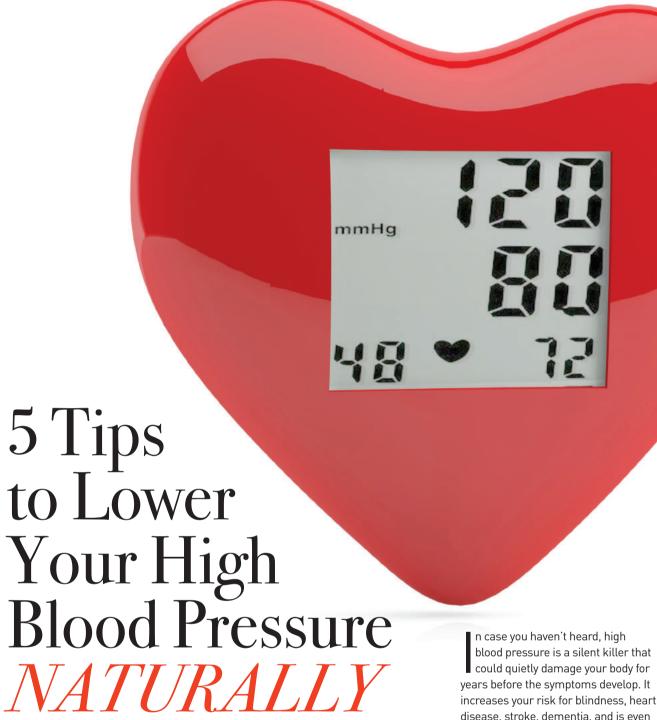
OPTIONAL

PREPARATION

METHOD 1:

METHOD 2:

- Soak the gelatine leaf in iced water



IF YOU HAVE HIGH BLOOD PRESSURE, IT COULD BE A BUMMER IN MORE WAYS THAN ONE. THERE ARE, HOWEVER, WAYS TO BRING IT DOWN NATURALLY. ALL IT TAKES ARE A FEW POSITIVE CHANGES TO YOUR CURRENT LIFESTYLE.

disease, stroke, dementia, and is even the leading cause for kidney damage.

Thankfully, there are still ways to bring it down if your blood pressure is on the high side. While your doctor would have prescribed medication to manage your condition, you might want to consider going down the more natural route with the following tips:

LOSE THE EXCESS WEIGHT

You are losing the weight, not so much for the aesthetic value it gives your appearance, but for the sake of your

health & nutrition

health. While some people may argue that you can be overweight and healthy at the same time, researchers recommend that it's better to lose the excess weight instead of keeping it.

In the process of losing the weight you don't need, it's important to remember not to go all the way into the extreme end of things. You shouldn't be gorging yourself on food, but you shouldn't deprive your body of the necessary nutrients either.

The key is to maintain a nutritional balance. Find out your optimal weight by calculating your BMI (Body Mass Index). This can be easily calculated with the following formula:

BMI = WEIGHT (KG) HEIGHT X HEIGHT (METRE)

BMIs are excellent indicators of what your healthy weight should be, no matter what your body frame size is. Depending on your BMI, you can increase the level of physical activity, reduce your calorie intake, or do both until you have reached your weight goal. There are no shortcuts to losing weight, but understanding the concept of energy balance as laid out by the Health Promotion Board could help you to manage your weight effectively:

When your calorie intake is **MORE THAN** the calories you use

WEIGHT = **GAIN**

When your calorie intake is **EQUAL TO** the calories you use

N₀ CHANGE TO THE BODY WEIGHT

When your calorie intake is **LESS THAN** the calories you use WEIGHT LOSS

You should watch your waistline as well, because a thick waist could put you at a higher risk for hypertension. An ideal measurement for women is less than 32 inches so do look out for the belly baggage!

2CUT DOWN ON THE SODIUM

One of the fastest ways to lower your blood pressure is to cut down on your salt intake. Salt contains 40% sodium and 60% chloride, so this means that every teaspoon of salt provides 2000mg of sodium. Basically the more salt you eat; the higher it pushes your blood pressure.

Since salt retains water, the extra sodium in your blood will accumulate too much

This puts more strain on your kidneys because they depend on a delicate balance of sodium and potassium to draw extra fluids from your blood to be passed out as urine. Over time, this could result in kidney failure as it reduces your body's ability to filter out toxic waste products and extra fluids.

Eating more salt will also render your high blood pressure medication less effective so you should stick to 5q or less per day (about 1 teaspoon) as recommended by the Health Promotion Board. Aside from reducing your salt intake, you should also keep a lookout for "hidden" sodium in processed food like canned food. To make things easier while grocery shopping, simply go for products with a "Healthier Choice" or "Healthier Snack" symbol on it and you are all set for a healthier diet!

Another effective way of reducing your salt intake is to cook more often at home with less salt. You can enhance the flavours of your food with natural herbs and spices like onions and parsley instead.



Another effective way of reducing your salt intake is to cook more often at home with less salt. You can enhance the flavours of your food with natural herbs and spices like onions and parsley instead. Avoid using salted and preserved food like salted fish and egg. Cook with less oil, and opt for methods like steaming, grilling, baking, boiling, pan fry or roasting instead.

If you are eating out, then ask for your food to be prepared with less salt and sauces. Have the sauce served on the side if possible and avoid drinking soup stocks/sauces as they usually contain lots of sodium.

Reducing your intake of table salt? Good for you, but don't make the mistake of overusing sea salt or kosher salt just because you think they are low sodium alternatives. Kosher salt and some sea salts have bigger crystal sizes so a teaspoon is likely to have less sodium than a similar teaspoon of table salt. Be that as it may, it still doesn't give you the license to use more Kosher or sea salt than you would normally consume!

3MAINTAIN A NUTRITIONALLY BALANCED DIET

Support your reduced sodium intake with a nutritionally balanced diet. Go for the following options to change your diet for the healthier:

- Wholegrain food such as wholewheat biscuits, brown rice, wholemeal bread, etc.
- Fruits and vegetables, because they are rich in potassium that can counter the presence and effects of sodium in your body
- Poultry without skin
- Lean meat and fish
- Low fat dairy products like low-fat milk, beans and nuts

You might also want to look out for certain foods that you think are healthy, but are actually not too good for your high blood pressure. This includes:

- Processed meats and luncheon meats in a sandwich
- Salads loaded with too much salad dressing
- Frozen meals
- Canned foods or soups
- Too much nuts and seeds, especially

those that are deep-fried and coated in salt/sugar. While nuts and seeds are rich in a variety of nutrients, it's best to eat them in moderation i.e. 28g a day.

- Whole milk may be a great source of calcium, but it gives you more saturated fats than you need.
- Pickles

DRINK LESS ALCOHOL

We don't mean that you should completely avoid alcohol altogether, but it's still good to moderate your alcohol intake. After all, there are studies to show that frequently consuming alcohol in large quantities could increase your blood pressure.

The onus is thus on you to drink no more than 1 standard drink, which is about 10g of pure alcohol and is equivalent to a can of beer (330ml), half a glass of wine (175ml) or 1 nip of spirits (35 ml). Men, on the other hand, can have up to 2 drinks per day, but no more than that.

5LEARN TO MANAGE YOUR STRESS

Chronic stress contributes to high blood pressure, especially if you react to it by eating unhealthily, smoking or drinking excessive alcohol. That's why it's important to manage your stress by taking time to find out the root reasons for your anxiety.

If you are unable to get rid of the stressors, then you have to consider whether you can adjust your expectations, formulate a plan to solve the problem, identify the stress triggers, or take the time out to relax every day. You might also want to adjust your mindset to a more positive one, by becoming more grateful for the things you already have instead of being focused on the negative issue.

And there you have it! It takes time to gradually bring down your blood pressure, but we assure you that you won't regret it if you follow the above steps! **W**

Do you know?

Afraid of drinking milk because you think it contains saturated fats that could lead to cardiovascular diseases and high blood cholesterol? Well, with MARIGOLD HL Milk, you can now rest easy!

The first high-low milk to be launched here in 1988, it has the perfect balance of nutrients. It's high in calcium and protein, and low in fat and lactose, and fortified with 9 essential vitamins. It's also the only brand with a unique BonePlus formula added with Vitamin K and D to enhance calcium absorption and improve bone strength, so it's definitely the perfect balance of highs and lows that you need!

MARIGOLD HL Milk is available in 5 delicious flavours - Plain, Chocolate, Banana, Strawberry and HL Milk with Plant Sterols.

Psst! Plant Sterols are known to lower the absorption of "bad" cholesterol so don't forget to drink up!



Achieve Innards Peace With YOGHURT

WHY SNACK ON
SINFUL FOOD
LIKE THERE IS
NO TOMORROW
WHEN THERE ARE
HEALTHIER OPTIONS
LIKE YOGHURT? START
THE NEW YEAR WITH
INNARDS PEACE
BY DISCOVERING
THE GOODNESS OF
EATING YOGHURT ON A
REGULAR BASIS.

oghurt has long been touted as the must-have health food everyone should have in their diet, but do you know the real reasons for its popularity? Here's the scoop on the benefits of eating yoghurt on a regular basis.



IT'S LOADED WITH NUTRIENTS

One main reason why snacking is generally discouraged is due to the empty calories you consume. While they supply energy, empty calories ultimately provide little to no nutrition. Yoghurt, on the other hand, is extremely rich in nutrients. Simply by eating 1 cup of yoghurt, you get to enjoy the goodness of potassium, calcium, Riboflavin (Vitamin B2) as well as Vitamins B6, B12, and D.

Here's the lowdown on each of their respective benefits:

- POTASSIUM protects your heart, kidneys, and bones. It also lowers blood pressure and assists in muscle growth.
- CALCIUM fortifies your bones and teeth.
- RIBOFLAVIN (VITAMIN B2) is not only essential for energy production, it also fights free radicals as an antioxidant and promotes iron metabolism.
- **VITAMIN B6** is associated with lower risks of heart disease and stroke.
- VITAMIN B12 keeps your nerve

and red blood cells healthy. It also helps to maintain a healthy digestive system and is essential in the synthesis of DNA and RNA.

 VITAMIN D promotes a healthy immune system, and is vital in the building of strong bones and teeth.

IT COULD HELP YOU RECOVER FASTER AFTER A WORKOUT

You might have heard that bananas make for great post workout nutrition because they are loaded with potassium, which aids in muscle recovery after you have sweated your guts out. But do you know that yoghurt is just as beneficial?

Exercising tends to put a lot of stress on your muscles and it uses up the carbohydrates in your muscles for energy. To refuel and recover, your body needs to:

- replenish its energy stores
- increase protein synthesis
- decrease the breakdown of protein

Basically after an intense workout, your body will repair and rebuild itself

through the breakdown of old (damaged) proteins and the construction of new ones. If your body is breaking down more proteins than it can build, your muscles wouldn't be able to repair themselves and you could become weaker as a result.

Yoghurt is thus your go-to post workout snack because it's not only rich in potassium, protein, and carbohydrates; it's low in fat as well!

IT HAS FRIENDLY BACTERIA

Eek! You might think. How can any bacteria be good for my health? Well, not when it's probiotics we are talking about. Probiotics are essentially live bacteria and yeasts that are beneficial to your health, especially where your digestive system is concerned.

They are also found naturally in your body so how bad can that be, right? Probiotics are essential because they aid your digestion and are important when it comes to maintaining a balance between the good and bad bacteria in your body. If the balance is upset, it could lead to issues like irritable bowel syndrome.

And the best thing of all? Probiotics



health & nutrition

Probiotics are essential because they aid your digestion and are important when it comes to maintaining a balance between the good and bad bacteria in your body. If the balance is upset, it could lead to issues like irritable bowel syndrome.

MARIGOLD Yoghurt is a delicious and healthy treat that has been specially formulated with calcium to promote good digestion for you and your loved ones. With a range of Low Fat and Non Fat Yoghurt in a variety of plain and fruity flavours for the health-conscious consumers, MARIGOLD is the #1 Yoghurt Brand in Singapore* It also carries the Healthier Choice Logo awarded by the Health Promotion Board.



MARIGOLD Yoghurt

are also believed to have positive effects on skin conditions like acne and eczema according to research done by Dr Whitney Bowe, a New York City dermatologist.

IT'S GREAT FOR THE LACTOSE INTOLERANT

If you are lactose intolerant, you might avoid yoghurt simply because it's a dairy product. Well, you don't have to do that anymore because yoghurt is easier to digest than milk. The reason for this is simple: some of the lactose in yoghurt has already been broken down during the processing.

Basically lactose is the main sugar found in dairy products such as milk and it needs to be broken down into 2 simple sugars (galactose and glucose) to be used by your body for energy. A person who is lactose intolerant tends to have a deficiency of lactase, so the lactose doesn't get digested in the small intestine. When it passes into the large intestine, the gut bacteria will ferment the lactose and cause symptoms like abdominal bloating.

That's why yoghurt make good dairy alternatives because they contain live cultures that could help you digest lactose and enable you to enjoy all the goodness that come with dairy products.

Isn't it wonderful what yoghurt can do for you? The next time you crave for a snack, why not reach for a cup of yoghurt instead? Your body will definitely thank you for it! W



FEEL a Smoother Day!

- Relieve Constipation
- Improve Cholesterol Level
- Improve Bowel Movement
- Body Shaping
- Reduce Belly Fat





scan to view our newest TV commercial!



No Preservatives

Free Yourself with EZEE FEEL

Direction of Use

Add 15g (1 sachet) of EZEE Feel to 250ml water of cold water, stir well and drink immediately.

Why do we need EZEE Feel?

- \checkmark Unhealthy Eating Habits
- **✓** Slowing of Metabolism
- ✓ Lacking of Exercise
- ✓ Lacking of Drinking Water
- √ Aging



watsons

guardian

TEENI ENTERPRISE SDN BHD (603) 5885 2652 www.teeni.com.sg



Psyllium Husk

Promote regularity and support heart function.



Alfalfa Powder
Power ingredient to regulate cholesterol level.



Spirullina Powder Promote healthy bacteria in the digestive system.



Tomato Powder
High in vitamin A, vitamin
C which good for the
health of eyes and skin.

is the new A

WEIGHT GAIN IS A PROBLEM
WE ALL FACE AT SOME POINT
IN LIFE. EVEN THE SKINNIEST
PEOPLE TEND TO PUT ON A FEW
INCHES WITH AGE. FOR THE
MORE BLESSED ONES, KEEPING
THOSE EXTRA POUNDS OFF
BECOMES AN EVERYDAY BATTLE.
ARE FAD DIETS AN ANSWER TO
THIS EVERLASTING PROBLEM?
RASHMI ULLAS NARRATES HER
STORY.

here was, and there will never be a short cut to weight loss. As promising and less painful as fad diets may seem, they WILL backfire, unless we bring about a permanent lifestyle change.

UNDERSTANDING A FAD DIET

Fad diet refers to any diet that promises instant weight loss without a scientific basis. These diets are not balanced with nutrients as they often allow the dieter to eat only from certain categories of food and avoid the others.

Too little food leads to starvation and the body begins to break down muscle for energy. It is actually the fat stores that should meet this energy demand, not muscle. If muscles disintegrate, it can lead to –

- Water loss, giving a false illusion of weight loss
- · Reduced metabolic rate, which reverses after the diet

HOW DO I KNOW I'M ON A FAD DIET? If it's a short plan, it's fad.

Maintaining healthy weight is a life-long pursuit; a temporary change in diet will not show lasting results.

If you're promised instant weight loss, it's fad.

Weight loss is a slow process (at the rate of 3-4 kilos per month) that one can achieve with regular, moderately intense exercises and healthy meals. Accelerated weight loss is harmful to the body.

If you need to pick and choose from certain foods only, it's fad.

Time and again, we've learned that wholesome nutrition comes from including portions of every food category (even healthy fats). How then, can only proteins or fruit sugars that are recommended in the diet make a whole meal?



If you experience an unexplained fatigue or lethargy when you're on a diet, it's fad.

A good meal keeps us charged through the day. The fad diets are incomplete (in terms of nutrition), so they leave you tired, lethargic and cause headaches, constipation, nausea and many other problems.

If there's a fine print, IT'S FAD.

Making a healthy choice should not come with disclaimers. How can eating right cause any harm? When one plans to embark on any of the special diets, it's important to read the fine prints and take them very seriously.

SIX NOT-SO-IDEAL FAD DIETS IN HISTORY

Chocolate diet:

Chocolates are irresistible, but imagine eating them solely as the day's meals! The chocolate diet is designed for starvation and not weight loss, because after a few helpings, chocolates can lose their charm and one will end up not eating at all.

Tapeworm diet:

Please never try this repulsive diet at home, which requires that you infect yourself with tapeworm (a parasite). The architects of this diet claim that tapeworms will chew on your food in the intestine, so you will remain lean despite eating. I think they've missed a few vital facts. Ingesting tapeworms can be lethal because the parasite can reach the brain via the blood stream and cause coma or death.

Baby food diet:

Here's another weird one; dieters are asked to eat the same food as their infants/toddlers. The diet inventors probably forgot to account for the significant difference in size and intestinal make-up of adults and their offspring.

Cigarette diet:

You heard me right – some people actually think cigarettes can replace one's urge to eat! We all know that smoking is injurious, not only for smokers, but also the people around. What's the point of looking lean in a coffin?

Sleep diet:

The highly confused inventor of this diet has conveniently forgotten that sleeping and eating are two different activities. They recommend that the dieter take sedatives so he/she can sleep for long stretches and thus avoid eating. We love to take a few extra winks, but with this diet, there's a fat chance that you'll go into a permanent slumber.

The vision diet:

Some people actually think that wearing blue tinted glasses while eating can make the food look nauseating and thus you eat less. Our dear friends have overlooked the link between aroma and appetite. When one is hungry, the appearance will not matter. Isn't it better to include attractive, colourful yet healthy foods like fruits and vegetables on the plate instead?

CALCIUM Supplementation & CORONARY HEART Disease



It was recently published that calcium supplementation with or without vitamin D does not increase coronary heart disease or all-cause mortality risk in elderly women. This is the first in a two-part series where Dr Tan Mak Yong, an Orthopaedic Surgeon from MY Orthopaedic Clinic, offers his take on the study as well as useful advice on how to pick the right calcium supplement!

LiveWell: What's the link between calcium supplementation and coronary heart disease or all-cause mortality in the first place?

Dr Tan: A lot of studies done previously had found no link. Only the recent 2 studies by the same author (Joshua R. Lewis) revealed a link between calcium and coronary heart disease. But meta-analysis for Calcium with vitamin D showed that there's no increase rate of coronary heart diseases. Vitamin D supplementation may have beneficial effects on reducing the risk for cardiovascular disease.

Will calcium supplementation have any effects on premenopausal women?

Atheroma formation is not common in pre-menopausal women. Thus, calcium supplementation should not increase the risk of coronary heart diseases in pre-menopausal

Why is calcium supplementation a higher risk factor for coronary heart disease in men than in women?

People with atheroma in their coronary vessels have been shown to have a higher risk of getting heart attack from calcium supplementation and usually men are the ones with atheroma in their coronary vessels. In women, atheroma formation usually only start after menopause (when they don't have the protective effect of oestrogen), or when there is removal of ovary. Thus, men tend to have higher risk than women. There are no studies that show calcium supplementation increasing the risk in men more than women.

As calcium is usually combined with a salt like carbonate, citrate, gluconate, lactate etc., what should I look out for when choosing calcium supplements?

Carbonate tends to give gas and constipation effect. Therefore, choose a calcium supplement that combines with magnesium to minimise the constipation effect. Citrate tends

to give gastric irritation, so patients with gastric problem should avoid it. Gluconate tends to be bigger in tablet size, therefore is not recommended for older patients or patients who can't swallow tablets.



World's No1. Calcium Supplement

health & nutrition

WHY SHORTCUTS ARE SO **ALLURING?**

If you ask a group of 10, there will be at least a few who have tried different diets and failed. Nevertheless, we will continue to see new diets in voque becoming an instant fad.

The reason for this blind belief in miracles is because deep down, we never want to part from our fries and desserts permanently.

MY JOURNEY WITH THE **GM DIET**

I recently tried the General Motor's diet (another unique diet) because I wanted to lose weight without much effort. In the past, I was an active, fit person (worked out for nearly two hours every day and ate healthily). With time, I turned to fast foods and slowly reduced the workout durations until I didn't work out at all. I then got pregnant and developed more lazy bones. Before I realised, oodles of weight were popping out from my left, right and centre.

Realisation struck me when I started snoring at night and developed plantar fasciitis*. By then, I was already too lazy to exercise and the years of mindless eating had taught my brain to believe I can't survive without loading my plate with carbohydrates and going for sweet treats.

* Plantar fasciitis is the inflammation of the plantar fascia (a thick band of tissue) that runs across the bottom of the foot and connects the heel bone to the toes.

This is how I sum up my experience:

- The enthusiasm about losing weight rose with the sun, and set with it on day 1 itself (it never rose again)
- The feeling of being above the people around (who eat normally) turned to self pity as the craving crept in
- The determination to exercise while dieting (for added effects) faded with the energy that the diet drained from me

Post diet celebration was marked with many bizarre days of food frenzy. I gorged like I'd never eaten before and the weight I lost came back!

I've learned my lesson. The best way to fitness is to eat healthily. I can vouch for the success of this 'no-special diet' plan because I can eat enough, I can eat all foods (cooked in a low-fat manner) and I'm allowed a few cheat days of indulgence.

I STAND BY THE **FXPFRTS**

When I followed the GM diet rules down to the I's and T's, I saw the instant results I was promised; but this was only a brief triumph.

Dieticians across the world will never recommend crash diets. The Health Promotion Board of Singapore¹ puts down the most effective equation to weight loss and I completely agree with them:

> Equal Energy INTAKE and **Energy OUTPUT over time**

Weight stays the same

Greater Energy INTAKE than Energy OUTPUT over time

Weight gain

Greater Energy OUTPUT than Energy INTAKE over time



Weight loss

I've made my choice and lost 3 kilos already and I feel upbeat about it! I know that I'll walk this salubrious path the rest of my life. I'll pass on my lessons to all my friends and family so they don't fall prey to farces of dieting. Which course will you take for a leaner you? W

GUARANTEED WEIGHT LOSS

- Eat the right amount of calories depending upon your activity level.
- Eat a colourful meal red, orange, green, yellow, white are the different colours of essential nutrients found in a variety of fruits and vegetables.
- Include one-third portion of starch (from potatoes, rice, pasta, cereals and bread) in the meal.
- Include at least five portions of different fruits and vegetables in your day's meal.
- Fish is an excellent source of protein, minerals and vitamins. In that, oily fish (salmon, mackerel, trout, herring, fresh tuna, sardines and pilchards) come with an extra dose of omega-3-fatty acids. We need at least two servings of fish per week.
- Stay away from saturated fats (hard cheese, cakes, biscuits, sausages, cream, butter, lard and pies) and sugars (check food labels; 22.5g of total sugars per 100g means the food is high in sugar, while 5g of total sugars or less per 100g means the food is low in sugar).
- Avoid alcohol and sweetened drinks.
- Exercise at least 30 minutes every day.





WE CAN SURVIVE
ABOUT 3 WEEKS
WITHOUT FOOD,
BUT WATER IS A
DIFFERENT STORY.
THAT MAKES WATER
OUR ULTIMATE
"SUPERFOOD"! THIS
IS WHY THE CLEAR
LIQUID IS SUCH AN
AWESOME THING TO
HAVE IN OUR BODY.

You've probably been told this time and time again: drink at least 8 glasses of water if you want to be healthy. It's not hard to see why either, because water makes up as much as 65% of an average adult's body. Aside from the fact that it gives us life, there are 10 other ways why water is so awesome.

Twelght Loss
Drinking a good amount of
water before you have your meal helps
with weight loss as it keeps you feeling
full and stops you from eating more than
you need. A study done by researchers at
the University of Birmingham found that
obese adults who drink 500ml of water
half an hour before eating main meals
lost more weight than those who didn't.

Water is also a cheaper alternative to other drinks and it's free if you fill up your own water bottle at home or from public water dispensers while you are out and about. Why put on extra calories with

overly sweet beverages when you can have this wonder-drink that helps you lose weight for free!

HEADACHE RELIEF
Do you always seem to be
suffering from a headache? Maybe you're
not drinking enough water! Water is
involved in a lot of important processes
in the body, so low hydration levels could
trigger and prolong a headache. If you do
have a chronic condition of migraines and
frequent headaches, drinking enough
water could reduce the intensity and
duration of your headache attack.

In fact, according to a study done by researchers from the University of Maastricht, patients who frequently suffer from mild or severe headaches feel better after drinking 1.5 litres of water on top of their normal liquid intake every day for 3 months.

Although this study was done concurrently with additional tips to reduce stress, improve sleep quality, and avoid

health & nutrition



caffeine, it's still beneficial to your health if you keep up a regular intake of water.

MOOD BOOSTER

When you don't get enough water, you start to get crankier than usual and experience a drop in energy levels, which paves the way for mood swings. Feelings of tension, anxiety, increased fatigue and problems concentrating have been reported in people who were mildly dehydrated. Depression has also been

linked to dehydration because it deters

the transport of tryptophan across the

blood-brain barrier.

Tryptophan is an essential amino acid that is converted to serotonin in the brain, so if its transport is inhibited, it could lead to insufficient levels of serotoninwhich is often connected to depression. In other words? Water can make you happier; so don't forget to drink up!

GLOWING SKIN
While there are no concrete studies to prove that water is really good for your skin, the fact is that it does hydrate your skin and minimise the appearance of wrinkles. Be that as it may, you still need to follow up with your everyday beauty routine on top of your normal liquid intake.

Avoid guzzling gallons of water just for the sake of "moisturing your skin" as well, because your body can only take so much water per hour and the amount of water you need to drink largely depends on your weight, size, activity level and where you live. For example, a sedentary person will need less water than someone who frequently exercises.

5RELIEVE **S**CONSTIPATION

Don't let chronic constipation get you down! While drinking water doesn't exactly cure the condition, it does help to keep things moving through your intestines. Dehydration means that your large intestine will be forced to draw water from your food waste, which leads to harder stools that are harder to pass out. That's why it's important to maintain a diet that's high in both fibre and fluids.

6 COMBAT JOINT

You might not know this, but dehydration can also cause joint pain and stiffness. The cartilage, an important tissue needed to cushion joints, is made up of 65 - 80% water, which is why proper hydration is essential. Water lubricates your joints and helps to remove acid waste like uric acid, which causes pain and inflammation. It also provides the necessary cushioning in your spinal discs so it reduces the odds of getting back pain.

7IMPROVES EXERCISE

Improve your workout routine by drinking adequate amounts of water, especially if you are exercising in hot weather. This is important because water replaces the fluids that your body had lost through sweating. Dehydration can affect your physical and mental performance, so be sure to drink enough water throughout your workout to stay hydrated.

Be careful not to drink too much water though, because over-hydration can lead to hyponatremia—a condition where excess water dilutes the sodium content in your blood. This causes the water levels in your body to increase and leads to swelling, which can be anything from mild to life threatening.

If you are planning on a long workout session like training for a marathon, the general recommendation is to go for coconut water or sports drinks instead. Such drinks contain electrolytes that can replace the ones you had lost during the workout.

OHEART HEALTH

Want a healthy heart? Then make sure to stay properly hydrated because water makes it easier for your heart to pump blood through the blood vessels to your muscles. Dehydration can also cause your blood to thicken and



blood vessels to become narrower. This increases the risk of blood clots so don't make the mistake of drinking too little water!

#9HELPS YOU FEEL BETTER AFTER A NIGHT OF PARTYING

Alcohol is a diuretic, which causes your body to lose more water than it takes in, so don't make the mistake of replacing good old water with a night of alcoholic partying! If you can possibly manage it, down a few glasses of water before you fall asleep so you can wake up feeling better the next day.

#10KEEPS YOUR SYSTEM HEALTHY

Water enhances your immune system in so many ways. It's needed in the production of lymph, a fluid essential to the circulation of white blood cells that fight infection and harmful foreign substances in your body. Lymph is also responsible for carrying blood and nutrients to all the body cells and even helps the kidneys to flush out toxins, waste and other unwanted materials from your body. W

KempSmart i Alkaline Water Ioniser

KempSmart i Ionisers contain a number of features not seen before. These include:

- **SmartAdjust:** adjusts ionising power to suit the water source, to achieve consistent quality of the produced water no matter how the source varies;
- SmartSwitch: switches to an appropriate ionising power level according to the source hardness:
- SmartDiagnostics: detects and highlights problems with the machine to protect the machine;
- SmartClean: prevents build-up of deposits before performance is affected.

They are also equipped with US KDF 55 filtration systems, which remove water soluble heavy metals, bacteria and algae – another first for alkaline water ionisers.

Visit www.kemptrading.com or call 6272 5337 to speak with a sales representative!



When you don't get enough water, you start to get crankier than usual and experience a drop in energy level, which paves the way for mood swings. LIVEWELL WOMAN ISSUE 05 53

Secoles Beauty

MUCH AS YOU LIKE TO BE THE QUINTESSENTIAL SLEEPING BEAUTY WHEN BEDTIME BECKONS, SOMETIMES YOUR BODY CLOCK JUST REFUSES TO SHUT DOWN FOR THE NIGHT. APART FROM BITING INTO AN ENCHANTED APPLE THAT WILL SEND YOU INTO THE DEEPEST OF SLUMBERS, WHAT ELSE COULD A MORTAL DO TO GET SOME MUCH-NEEDED REST?

nce upon a time, you could easily fall asleep within a few minutes of your head touching the pillow. Nowadays, no matter how you twist and turn on the bed, sleep still eludes you. What could be the reason for your restlessness and what can you do about it?

Stress

If you are bogged down by too many concerns at work or home, it keeps your mind overly active at night—which keeps you from resting well. Many people don't have the luxury of being left to their own thoughts during the day, so it's natural for their minds to go into overdrive at night.

When this happens, try listing down your concerns (or fantastic ideas) early in the evening before bedtime. Do this on a piece of paper along with a few possible solutions and put it away for your action the next day. If your mind starts to churn in bed, go to another part of the house but keep the lights off. This could help ease your anxious thoughts so you can go back to your bed for a well-deserved rest. It's a useful therapy known as stimulus control, which prevents your body from associating the bed as a place of

frustration or anxiety.

Depression

Many people see insomnia as a symptom of depression, but the fact is they are actually two distinct yet overlapping conditions. When a person is suffering from a chronic lack of sleep, it often leads to anxiety and consequently depression.

On the other hand, people who suffer from depression may have insomnia symptoms such as trouble falling asleep (sleep onset insomnia), trouble staying asleep (sleep maintenance insomnia), unrefreshing sleep, and daytime sleepiness.

Seek help early if the symptoms are interfering with one or more aspects of your life. Depression is treatable and can be managed with the help of early detection and treatment. Talk to someone you can trust or call the Health Promotion Board's HealthLine at 1800 223 1313 during office hours to speak with their nurse advisors.

Medications

Certain medications such as alpha-blockers, which are used to treat high blood pressure, may cause you to have insomnia.

Speak with your doctor about adjusting the dosage, trying another type of medication, or switch to an alternative treatment altogether so it's less likely to affect your sleep.



you will feel tired, lethargic, or irritable.

Students who burn the midnight oil or professionals working late into the night may also find their body clocks disrupted due to their hectic schedules.

Unhealthy sleeping habits

Too much exposure to computers, video games, and phones right before bedtime could also disrupt melatonin production, because the blue light confuses your body clock and makes it think that it's still daytime.

In fact, a study done by Harvard Medical School¹ on the effects of e-readers on the quality of sleep found that people who used a lightemitting e-reader for 4 hours before bedtime had suppressed levels of melatonin and took 10 minutes longer to fall asleep.

Put away the tools of distraction and devote your bedroom to only purposes of sleep or sex. This is to "train" your body to associate the bed with a place of rest and not work, stress or unnecessary excitement.

¹ http://www.pnas.org/content/112/4/1232.full.pdf

² http://pubs.niaaa.nih.gov/publications/aa41.htm

Stimulating substances

Caffeine and nicotine are substances that are known to be stimulants so taking them too close to bedtime can interfere with quality sleep. The same goes for alcohol. While some people may regard it as a sleeping aid of sorts, drinking too much of it could cause dependence in the long run. It might reduce the amount of time taken to fall asleep, but alcohol can disrupt the second half of your sleep—causing you to sleep fitfully and may increase the odds for sleep apnea².

It's best to avoid smoking or drinking caffeinated beverages/alcohol at least 4 hours before bedtime.

Dietary habits

You are what you eat and this couldn't be truer when it comes to food and the quality of your sleep. A high-fat diet is more likely to disrupt your sleep because it takes longer to digest, which means your body is unable to power down.

High protein and spicy foods affect your sleep in a similar manner. For instance, spicy foods could cause acid reflux and worsen gastrointestinal ulcers.

Go for a nutritionally balanced meal and avoid late dinners/snacks right before bedtime because this activates your digestive system. If you are suffering from heartburn or gastroesophageal reflux, then all the more you should avoid a diet that's high in fats, protein, or spiciness.

Drinking too much water before bedtime can also disrupt sleep, as it requires more bathroom trips so do take note as well.

Sleeping Partners
Last, but not least. It's entirely possible that your partner is

Last, but not least. It's entirely possible that your partner is keeping you up. It can be excessive snoring, teeth grinding, or moving/kicking while sleeping.

If your spouse is snoring or grinding their teeth too loudly, speak to them about it and see if there is any help you can get them. Sometimes, the snoring problem can be resolved by getting your partner to sleep on their side. This can be done by sewing a pocket onto a t-shirt, somewhere between the shoulder blades on the back, and putting a small ball into this pocket. This will "train" the snorer to flip back onto their side if they try to sleep on their back. Another more drastic method is to sleep in separate bedrooms. While this is not the first choice for most couples, it may be conducive in the short term. Ultimately, you need to look at the big picture and consider the best plan of action so everyone gets a good night's sleep.

No matter what the reason is for your insomnia, it's best to seek help early. Lack of sleep in the long run could affect your daily performance and can even cause a number of issues such as injuries, memory impairment, and even serious health problems like heart disease. Take the necessary steps to remedy the problem and you could be on your way to reap all the benefits that sleep can offer!

Bogged down by insomnia caused by a hectic lifestyle, stress or different time zones? Sommeil Natural Sleep Aid Oral Strips is a fast-acting solution that comes in the form of unique quick-to-dissolve oral strips. It allows for fast absorption into your body far more efficiently than conventional tablets or pills, so you can experience up to 8 hours of uninterrupted

sleep. Sommeil Natural Sleep Aid Oral Strips are also non-habit forming and made from 100% natural ingredients—giving you absolute peace of mind even as it induces the quality sleep that you need to maintain sharpness of mind and body.



health & nutrition

IT TAKES ONLY
7 SECONDS FOR
SOMEONE TO FORM
AN EVER-LASTING
IMPRESSION OF
YOUR APPEARANCE,
BUT THE EMOTIONAL
IMPACT OF HAVING
SKIN ALLERGIES
CAN HAVE A LONGLASTING EFFECT.
HERE'S HOW YOU
CAN COPE WITH IT.

Not So SKIN-DEEP Problems

o matter how indifferent you are about your appearance, the truth is that it does play an important part in all aspects of our lives. A wellgroomed person often receives more positive attention and according to some studies, is more likely to get hired.

Due to the societal fixation with appearances, people who are afflicted with skin problems or allergies tend to be at a higher risk of developing emotional issues. While it's normal to be distressed by the skin disorder, the resulting anguish could take a toll on one's mental health

Even if the skin eventually clears up, the psychological scar may linger on—

the severity of such conditions. In fact, a survey done by Psoriasis Association of Singapore¹ found that many people are still ignorant of the skin disease that affects about 1% of the population in Singapore. For example, at least 50% of the people surveyed indicated that they would not eat a meal prepared

In case you are wondering, we are talking about the quality of life as defined by the World Health Organisation: "the individuals' perception of their position in life, in the context of the cultural and value system in which they live and in relation to their goals, expectations, standards and concerns."

Although skin conditions like chronic urticaria are rarely fatal, such negative attitudes could impact all aspects of people's lives from studying, work, relationships, career choices, sexual and leisure activities leading to a sense of desperation, frustration, and even isolation that threatens to disrupt any progress the patient may have made.

ADEZIO



ADEZIO Allergy & Cold Relief causing emotional strain that could

by a psoriasis patient or even share a workplace/residence with them. In yet another survey conducted at

a public university outpatient clinic in Brazil, 100 patients with chronic urticaria (hives) and angioedema faced a similar issue². Patients who were surveyed responded that their quality of life were compromised in areas like work, study, and clothing.

UNDERSTANDING SKIN ALLERGIES

ADEZIO

Irritated skin can be caused by a variety of reasons. If an allergen triggers an immune system response in the skin, then it's considered an allergic skin reaction. One of the most common skin disorders is urticaria (hives), which is an itchy skin rash that develops suddenly and consists of skin swellings (otherwise known as weals).

skin allergies may return after years of remission could also cause the affected person to slide further into depression or harbour feelings of embarrassment and lack of control.

last a lifetime. The knowledge that

MISUNDERSTOOD

People who are not directly affected with skin disorders may also trivialise

health & nutrition



These swellings occur because the skin cells are triggered into releasing chemicals like histamine, which then cause fluids to leak from tiny blood vessels under the skin surface. The chemicals also cause the blood vessels to dilate, contributing to the small red area (flare) that surrounds each weal.

In many cases, urticaria is not serious and usually goes away after 24 to 48 hours with treatment. It can be triggered by an allergen, certain foods (e.g. eggs) or other factors like heat. Sometimes, however, the condition will persist for more than 6 weeks and patients may develop swellings of the tongue, lips or other parts of the body. This is known as chronic urticaria.

COPING WITH SKIN ALLERGIES

Many people are often stunned when confronted with a skin allergy that seemingly topples their life overnight. Even their loved ones may not understand how to deal with it or even trivialise it. We know it's easier said than done, but if you're currently suffering from a skin allergy or know someone who does, we have some tips that may be useful.

GET ENOUGH SLEEP

This sounds like such a no-brainer, right? But no thanks to our late nights and packed schedules, sleep is often a luxury. You already know that a good night's sleep is well-known for being a beauty enhancer, so do your part and give your skin adequate rest by turning in earlier and turning off those mobile devices before bedtime.

Why? Because the blue light emitted by your devices will make your body think that it's still daytime, so it wouldn't produce the necessary melatonin to make you sleepy. If you are too stressed to sleep, then do speak with your doctor about possible solutions to help you destress

Chatting with a loved one or writing your thoughts down in a diary could help sort out your thoughts too, especially if you don't feel like stepping out of the house due to your skin condition.

2FIND SUPPORT IN THE RIGHT PLACES

If you're new to the skin allergy, you might be at a loss on what to do. Your family members and friends may not necessarily understand your pain, so you can consider looking for a support group that has experience and knowledge in your particular skin allergy.

The Psoriasis Association of Singapore, for example, caters to people who are suffering from psoriasis—an autoimmune skin condition that cover your skin with thick, flaky, and itchy patches.

3MANAGE YOUR STRESS

You've probably heard of this but stress and other emotional distress can show up on your skin, whether you like it or not. Stress makes your skin allergies worse because it increases the amount of histamine in your bloodstream.

When we are faced with a stressful event, our body goes into a fight or flight mode. Throw in the discomfort of a skin allergy and you'd have a very miserable time trying to get anything done—unless you take steps to manage your stress.

First and foremost, identify what else is adding on to your stress. If you have a heavy workload or feel pressurised about going to work, then do consider delegating it or speak with your boss about working from home.

MEDITATION

Set aside some time to meditate once or twice a day, because it can help

you to relax and de-stress. It can even help you to respond more creatively to problems that would usually elicit a knee-jerk response from you.

If you've never done meditation before, start out by giving yourself 2 minutes first thing in the morning. You don't necessarily have to sit in a particular position, just make yourself comfortable in a chair that's located in a quiet corner of the house.

After you are all settled in, begin by counting your breaths. "1" for the first breath you take in, then "2" as you breathe out, and continue until you reach "10". Start again at 1 to repeat the process.

It's perfectly okay if your mind wanders during this time. The key is to practise focusing your attention, so don't worry about any stray thought that arises. If you need some guidance, there are many mediation classes in Singapore that can help you.

5KEEP UP WITH MEDICATIONS

Stress and depression may make you less compliant when it comes to taking medicine, but do stay on track with your prescriptions! Seek your doctor's advice if there are any side effects or suspected drug allergy.

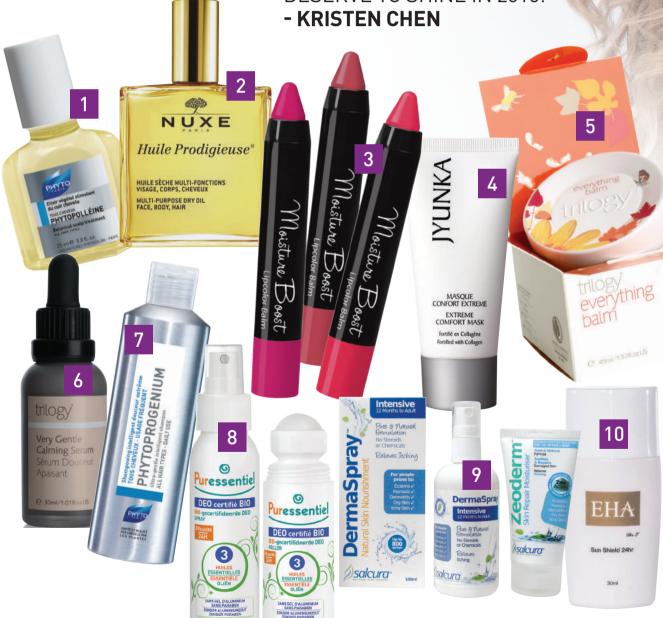
6 MAINTAIN A HEALTHY LIFESTYLE

As much as possible, keep a healthy lifestyle going with exercise and a nutritionally balanced diet. Exercising boosts endorphins and is quite literally "mediation in movement" because it helps you to focus on the game/activity at hand.

In a nutshell? Work on boosting your personal happiness and your skin allergies could have a better chance of recovering! **W**

2016 TOP BEAUTY PICKS

WE LOVE OUR BEAUTY PRODUCTS
AT LIVEWELL WOMAN BUT WITH
SO MANY TO CHOOSE FROM, WE
HAD QUITE THE PREDICAMENT
WHITTLING THE LIST DOWN TO
ONLY 10 PRODUCTS. SO HERE
ARE THE MUST-HAVE BEAUTY
PRODUCTS THAT WE FEEL
DESERVE TO SHINE IN 2016!





Want to get your hands on these amazing products?

We have the LWW Top Beauty Picks Hamper, **each worth over \$600** and filled with every single one of these wonderful products to give away. Want to take part?

Email us at contests@pinghealthcare.com and tell us why we should choose you!

Kiss itchy and irritated scalps goodbye with Phytopolliene (\$69.90). This wonder pre-shower serum smells lovely and helps normalise problematic scalps. So if you are suffering from hair fall or dandruff, 20 drops of this tonic are all you need to fix your hair and scalp woes.

2 Nuxe Huile Prodigieuse Multi-Usage Dry Oil (\$70). We love this multi-purpose dry oil made from the plant oils of Macadamia, Hazelnut, Borage, Sweet Almond, Camellia and St. John's Wort. It nourishes, repairs and softens skin, and envelopes you in its delicate scent, while it hydrates and nourishes your face, body and hair.

3 SILKYGIRL Moisture Boost Lipcolor Balm (\$11.90) makes having kissably soft lips a breeze. The retractable pencil with its pointed tip, makes application so much easier. A blend of vitamins and oils keep lips, soft and supple. Packed with Vitamin A which helps reduce the appearance of lip lines, Vitamin E which is an anti-oxidant and helps protect lips against UV rays, and Vitamin C to strengthen the skin's barrier and stimulate collagen synthesis. With no fragrance, no carmine, no paraben, and no animal testing, this is truly cruelty-free beauty.

Jyunka Extreme Comfort Mask (\$69)

are a beauty must-have. The Extreme Comfort Mask is power-packed with Collagen, Laminaria Extracts, Vitamin E and Oligogeline®, to restore, revitalise, protect and reinforce tired, dehydrated and sensitive skin. While the Jyunka Purify Mask helps purify and detox congested skin from acne-causing bacteria and germs. Skin becomes immediately clearer, calmer and acne subsides after just 3 to 14 days.

5Trilogy Everything Balm (\$40) is a gorgeous smelling multi purpose balm that you can use just about everywhere, from your face and lips to your body and hair. It comes in a handy little tub that you can slip into your handbag or desk drawer for some TLC on-the-go!

Trilogy Very Gentle Calming
Serum (\$78). This fragrance-free,
dermatologically tested serum helps
soothe the weakened skin barrier and
calm fragile, irritated or intolerant skin.
Providing light and effective hydration, it
restores skin balance while smoothing
out fine lines - and wrinkles appear
visibly smoother.

Kiss bad hair days goodbye with Phytoprogenium Intelligent Frequent Use Shampoo (\$39.90). Every wash with this delightfully floral scented shampoo reinforces the scalp's natural defence system. The more you use it, the more the scalp is protected, resulting in beautiful, healthy hair.

Puressentiel Organic Deodorant Roller/Spray (\$19.90). Now here is a deodorant that you can use every day with peace of mind. Three essential oils (Tea tree, Lemon, Lavender) naturally neutralise any odour while allowing skin to breathe. This non-staining deodorant with no aluminium salts, is also paraben-free and certified by ECOCERT.

Psalcura Intensive Spray (\$29.80) and Salcura Zeoderm (\$26.80) is a godsend for those with eczema, psoriasis, sensitive, dry or irritated skin. This amazing duo deeply hydrates while they detox your skin. They can be used on your whole body or as a walletfriendly, but very effective face cream, which will keep your facial skin looking hydrated but matte.

10 When it comes to sun protection, not all sunscreens are made equal. At LiveWell Woman, we do not leave the house without patting on a thin layer of EHA Sunshield 24hrs (\$98) with SPF 100, as it's the only sun block on the market that blocks both UV-A and UV-B rays by 99%, for a period of 24-hours, with just one application. This lightly tinted sun block prevents spot generation and keeps the skin cool and resistant against sunburn. It can also be used as a foundation base before make-up application.

home sweet home

Do You Have The TOXIC HOME SYNDROME?

MOST PEOPLE WOULDN'T
THINK THEIR HOME HAS
POLLUTED AIR, BUT INDOOR
AIR QUALITY CAN BECOME
ONE OF THE MAIN CAUSES
FOR ADVERSE HEALTH
EFFECTS LIKE HEADACHES
AND LUNG CANCER. SO WHAT
ARE THE MAIN CULPRITS
AND HOW CAN YOU DEFEND
YOUR HOME AGAINST THEM?
LILIAN WU ROUNDS THEM UP
INTO A LIST.

leaning the house has never been easier, thanks to the myriad variety of household products out there. But have you ever considered that some of these products could pollute the air at home and cause you to fall sick? The list of toxic chemicals used to create such products is often the main culprit and most often than not, consumers are not aware of the toxic pollutants they're introducing to the inner sanctum that is their home.



If your home is poorly ventilated, then it's likely that the build-up of chemicals will lead to a situation known as the 'Toxic Home Syndrome'. This can be guite problematic since a 'sick' house could cause you to develop health problems in the long run or symptoms that disrupt your lifestyle.

A TOXIC RELATIONSHIP WITH HOUSEHOLD **PRODUCTS**

Beth Greer, award-winning journalist and author of Super Natural Home, found out the hard way that the everyday products that she had been using might have contributed to the tennis-ball-sized benign tumour in her chest. Instead of going for an immediate surgery as advised by 3 surgeons, she decided to re-evaluate her lifestyle choices.

She spent 6 months cleaning up her diet, and cleared out the household cleaners and body care products that contained toxic chemicals.

"We unwittingly expose ourselves and our children to dangerous chemicals in our everyday products," Beth said. "The Consumer Product Safety Commission reported that of chemicals commonly found in homes, 150 have been linked to allergies, birth defects, cancer and psychological abnormalities. There's no way to completely eliminate all the toxic chemicals in your home, but there are ways to manage and control how much exposure you're getting."

Indeed. While it's all very well to fall back on the usual household cleaners to keep your home spick and span, it does pay to take a closer look at the product's label. Some products release harmful substances such as Volatile Organic Compounds (VOCs). These are gases emitted by items commonly found at home and overexposure to such substances could result in various discomforts such as eye irritation, headaches, dizziness and allergic skin reactions.

CHECK THE LABEL

Other products contain chemicals such as benzene, and formaldehyde that have been deemed by the World Health Organisation (WHO) to have detrimental effects on our health in the long run. Benzene, for instance, is a genotoxic carcinogen (an agent that is directly involved in causing cancer) with no safe or recommended level of exposure. The fact that it's a genotoxin means that it causes irreparable genetic mutations or damage by binding to your DNA.

Low levels of Benzene can also be found in outdoor air due to the presence of cigarette smoke, exhaust fumes and industrial emissions. While the levels of benzene are generally higher around hazardous waste sites or gas stations. don't be fooled into thinking that the air at home is less polluted. In fact, indoor air may be more polluted as benzene can also come from household products like paint, detergents, glue, thinners, and furniture wax.

The danger of indoor air pollution is so real that a scientific paper presented at the Indoor Air Conference 1990 in Toronto stated, "because of household cleaners, housewives have a 55% higher risk of contracting cancer".

FRAGRANCE: THE NEW SECOND-HAND "SMOKE"

If you're thinking of using air fresheners to deodorise your home, then you might want to think again. Many of such products are found by NRDC (Natural Resources Defense Council), a non-profit international environmental advocacy group, to contain phthalates—hazardous chemicals that are said to cause birth defects, reproductive difficulties, and hormonal abnormalities.

Phthalates are used to make plastics softer so they will be less brittle and not crack when bent, which explains why they are present in many household items containing plastic or vinyl e.g. wallpaper. They are also usually found in air fresheners in the form of fragrances, a catchall term that refers to any of the harmful chemicals that are used to

make the lovely scent. These ingredients include acetone, benzyl acetate, and limonene.

While fragrances are often used for an aromatic experience, others are used to mask the harsh chemical smells of the other ingredients in the product. Even some products that are supposedly "unscented" may contain fragrances in order to create the apparent lack of a scent.

What's even more alarming is the fact that the effects of such fragrances will linger long after someone first used the product. Their ill effects range from central nervous system damage and respiratory difficulties to neurological, skin, and eye irritations in the form of migraines, nausea, sensitive skin and eye tearing.

So what can you do to keep your home toxic free? Here are some tips:

- Study the product's label before purchasing it. As much as possible, go for household products that appear to disclose all their ingredients. Choose the product with the least hazardous ingredients to do the job or look out for words like 'poison' and 'danger'.
- Go for products that are made from plant-based materials like citrus or vegetable oils. Such products are generally less toxic and more biodegradable.
- Follow instructions on the label and remember that using twice the amount recommended won't necessarily mean you get twice the
- Consider using natural alternatives such as vinegar, baking soda, and lemons.
- Avoid mixing products such as bleach and ammonia as they emit poisonous fumes that could knock you out or cause inhalation injury if inhaled.
- Keep your house well ventilated and have some houseplants to improve the indoor air quality. Great options include the Aloe Vera plant, peace lily (but not if you're a cat owner), spider plant, and Boston fern. W

Unlock your Fridge's Potential

THROW YOUR FRIDGE'S INGREDIENTS INTO THE POT AND - BEHOLD - A DELIGHTFUL, PIPPING HOT MEAL FROM THE KITCHEN! USE THESE SIMPLE 1-POT RECIPES TO FILL HUNGRY BELLIES AND MAKE THE DISH WASHER HAPPY.

Thy bother fumbling around with so many pots and pans when all you need is one!

1-pot meals are all the craze because of the ease it takes to make well-flavoured food that the whole family will enjoy. Did we mention it all comes together in just one pot?

The recipes are so delish and easy, you will want to make them over and over again. Here are a few of our favourites!

1-POT SPAGHETTI BOLOGNESE



Serves: 3

Effort level: Easy

- 400g ground beef
- 1 tablespoon olive oil
- 1 yellow onion, diced
- 1 clove garlic, minced
- 1 tablespoon oregano
- 1/4 teaspoon red pepper flakes
- 2 cups vegetable broth
- 600g tomato sauce
- · 400g spaghetti
- 1 box grape tomatoes, halved
- 1/4 cup fresh basil
- Dash of salt and black pepper
- Parmesan cheese, shaved

DIRECTIONS:

- Drizzle olive oil over ground beef and place in a large pot over medium heat for about 7-9 minutes or until brown.
- Add onions, garlic, oregano, red pepper flakes, salt and black pepper into the pot and heat for another 2-3 minutes.
- Pour vegetable broth and tomato sauce into pot and bring to a boil.
- Add spaghetti, tomatoes, and basil and simmer for about 17 minutes or until noodles are cooked.
- Serve with parmesan cheese.

1-POT BRAISED CHICKEN WITH CHICKPEAS AND KALE



Serves: 6

Effort level: Almost Effortless

- 680g skinless chicken thighs
- Salt and black pepper
- 2 tablespoons canola oil
- 1 white onion, diced
- 2 cans/15oz (approx. 822g) diced tomatoes, including juice
- 2 cans/15oz (approx. 822g) cans chickpeas, including juice
- 2 cups kale
- 1/2 cup water

Image souce: http://www.foodiecrush.com/2013/10/tabasco-braised-chicken-chickpeas-kale/]

Directions:

/>/>/

- Season chicken thighs with salt and black pepper.
- In a large pot, drizzle oil over medium high heat and add seasoned chicken thighs.
- Cook each side of the chicken for about 5-7 minutes or until brown. Set aside.
- Reduce heat and cook onions for 4-5 minutes until tender.
- Add diced tomatoes with juice, chickpeas with juice, kale, and water, and stir making sure to scrape the bits off the bottom of the pot.
- Place chicken thighs in the pot and ensure that the juice covers the chicken.
- Simmer and cook for about 25-30 minutes

1-PAN SEAFOOD PAELLA

Serves: 4

Effort level: Medium

- 4 small tomatoes
- 2 tablespoon garlic-infused olive oil
- 2 medium shallots, finely chopped
- 1 small bell pepper, seeded and diced into 2-3cm chunks
- 2 medium chicken breasts, diced into 2-3cm chunks
- 4 large raw tiger prawns, peeled but with tails
- 8 large fresh mussels, cleaned
- 675ml fish stock
- 1 teaspoon smoked paprika
- 1g saffron, or turmeric
- 30g garden peas
- 200g paella rice or bastami rice
- 1 roasted sweet romano pepper, cut into quarters to garnish
- 1 lemon, cut into wedges
- Salt and black pepper

Directions:

- Prepare a bowl of ice cold water.
- Using a sharp knife, cut a small cross in the base of each tomato and place them into a pot of boiling water for 20-30 seconds.
- Drop tomatoes into ice cold water to
 cool
- Drain water and peel away the tomato skin. Cut into quarters and chop the flesh. Set aside.
- Heat a large pan over medium-high heat and pour in one tablespoon of olive oil.
- Add shallots and cook for 3-4 minutes until soft.
- Stir in bell peppers and cook for 2-3 minutes or until slightly soft and move to side of the pan.
- Add remaining oil and chicken. Leave to cook for 2-3 minutes until it starts to brown.
- Stir in prawns and cook for 3-4 minutes.
- Mix all together.
- Add tomatoes, mussels, paprika, saffron and around 600ml of the fish stock.
- Add garden peas and wait until broth is boiling. Season with salt and black pepper.
- Add paella rice, making sure you

evenly distribute it round the pan. Cook for 5 minutes. Turn the pan around and arrange the mussels in the pan, push them down slightly.

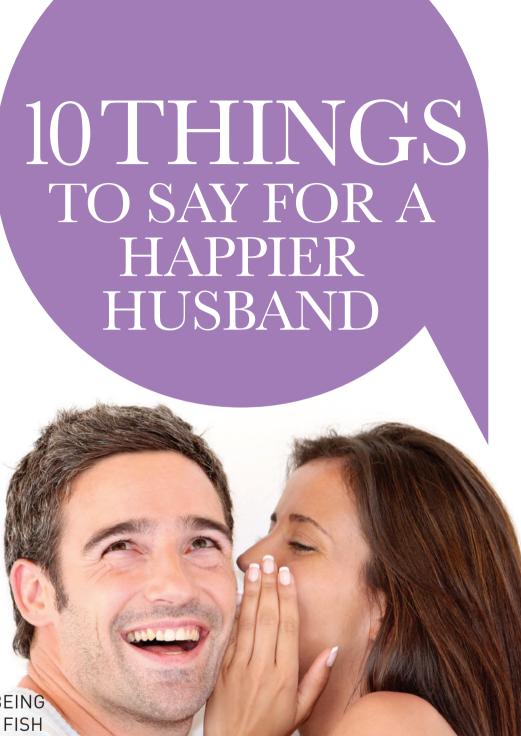
////////////

- Reduce heat to medium and place the roasted bell pepper quarters on top of the paella.
- Cook for another 15 minutes, moving the pan around from time to time until the rice has absorbed the broth.
- Have the remaining fish stock on hand to ladle over the rice within the final 5-10 minutes of cooking.
- Once the broth has been completely absorbed by the rice, serve with lemon wedges.

Image souce: http://www.themediterraneandish.com/easy-seafood-paella-recipe/







IT'S NOT JUST THE
WOMEN WHO LIKE BEING
APPRECIATED; MEN FISH
FOR COMPLIMENTS TOO.
IN MARRIAGE, GRATITUDE
EXPRESSED IS LOVE
CONVEYED. HOW TO
THANK HUBBY DEAR FOR
BEING THERE, WITHOUT
ADULATING? RASHMI
ULLAS PONDERS.

arriage is like taking a walk through tricky terrains; there will be deep seas and high mountains to be crossed. Only couples that stay close by exchanging words of encouragement can make it to the other side. If the loving touch and words of kindness cease, love will fade away sooner or later.

The world often talks about how women like to be appreciated, especially by their partners. It's true that women like recognition, but it's over-rated. How many of us actually give credit to our men for what they've done for us?

Men do thrive on affirming words, just like we do. And, most of our men truly deserve this acknowledgment because they stand by us through rough weathers, making sure we're safe.

WHEN AND HOW IS IT APT TO SAY THANK YOU?

There may be many things you don't appreciate in your partner and it's hard to see a reason why you should praise him. But you should because love is divine and comes by seeing goodness beyond the flaws.

If you value your prince charming, here are 10 things you can say that will mean a world to him:

1.
"It's such
bliss to be your
wife."

Life may not be a bed of roses. But what matters is whether you can rest your head peacefully, knowing that tomorrow will be another day of content. If this is how you feel, then you've found your true lover. Hang on to him and let him know how truly blessed you feel to have him by your side.

2.
"You make me feel alive with your touch!"

Most men like to see their wives successful. If your man is the wind beneath your wings, then let him know how grateful you are to him, for being your strength. He'll watch you soar as you take on the skies, clapping through your every ascent.

It goes without saying that intimacy is the key to a happy married life. Man's self-esteem swells a hundred times when he's acknowledged for his tactful love making skills. If your man makes you happy in bed, let him know how hot he is. He'll make you feel like a true princess with the fresh burst of adrenaline that's pumped with your compliment.

3.
"You're the reason for my success."

all in the family

''You're such a wonderful dad."

Most men take their role as fathers very seriously. They're often nervous about how they are performing in this role. It's very reassuring when you let them know that they're on track and doing just fine

being daddies.

The tension around marriage eases when there's less baggage and more communication; something like the bond that exists between friends. Your man may not be the best romancer in town, but he'll do great as your best friend. Extend a hand of friendship to the man who walked down the aisle with you, and companionship, trust, love and happiness will surely follow.

"Being your wife is like earning a best friend."

"I respect you for what you are."

Yes, men like to be complimented about their looks too. Your spontaneous compliment may just make his day.

Nothing makes a man feel better than respect and appreciation for his being. But this doesn't mean you should put him on a pedestal simply because he fulfils your ideal of the perfect husband. True respect is seeing beyond the

flaws and yet still able to appreciate your husband's unique talents and insights.

"You look like a hunk in this shirt."



9.
"Let's walk together or it's fun to be with you!"

We may get busy with our daily routine, but not forgetting the little joys, can bring freshness into your relationship. Walking hand in hand, laughing together or having a coffee/meal together can dust off the boredom and light the spark of romance. Let this spirit never die in your camaraderie.

Remember that magical day when you held each other hands and said 'I DO'? When you professed your undying love for each other, looking into the others' eyes? At that moment, you would never think of the things that could go wrong.

But when your bridal make-up wears off and the lights fade, life does get in the way. Two beautiful souls that were meant to be together could fall apart. In such testing moments, it's the little efforts and words of comfort that make a difference, so go on and make your husband's day! W

travelogue



THE WORLD IS YOUR OYSTER

IT MAY BE A RISKY
WORLD OUT
THERE, BUT BEING
A SOLO FEMALE
TRAVELLER CAN BE
AN EMPOWERING
EXPERIENCE. WE
SPEAK WITH MATTY
HEMING, A YOUNG
BUT SEASONED
FEMALE TRAVELLER
WHO HAS MADE
THE WORLD HER
PERSONAL OYSTER.

Matty Hemming, 22, London

WHERE HAVE YOU TRAVELLED ALONE?

Indonesia for 2 weeks when I was 19, that was my first experience travelling alone, and then in Sri Lanka for 3 weeks and North America for 3 months.

BEFORE YOU FIRST TRAVELLED ALONE, WHAT WAS YOUR BIGGEST WORRY?

I didn't have many worries, and I think, without the kind of blind optimism I had, I would never have booked the first trip. I guess loneliness was the only thing I thought might be a problem, but it wasn't a huge worry. My mum travelled on her own for years in China in the 80s, when not a lot of people were doing that, and I think I grew up expecting that at some point I would do my own solo travelling—I think I saw it as a kind of rite of passage.

WHAT SURPRISED YOU MOST ABOUT THE EXPERIENCE?

How much I talked to myself! It sounds silly but I really did talk to myself a lot. And on my first trip, I couldn't believe how much writing I was doing, it was almost as if I was having the normal amount of communication you would have with a partner or friend but through my writing.

WHAT DO YOU THINK IS THE BIGGEST MISCONCEPTION ABOUT TRAVELLING ALONE AS A WOMAN?

That it is too dangerous for a woman to travel alone. The most dangerous situation I have found myself in while travelling alone was when I went walking in the hills near Ella, a village in Sri Lanka, and I missed standing on a huge snake by about 3 seconds. That was terrifying, but it had nothing to do





really special.

WHAT WAS
THE BEST
THING ABOUT
TRAVELLING
ALONE?

Being able to do whatever
you want at whatever time! Travelling

you want at whatever time! Travelling with friends or a partner can be so much fun, but it can also be really stressful. When you don't have to have a conversation about what time or where you want to eat that night, or which museum or temple to go to, or where to stay, it makes for a much much easier time. Holidays can be full of tension, because everyone is so focused on getting things perfect, on making sure everyone else is happy, that you hardly relax at all.

as a woman is easier in a western country than it was in Indonesia or Sri Lanka. Attitudes towards women globally mean that we face some form of harassment and danger wherever we go, alone or not. But I made so many amazing friends in the States, people I'm still in contact with, and that was

WHAT
HAVE YOUR
EXPERIENCES
TAUGHT
YOU ABOUT
YOURSELF?

How much fun I

with me being a woman. Of

course I have encountered

street harassment, but never

anything that has made me

fear for my safety, in fact

nothing worse than what

I face at home in London,

where I am definitely not

about to stop going out

alone!

can have on my
own. I realised that I don't
need someone else present to find
something funny, or to be amazed at
a beautiful sight. I realised I could be
my own best friend, and that I actually
quite liked laughing with myself!

WHERE WAS THE BEST PLACE YOU TRAVELLED ALONE?

I think the best place was America. That's not to say that travelling alone

WHAT PIECE OF ADVICE WOULD YOU GIVE TO WOMEN WHO ARE THINKING OF TRAVELLING SOLO?

Don't think about the potential negatives too much. Just book a trip and plan a few things that you can look forward to, things that you feel comfortable doing alone. I always book the first few nights of accommodation, so that I have somewhere to go when I arrive and somewhere to get my initial bearings. After that I usually just see what happens. The first time is the scariest, but also the most exciting when you realise that you're doing it! I've never felt more empowered than when travelling alone.





ear, thrill and anticipation. Those emotions were running through my mind as I flashed my passport to the police at the airport's departure gantry. After I passed the security check, I stepped into the departure hall and I was off!

I was finally travelling alone! Back then, I did not know what to expect, or what kind of trouble I may meet along the way but I decided to take the chance anyway because if not now, when?

Now, coming back to the present, the two-month long trip proved to be one of the best times of my life! "Was it dangerous?", a couple of my friends questioned. My reply? It's only dangerous if you make it dangerous.

I also have a female friend who took off to travel solo around the world for ten full years, and returned home safe and sound. She has shared a few tips with me, so here is my two cents' worth on what to look out for as a female solo traveller – and have the best time of your life!

TO DO LIST

BEFORE DEPARTURE:

Travel insurance

Please, please, please get travel insurance! No matter how safe you are, you can't predict what the future will bring. Flight delays can occur, and sometimes they last for hours! Robbery is also a possibility (touch wood). In the event you find yourself cornered in a foreign country, give the perpetrator what they want since nothing is as important as your safety.

Travel insurance comes in handy because it protects you against the unknown and gives you peace of mind. If the unfortunate happens, call your insurance company immediately to find out what you need to do in order to validate your claim. This includes keeping a trail of documentation like police reports and receipts.

Timing is key

Always make sure that you plan the timings of your trips such that you will

reach your destination or accommodation early in the morning, or at least before nightfall. A lone female tourist lugging a suitcase in the middle of the night is bound to attract unfriendly attention.

Plenty of research

There are a few types of research you should do to keep yourself safe.

Accommodation

Traveling alone may mean that you are likely to stay in a hostel, bed and breakfast, motel, or an apartment that you found on Airbnb. You don't want to make the mistake of booking an accommodation in an unsafe neighbourhood or a sleazy place.

Do not always trust pictures that they put up on those travel websites and try to look out for reviews about the place. When I was looking up a couple of hostels, I used locations on Facebook and Instagram to get a glimpse of the place. That helped to double confirm their credibility and make sure that what they posted on the website was for real.

I was also glad that I chose places near subways because when you're travelling alone; it's always safer and more convenient to stay near the subway.

Safety checks

Go to forums or run a search on the Internet to find out the common types of 'tricky situations' in the country you are visiting. For example, when I was in Rome, haggardly dressed people would loiter around ticket machines and try to help you with the machine but with the intention to pickpocket your valuables.

Across Europe, people dressed in extravagant or comical outfits will force their way into taking a picture with you and only request for a fee after, so unless you really want a picture with them, walk away.

Dressing up

Know how people dress up in the country you plan on travelling to and follow suit. The last thing you want to do is attract



unwanted attention with your out-of-place dressing style because that makes you a target for thieves.

Those large straw bucket hats are definitely a no-no if you are not travelling around Asia. I still remember the incredulous stares that some old couples got when they travelled around Europe with large bucket hats.

AT YOUR DESTINATION Look like a local

When you are not around tourist spots, be extra vigilant and blend in with the locals. Even if you don't look like you are from around there, try to behave as if you live there. Walk with confidence, and ignore catcalls.

They're very irritating, I know, but you don't want to give them extra attention. Most importantly, don't look lost! Leave your large DSLR and other touristy stuff like maps in your bag. The moment tour guides, taxi drivers, or street vendors realise you're a tourist; they will try to offer you items or services at ridiculous prices.

Cash or card?

As I was travelling on a pretty tight budget, I brought a lot of cash and just a credit card due to the interbank exchange rates. But if you have enough to spare, I would strongly advise you to take just a little cash with you and withdraw from an ATM if needed.

Never keep anything in your back pockets and always place your handbag in front, especially in subways. I invested in a tiny money belt that came with straps and kept it hidden inside my shirt with my card and I hid my money all over the place – even in my socks!

Happy hour

Control how much alcohol you drink! As a solo female traveller, it's easy for others to take advantage of your vulnerable situation when your guard is down from too many drinks. No one will be responsible for your safety or belongings, so my advice is to head back before nightfall.

If you're really dying for a drink, make sure to keep your wits about you and remain savvy to your surroundings. Go somewhere populated where you know you'd be relatively safe and avoid unfamiliar bars.

Report to someone

Traveling alone means no one knows where you are or where you are going at all times. Let the people who manage your accommodation know when they can expect you to be back and always update someone back home so they know you are safe.

Food

Eating alone can sometimes be lonely and boring. If it's your first time, bring along a book or journal so you don't feel so out of place.

If you have yet to travel alone, then do give it a try! It's fun and it really opens your mind to a whole world of possibilities that you never thought you'd experience. The experience might scare you a little at first, but trust me: once you start going solo; you'll never look back! **W**

Got The SUNSHINE VITAMIN?

Calcium has been synonymous with bone health for years but vitamin D is starting to come into the limelight recently. Probably because staying indoors has stripped us of this precious vitamin and we only notice the damage now.

The powerhouse of light and energy also gives us Vitamin D, something our body needs for bone health and normal metabolism. Yet, healthy levels of Vitamin D are dropping due to changing lifestyle and eating habits.

Many of us are ignorant of the consequences of Vitamin D deficiency. It's time to wake up and feel the sunshine!

What's The Deal?

Vitamin D and phosphate are pillars for calcium absorption, without which, calcium present in the body will never get utilised for bone building. Vitamin D is hence instrumental in maintaining bone growth and bone remodeling.

Bone health aside; modulation of cell growth, neuromuscular and immune function, as well as reduction of inflammation depend upon Vitamin D.

This means insufficient Vitamin D will result in brittle bones and reduced metabolic function.

Who's At Risk?

Vitamin D deficiency happens especially in breastfed infants, ageing population, obese individuals, people staying indoors, those with dark skin tone or patients who have undergone gastric bypass surgery.

Where's The Source?

MIGHTY SUN

Sun exposure (with a wavelength of 290–320 nanometers) on uncovered skin is the main source of Vitamin D. Not all of us are lucky to get enough sunshine though. Sometimes the season, time or length of day, cloud cover, smog, skin melanin, and even sunscreen can act as downers.

FORTIFIED FOODS & SUPPLEMENTS

Only a handful of foods are rich in Vitamin D – flesh of fatty fish (salmon, tuna and mackerel), fish liver oil, beef liver, cheese, egg yolks and certain mushroom varieties.

As such, supplements and fortified food products can also help fill the missing gap.

Editorial write up provided by LiveWell.

THE WORLD IS YOURS SO YOU JUST HAVE TO GRAB IT! DON'T LET THE FEAR OF TRAVELLING ALONE HOLD YOU BACK WITH THIS LIST OF DESTINATIONS THAT HAVE BEEN DEEMED SAFE YET STILL PACK A PUNCH.

BY NAOMI JOSEPH

anderlust has hit. You start to dream of adventures in distant lands; but without any companions to join you, you feel as if you need to put your plans on hold. Well, we're here to tell you to say yes to that feeling and to just go for it on your own. You can travel anywhere solo as long as you travel intelligently and responsibly. However, for those of you who want some added peace of mind, check out our definitive list of some of the most beautiful, exciting, and safe destinations for you to travel solo.



Deemed the world's safest city by The Economist's Intelligence Unit in the 2015 Safe Cities Index, Tokyo is a haven for those worried about their personal

safety while abroad. This sprawling metropolis has a lot to offer with a great mix of modern and traditional. Visitors in search of the weird and wonderful can pet a furry creature at a cat or rabbit café, spend the night in a capsule hotel or catch a show at the robot cabaret. Otherwise, for a taste of the traditional, you can visit the Sento baths, view the stunning architecture of Tokyo's oldest temple, Senso-ji, or take in some Kabuki theatre.



travelogue

An adventurer's dream, Costa Rica is the place for high adrenaline pursuits like zip lining over a volcano, white-water rafting and more. For those who want sun, sand and calm, Costa Rica boasts some of the most beautiful powder-white beaches, and a few great yoga retreats and spas for the ultimate relaxation.

Natural beauty is in abundance here with stunning jungles, waterfalls and misty crater lakes. Costa Rica ranks among the happiest places on earth and after a short trip here, you'll be joining locals as you brim with a sense of well being.



Costa Rica

Sweden's capital is one of the most beautiful cities in Europe and its people are known to be polite and friendly.

Stockholm is clean, easy to navigate and entirely walk-able—a great way to see the stunning architecture of this gorgeous city of yellow and orange. This vibrant place is also home to some truly stunning designers, whose sleek and fashion forward creations make shopping here a must. For the more adventurous, there is hiking, boating, cross-country skiing and so much more, within an hour of the city.

stockholm



Considered one of the safest places in Europe, Rekjavik is the ideal place for a solo female traveller looking to lose herself in the impressive embrace of nature. Watch the Aurora Borealis (waves of intense colour) transform the sky or take a trip to the Golden circle to see Gullfoss Waterfall and the original gevser, Gevsir.

A visit to the Blue Lagoon is essential; unwind at this large and beautiful geothermal spa located in a lava field around an hour away from the city. These sights are sure to have you marvelling at the magic and power of Mother Nature.

Scoundrels and vagabonds are few and far between, and the transport infrastructure in New Zealand is pretty great so travelling alone here can be done with ease.

Explore the land of The Lord of The Rings. Traverse across mountains and kick it with kiwis; this magical place has much to offer the solo traveller. See a true fiord (like the one in the animated movie Frozen) or visit Milford Sound, a drowned glacial valley that is one of New Zealand's most scenic attractions. Here you can engage in some kayaking or hiking whilst surrounded by some truly spectacular sights. Get a dose of Maori culture and maybe leave with a memento that will last a lifetime—the Tā Moko, a traditional tattoo that is usually applied to the face.

New Zealand

The above are our recommendations; all safe and packed with a whole host of excellent things to do. Travel can be a liberating experience, more so when you travel alone. You might be surprised and find out things about yourself you never knew about yourself. Remember you don't have to be an Amazon to make it out there on your own and you should never be held back by your gender! **W**

4 THINGS

Your Makeup Artist Wants You To Know Before The Big Day

AMONG THE MANY THINGS THAT A BRIDE-TO-BE HAS TO PREPARE FOR HER BIG DAY IS THE ALL-IMPORTANT BRIDAL LOOK, WHETHER YOU ARE GOING FOR THE SIMPLE AND NATURAL LOOK OR SMOKEY EYES COMBO. THERE ARE 4 IMPORTANT THINGS YOUR MAKFUP ARTIST WANTS YOU TO KNOW.

BOOK EARLY

Start looking as early as 9 months before and book early so you'd have ample time to communicate with your makeup artist.

KNOW WHAT YOU WANT

Your makeup artist cannot read your mind, so you'd need to discuss with him/her on your personal preferences for your bridal look e.g. Korean style, Taiwanese style. Sending photos of the type of makeup or hairstyle you prefer to your makeup artist beforehand will also help him/her understand better what you like.

SCHEDULE A TRIAL

A trial is a dry run of the actual wedding look (day and night) that you would have already discussed with your makeup artist. It's a good time for you to make

any adjustments in case the look you wanted is not suitable for you.

The trial is also a good time for you to determine if your skin is sensitive to the products that the makeup artist uses and whether he/she can provide any other alternatives. Try wearing your makeup home to test if your skin is sensitive to the products and whether the makeup will last.

CHECK FOR ANY HIDDEN COST

Always check with your makeup artist if there are any additional charges for items such as ampoules, fake eyelashes, transport (especially if you need your makeup artist before 7am), or hair accessories. Some makeup artists do charge for touch-ups or hair/makeup changes.







Colours For Life

WHAT BETTER WAY TO KNOW WHAT'S CURRENTLY TRENDING IN THE BRIDAL WORLD OF MAKEUP AND HAIRSTYLES THAN TO CHAT WITH A PROFESSIONAL MAKEUP ARTIST? SARAH LEE FROM COLORS FOR LIFE HAIR & MAKEUP TAKES US ON A TRIP THROUGH HER VIBRANT PARADISE.



Tell us about yourself and your business.

I'm Sarah Lee and I've been a freelance makeup artist for 10 years. I got into weddings because I'm passionate about making brides beautiful on the big day, but I also do hair and makeup for magazine photoshoots, D&D (dinner and dance), pre-wedding shoots, makeovers, and all other important occasions.

Since hairstyles and makeup trends are continuously evolving, I make it a point to constantly upgrade myself by taking courses locally and overseas so my clients will always enjoy the full benefits of what's currently trending. In fact, I just came back from a hairstyling course in Korea.

My tools of the trade include cosmetic brands like Shu Uemura, MAKE UP FOR EVER, M.A.C and various Korean cosmetic brands from Korea.

What inspires you?

Colours!

What's your favourite look that you've recently done for a bride?

A classy bun up look which suits all brides.

What's currently the trend for bridal makeup and hair?

Many brides are going for the Korean style hair and makeup. For makeup, flawless skin with light makeup is what we want to achieve. As for hair, we are seeing a lot of flowy curls, braids with flowers and flower crowns.

How do I know if a makeup artist is right for me?

Communication is very important between the bride and the makeup artist. Schedule an appointment to do a trial on the makeup and hairstyle that you want and also take this chance to see if you're comfortable with the artist and if he/she is able to achieve what you want.

What are some beauty mistakes I should avoid before the big day?

Do not go for facial a few days before your big day, as sometimes you may experience a breakout after facial. Do not over trim your brow; leave it to the makeup artist since they will trim your brow according to the makeup look that you agreed on. Last but not least, avoid making drastic changes to your hairstyle! The hairstyle that you did during the trial might not be achievable again once you change your hairstyle.

How should I prepare my skin and how long before the wedding day should I do it?

If you have ache-prone skin, do visit a dermatologist at least 6 months before your wedding to help with your skin problem. A well-moisturised skin will also help the foundation to set nicely on your skin, so I would suggest putting on a moisturising mask 2 to 3 times every week to keep your skin hydrated.

Do I really need ampoules to do my bridal makeup?

I would say yes. Ampoules are filled

with highly active ingredients like pure vitamins and enzymes in various combinations. A good ampoule will produce instant results that you can see on your skin. The most commonly used ampoules for brides will be the moisturising ampoules that help to hydrate the skin so your foundation can last longer.

What are some factors I should look out for during my bridal trial?

Hygiene is very important, so observe how the makeup artist handles her products. A responsible makeup artist will keep her makeup products and brushes clean so as not to cause any allergic reaction on the client's skin.

What kind of preparation should I do before the bridal trial and wedding day makeup?

Send a photo reference of your preferred hair and makeup to the artist so she will know what you expect. Do ask as many questions as possible to clear your doubts. Take a snapshot of your wedding and evening gown too, so she can advise you on the kind of hairstyle/makeup to go for and do a trial based on that.

What are some useful tips that will keep us looking our best on our wedding day?

Stay happy! You should always remember that you're getting married to the spouse of your dreams so nothing else should matter! **W**





planners, so the coordination with my husband went just fine. Most of the time, I let him do the running around while I backed him with my online research.

What played in your mind when you thought about the venue and the deco?

Honestly, it's all about the money; the bottom line had always been the deciding factor. Our decisions were based on the price, the venue's location (which had to be central) and the exclusivity of the ballroom.

How long did the planning and execution take? Did you and your husband agree on most things or did you have to fist fight to get your way?

It took us about 18 months of planning and execution. Most of the time, my husband agreed to what I wanted so I didn't have to fist fight to get my way. He wanted me to be happy and so went all out of the way to get things done the way I liked it.

Tell us a bit about the hurdles vou faced

Wow...the greatest hurdle I believe was the guest invitation. It happened that one of my husband's colleagues changed his wedding date to the same date as ours and pressurised the quests to attend his wedding instead.

My husband (being an honourable man) allowed the guests to choose the wedding they wanted to attend. Some of the guests who were compelled to attend the other wedding didn't turn up although they accepted our invitation first, leaving us with some empty looking tables! Although the guests who arrived cheered us up, it would be nice if everyone had turned up to celebrate with us.

What was your experience shopping for the wedding? Did you plan your diet to get the gorgeous look?

Tiring. We went site visiting in a few hotels and had countless salon bridal visits to get what we want within our budget. It was really exhausting.

I was blessed to maintain my figure prior to wedding so I didn't go for any diet.

How did you manage the mega budget?

In those days, MS Excel was my good friend! Everything was updated on the spreadsheet, so as to keep track of the expenses.

What kind of a bride would you describe yourself to be - a DIY, a Bridezilla, or a **Princess?**

I was a DIY Bride.

What was it like pulling off the entire event on your D-day? Tell us about the butterflies in your tummy.

It was great! We enjoyed ourselves very much especially in the morning when the groom had to pick up the bride from

both inserted our rings on the wrong finger (hahaha).

What does it feel like to sit back and flip through candid moments and watch your dream become a reality?

I didn't want it to end and looking back at the photos, I felt everything happened so fast! I wish to have another wedding with my husband again!

Is there any one instance or experience you would like to share as a highlight of your wedding?

During our thank you speech! My husband surprised me by kneeling down to show his love and appreciation to me. I was speechless and touched of course!

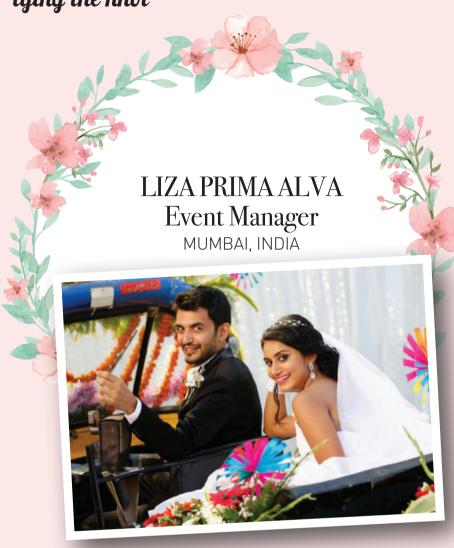
If you were to hold your wedding with your husband again, would you change anything?

Yes, I'd like to change the way we handled the faulty safety box in our bridal suite. We shouldn't have agreed to change to a smaller room as recommended by the duty manager. It was a disaster and ruined our mood for the wedding dinner. To make it worse, the air conditioner was not working in the smaller room.

How is married life so far? Do share some useful tips for the brides-to-be with us!

Great blessing! I'm grateful to marry such a wonderful person. The most useful tip: find a man who loves you most and everything will turn out fine. W





iza may be petite, but she's not someone you can underestimate. She's a bold girl who took her daddy's place in managing the household while he was away working in the Gulf for a living. She met her husband (Rishikesh Pandya) at work where their romance blossomed amidst all odds.

Liza has been very flamboyant in every aspect of her life and is gifted with a creative mind. She was certainly not going to let an occasion like her wedding pass by meekly, not when she could do it with pomp and show. Putting her events management expertise to good use, Liza pulled off a grand Indian wedding that was no less than a glamorous Bollywood production.

You were the bride and wedding planner, how did you manage to pull off a beautiful show?

This was only possible because my husband and I are from the same field (event management) and he gave me tremendous support. When I was busy at work or caught up with a commitment, I would give him a gist of what needs to be done and he would take it from there. Coordination, being in sync with my partner, and knowing the goals are what made things a lot easier.

Why did you decide to be your own wedding planner, when you could have let someone else take charge? After all, being a bride is all about being pampered, isn't it?

Weddings have always interested me and they're the main reason I got into events. My husband and I always planned and coordinated an event based on the client's taste. But this time, for once, I had the liberty to do everything exactly the way I wanted.

Giving someone else the lead to plan my wedding was like giving away all the fun and memories that were to follow. For me, it was exciting doing the whole planning and execution. The entire process was a great stress buster as well; because it was something I loved

Moreover, we (the couple) became stronger through this activity and our families bonded too.

What inspired you to go unique while planning your wedding?

When I create an event proposal for my clients, a lot of ideas were rejected. But here, I was getting a chance to go wild with my ideas, and for once, I didn't have to worry about rejected ideas. People around us set very high expectations for us, as we were both event managers. That was what pushed us to do something out of the ordinary.

What helped you decide on the venue?

In Mumbai, every wedding venue has their own list of decorators and caterers, and if I were to choose one of them, I would be limited by the vendors' package. My goal was to zero in on a place that would give me ample space and scope to execute our designs. Of course, we took other important factors into consideration like the following:

- Size of the venue so it could accommodate our concept
- Convenience for my guests to reach the venue during peak hours or if they needed to leave early
- Venue's accessibility for easy transportation and whether it could accommodate if the party ran overtime
- Parking facilities around the venue



What was your experience shopping for the wedding, from clothes to venue makeover?

Since wedding shopping involves feedback as well as consent from both families, weekends were the only time we could spare for our wedding shopping. Taking into account everybody's point of view meant that the shopping was a tedious and lengthy process as well.

At times, we were so overwhelmed that we turned down many suggestions, even if it sounded rude. Our families were very supportive and this relaxed the situation to a great extent. It is best that the bride and groom take all the major decisions and leave only simple tasks to the support system (family and friends).

How did you manage the mega budget?

To keep the budget under control, we divided our expense list into Must, Maybe and Not So Important categories. For example, the DJ, lights and Emcee were in the 'Must' category while a Live band and an LED dance floor were in the

'Maybe' category and a song written and sung by professionals for our first dance were in the 'Not So Important' category.

When it comes to weddings, some people go overboard because of the 'you only marry once' concept. Categorising our list helped us sort out the expense and gave us a direction to work. If we were going overboard, we skipped the 'not so important' tasks and added them in if there was time and money left after the essentials were attended to.

It is always advisable to take multiple quotes (ballpark figure) before taking a final decision. This may be time consuming, but it also gives you multiple choices and helps you save a lot of money.

What was it like pulling off the entire event on your D-day?

It was tiring. This is one place where we went wrong in our planning. Instead of handing over all duties of the D-day to someone who would manage the tasks on our behalf, we chose to co-ordinate it ourselves.

While other brides and grooms we've known made sure they got their beauty sleep before the wedding, we were at the venue doing last minute arrangements. I would never advise anyone to get involved in coordinating the event while they're the focus of it, especially an event like your wedding. On your D-day, just be the bride and let someone else take charge.

Is there any one instance or experience you would like to share as a highlight of your wedding?

We had planned an auto rickshaw (tuktuk) entry for the bride and groom. Just four hours before the wedding ceremonies were to start, the auto driver backed off leaving us in a soup. My husband, who knew how keen I was about this unique entry, made sure an alternative was arranged for, without involving me in the stress at all.

In just a couple of hours, the rickshaw was painted, polished and decorated, all under the supervision of my husband, who was actually supposed to dress up and calm down before the show. All these, just to make sure the smile on my face does not fade away. This effort is one of the few things that will always make me feel special. **W**



ilian is a jolly good soul with a very composed persona. She is the Editor of LiveWell Baby and has been doing an amazing job so far. Lilian is also our most recent bride as she married her husband (Malcom Lee) in September 2015. Theirs is an Internet love story, so girls thronging popular matchmaking sites in hope of love can see light in her story.

A little birdie tells me that Lilian is also a shopaholic. She becomes a tenyear-old when she spots any shopping arena. So without doubt, there were loads of shopping for her wedding, some of which even happened in Thailand.

She believes in keeping life simple and least complicated, something that was reflected in her wedding plan.
So brides-to-be, if you're looking for something modest, Lilian's story may interest you.

Where did you plan the nuptials and reception? What drove you to choose these wedding venues?

Our solemnisation was at the church I normally attend and the evening banquet was at Peony Jade (Keppel Club) on the same day. I chose the church because that is where I've been attending services since young so it was natural that I should get married there.



As for the banquet venue, I had long decided upon it because I wanted my guests to enjoy good food without the final bill going out of budget. According to my research, the reviews for this restaurant have always been good so we decided to go ahead with it without checking out other venues.

You went to Bangkok for a part of your wedding shopping? Why Bangkok? How was the shopping experience?

Everyone tells me that shopping there is cheap so I decided to book a trip with my friend to see what the fuss was all about. I didn't really expect myself to be able to buy anything because according to my research, the clothing sizes tend to be on the smaller side.

When I reached there, I was totally blown away. I practically completed my wedding shopping there because the clothes and accessories there are so affordable! I had planned to get a vest and bow ties for my fiancé, and I managed to get them at a fraction of the prices in Singapore.

Bangkok has a lot of classy evening gowns at the Platinum Mall too, so try checking that place out if you are a budget conscious bride. You might just return home with a gleeful glint in your eyes like me.

How did you plan to put up a simple show: the venue decorations, your bridesmaid/best man's clothes, etc.?

The venue decorations were taken care of by the restaurant and as for the bridesmaids' dresses, I went shopping with them to pick out a dress. Thankfully, we managed to find what we wanted in City Plaza. I even found my evening dress at the same shop for a very affordable tune too. Talk about luck! Nothing like a good bargain to set my adrenalin pumping.

The groomsmen had it simpler; all they had to do was wear a pink shirt and

put on that fantastically cheap but good quality tie I bought for them at Chatuchak Market.

You are a person with loads of DIY ideas. What were the DIY ideas you applied for your wedding?

I love DIY, but I have clumsy fingers so I didn't try any DIY for the wedding. I originally wanted to do a pair of topiaries for the church wedding, but I figured I was too much of a klutz (and lazybum) to actually succeed so I shelved the plan.

What I did instead was take unconventional options to spice up my wedding. For instance, I ordered my bridal bouquet from Etsy because I didn't want to run the risk of real flowers wilting on the day of my wedding. Can you imagine the trauma?

How do you envision yourself as a bride: a DIY, a Bridezilla, or a Princess?

I didn't want a cookie-cutter wedding so I did a lot of research on how I can make my wedding look slightly different without bursting the bank account. Pinterest and Etsy have plenty of lovely ideas, but sometimes they can be expensive so I often have to do more research on where I can get similar but cheaper options. Like I said, I'm a big fan of bargains.

So, maybe I'm more of a bargainzilla bride?

Any bride-ly advises for the soon-to-be brides?

Prepare an emergency kit. Something will and can go wrong on your big day, so prepare for the worst that can happen! I made out a long list, but here are some items you can consider throwing into the kit:

- Facial oil blotters
- Mini sewing kit
- Mini first aid kit (with aspirins)
- A bottle of water/snacks (for thirsty and hungry brides)
- Power banks/phone chargers

- Sanitary pads/panty liners (for sweaty situations!)
- Tissue paper/wet wipes/stain remover pens
- Straws (so you won't smudge your lipstick)

Insect repel sprays are especially important if you plan on holding an outdoor or beach wedding. But at the end of the day, try to relax and let things flow. If possible, don't stress over small little details that people won't notice but just have fun!

Finally, through all the hectic preparations, was there a special moment you remember and like to share with us?

I'm grateful to my husband for going along with whatever I had planned for the wedding day and photoshoot. On a usual day, he would be dragging his feet but he actually went through the entire outdoor photoshoot without making a single complaint—I consider that an achievement unlocked. Haha.

We also had a funny moment during the photoshoot when one of my helpers' hair got caught in my mini fan while trying to cool me down. That convinced me more than ever that I had to have an emergency bag with all the works (scissors are a must) on the actual day itself! W



Guide to CREDIT CARDS for your Wedding

USING A CREDIT CARD TO PAY FOR YOUR WEDDING **FXPFNSFS MAY SFFM LIKE** MADNESS: BUT WITH SOME STRATEGIC SPENDING AND THE RIGHT CARD, YOU MAY END UP WITH MORE BENEFITS AND **BARGAINS THAN** YOU PREVIOUSLY THOUGHT POSSIBLE. **NAOMI JOSEPH** SHORTLISTS THE **5 CARDS THAT** MAY HELP EASE THE IMPENDING FINANCIAL BURDEN.

our wedding may only last a day but the memories will last a lifetime.

Most girls – and some boys – have dreamed about the exact way the day should be like; from the venue and food catering, right down to the colour scheme of the napkins. However, sometimes the ideal you've constructed is not within your means and you find yourself scraping together a cut-price version of the original.

That may not have to be the case, if you have the right credit card.

When you fully understand the terms and conditions, using a credit card wisely and strategically can actually save you money in the long run. The reason for this is simple: banks offer a whole host of privileges that can be anything from vendor discounts to cash rebates on the down payment for your dinner banquet.

Of course, at the end of the day, you can't just depend solely on credit cards to achieve your fairy-tale wedding. A certain amount of monetary responsibility is still vital to keep your finances afloat. If you think you can do that without racking up a huge mountain of debts, here are 5 credit cards that could help offset some of the wedding costs.



| | | WHY IT'S GOOD | This card has 0% instalment payment plan, which offers interest-free instalment payments of up to 36 months at over 4000 participating merchants. These include luxury brands like Larry Jewelry and The Hour Glass, which will come in useful if you have yet to purchase your engagement rings or betrothal gifts. | With this card you can enjoy 0.25% cashback on all retail purchases and 5% cashback on online shipping charges. This will be helpful with the small things like favours or wedding invites. You can also access a series of discounts and perks at various travel websites, such as 5% cash back for flight and hotel bookings at Expedia, and complimentary travel insurance from AIG. These deals are time restricted, so check that you are eligible. | The introductory offer of 5% cashback in the first three months allows you to strike big ticket wedding items like the dress, diamond engagement rings or cake off your list so that's one big load off your shoulders. There are also exclusive travel deals when you book with the card, including 12% savings at participating hotels and 2% rebate on all flight bookings with JUJ Singapore. If the travel dates are within the validity period, you can book your honeymoon or overseas photoshoot destinations conveniently. | What this card is really good for is travel. With the money you are spending, you'll rack up a lot of miles and be able to pay for - or at least a large chunk of - the honeymoon of your dreams. Citi Miles are transferrable to a variety of hotels and airlines, including Six Senses Spas and Resorts, Emirates, and United Airlines. Then, you'll be able to travel in style, with your card granting you VIP access in over 600 airport lounges as well as fast track immigration clearance. Plus, you don't have to fret over not changing enough money because of the worldwide cash withdrawal privilege that lets you get instant cash advances of up to 100% of your credit limit, from over 500,000 Visa PLUS ATMs whenever you travel. | Similar to the American Express® True Cashback Card, the amount of rebate earned depends on how much was spent. Just as long as you use your card successfully every month to pay for a minimum of 3 purchases with a combined minimum spend of \$500 to \$2000, you can enjoy a quarterly cash rebate that ranges from \$50 to 300. This is useful for couples that have recurring wedding bills to pay as it helps shave the top off your expenditure. Also, there are 0% instalment payment plans that offer interest-free instalment payments at Gain City, which is good news for new homeowners. |
|--|-----------------------|-----------------|--|---|--|--|--|
| | | REBATES | Earn SMART\$ rebate at participating merchants all-year round including Air Asia, Caltex, The Ultimate Spa, Tissot, and Winter Time | Up to 20.88% and 20.8% savings at Esso and Shell respectively, as well as up to 8% cashback at all other fuel stations. 8% cashback on all dining spend globally 8% cashback at all supermarkets and grocery stores worldwide | 1.5% cashback on any purchase you make, with no minimum spending 5% cashback for the first 3 months (cap of \$5,000 spend) | \$1 = 1.2 Citi Miles (Local spend) while \$1 = 2 Citi Miles (Overseas spend in foreign currency) Receive 10,000 bonus Citi Miles upon annual membership renewal. Plus, these miles never expire Up to 10% rebate at over 700 merchant outlets including Burger King, Cold Storage, Shell, and Starbucks Get 5% cashback on shipping charges when you shop online | 3.33% in cash rebates per quarter with min. \$500 or \$1000 spent every month, and 5% for spending \$2000 every month for 3 consecutive months. Up to 20% SMART\$ rebate at over 800 participating outlets |
| | | SUPPLEMENTARY | \$96.30 (1st card is free, 2nd card is free for the first year only) | \$96.30 (1st and 2nd cards are free for the first year only) | \$85.60 (for each subsequent card after the 2nd. The first 2 cards fee are permanently waived) | Complimentary | \$64.20 (for 2nd card onwards; 1st card free |
| | ANNUAL FEE | PRINCIPLE | \$192.60 (1st year card fee waived) | \$193 | \$171.20 (1st year card fee waived) | \$192.60 | \$128.40 (1st year card fee waiver) |
| | | AGE | 21 years old and above | 21 years old and above | years old | 21 years old and above | 18 years old and above |
| | COME | NON-SINGAPOREAN | \$40,000 | \$42,000 | \$60,000 \ | N/A A | \$40,000 |
| | MINIMUM ANNUAL INCOME | SINGAPOREAN | \$30,000 | \$30,000 | >\$30,000 | \$50,000 | \$30,000 |
| | | CREDIT CARD | UOB PREFERRED PLATINUM VISA CARD | CARD | AMERICAN EXPRESS® TRUE CASHBACK CARD | CITI PREMIERMILES VISA CARD | UOB One Card |



FLAVOUR.

FORGET ABOUT TRADITIONS, DO SOMETHING USEFUL AND MEMORABLE FOR YOUR WEDDING GUESTS. WITH THIS GUIDE, YOU WILL NEVER HAVE TO GIVE THEM ANOTHER SMALL BOX OF CHOCOLATES AGAIN.

rom designing invitations to choosing the décor and finalising nitty-gritty details like wedding favours, planning a wedding is no easy

Speaking of wedding favours; it's so easy to give this task to someone else, but it will also mean that your special wedding memento will lack a personal touch. Why not send your quests home with a special treat that will make them think twice about throwing it away?

Here are a few wedding favour suggestions that are really fun to make and actually useful.

Punny Wedding Favours

Match Made in Heaven

Nothing like the good old traditional way of starting a fire. Matchboxes don't come by easily these days so this favour will definitely come in handy - think birthday candles. If you feel that it might be too dangerous to give as a gift, store something else inside, like a couple of small wooden clothespins. You can take the pun further by including punny pictures that 'go together', like an apple and a pie, French fries and ketchup. Use this to encourage interaction between your quests by asking them to find their 'match'. It will serve as a great! conversation starter!



Pack an assortment of you and your husband's favourite tea leaves in little glass jars. Add a personalised touch by writing a description of why the flavour is extra special to the both of you. It could be something comical like 'For Valentine's day in 2011, my then-boyfriend got me a pack of rose tea because he thought roses were too cliché'. If tea isn't your thing, perhaps some coffee beans instead?



Sticking With You

Be the sweetest hosts ever by gifting your guests a jar of honey or jam. These can last a long time in the cupboard shelves. If you have some time and are the DIY sort of person, prepare a large batch of homemade jam, scoop them into each jar, and attach a cute cloth over the lid of the jar.

Reusable Wedding Favours

Wooden Spoon

Because why not? Spoons are, without a doubt, practical and your guests will appreciate this useful addition to their cutlery collection. Add a personal touch to it by carving a message at the handle of the spoon, or tying a ribbon over it and attaching a strip of cute paper with a handwritten message on it.

Stationery

You can be sure all your guests will-use this one. Pack a couple of pens or pencils in a chic looking box and you're all set. If you and your partner feel strongly for a certain charity, include a donation slip with a message about your feelings towards the cause, and encourage them to make a donation.

Box of Mints

After a massive 8-course meal, these will definitely come in handy at the end of all that feasting. It also doubles as a keepsake for your guests to store small knick knacks in there. Tin boxes are a great choice but if you are on a tight budget, paper boxes or well-wrapped plastic ones work just as well. As for the mints, heart-shaped ones will complement the wedding occasion to a tee.

DIY Wedding Favours

Wedding Soundtrack on CD

Fly your guests to the moon by serenading them with your favourite playlist of love songs. Slot a CD into a cardboard paper and include a track list with a brief explanation if you like. Let the first and the last song on the list be you and your husband-to-be's go-to song so it feels extra special.

Patterned Coasters

Coasters are like useful pieces of artwork. Let your imagination runwild and brainstorm what you would like to print or draw on it. Some ideas include pictures of places you've travelled as a couple, cute drawings you did when you were little, or even a thank you speech to your guests. You can also give two or more coasters that when put together, form a bigger picture or a jigsaw puzzle.







Mini Inspirational Book

Everyone needs a little inspiration from time to time. Give your guests a small notebook of famous quotes or quotes that both you and your partner live by. Make it look more presentable by dressing the book up with a neatly tied ribbon.



Minding Your Ps & Qs

EVERYBODY KNOWS THAT FIRST IMPRESSIONS ARE CRUCIAL BECAUSE IT TAKES JUST 7 **SECONDS TO SET** SOMEONE'S OPINION OF YOU IN STONE. BUT FOR EUNICE TAN. INTERNATIONALLY RECOGNISED EXPERT IN PERSONAL **GROOMING AND** BUSINESS ETIQUETTE. THE KEY LIES IN THE COMPLETE PACKAGE: ETIQUETTE, PERSONAL GROOMING, AND RELATIONSHIP BUILDING.



I am an internationally recognised expert in personal grooming, business etiquette, and civility training that focuses on social intelligence. I have been a contributor providing tips for a range of magazines and media outlets. My articles on *Mind Your Body and Mind Your Child's Manners* have been featured in the Sunday Times and Strait Times in Singapore as well.

I am also an author of *Etiquette Plus*, a widely available e-book advising parents on how to raise their children with good manners and social graces. With a passionate, lifelong belief in the power of good manners and the knowledge that positive presentation can affect real changes in a person's work and personal life, my client base includes people of all age groups and professions. This includes students, retirees, stay-at-home mothers, corporate executives, and media giants.

I am personally coached and mentored by Lew Bayer of Civility Experts Worldwide in delivering civility training for children, adults, and organisations. In 2009, I became one of only eight Master Certified Civility Trainers in the world. I was recently awarded Culture Coach® status by the Center for Organisational Cultural Competence and in November 2014, based on my achievements as a mentor in cultural competence and Master Civility Trainer, I was elected to the 2016 Certification Board for International Civility Trainers' Consortium.

Among my most popular Train-the-Trainer courses are Children's Character, Confidence, and Courtesy Coach® and Elite Certified Etiquette Professional®. I have trained many successful people in Singapore, Malaysia, India, Indonesia, China and Hong Kong in building their children and adult etiquette businesses.

I believe it is my expertise and commitment to personal grooming, relationship building, and business etiquette that has underpinned my growing recognition as an Elite Certified Trainer and credentialed expert in my field.

WHAT DO YOU THINK HAS BEEN THE MOST SIGNIFICANT BARRIER FOR YOU SO FAR?

As most women in business might attest, balance is a constant struggle. But since the beginning I made a conscious decision to put my family first and my business second. I take care of my family myself without a maid, so I have to plan my time and schedule wisely. My husband travels a lot too so I have to make sure I am there for my daughter when she needs me. For me, spending quality time with my family is extremely important.

Another barrier that I faced in the beginning was having no experience in business, and none of my family members and friends was an entrepreneur. I was fearful, worried, excited, and hopeful all at the same time. Starting my business was not easy—the learning curve was extremely difficult.

I had people telling me they would not sign up for my training programmes and consultations because my company was new. I felt sad, but did not let this discourage me. I strongly believe in Steven Covey's 90/10 principle and this became my personal guiding principle. So what is this principle?

10% of life is made up of what happens to us. 90% of life is decided by how we react. What does this mean? This means that we really have no control over 10 percent of what happens to us. However, we can control the 90 percent, which is by our reaction. So for me, instead of feeling sad and worried, I used my time and energy to find new business opportunities. I started calling companies and telling them that I would like to conduct training for their employees. My perseverance paid off when I was given the opportunity to conduct training for some of the organisations.

Now I'm moving forward with MED-LINE™ Singapore, but as we are still very new to the market, I have to start building this new business from scratch since no one has heard of MED-LINE™ yet. It is

TELL US A LITTLE BIT ABOUT YOURSELF.

Before I established my first company, I was a flight attendant with Singapore Airlines for about 9 years. In 2006 after I was certified as an Image consultant and as a professional make-up artist, I launched my first company called Image Flair Academy of Modern Etiquette (www. ImageFlair.com.sg).

In 2013, I launched my second company, called Etiquette Plus Academy (www. etiquetteplusacademy.com) focusing on teaching children's character, confidence and courtesy for age 3 to 12 years old. In 2014, I partnered with my sister, Joyce Tan, to start a skincare company called *M & O SkinCo* (www.MOSkinCo.com); we are the official dealers of Korean brand skincare range products called *MED-LINETM*.

woman of note

not easy and will take lot of hard work. However, I am confident that as long as we are passionate in doing our jobs and being proactive, we will succeed and we are also thankful to all our customers and friends for their support.

ON TOP OF BEING ONE OF 8 MASTER CERTIFIED CIVILITY TRAINERS IN THE WORLD, YOU HAVE ALSO LAUNCHED A LINE OF BEAUTY PRODUCTS THAT DOESN'T CONTAIN 7 HARMFUL TOXINS LIKE SYNTHETIC FRAGRANCES, WHY MADE YOU DECIDE TO TAKE SUCH A STEP?

When I conduct school/corporate trainings or Train the Train-the Trainer programmes, I have trainees/participants asking me to advise them on the best skincare products to use. My daughter also had hypersensitive skin. I bought many products in the market for her but my daughter could not use it as her face will have rashes or become itchy due to her sensitive skin and eczema.

As a parent, I want to make sure the skincare products that my family uses are safe from all toxins and effective because the products that we use will go through our bloodstream. So I began to search online for toxin free skincare products for my family as well as for my trainees.

In July last year, I chanced upon MED-LINE™, a range of skincare products manufactured in Korea. Personally I love Korean skincare products and what attracted me to MED-LINE™ were the principals of the MED-LINE™ philosophy. All products are free from the 7 harmful toxins, are not tested on animals, are not genetically modified, and are free from animal by-products.

Best of all, these products are suitable for all skin types, especially sensitive or inflamed skin. Our products can be safely used by people suffering from Rosacea, Eczema or Psoriasis, and can be used on children/young adults or on those recovering from an illness, or have undergone post-radiation therapy or are immunocompromised due to any reason.

I contacted MED-LINETM and asked them to send me the samples. I tried the products myself and passed another set to my sister who suffered from hypersensitive skin and eczema. She had been trying other treatments but nothing worked. After trying MED-LINETM, the results were fantastic. My sister has had no reaction to the products. No itches or rashes. So in November last year, we made a trip to Korea and we purchased the rights for the dealership in Singapore.

M & O SkinCo is also responsible for the wholesale, retail, re-sale, and

distributorship of the MED-LINETM range. One interesting tie-in with the cosmetics line to the other work I do is that when we talk about civility—a big part of it is about the power to choose; to choose how to live, how to be with others and also how to be kind to ourselves.

Part of being your best is taking care of your health and making choices based on your values. The organisational values of MED-LINE™ match the civility and etiquette values where we teach self-respect, and respect for others, care for our environment, and kindness for all living things. It has been amazing for me because all of my interests and professional pursuits are aligned with my personal values and in living my values, I have found success.

WHAT DOES LIVING WELL MEAN TO YOU?

To me, living well means spending quality time with my loved ones and doing what I love. It is also important that while I pursue my dreams and goals, I show respect to others and I don't believe I am living well if I am sacrificing my health or achieving my goals at the expense of my self-respect. I think every person has to define success for him/herself. But for me, living well is balance-balance and living your values. And living this way makes me happy.



"As a parent, I want to make sure the skincare products that my family uses are safe from all toxins and effective because the products that we use will go through our bloodstream."



The 1st person has got to be my mum. My mum has inspired me to be grateful for every day and to put family first, and that hard work has its rewards. My mother was stoic and never gave up, she worked extremely hard to provide for us and she made many personal sacrifices.

My father passed away when I was 2 years old and my mum singlehandedly brought me and my 2 elder sisters up. It was not easy for her to take care of 3 children and to make sure we completed our studies. Luckily we had our grandmother to help take care of us while she went to work. I can see that my mother had gotten her strength from my grandmother. They were both committed to the family, and are devoted to my siblings and I. Every day I am grateful for the gift of having both of them in my life.

The 2nd person who inspired me came about when my daughter was born. The birth of my beautiful daughter was the first of many gifts I've experienced in my life and career. In seeing the world through her eyes, and in imagining all the possibilities that lay before her, I was given the gift of courage to pursue my personal dream of owning a business in fashion, social graces, and beauty, all of which had been interests of

mine for a long time.

The 3rd person has to be Lew Bayer, President of Civility Experts Worldwide, who is my mentor and has grown a business that started out just like my etiquette training business. She now has 67 affiliates in 30 countries around the world. She constantly guides and motivates me to do well in my business.

WHAT KIND OF POSITIVE IMPACT DO YOU THINK YOU HAVE MADE ON YOUR PEERS AND SOCIETY SO FAR?

One of the important things I've learned from my mentor, Lew, is that mentorship is a gift that others give you. Each of us has something of value to offer and we have to learn to embrace and acknowledge our own value and not discredit ourselves. It's truly a privilege to have an opportunity to share with others and so now I am proud to be a mentor who trains and helps others start and build successful businesses. I am inspired by each of them, their courage, and their sacrifices as well.

In addition, most of my family members, friends and past colleagues in the airline industry were both surprised and proud of me when they learned I had started a business, because they knew me as a guiet person and didn't imagine me as a risk taker. They saw how I started my company without

> any business knowledge and when I went on to run three businesses, they tell me I inspire them to take risks and follow their dreams as well.

As I mentioned earlier, one important lesson I learned on my journey is that every day we have the gift of choice—each of us has the power to choose our path, we each have within us what we need to succeed, we just need to choose to listen to our hearts. We need to surround ourselves with people who are optimistic, and forward thinking, and who are not afraid to make a

few mistakes or to ask for help along the way.

I also trained many young children in social graces, which builds up their confidence. When their parents share with me how their children have showed improvements in their behaviours, are getting along with their friends and family members, and that the children miss me so much and want to come back for more training, I am humbled and proud. Fostering confidence and building self-esteem can have a tremendous gift and so knowing that I can help people of all ages makes me feel happier and more confident. This is what makes my work worthwhile. W

BETH GREER:

Writing The Super Natural Life

BETH GREER: FOR MANY PEOPLE. A **CANCER DIAGNOSIS** IS A WAKE-UP CALL, IT WAS NO DIFFERENT FOR BETH GREER, AN AWARD-WINNING **JOURNALIST AND** THE AUTHOR OF SUPER NATURAL HOME. INSTEAD OF TAKING HER DOCTORS' **SUGGESTIONS** TO REMOVE THE TUMOUR FROM HER CHEST SURGICALLY, BETH OPTED TO DO IT THE ORGANIC WAY BY REWRITING THE WAY SHE LIVES HER EVERYDAY LIFE.



WHAT WAS YOUR FIRST THOUGHT WHEN YOU WERE FIRST DIAGNOSED WITH A TUMOUR THE SIZE OF A TENNIS BALL IN YOUR CHEST?

I was terrified. I started to cry and tremble. I couldn't believe what I was hearing from the doctor. What me? I was a healthy person! I didn't smoke, rarely drank and I ate fruits and vegetables! I exercised and I even had a daily meditation practice. This can't be happening to me...I'm doing everything right!

WHAT CONVINCED YOU THAT THE PRODUCTS

YOU WERE USING HAD CONTRIBUTED TO THE ABNORMAL GROWTH?

I knew that there wasn't a genetic link to the tumour...no one in my family had anything like this. I also saw that after changing to all natural products, the tumour disappeared.

YOU DECIDED TO GO FOR A DETOX AT THE OPTIMUM HEALTH INSTITUTE INSTEAD OF IMMEDIATE SURGERY, WHAT INFLUENCED YOUR DECISION BACK THEN?

"I was able to connect the dots between the toxins in my home, and my health. I saw that creating a safe haven at home actually boosts immunity, and improves health, wellbeing and might actually heal disease!"

I instinctively knew I had to take charge of my own health. But how? The pain was so severe that I needed pain pills during the day and sleeping pills at night. I couldn't find a comfortable way to sleep without knocking myself out.

A friend told me about the Optimum Health Institute in San Diego, CA, where you eat raw food, drink wheat grass juice and do internal cleansing and juice fasting. There, I learned about nutrition and how the body is a self-healing organism, and if you don't gunk it up with bad food and stress and other toxins, it will heal itself.

After just 4 days on their programme, I noticed the pain was diminishing. When I got back home, I told my husband Stephen that I wanted to continue eating raw, organic fruits and vegetables and he supported me in that. I expanded my cleanse from the inside out. I became conscious not only of what I put IN my body, but ON my body and what SURROUNDED my body as well.

YOU WROTE SUPER NATURAL HOME AFTER YOU SUCCESSFULLY ELIMINATED THE TUMOUR IN YOUR CHEST THROUGH A CLEANER AND MORE SIMPLIFIED LIVING. WHAT INSPIRED YOU TO WRITE A BOOK ON THE TOPIC?

I saw that five months after switching to pure, organic, real food, non-toxic household cleansers, natural makeup, and a non-toxic natural mattress, the pain was gone. I had another scan and the tumour hadn't just shrunk...it had actually disappeared!

I then became dedicated to

researching the link between environmental toxins and health. I learned how to make my home environment a safe haven by eliminating toxins in my everyday products—from my food and water, to the products I used on my skin and those I used to clean my home. That experience was life changing for me!

I discovered that what I ate, drank, put on my skin and cleaned with had a profound impact on my health. I was able to connect the dots between the toxins in my home, and my health. I saw that creating a safe haven at home actually boosts immunity, and improves health, well being and might actually heal disease! I wrote "Super Natural Home" to share with others ways to improve their health by changing their home environment

WHAT DOES LIVING WELL TO YOU MEAN?

Living well means living a natural, non-toxic lifestyle...as close to nature as possible. What and how we eat, chemicals in our household and personal products, plastics, and the quality of air, both indoors and outdoors, have the potential to speak to our genes and alter their expression, interfering with our hormones, immune systems and brain function. This is true for all of us: adults, infants and children, as well as babies in utero.

Start by doing the following:

- Eat organic or pesticide-free foods whenever possible.
- Read labels and avoid food additives, especially artificial colours.
- Use natural, chemical-free body care products and cosmetics with the fewest and safest ingredients.
- Be cautious of air fresheners and products with "fragrance".

- Clean your house with non-toxic natural cleaning products.
- Sleep on a mattress made from untreated, non-toxic natural materials.
- Eliminate electromagnetic fields at home

HOW, IN YOUR OPINION, CAN THE WOMEN OF TODAY LIVE WELL?

Your health starts in your home. If you want to get healthy and stay healthy, begin by taking small steps to make your home toxin-free. It's really pretty simple. Start by first becoming aware of what goes IN you, ON you, and SURROUNDS you.

Why? Because on an average day, you are exposed to hundreds of untested chemicals from the additives in your food and personal care products to things you come in contact with like your mattress, household cleaning products or even your non-stick pots and pans.

While chemicals in any one product are unlikely to cause harm, here's the bottom line: We are repeatedly exposed to synthetic chemicals from many sources each day. So even small changes, like switching to a non-toxic deodorant or unscented shampoo, or avoiding plastics which mess with your hormones, might make a big difference in your health.

ANY FINAL WORDS YOU'LL LIKE TO LEAVE FOR OUR READERS?

Don't wait until you get sick to make changes in your life. Today there are lots of safe alternatives to choose from. Not only will you be healthier and have more vitality, you'll be greening your home in the process which in turn will also help create a healthier planet! W

FAITH CHNG:

Where Joy Begins

REMEMBER HOW ALL WORK AND NO PLAY MAKES JACK A DULL BOY? WELL. FOR FAITH CHNG, DIRECTOR OF FUNGGIGGLES, PLAY IS WHAT MAKES THE WORLD A BETTER PLACE AND SHE WANTS TO SPREAD THAT MESSAGE OF LOVE THROUGH AN INDOOR PLAYGROUND **CONCEPT AT 87 MARINE PARADE CENTRAL** THAT HAS WON MANY RAVE REVIEWS FROM PARENTS, KIDS, AND SPECIALLY, CHILDREN WITH SPECIAL NEEDS.



I had been in the financial industry before I started Fun@Giggles.

HOW HAS FUNGGIGGLES CHANGED YOUR LIFE SINCE YOU FIRST **STARTED IT?**

Through Fun@Giggles, I learnt a lot of life skills such as communication with customers, staff members, and business partners, as well as the art of business management, and the importance of working as a team. In addition, I have to assess every situation as a whole and look at the big picture with my company's interest as the top priority.

I have also learnt to handle every situation with a calm and peaceful mind focusing on the positive end result that I want at the end of the day. I have found my true passion and know what I truly love after I have entered the business. It reinforces my passion for children and

my dream to create a play environment for inclusiveness.

WHO IS YOUR INSPIRATION WHEN IT **COMES TO ACHIEVING** YOUR GOALS? WHY?

The joy and happiness that I can give to the children is my inspiration, especially those who have special needs. I believe that all children should be accepted in society and have the opportunity of play in their childhood.

HOW HAVE THE CHALLENGES IN YOUR LIFE STRENGTHENED YOUR RESOLVE TO DO WELL IN LIFE?

I believe nothing is impossible. With the right attitude, mindset and method, we can then face all the challenges that are in our lives. It is important to have a clear vision so we know what is our purpose in life to keep growing and moving forward.



HAS RUNNING YOUR OWN BUSINESS, AT ANY POINT, MADE YOU FEEL LIKE GIVING UP? WHAT HELPED YOU TO PERSEVERE IN THE END?

Yes, I wanted to give up due to financial stress, when my partners decided to leave the business. My love for children and dream to create a play environment where normal and special children can play together, however, helped me to persevere. I believe that no child should be deprived of play so I strongly promote inclusive play as well as acceptance of special needs children in society.

AS A SUCCESSFUL FEMALE ENTREPRENEUR, **HOW WOULD YOU ADVISE SOMEONE WHO IS** STARTING A BUSINESS FOR THE VERY FIRST



Proper business planning must be done before you start the business. But most importantly is the passion and belief in your business. For me, it's the passion to make a difference in the lives of children that keeps me going.

I also believe that in any business, besides your customers, your staff members are an important part of the business. That's why the working environment is so important; I treat my staff like my family as every person we meet leaves a footprint in our life. This is a quote I learned from my manager and I truly believe in it. Besides that, I strongly believe that we need to give back to society. So every year, I would do something for charity and it also teaches the children that it is good to give.

HOW DO YOU BALANCE HAVING YOUR OWN BUSINESS WITH A FAMILY ON A DAILY BASIS? Actually I'm a workaholic, I work every day. However I try to make it a point to have personal time over meals with my mum once a month for a mother and daughter bonding session. We do have family gatherings at least once a month with the whole family especially now with a new member in the family who is my nephew.

HOW DO YOU KEEP YOURSELF HEALTHY AND FIT IN THE MIDST OF YOUR BUSY SCHEDULE? ANY SECRET TO SHARE WITH OUR READERS?

By playing with the children at the playground. That's how I keep myself healthy, and I teach special needs children over the weekend by playing with them.

WHAT ARE YOUR FUTURE PLANS FOR

FUNGGIGGLES? HOW DO YOU PLAN TO EXPAND ON THE INDOOR PLAYGROUND CONCEPT?

I want to bring the message of love through Fun@Giggles and this is the place where people will discover their joy regardless of whether they are children or parents. My company slogan "where joy begins" supports this message as well. I want to open another outlet where I can promote inclusive play and hopefully bring the company overseas.

WHAT'S YOUR PHILOSOPHY WHEN IT COMES TO LIVING WELL?

Besides being physically healthy and exercising, it is also very important to be spiritually healthy. That is the reason why I start my day reading the Bible and being positive regardless of my circumstances. It is necessary to start my day on a positive note!





The New Age Career Woman EMCEE SYLVIA

TELL US ABOUT YOURSELF. WHAT IS A TYPICAL DAY FOR YOU?

I emcee for a wide range of events, with a specialty in weddings. I have a soft spot for weddings although I'm not married! (laughs) Many people attribute my success today with my academic background, but it's more than that. My skills are refined from 15 years of hard work. It is practical, on-the-ground experience that sharpened my craft, and defines my career.

A typical day would be packed with emcee assignments. On weekends, I can have up to 5 events/weddings to host. When I'm not on-site, it would be planning, coordinating, and meeting up with my clients. My career is definitely not the ordinary 9-5 office hours, but I like it that way.

WHAT'S YOUR FAVOURITE PART OF **BEING AN EMCEE? WHY?**

It's definitely the satisfaction of seeing your clients and their guests having a great time. Being an emcee is not just making the program run smoothly - it's also to keep the atmosphere alive. Events - especially weddings - are once-ina-lifetime, it is a significant day for my clients. I want to give them a meaningful

memory to cherish for life. That's a greater gift than an ang pow (laughs).

Sometimes, I get calls from to-be brides who want to engage my services. They remember me from their jie mei's weddings because they had so much fun themselves!

HOW DO YOU BALANCE RUNNING A SUCCESSFUL EMCEE BUSINESS WITH **FAMILY LIFE?**

It's really tough juggling career and my family life. Especially true when you have a set of aging parents and when you are the only child in the family. For me, it's all about time management and being flexible. Say if I want to bring my mom and dad for dinner, I would plan it in advance and not take up any work then. Same goes for being in the dating scene! (laugh) If an emergency pops up, you need to weigh your priorities and reschedule prior engagements.

Just like for an event, when you have to juggle program after program and keep within a time limit, life is also about juggling. Over time, you get better at it. I am always on-the-go, but not only with work - also with my parents, my social life, and keeping a healthy lifestyle. Life is most fulfilling when you have time for all aspects of it.

woman of note

WHO OR WHAT INSPIRES YOU? HOW DO YOU INSPIRE OTHERS IN TURN?

My inspirations are my papa and mama. They are ordinary folks who worked hard to provide me with a good education. They are always there supporting me emotionally whenever I need them. My papa and mama are always telling me that I have to do everything to the best of my ability. So I always try to do just that. The other thing that goes with this is to be tough. Never be afraid of failing/falling in whatever you do. Get up and move on when you are done crying!

I love inspiring others, especially young entrepreneurial women. Sharing

with them how I started the business and what kind of ups and downs I went through over the years. You have got to be always thinking, learning and exploring new ventures. Open your mind and your heart in whatever you do. Be sincere. People around you will feel your sincerity.

WHAT ADVICE DO YOU HAVE FOR ASPIRING EMCEES?

If you're a fresh face in the scene, don't turn down small assignments. Everyone starts somewhere. Attend small scale events to hone your craft, and extend your network. When you have ample experience, you will be known through word-of-mouth and get bigger

assignments. Never be arrogant. Treat everybody with sincerity.

Also, remember that your voice and body is your livelihood. As an emcee, you need to constantly have full energy, a sharp mind, and clear voice. So live a healthy life to give your best performance for clients!

Lastly, what does living well mean to you?

Firstly, eat well and keep active!
Health is always foremost. Secondly, take time off to relax and distress, especially if you have a hectic work schedule. Most importantly, spend time with loved ones. No matter how successful your career is, it is necessary to enjoy life to live it to its fullest!





Get Ready for your summer look with Canmake Products!



NEW

血色感 透明感

Mermaid Skin Gel Uv

Powerful yet delectably moist A UV gel that wont let you burn

Matte and Crystal Cheek

Matte or lustrous - It's up to you. Deftly manipulates light, for radient translucent Cheeks



All you need for perfect Eye makeup! Can use it as Eyeshadow Makeup, ၂ Eyebrow & Eyeliner 🥱

Stay on Balm Rouge

A tinted rouge like moisturizing lip balm Protects against the ultraviolent rays that cause dryness, chapping and dullness







CANMAKE **TOKYO**



















Canmake Singapore Distributed by Teeni Enterprise Pte Ltd





IS MASTURBATION
BETTER THAN BEING
WITH HIM IN THE
SACK? AFTER ALL,
A PARTY FOR ONE IS
STILL A PARTY... OR
IS IT NOT? DISCOVER
WHAT HAPPENS
BEHIND CLOSED
DOORS. BY RASHMI
ULLAS

omehow, female masturbation remains a taboo topic in today's society. Most women tend to believe that it is a shameful and wrong thing to do, affecting the way they feel about themselves. But a little self-gratification isn't abnormal or unhealthy. It might be exactly what you need.

MÉNAGE À MOI

Ladies, there is nothing nothing wrong when you feel yourself and find pleasure at the end of it. We don't have to tell the world how awesome our hands can make us feel, but enjoying your own body is no stigma.

IT'S A GREAT STRESS RELIEVER.

Masturbation improves circulation throughout the body and releases endorphins that will pep up your mood.

IT CAN IMPROVE YOUR SEX LIFE.

Masturbation puts you in touch with your body and its desires. It builds confidence and helps you feel more comfortable around your partner, making sex with him exciting rather than awkward.

IT HELPS DEAL WITH
POSTMENOPAUSAL PROBLEMS:

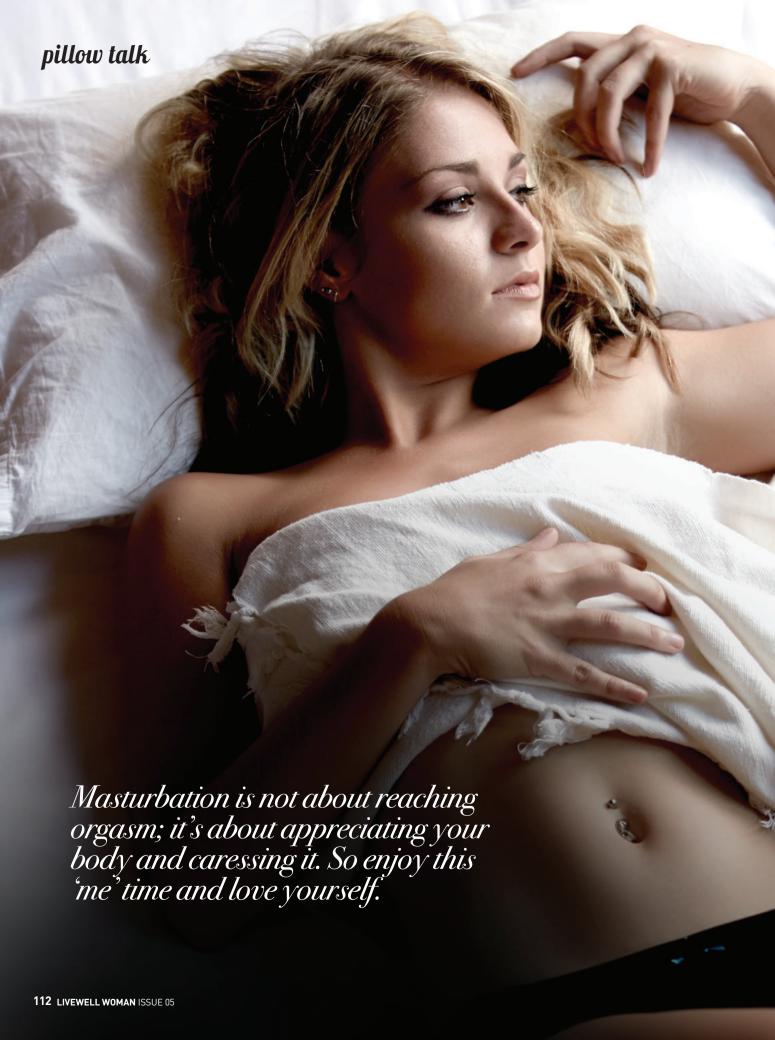
Many women find it difficult to have sex after menopause because their vagina narrows. Masturbating using a water-based lubricant can help reduce vaginal dryness, increase blood flow and sensitivity, as well as relieve moisture-related problems. When all these issues are taken care of, sex can still remain a regular thing even after menopause.

TAKE YOUR TIME

Masturbation is not about reaching orgasm; it's about appreciating your body and caressing it. So enjoy this 'me' time and love yourself.

FIRST, BRING ON THE MOOD: You may like it in the bathtub, on the bed or a comfortable chair. If you get turned on with music, go for it; if you're in love with scented candles, light one. Just choose the best way to get into the mood, because that's when pleasure begins.

KEEP IT PRIVATE: You don't want someone walking in on you while you're making love to yourself right? Keep the doors closed or plan on this session when you're home alone. You may even consider turning your phone on silent mode to ensure absolute privacy.





CHOOSE YOUR ORGASM

There are two ways to reach the big 0 – clitoral and G-spot stimulation.

Clitoral orgasm is easier to achieve and is a good choice if you're a novice. Climax is reached when the clitoris (the small nub of firm skin located above your vagina, concealed under small folds of skin) is stimulated. It gets slightly bigger when you're aroused and is very sensitive, especially after you climax.

For clitoral orgasm, you can rub the clitoris gently with your fingers. It's actually quite sensitive and gets aroused even with indirect stimulation, like massaging around it.

Here are some strokes you can try:

- The diagonal stroke Imagine a clock on your clitoris with the number 12 near your rear. Stroke your clitoris from 1 to 7 (or 11 to 5 if you're a lefty)
- Tease your clitoris by running your fingers in circles around it, without directly touching it
- Start with one finger and continue stroking by increasing the number of fingers to stroke until you involve your entire hand
- Place two fingers on either sides of the clitoris and rub up and down or from side to side
- Tap your clitoris with a finger or two. Keep the touch subtle.
- You can rub your clitoris through your underwear or by pulling your outer labia (lips of the vagina) together and rubbing it through your skin folds.

Hitting the G-spot is a bit tricky because you need to find it first. It's inside your vagina on the front wall and only appears and becomes inflated when you're aroused. It feels rough when you touch (like the top of your palate).

To stimulate it, you need to massage the G-spot in a 'come-hither' way (curved finger, making a gesture of calling someone) or by holding the fingers pressed against it, and moving the rest of your arm up and down. When

you climax at the elusive spot, it truly is overwhelming!

GIVE YOURSELF A HAND

- Flick, rub, massage or blow... masturbation is supposed to be fun.
- Use lubricants for a more pleasurable, sensual experience. You can choose from water-based or oil-based range of lubricants.
- You can also intensify your orgasm with sex toys. There are many of them available in the naughty corners, such as:
 - The finger vibe, bullet or egg vibrators that pack quite a punch on your clitoris in their palm sized design.
 - ◆ The full-size vibrators that come in various shapes and sizes to give you an incredible solo experience.
 - Women swear by the rabbit vibrators that are shaped like bunny ears and can offer clitoris, G-spot and anal play all at once!
 - ◆ The G-spot vibrators are designed to delve deep into the elusive spot to give you the breathtaking – literally – experience.
 - Oral simulators can mimic his tongue's feel and movement so you can enjoy the goodness of oral sex even when alone.
 - ◆ The dildos are there to give you the feel of his penis. Of the many varieties, glass ones are convenient because you can warm or cool for varied experience and also wash them easily.
 - Your girls need to feel loved too, so you have the nipple toys that come in pump, clamp or teaser designs. When the nipples are aroused, the experience is even better!

Like all skills, this one perfects with practice. While we can't guarantee hands can give as much pleasure as a man does or even more, we can tell self-stimulation is a great way for you to relax both emotionally and physically. So, rub it on!

PERFORMANCE ISSUES Explained

FAR FROM THE ROSY YET STEAMING PICTURE THAT ROMANCE NOVELS HAVE PAINTED, SEXUAL DISSATISFACTION IS A COMMON COMPLAINT THAT HAS PLAGUED MANY A RELATIONSHIP. WHILE IT'S NOT EXACTLY A TOPIC YOU'D WANT TO BE DISCUSSING IN PUBLIC, READ ON TO FIND OUT WHAT YOU CAN DO TO MAKE LIFE UNDER THE SHEFTS MORE FULLING FOR BOTH YOU AND YOUR PARTNER.

odern society may have opened up considerably, but talking openly about sex is still considered somewhat taboo. In fact, thanks to the abundance of romance novels and drama serials, people might even be misled into thinking that sex is always hot and sizzling in the bedroom.

Although sex is not necessarily the only thing that defines a successful relationship, the lack of sexual satisfaction could be an indication of deeper issues like depression, stress over sex performance, lack of intimacy, childhood trauma, and poor body image.

Be that as it may, more sex doesn't automatically mean you'd be happier either. The key to romantic and personal happiness, researchers from the University of Toronto Mississauga say, is to remain sexually connected to your partner while still having realistic expectations because many couples have to cope with a hectic life of work and family responsibilities.

So how do you increase your overall sexual satisfaction under the sheets with your partner? We speak with Dr Martha Tara Lee, Clinical Sexologist, to find out the common performance issues and misconceptions that women face in the bedroom.

LWW: IF BOTH PARTNERS ARE EXPERIENCING SEX FOR THE FIRST TIME AFTER GETTING MARRIED, HOW SHOULD THEY GO ABOUT ENSURING SEX IS PLEASURABLE FOR BOTH PARTIES?

MTL: It is a misconception that the penis will glide into the vagina of a virgin like an eel as long as one is sufficiently

aroused. Such beliefs actually set people up for disappointment if sex is awkward or uncomfortable.

It is also a rumour that first-time sex will definitely be very painful.

This creates fear and even phobia of penetration, and can lead to a condition called Vaginismus. Pleasurable sex can only happen when both partners are comfortable with their bodies, including communicating about what feels good, and being willing to explore each other's bodies.

LWW: HOW CAN A WOMAN SEXUALLY STIMULATE HERSELF IF SHE HAS NO PRIOR EXPERIENCE OR DOESN'T EXPERIENCE ANY AROUSAL DURING SEXUAL INTERCOURSE?

MTL: Masturbation is not taught or



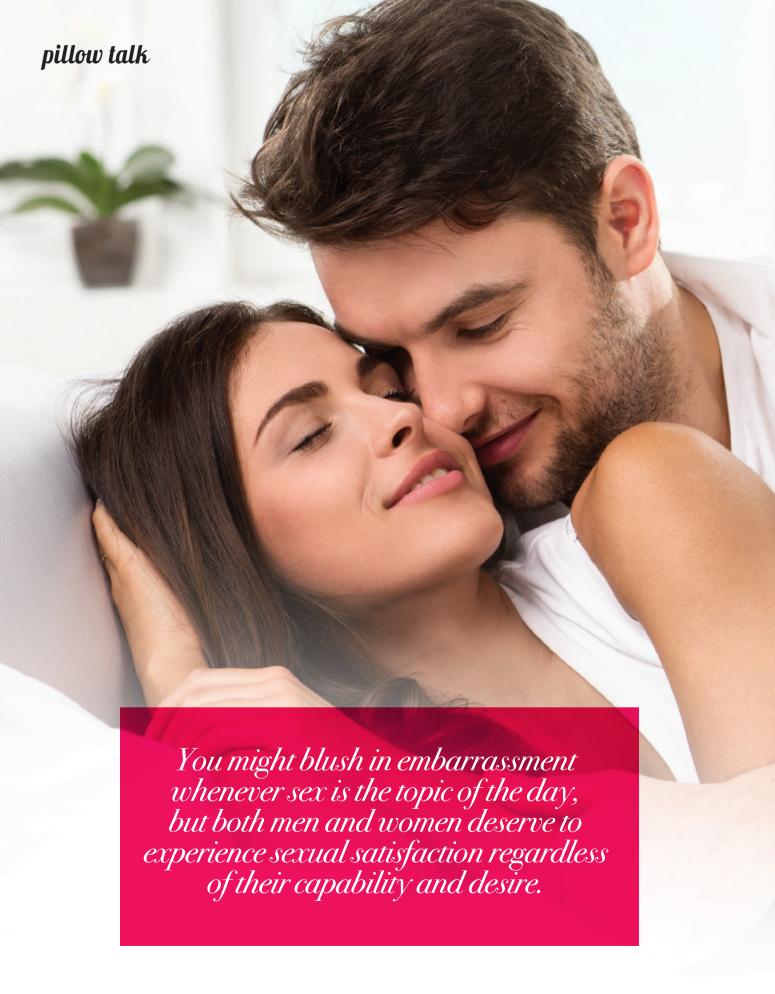
Pleasurable sex can only happen when both partners are comfortable with their bodies, including communicating about what feels good, and being willing to explore each other's bodies.

communicated much in our society. As such, many women feel that they should not be exploring their own bodies. Part of my work involves educating men and women on their sexual responses, including answering questions of how to

FREQUENCY A COMMON PROBLEM? IF SO, WHO **EXPERIENCES IT MORE** OFTEN AND HOW CAN IT BE

MTL: Low sex frequency is linked to low sex drive, which is more often really about sexual desire discrepancy where the male and female have different sexual drives and desires. The lack of sexuality education, comfort and ease with one's sexuality and the expression of it also play a part.

It can be addressed by first going for a hormonal check to rule out any possible physiological causes. If not, then one can benefit by seeking out a helping professional like myself who specialises in sexuality issues.



LWW: IS AN UNCONSUMMATED MARRIAGE A COMMON ISSUE AMONG COUPLES IN SINGAPORE? WHAT DO YOU THINK COULD BE THE REASON AND HOW WOULD YOU ADVISE THE COUPLE?

MTL: Yes, this is the most common issue couples come in to see me for. Again, it is linked to the lack of sexuality education as well as the lack of any honest and open discussions about sexuality. The more informed and equipped we are about sex and sexuality, the more likely we will be able to help positive sexual lives.

I would advise couples who cannot consummate their marriage to not wait till they complete their customary marriage, get, renovate or furnish their flat, but to seek help sooner than later. The longer things drag on, the more tension and the stronger the belief that it is very difficult to consummate their marriage.

HERE IS SOME OF THE TOP PROBLEMS WOMEN FACE:

"There's no sex drive."

Know that you are not alone; this is a common problem women face, even among young adults. There are a few reasons that may explain why you are feeling this way. Stress, fatigue, lack of sleep or depression from different factors in your life may contribute to this. Some types of birth control, hormone changes, medications like antidepressants and medical illnesses are also other potential factors.

Other than these medical related factors, low sexual drive may result from boredom with your usual sexual routines or other priorities like career and children. If you can't seem to pinpoint what is causing it, talk to a gynaecologist or sex therapist.

Tean't orgasm!'

Don't worry if you are just starting out, it takes time to get to know and

explore our bodies. Lack of experience and knowledge, and insufficient stimulation could be reasons why. Other psychological reasons could include past traumatic experience or anxiety and guilt. Express your concerns with your partner and get him to coax you to relax.

Tensing up and feeling uncomfortable during sexual activity is not going to give you the best experience. However, if you are unable to reach orgasm during intercourse, it is perfectly normal! About 75% of women can't achieve it from penetration and about 10% just aren't able to orgasm at all¹. If you feel troubled by it, it would be good to speak to a sex therapist.

'Intercourse is painful.'

There are a number of reasons that could be causing this. Usually, lack of lubrication is the main culprit. If it's your first time, fear of intercourse will only make it worse. An initial phobia that penetration will be painful may lead to tightening of the muscles around the vaginal entrance. Other reasons could be due to conditions like ovarian cysts and scar tissue from an old surgery. Speak to your doctor if the pain is unbearable as it may be a medical condition.

You might blush in embarrassment whenever sex is the topic of the day, but both men and women deserve to experience sexual satisfaction regardless of their capability and desire. In fact, studies have found that healthy people tend to be more sexually satisfied and bodily/psychological issues such as heart disease and anxiety are linked with low levels of satisfaction².

There is no need to feel shy if you think that you cannot measure up to the sizzling levels of activity the heroines in romance novels seem to get into. Be realistic, but seek help or counselling so you, too, can enjoy the immense pleasure and benefits that sex can give you.

LWW: IF ONE PARTNER FEELS THAT SEX IS "DIRTY", HOW DOES HE OR SHE HAVE A SUCCESSFUL SEXUAL RELATIONSHIP WITH THEIR PARTNER?

MTL: I would encourage this person to explore how they came to this belief. Usually our lack of sexuality education really does a number on our sexual attitudes, beliefs and behaviours. This is where coaching comes in.

STAND UP for your life!

HAVE YOU EVER
THOUGHT ABOUT
HOW MUCH TIME
YOU SPEND SITTING
IN A DAY? IT'S A
LOT RIGHT? YOU'RE
PROBABLY SITTING
DOWN RIGHT NOW,
AS YOU READ THIS
ARTICLE.

BY NAOMI JOSEPH

e have become sitters. Our addiction is spurred on by the activities that dominate our lives. From work to home, we city dwellers have made our world a sedentary one. Our lives are spent sitting down, punctuated with short walks that merely take us from one seat to another.

Anything in excess can be harmful to your body, and this is certainly the case for sitting. Some health professionals have said that sitting for five or more hours a day can have the same effect upon your body as smoking over a pack of cigarettes. If you take into account that most office workers the world over sit for up to fifteen hours a day, the amount of harm we are doing to ourselves is outrageous!

THE 'SITTING DISEASE'

Prolonged sitting has distinct physiological effects. Diabetes, obesity, high blood pressure, cancer are only a few on the long list of other illnesses that we have become more susceptible to because of our attraction to chairs.

Diabetes

You've just eaten a delicious meal, sitting down of course, and now you're going back to your desk or couch to sit some more. Doing this reduces the effectiveness of your body's ability to regulate levels of glucose in the blood stream.

When you eat, and then remain inactive, it causes an exaggerated spike in your blood glucose levels that your body can't deal with. This inability to regulate your glucose levels is part of the condition known as metabolic syndrome, a condition that severely heightens your chance of developing Type-2 diabetes.

Obesity

You eat and eat; then you sit and sit some more. When you don't do much else you're taking in more energy through meals than you are expelling through movement and exercise. The energy you don't use is then stored as fat. So, it makes sense that obesity is high in those with sedentary lifestyles.



Heart Conditions

Scientists¹ have found that those who lead sedentary lives have a 125% higher risk of events associated with cardiovascular disease, such as chest pain or heart attack. Yikes!

Cancer

It seems that the longer you sit, the higher your risk. There is convincing evidence that exercise reduces the risk of colon and breast cancer. Studies show that people who lead active lives reduced their risk of contracting breast cancer by 20% or 30%², compared to those who are sedentary. In addition, the more active decreased their risk of colon cancer by 30% or 35% 3 over chronic sitters. These studies have demonstrated that getting up and moving about reduces the presence of C-reactive proteins in the blood stream, which are key indicators of inflammation and therefore, cancer.

LIFE SPAN

With all these health risks increased, it is

implied that allowing your chair to charm you into a sedentary lifestyle increases your risk of dying from any cause by nearly 50%. Death by chair, in the most literal of senses!

WHAT CAN YOU DO ABOUT IT ALL?

If you think that simply going to the gym and exercising for the prescribed 150 hours a week is the answer, you're wrong. Going to the gym barely does anything to counteract the adverse effects of sitting solidly for 10 hours at work or at home. You need to break up your sitting and here are some ways you can do it:

Walk it off

The spikes in glucose levels, which can lead to Type-2 diabetes, can be reduced by almost half if you simply get up. Don't listen to the sweet songs your sofa sings to you and take a leisurely 15-minute walk after a meal. Getting up on your feet, even for a second or two, can help your body handle insulin better.

Every moment counts

Use every opportunity you can to stand up and do exercise. Walk to a colleague's office rather than drop them an email, go to the kitchen to re-hydrate, take the stairs instead of the lift and so on. Don't let your job be your demise. Short breaks of even a minute may just help save your life!

Go all in

For those of you who want to go that extra mile, invest in a nifty piece of furniture and get yourself standing at work. Get a desk that allows you to work both sitting and standing. If you're really willing to splash the cash, then get a treadmill or exercise bike desk. Have walking meetings instead of sitting in a conference room. Then take these practices home and watch TV while on an exercise bike or a treadmill.

Don't be seduced by your seat and stand up for your life! **W**

¹ http://www.mayoclinic.org/healthy-living/adult-health/expert-answers/sitting/faq-20058005

² http://www.webmd.com/cancer/news/20111103/is-sitting-too-long-a-major-cancer-risk

³ Ibid.

PROMOTION



Essential oils have been used for thousands of years in various cultures for medicinal and health purposes, from aromatherapy and household cleaning products to personal beauty care and natural medical treatments.

The particles in essential oils come from distilling or extracting from different parts of plants, including the flowers, leaves, bark, roots, resin and peels - essentially the life-force of the plant. In fact, in ancient times, Jews and Egyptians made essential oils by soaking the plants in oil and then filtering the oil through a linen bag.

The benefits of essential oils come from their antioxidant, antimicrobial and anti-inflammatory properties. These healing oils are rapidly growing in popularity because they act as a natural medicine sans the harmful side effects.

Essential oils are minuscule in molecular size, which means that they are absorbed well by the skin, making them perfect ingredients in personal care items intended to heal, soften, and nourish. Moreover, they do not accumulate in the body over time, unlike some of their chemical counterparts.

Scientific studies have shown that rosemary essential oil helps to stimulate the brain. Simply inhaling rosemary essential oil can help memory recall and performance on tests. This same study



also showed groups that inhaled either rosemary or lavender essential oils felt much more relaxed than those who inhaled no odour at all.

But do bear in mind that fragrance oils and essential oils are not the same thing. As a rule of thumb, if you see the word "fragrance", "fragrance oil" or even "perfume" on any product, you can assume that this is synthetic and not natural. In fact, synthetic fragrances have been shown to have several negative health effects and should therefore be avoided whenever possible.

Most essential oils are high in antibacterial, anti-fungal, and antiviral properties, making them an excellent addition to homemade cleaning preparations. Oils that are best for cleaning are lemon, grapefruit, eucalyptus, peppermint, tea tree, lavender, and rosemary. Here are some great ways to incorporate essential oils into your day-to-day activities:

Toss those commercial vegetable and fruit cleaners. Simply add two drops of pure lemon oil to a large bowl of water and wash your produce in it. It's simple, inexpensive, and safe.

Kitchen smells overwhelming your house? Add a few drops of clove, cinnamon or citrus essential oil to a simmering pan of water to get rid of unpleasant cooking odours. You can save money on commercial air fresheners and perfume your home naturally, all without worrying about inhaling synthetic scents.

Have you burnt your pots and pans again? Skip the elbow grease and use a few drops of lemon oil and some boiling water to help remove burnt food from pots and pans. Easy-peasy!

With Dengue and the Zika Virus plaguing our shores, whip up a safe and natural mosquito repellent by combining one drop each of lemongrass oil, citronella oil and eucalyptus oil with one teaspoon of coconut oil to make a natural bug spray that you can rub on exposed skin.

If you are new to essential oils, you will most certainly enjoy using this handpicked range of pure and natural products from Puressentiel France, that only use natural, safe and certified essential oils to create a range of products for the whole family.



We are giving away 20 Puressentiel Hampers (worth \$300).

Simply write in to contests@pinghealthcare.com and tell us why you should be one of our lucky winners.

Our Puressentiel hamper has been carefully packed to include a variety of products that everyone in the family can use and enjoy. Each hamper will include:

Puressentiel Joints Roller with 14 Essential Oils 75ml (\$33.90)

This pleasantly scented roller, which helps to relieve body aches as well as muscle and joint pain, smells very botanical and pretty. This means you can apply it anywhere, yes, even at the office!

Puressentiel Joints Calming Balm with 14 Essential Oils 30ml (\$26.90)

Fragrant yet easy on the nose, this lovely balm relieves aches as well as muscle and joint pain. It's so gentle; it can even be used on sensitive skin!



SOS Lips Gel with 10 Essential Oils-5ml \$24.90

Helps soothe stinging, burning and itching lips. To be applied in case of lip vesicles or blisters. A potent combination of 10 essential oils with antiviral properties, two antiviral plant extracts, one hive extract and softening active ingredients, naturally fight lip vesicles and blisters.

Puressentiel Purifying Air Spray with 41 Essential Oils 500ml (\$79.90)

This 100% natural product helps to kill germs, sanitise the air, limit sources of allergy, purify, cleanse, disinfect and deodorise your home's ambient air. Free from preservatives and synthetic fragrances, this delightfully scented spray deodorises even as it disinfects and purifies!



Puressentiel Rest & Relax Baby Balm with 5 Essential Oils 50ml (\$29.90)

A deeply moisturising and nourishing massage balm enriched with chamomile extract and Vitamin E, it relaxes and soothes infants from 3 months old.



Puressentiel Beautiful Skin Organic Skincare and Massage Oil- 100ml (\$39.90)

Made from a delightful combination of essential oils (rosewood, geranium, helichrysum, lavender, ylang ylang) and oils from sweet briar rose, evening primrose, borage and sesame, this organic oil

moisturises and

conditions dry as

well as delicate skin.







and maintaining bone structure and strength.

Then there's the Vitamin C, which is an essential nutrient that, as an antioxidant, prevents damage caused by the sun, pollution and smoke. It also aids collagen, which smooths wrinkles and improves the skin's overall texture. The blueberry may be small but it is mighty!

The pink grapefruit is more than just a connectivity and communication between important to keeping your skin looking



body beautiful

GREEN TEA

Green tea is a wonder. Not only does it aid weight-loss (always a plus), it is loaded with polyphenols like flavonoids and catechins, which possess the ability to neutralise free radicals in the body.

Free radicals are known to play a role in ageing as well as an array of diseases, so the lower the levels the better. Green tea also contains bioactive compounds that can protect your neurons and reduce the risk of Alzheimer's disease and Parkinson's disease—the two most common neurodegenerative disorders. A cup or two of green tea per day and you'll be looking and feeling beauTEAful.



Mother told us that if we wanted to grow big and strong, our developing bones needed milk. Now that you're all grownup, you might think that your days of drinking milk are over but milk isn't just



for kids.

In fact, bone health doesn't end once you're fully-grown. If you're not careful, you could end up with osteoporosis (thin and fragile bones). And you don't want that, do you? No, I thought not. Drink your milk, which is rich in calcium and other nutrients like Vitamin D and potassium, and you'll be fine.

AVOCADO

Avocados are super-foods. A saviour of skin, the avocado contains specific amino acids and carotenoid anti-oxidants that calm inflammation, reduce the formation of pesky age-spots and heal scars and burns.

If that's not enough, the D-mannoheptulose sugar in this savoury fruit has been known to improve the skin's epidermis by boosting the production of the skin's best friend: collagen.



Bone health doesn't end once you're fully-grown. If you're not careful, you could end up with osteoporosis (thin and fragile bones).





PECANS

Ignore what you've heard. Snacking on nuts is not bad for you; in fact, eating pecans can reduce the risk of high blood pressure and cholesterol. These nuts are packed with plant sterols, valuable compounds that are extremely effective at lowering cholesterol levels. They are also full of anti-oxidants that prevent the formation of plaque, which causes hardening of the arteries. So go ahead and nibble on a nut.



KALE

Kale contains lutein and so can lower the risk of cataracts and age-related macular degeneration, a leading cause of blindness. Your eyes are important so take care of them starting now. A cup of Kale also contains more Vitamin C than a whole orange and is a great aid to the production of that wonderful collagen.

QUINOA

Pronounced as KEEN-WAH, it is oh so fashionable but also, oh so good for you as well. Quinoa is high in fibre and also contains plenty of zinc, Vitamin E and selenium to help lower your risk of heart disease and Type 2 diabetes. It is also pretty good at keeping those all-important blood vessels in tip-top condition.



FISH

It should be of no surprise that fish is good for you. The omega-3 fatty acids in fish like salmon or tuna can help your heart and lower your chances of having a stroke. It is also suggested that omega-3 can help the cells in your body live longer and so slows the damage to the DNA in your cells and in turn the ageing process. W

body beautiful

EVERY DAMSEL
DREAMS OF
FLAWLESS SKIN; BUT
IN REALITY, 8 IN 10
WILL SPORT A ZIT OR
TWO. WHY DO ACNE
AND PIMPLE WOES
HAVE TO HAUNT US
AT ANY AGE?
RASHMI ULLAS
EXPLORES.

Horrid breakouts...

Handle Skir

o, pimples and acne are not the same. They're dermatological conditions that pop up on the skin with different intensities. But, they're equally despised by anyone, at any age.

Acne is a skin disease that strikes right from puberty and can continue to harass youngsters for nearly three decades of their lives! It is usually seen as the next (slightly more severe) stage of skin eruptions after pimples.

Pimples are small eruptions (skin lesions) that appear when our oil glands (sebaceous glands) become clogged, and trap dead skin and sebum (skin lubricant) inside.

HOW THE STORY OF BLEMISH UNFOLDS

Our skin has small pores located close to the oil glands. These pores allow sebum, dead skin and hair to pass from the inner skin layers to the surface.

Sometimes, dead skin can become stuck together by the sticky sebum, causing a blockage in the pore. The sebum that plugs the pores will be seen as small spots, which we know as pimples.

The trapped sebum is ideal for bacteria (Propionibacterium acnes) to grow and multiply in. When this happens, our body's defence mechanism kicks in, making the clogged area pink, painful and filled with pus. This stage is referred to as acne.

As these spots heal, they sometimes leave behind discolouration or pitted scars. Not only do pimples and acne look ugly, they also leave behind permanent marks in their wake.

ACNE ATTACKS

Acne and pimples start as plugged-up pores, but manifest as blackheads and whiteheads or papules and pustules, and nodules and cysts. Blackheads and whiteheads are simple pimples that are easy to treat.

Acne, on the other hand, is more serious and forms papules (hard spots) or pustules (pus filled spots), which are bigger than pimples and harder to treat.

Nodules (hard) and cysts (filled with pus) are much bigger spots that grow into the skin. They're painful and may need expert dermatological attention.

WHAT YOU SHOULD KNOW ABOUT PIMPLES AND ACNE

It's common in teens.

Teens are more prone to breakouts because that's when more sebum is produced. Accumulated sebum carry acne-causing bacteria, which lead to boils and spots.

During puberty, there are many physical changes that transform a child's body into adult body that is capable of reproduction; hormones support these changes.

Some skin types are sensitive to hormones.

Some skin types are more prone to acne because they are especially sensitive to normal blood levels of testosterone (a natural hormone found in both males and females). In sensitive people, testosterone promotes production of too much sebum.

It's non-infectious but can pass through generations.

Pimples are not infectious and do not pass from one person to another, but they can be hereditary. Some foods could increase the chances of a breakout; these include junk foods that have high glycaemic index and dairy products.

PULLING THE BREAKS ON BREAKOUTS

Healthy body begets healthy skin.
Pimples and acne come from the same source-clogged pores and so maintaining skin hygiene is the answer to both predicaments. Dermatologists suggest these skin care routines:

Double the wash

Our skin perspires constantly and becomes a trap for grime and bacteria. Washing the face soon after a sweaty session (like a workout, or a long walk) can prevent zits from appearing.

Fingertips can work magic

Our skin is very gentle and must be taken care of. A light massage with fingertips can work the trick instead of a vigorous scrub. Washcloths, mesh sponges or other abrasive products could irritate the skin.

Calling for gentle care

Mild and gentle skincare products (especially the alcohol-free varieties), is what's recommended.

No to scrubbing

Scrubbing off dead skin is a good option otherwise, but not when there's a breakout, because that will only aggravate the acne.

#Rinse with lukewarm water

Lukewarm water soothes the inflamed skin and is good for acne. If you have an oily scalp, shampoo regularly. This will prevent the scalp oil from increasing the facial grease.

#Believe in natural healing

Popping a zit can make you feel great only momentarily. In reality, the skin that is squeezed will take longer to clear and increases the chances of lasting scars.

#Keep the hands off

When a pimple appears, it's very tempting to touch the area. But this is just calling for more trouble as it can cause flare-ups. Tanning beds during an acne episode is another bad idea.

#Meet the expert

Acne and pimples can be quite embarrassing. Some of us believe in using over the counter solutions. This is a good option, as long as it shows positive results. If not, it's best to rest our case in the hands of experts, because if ignored, acne can remain as a permanent mark.

In most cases, acne does not clear gracefully; it leaves behind scars, low self-esteem, anxiety and depression. That's why dermatologists recommend timely treatment so you can get rid of them and keep your skin baby smooth!



t all started with a head full of hair. Then the strands of hair start falling out when you're showering and appearing on your brush, on your pillow, on your desk. Everywhere. The subtle receding hairline or thinning hair becomes a cause for extreme concern, which explains why so many people resort to hair treatments and medications to regain the full head of glorious hair they once had.

Scary but true, isn't it? This is a common problem for many people; even young adults are plagued by hair loss that leads to premature balding. But hair loss doesn't just happen for no reason and an effective solution might just come from tweaking your diet.

REASONS FOR HAIR FALL

There is an endless list of causes for hair loss but here are the most common causes:

- People (women especially) who are actively practising crash dieting are likely to have insufficient intake of essential nutrients such as iron, protein and vitamins.
- Hormonal issues such as autoimmune diseases or hormone changes post pregnancy can lead to hair loss.
- Chemical damage from hair treatments/dyes, over-styling and blow-drying can wreck havoc on your delicate hair follicles.
- Most of us purchase a certain brand of shampoo for its scent, cost, or perhaps just the brand name. Use a shampoo with the correct pH that is suitable for your hair type to prevent hair fall and damage.
- Free radicals triggered by pollution, cigarette smoke, radiation etc. are major factors as well.
- Genetics something that everyone blames but is more than often in denial to admit that it's happening to them.
 Male/female pattern baldness is inevitable if it's hereditary.
 But there definitely ways to slow down this process.

BUILDING BLOCKS TO HEALTHY HAIR

Essential Fatty Acids: To counteract the hair fall situation, fatty fish such as salmon and tuna as well as nuts like walnut and almond are recommended as part of your diet. All these contain omega-3 fatty acids, which are not just beneficial for your hair but also for your heart and mental health.

Folate (Folic Acid): Folic acid promotes healthy growth for your skin, hair and nail tissues. It's also important for cell growth and metabolism. On top of that, folic acid is a useful vitamin to have in an expectant mother's diet to prevent birth and neural defects.

But don't be confused by the terms 'Folate' and 'Folic Acid' because they have the same benefits. Folate is found in food like citrus fruits, tomatoes, whole grain, and beans while folic acid is the synthetic version you find in supplements.

SURPRISING OSTEOPOROSIS RISKS

People don't often know that they have osteoporosis until they suffer a fracture. But there are also certain health conditions, medications and other surprising factors that could put you at a greater risk for osteoporosis.

[1] Low-level Injury – If you ever had a bone fracture after a minor fall or bump while over 50 years old, you are at increased risk for osteoporosis.

[2] Gastrectomy or Bowel Resection – A reduction in the size of your stomach or a removal of part of the intestines impedes the absorption efficiency of vitamin D and calcium. With lower calcium intake comes diminished bone density, early bone loss, and an increased risk of fractures.

[3] Eating Disorders – Individuals with anorexia often produce excessive amounts of cortisol that can affect bones. In females, a low BMI (19 or less) and calcium deficiency contribute to bone loss while weight loss and reduced caloric intake in males may lead to low bone density.

[4] Medication Side Effects – Long-term courses of steroids are sometimes needed to control certain autoimmune conditions and inflammatory bowel diseases. Unfortunately, steroids interfere with the bone-rebuilding process so if you have rheumatoid arthritis, lupus, asthma, or Crohn's disease, you may be more prone to brittle bones.

NUTRITION GUIDE FOR BONE HEALTH & MOBILITY

Calcium: is vital for building strong bones so aim to get 1,000mg of elemental calcium¹ a day. This increases to 1,200mg for pregnant women.

Vitamin D: promotes calcium absorption in the gut for bone building and bone remodelling. Specific groups of people require more vitamin D, for example, children below 7 and pregnant/ lactating women, in which case supplements and fortified food products can help to meet the 800-1,500 IU/day recommendation².

Copper: aids in the formation of collagen for bone and connective tissue, as well as inhibit bone resorption.

Manganese: plays a role in the normal mineralisation of the bones, and is a co-factor in the formation of bone cartilage and bone collagen.

Zinc: is essential for bone healing, with increased amounts found at the sites of bone repair. A deficiency of zinc

prevents full absorption of calcium so remember to include zinc in your diet!

Before supplementing your diet with any multivitamin, always speak to your healthcare professionals first.

- Recommended Dietary Allowance, http://www.hpb.gov.sg/HOPPortal/ health-article/2652.
- http://www.medscape.com/ viewarticle/589256_8



World's No1. Calcium Supplement

body beautiful

Vitamin B: Most of the vitamins in the Vitamin B Complex promote hair growth. Vitamin B12 (cobalamin), for instance, helps to strengthen and condition the hair—giving your hair follicles extra shine and volume. Vitamin B also encourages a strong central nervous system and the lack of it contributes greatly to health issues like hormonal imbalance, which inhibits absorption of Vitamin B and eventual hair loss in return.

A deficiency in Vitamin B can go unnoticed for years so be sure to fill your diet with foods like bananas, potatoes, spinach, chicken, fish and certain dairy products.

Vitamin C: To increase your iron intake, you need to have sufficient vitamin C in your system. In fact, eating citrus fruits like orange, strawberry and lemon not only has a positive effect on your hair fall problem, it also protects you from immune system deficiencies and keeps you healthy!

Iron: Iron deficiency is more common in women than men, especially those with heavy menstrual periods. Iron

manufactures haemoglobin that is required to transfer oxygen in the blood to all parts of your body. The lack of it tends to put your body on survival mode, which means it's more likely to send oxygen to keep vital functions working than to maintain your hair.

Consuming leafy vegetables and red meat can help increase your iron intake, but do seek the doctor's advice when it comes to iron supplements. The reason for this is simple: an iron overload can be toxic for your body.

Zinc: Zinc is known to strengthen the hair follicles, thus making your hair more resistant to hair fall via excessive combing and styling. Foods that contain zinc include red meat and seafood, which includes mussels, shrimps and oysters, and nuts.

There are other things that can be done or avoided to prevent excessive shedding, of course. But going back to the basics with a healthy diet can contribute a great deal to putting you on the road to luscious tresses so start eating right today!

Eating citrus
fruits like orange,
strawberry and
lemon not only has
a positive effect
on your hair fall
problem, it also
protects you from
immune system
deficiencies and
keeps you healthy!





YOUR MEAPONS





AUDACE REGAN SHAMPOO

AND TONIC provides hair with the essential nutrients that it requires to grow and flourish, while pampering your senses with the relaxing aroma of essential oils.

Packed with anti-oxidants, mint and menthol to combat free radicals that damage hair roots, it improves the blood circulation in the scalp ensuring that micro-nutrients are delivered to where they are needed.

WHAT DOES PH VALUE MEAN FOR HAIR HEALTH?

A pH-balanced scalp ensures that hair stays healthy, glossy and problem free. The pH of a healthy scalp ranges from 4.5 to 5.5. but sometimes external factors like the weather and chemical treatments like colouring, straightening and perming, may cause the scalp to stray from this healthy range. This is when scalp problems like dandruff, oily scalp and hair loss start to occur. And that's when you need a pH restoring shampoo to help put the scalp back to the healthy range. The range includes:

OILY SCALP AND HAIR SHAMPOO gently and effectively cleanses hair and scalp

ANTI DANDRUFF SHAMPOO stabilises the natural acid mantle of the scalp to keep dandruff at bay

ANTI HAIR LOSS SHAMPOO prevents avoidable hair loss caused by undernourished hair, acute dandruff and scalp irritation



AUDACE HAIR MASCARA Hide grey hair in an instant

With an easy-to-use wand, this product is enriched with natural Henna and is available in black & dark brown.



CAN'T STOP THE ITCH?

Audace Preven Hair Tonic and Shampoo immediately relieves scalp itch and eliminates dry and oily dandruff for a healthy scalp and hair. It also prevents pimples caused by dandruff.



Power Combo

WANT THOSE TUMMY FATS GONE? THE BIGGEST SECRET TO LOSING WEIGHT QUICKLY AND SAFELY IS TO MAKE THESE TWO CHANGES – DIET AND PHYSICAL ACTIVITY. GET THE LOWDOWN ON HOW YOU CAN DO THIS WITH OUR SIMPLE GUIDE.

he process of weight loss can be daunting at first. Don't look at it like a chore. Take baby steps and create small goals one a time. Think of it as a step towards feeling healthy and great about your life! After all, a healthy body comes with lots of perks like a confidence boost and better stamina to explore cities on your travels. You'll never be the slow one again!

NUTRITION AND DIET

It's all about your calorie expenditure, meaning the amount of calories you take in a day should be lesser than what you burn. Changing your diet is the most important step towards your goal. But you might think that counting calories is so confusing and such a pain! To make things easier for you, let us break it down for you step by step, so you no longer have to religiously count the calories.

WHAT NUTRIENTS DO I NEED?

So first things first, understanding what you're eating is essential to the start of a new diet. Every nutrient is important, cutting out a nutrient completely from your diet is not good for your body.

Having a combination of these nutrients in the right portion is what you need to lose weight. Create a journal because sometimes, mentally telling yourself that you want to change this or that may not be as effective as writing or typing it down. So grab a pen, your favourite notebook and begin your plan with a burst of determination!

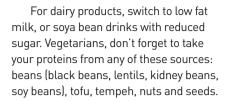
Carbohydrates

Sugars, starches and fibre are carbohydrates. These give you the energy to go about your day. You'll want to make the switch from refined carbohydrates (white rice, white bread, biscuits, cakes) to unrefined carbohydrates (brown rice, wholegrains, potatoes, yam). This is better because it curbs your cravings by keeping you fuller, is packed with a lot more essential vitamins and minerals, and is slightly lower in calories.

But just because it's healthier, it doesn't mean that you can add a bigger portion on your plate. The whole point here is to lose weight!

Protein

You'll need this to make lots of important cells in your body, such as maintaining muscle mass. If you are a meat lover, have less processed meats (sausages, luncheon meat, deep fried chicken) and include more lean meat from chicken (chicken breast), turkey, pork, beef and better yet, fish sources.



Fat

Yes, you need fat! Some vitamins (A, D, E, K) require fat for absorption into the body. Essential fats like omega-3 and omega-6 help in things like brain development. Of course, fat has been negatively portrayed because of its association with lots of diseases like heart disease.

But that's because people are having too much 'bad' fats – the saturated fats, and too little of the 'good' fats, also known as unsaturated fat. Replace the bad fats from unhealthy oils (palm or vegetable) to healthier ones (canola, sunflower, peanut, olive), and limit fatrich foods like ice-cream.

Vitamins and Minerals

Other than the starchy stuff, you will also be getting your carbohydrates from fruits and vegetables, but with all the added goodness of vitamins and minerals!

Now, these are the main foods you should include in your diet. They contain the highest amounts of fibre with a low amount of calories. Add a variety of colours from different fruits and vegetables like cabbage, beetroot, cucumber, strawberry, and banana, just to name a few.

Water

There have been many studies done on the benefits of water, but one in particular found that women who drank more water than sweetened and soft drinks were associated with body weight and fat loss over time. You need water in almost all body processes, so don't skip on it because it does wonders for our body like giving us good skin, weight loss, as well as regulate our body's processes so we don't fall ill. Get your 8 glasses a day!



body beautiful

FOOD TIME!

Are you at a loss over what to include in your daily diet? Or worse, everything online seems too... westernised. Fear not! We have a list of food items planned out for your entire week.



| | Breakfast | Lunch | Mid-afternoon snack | Dinner |
|-----------|---|--|--|---|
| Monday | 2 Soft boiled eggs with 1 tablespoon of reduced fat peanut butter/jam on wholemeal bread, and an apple | Economy rice meal: Brown rice topped with steamed tofu, minced meat, mixed vegetables | Any assorted fruits (e.g. apples, kiwi, orange, watermelon) | Soba noodles with pan fried chicken, spinach, and broccoli cooked together with black sesame paste |
| Tuesday | Steel cut oats/oatmeal with a dash of honey, two fruits of your choice (apple, orange, honeydew etc), and a low/no sugar soya bean drink | Yong Tau Fu: Bee Hoon with assorted vegetables, tofu, egg, seaweed | 5 - 8 pieces of nuts (e.g. almonds, cashews, pistachios) | Fish soup with brown rice topped with extra cabbages |
| Wednesday | Scrambled eggs with mushrooms, spinach, small portion of oatmeal, and an apple | Sliced fish noodles | Any assorted fruits (e.g. apples, kiwi, orange, watermelon) | Chinese ABC soup (pork ribs soup with vegetables) and brown rice (or replace with potatoes) |
| Thursday | Non-fat yoghurt/low fat milk mixed with assorted fruits, bran and a few unsalted nuts (almonds, cashews, pistachio) | Wholegrain sandwich with tomatoes, grilled chicken, cabbages, cheese | 1 sliced banana dipped in ⅓ tablespoon reduced fat peanut butter | Oven baked sweet potato fries with baked chicken and a side salad with vinaigrette dressing |
| Friday | Beancurd with less/no sugar and a vegetable bao | Grilled/pan fried any choice of fish with sides of grilled vegetables and boiled potatoes | Any assorted fruits (e.g. apples, kiwi, orange, watermelon) | Herbal chicken with brown rice or potatoes and kailan with oyster sauce |
| Saturday | Home-cooked porridge with fish slices or shredded chicken and a slice of papaya | Dry Wanton Mee with less sauce and oil, and a cup of fresh fruit juice | 5 - 8 pieces of nuts (e.g almonds, cashews pistachios) | Lean meat with fried eggs mixed with onions, spinach, mushroom, sweet potatoes and side salad |
| Sunday | A breakfast of your choice or wholemeal sandwich with chicken breast, lettuce, and tomatoes | A lunch of your choice or brown rice with stir fried chicken, cabbage, steamed egg and long beans | Any assorted fruits (e.g. apples, kiwi, orange, watermelon) | Dinner of your choice or chapatti wrap with vegetables (green beans, spinach, potatoes) with chutney sauce, and a side of grilled fish |



To make the most out of your weight loss journey, adding in some exercise will speed up the process. But it's not always about the weight loss, getting active does wonders for your body!

A study done has found that frequent exercise helps to reverse the effects of ageing skin by improving skin elasticity.

WHAT TYPES OF EXERCISE?

There are two types of exercises that you should add into your exercise plan – cardio and muscle strengthening exercises. Include some cardio activities like swimming, walking, running, or cycling as this strengthens the heart muscles, increases stamina and sheds calories. On the other hand, strengthening exercises that works the big muscle groups will increase your fat burn throughout the day and boosts metabolism, so you're burning more calories throughout the day.

Get about 150 minutes of moderate physical activity every week, which is about 30 minutes of activity 5 times a week. If exercising is hard for you at first, take it easy and start by walking more. This could mean stopping two bus stops before your usual stop or walking home from the MRT instead of hopping on the bus. Plus it will save you some cash too!

Muscle strengthening exercises include doing body weight exercises or utilising weights to perform activities like squats, lunges, push-ups, and sit-ups, just to name a few. When doing these, try to do it for 8-12 times, and repeat for 3 sets. Make sure you are struggling to complete your last few repetitions if you want to get the biggest benefits.

IN A NUTSHELL: 5 BENEFITS OF EATING WELL AND KEEPING FIT

- Lowered risk of diseases such as heart disease, diabetes, hypertension, cancer
- Improves mood
- Weight control
- Increases energy
- Most importantly, you will look good and feel better! W

CALCIUM Supplementation & CORONARY HEART Disease

It was recently published that calcium supplementation with or without vitamin D does not increase coronary heart disease or all-cause mortality risk in elderly women. This is the final part of the two-part series where Dr Tan Mak Yong, an Orthopaedic Surgeon from MY Orthopaedic Clinic, offers his take on the study as well as helpful tips on how to get the most out of your calcium supplement!

LiveWell: What's the link between calcium supplementation and coronary heart disease or all-cause mortality in the first place?

Dr Tan: A lot of studies done previously had found no link. Only the recent 2 studies by the same author (Joshua R. Lewis) revealed a link between calcium and coronary heart disease. But meta-analysis for Calcium with vitamin D showed that there's no increase rate of coronary heart diseases. Vitamin D supplementation may have beneficial effects on reducing the risk for cardiovascular disease.

The paper was only focused on elderly/ postmenopausal women. Will calcium supplementation have any effects on pre-menopausal women?

Atheroma formation is not common in pre-menopausal women. Thus, calcium supplementation should not increase the risk of coronary heart diseases in pre-menopausal women.

How much calcium is my body able to absorb?

We won't know how much calcium the body can absorb daily but the guideline is to follow the recommended dose of daily intake, for example, 1,000mg elemental calcium for young adults and 1,200 for pregnant women.

As calcium is usually combined with a salt like carbonate, citrate, gluconate, lactate etc., what should I look out for when choosing calcium supplements?

Carbonate tends to give gas and constipation effect. Therefore, choose a calcium supplement that combines with magnesium to minimise the constipation effect. Citrate tends to give gastric irritation, so patients with gastric problem should avoid it. Gluconate tends to be bigger in tablet size, therefore is not recommended for older patients or patients who can't swallow tablets.

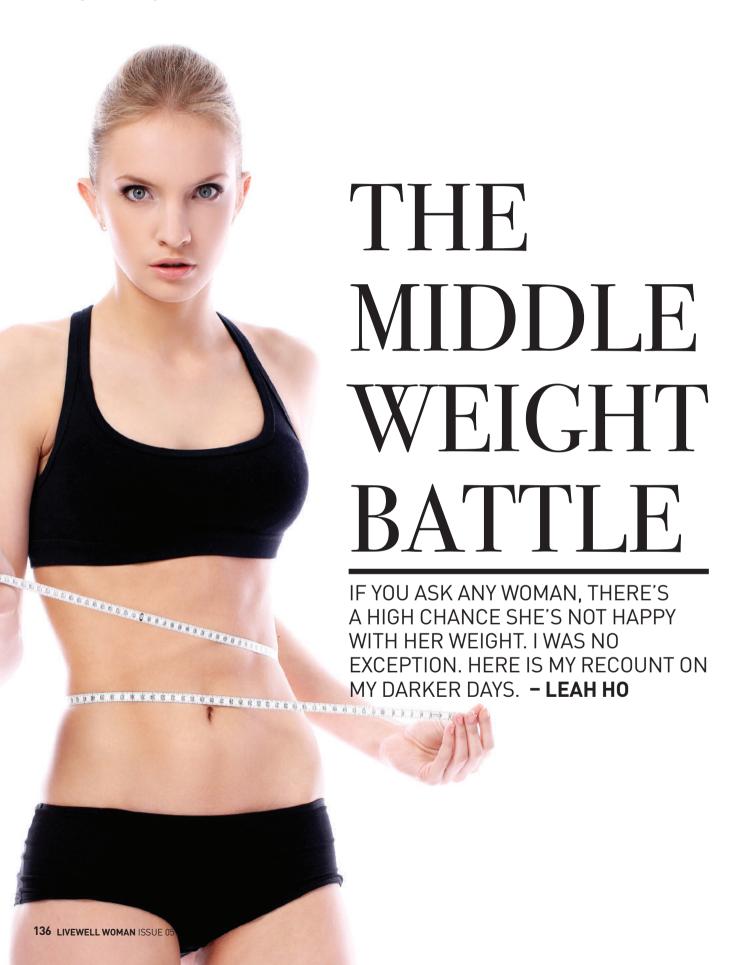
Which form of calcium supplement is better – tablets, capsules, chewable, liquids or powder?

This will depend on the patients' convenience.

What are the ideal conditions for calcium to be absorbed efficiently?

Calcium is best absorbed before food but some patients are instructed to take after food to avoid gastric irritations. However, certain food chelates the calcium (e.g. unpolished rice, oats etc.). Therefore, the guideline to take after food is usually two hours later.

World's No1. Calcium Supplement



was definitely not what you would call fat. To me, there are only 3 kinds of people on the scale; the obese ones, the middle skinny fat, and the super skinny ones. There I am, right smack in the middle. I wanted to be like those perfect skinny girls with no tummy, yet I loved eating junk food.

I have always complained about my tummy and there were countless number of times I said aloud, 'OK, my diet start tomorrow' (but I usually give up midway). I was not crazily obsessed to the point I can't function, but I certainly was never 100% happy with my weight. Then again, which girl on this planet will ever be 100% satisfied?

THE WEIRD DIET PHASES

For almost 4 years of my life, I have always tried (or rather, most of the attempts were half-hearted), to get the extra weight off my tummy. The funny thing was, my major is in nutrition and I can assure you that there are no shortcuts to losing weight. There are times I have lost weight, became complacent, and gained it all back again. The hardest part for me was maintenance because the journey does not stop when you get there. It's for life.

It took me some time to get over the hard truth that losing weight is a forever mission. So after a while, I decided enough is enough! I'm not blessed with super hyper metabolism like some people, so I've got to make up for it by eating right and getting plenty of exercise. Before I get there, these are some of the weird diets I have gone on.

All Hail Salads

Think salads and little rice. For a period of time, I bought salads all the time from supermarkets and had that almost every day for a week. It was depressing! At the end of the week, all I wanted was a nice plate of hokkien mee. The salad experience was short-lived as I've lost around 0.5kg of weight and gained it all back after I got sick and tired of going

on a salad diet. The salad diet does not work. I mean, unless I really liked it and I was having salad for that reason and not to lose weight.

The Yong Tau Fu Times

Let's be real here. Almost all the foods at food courts aren't healthy. A plate of hokkien mee is about 700 calories! What else is there to choose from other than a pile of greens from the Yong Tau Fu store? For days, I had nothing but vegetables and noodles until I got so sick of it! This was exactly like the salad diet – short-lived and... surprise! I gained all the weight back after a period of time.

No-Cakes-&-Ice-Cream-For-A-Month Challenge

To be honest, this worked the best for me! Being someone who loved specific challenges, I never want to fail at anything I set my mind on. On a random Monday, I proclaimed to my friends that I was not going to touch sweet stuffs, cakes, and ice-cream at all for a month. True enough, this was the only thing I saw through. I did lose a little weight and since then, I hardly ever have desserts unless it was a social event.

THE BEST IS YET TO COME

I did not bother with losing weight anymore because obviously that thought never did me any good. I was sick of how the media constantly glamorises models and honestly, my weight has always been in the healthy weight range. I did not want to be caught in this obsessive I-want-to-have-a-model-figure mindset. I had enough of random fad diets and decided to just follow my textbook religiously and make some diet changes over time.

The first thing I did was to completely avoid sweetened and soft drinks, and resisted the urge to snack when I was bored. Even when I really wanted to, I snacked on low calorie, filling stuff like fruits or a huge piece of seaweed. I had freeze dried fruit snacks when I felt like munching on some chips.

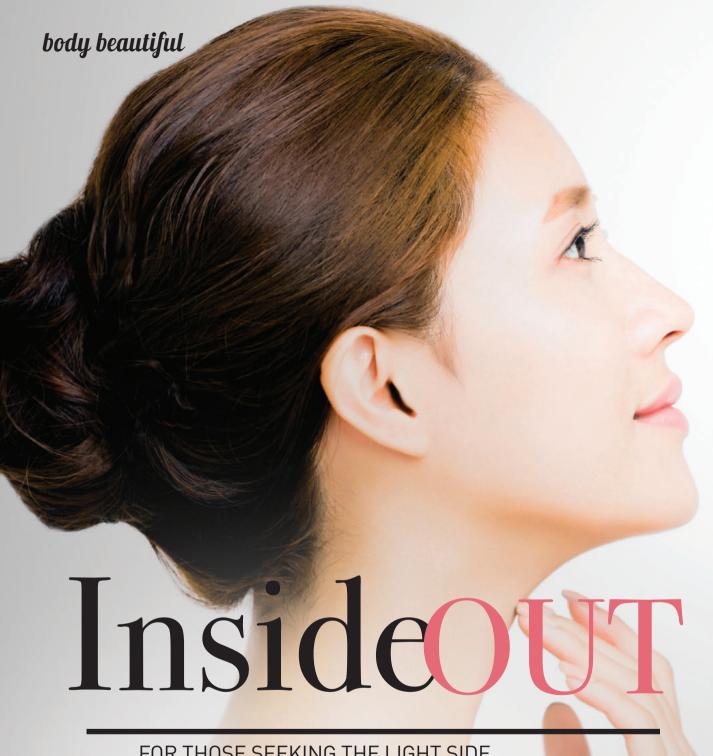
I walked the distance of two extra bus stops just to catch my bus or alighted from the bus just before my usual stop so that I could get plenty of exercise. After a month, walking stopped being a chore for me! In fact, I grew to love walking. It gave me an opportunity to reflect, think about things, and clear my mind after a long day at work.

Oh, and I saved on transport fare too! I cut down on rice and switched to healthier alternatives like thin noodles, potatoes or brown rice whenever possible. I also cooked larger portions of vegetables and lean meat. Sure enough, I got used to the new habit and it stuck with me till today.

The healthier lifestyle made me feel so much better about myself!

Occasionally, I do indulge in a slice of cake with a group of friends over the weekend, but I don't often get cravings these days. Even the taste of sweet drinks or anything sweet is repulsive to me. Looking back, I was glad I took the leap then. I lived by this phrase when I was adjusting to the new habits - change takes time, but the time will pass anyway, so if not now, when?





FOR THOSE SEEKING THE LIGHT SIDE,
THE LATEST BEAUTY BUZZWORD ON SKIN
WHITENING THESE DAYS SEEMS TO BE
GLUTATHIONE. BUT JUST WHAT IS GLUTATHIONE
AND HOW MUCH MORE EFFECTIVE IS IT IN ITS
SUBLINGUAL FORM COMPARED TO ITS ORAL
ALTERNATIVES? WE FIND OUT MORE FROM
DR JOYCE LIM, DERMATOLOGIST FROM JOYCE
LIM SKIN & LASER CLINIC.



Vou've probably not heard of it yet, but glutathione is supposedly the single most important molecule that's composed of 3 amino acids: L-cysteine, L-glycine, and L-glutamic. It's what you need to stay healthy and alleviate oxidative stress caused by free radicals, yet not many people are aware of its benefits.

Known as the mother of antioxidants and master detoxifier, glutathione is produced naturally by your body cells. It also prevents skin from getting darker while promoting skin brightness, thanks to its anti-melanogenic effect.

Many glutathione supplements in the market are available in the form of tablets or capsules. Unfortunately, oral supplements have been suggested to have very low bioavailability since much of the pre-manufactured glutathione is lost in the digestive tract.

The alternative? Sublingual tablets that go under the tongue and have a higher chance of entering the bloodstream via diffusion. We speak with Dr Joyce Lim from the Joyce Lim Skin & Laser Clinic to find out more.

DO BEAUTY SUPPLEMENTS REALLY WORK?

Yes, some do. It depends on the formulation, the bioavailability (i.e. the ability for absorption and available to the site), the concentration, and the ingredients. Some products are destroyed or metabolised by the liver and gut, so the active products are not available in the area they are supposed to work. For example, glutathione is a common supplement people take for skin fairness. Most of them are available as an oral tablet and this is metabolised by the gut and the liver, so very little active glutathione reaches the skin where it is supposed to work.

HOW DOES GLUTATHIONE SUPPLEMENTATION BENEFIT OUR SKIN?

It has three major actions:

It is the most effective antioxidant in the body (some people called it the master antioxidant). It quenches free radicals and peroxides that are responsible for pigment formation.

- * It directly acts on the enzyme Tyrosinase, which produces pigments—it blocks this enzyme and reduces pigment formation as a result.
- * It converts Eumelanin to Pheomelanin. The body has two types of pigments, Eumelanin (it gives skin a brown colour, as seen in Asians) and Pheomelanin (the pigment seen in Caucasian skin). There would be less dark pigment in the skin as a result so the skin looks fairer.

As an antioxidant, it also quenches free radicals that cause skin aging so one gets younger-looking skin. It reduces the formation of skin pigments and also evens out the skin tone.

BUT THERE ARE SO MANY GLUTATHIONE SUPPLEMENTS IN THE MARKET. HOW DO I MAKE THE RIGHT CHOICE WHEN THERE ARE PILLS, CAPSULES, SUBLINGUAL TABLETS OR SPRAYS TO CHOOSE FROM?

Since glutathione is broken down by intestinal and liver enzymes called gamma-glutamyltransferase, dietary glutathione may not be effectively absorbed. Hence glutathione that can bypass

the liver and gut is a better option than the oral version. One of the options that can bypass the liver and gut is the sublingual tablet (i.e. the glutathione supplement is placed under the tongue for absorption).

As for topical glutathione, there is not enough scientific evidence to support the case regarding the absorption of glutathione through the skin.

IS IT ADVISABLE TO TAKE A MULTIVITAMIN AND A GLUTATHIONE SUPPLEMENT TOGETHER, SINCE THE MULTIVITAMIN MOST PROBABLY ALREADY CONTAINS ANTIOXIDANTS?

Yes, you can take them together as multivitamins contains mainly vitamins e.g. Vitamins A, B and C, and also some minerals that are not found in glutathione.

DOES THE MAXIM "THE MORE SUPPLEMENTS THE MERRIER" HOLD TRUE?

Not true. Sometimes people take different supplements with each containing different ingredients. This is ok but it's not useful to take different supplements that contain the same ingredients together.



body beautiful

GLUTATHIONE OCCURS NATURALLY IN MANY FOODS SO IS THERE STILL A NEED TO TAKE GLUTATHIONE SUPPLEMENTS?

Cooking and food processing extensively reduces naturally occurring glutathione found in food, that's why it's still beneficial to take glutathione supplements.

ARE THERE OTHER HEALTH BENEFITS OF TAKING GLUTATHIONE BESIDES LIGHTENING OF SKIN TONE?

Yes, since it is a major antioxidant, it has health benefits as well. There are reports of it helping the body to function and reducing oxidative damage to body parts like the heart.

WHAT IS THE DIFFERENCE BETWEEN AESTHETIC PROCEDURES THAT CAN LIGHTEN SKIN COLOUR AND GLUTATHIONE SUPPLEMENTS (BESIDES THE PRICE TAG)?

Aesthetic procedures can reach deeper into the skin and they are better able to remove pigments that have formed. They can also do more such as skin tightening and improving skin conditions like wrinkles and scars. Aesthetic procedures improve skin damage whereas glutathione works by preventing skin damage.

DOES GLUTATHIONE SUPPLEMENTS HAVE A ROLE IN HELPING TO MAINTAIN THE SUCCESS OF SKIN WHITENING TREATMENTS? IF YES, HOW LONG SHOULD THEY BE TAKEN POST AESTHETIC TREATMENT?

Glutathione can be added after whitening treatments to prevent new pigments from recurring and they can be taken for 4 weeks after aesthetic treatments. In the meantime, however, it is still advisable to wear sunblock to protect the skin from photosensitivity after aesthetic treatments.

CURRENTLY, WHAT ARE SOME NON-INVASIVE AESTHETIC TREATMENTS TO LOOK YOUNGER, AND WHAT WOULD YOU RECOMMEND FOR SOMEONE BELOW 30. BELOW 40. AND BELOW 50?

There are many treatments in the market, which includes lasers to rejuvenate skin, to erase wrinkles and remove brown and red spots, injectables like botulinum toxin injections for dynamic wrinkles, dermal fillers to improve skin wrinkles, folds and replace volume loss, light to rejuvenate skin, coolsculpting and liposonix to remove fat, and skin tightening procedures like thermage. The choice of procedures depends on the individual and his/her skin condition, and not so much on the age. **W**





OXITHION

The Essential Antioxidant For Radiant Skin

Possible benefits of L-Glutathione on the Skin*:

- Brightening for a radiant and luminous complexion.
- Prevention or reduction of age-related or photo-induced dark spots on the skin
- Lightening of skin tone on the face and body.
- Provides antioxidant protection against skin aging.
- * Ask your doctor today.
- * Results may vary individually.

Exclusively distributed by:



23 New Industrial Road #03-08 Solstice Business Center S536209 Tel: 6443 3673 Fax: 6443 3650 | www.novemhealthcare.com



ou might recognise the Elias
Healthcare & Aesthetics (EHA)
MEDICAL GROUP with its umbrella
brand of 3 clinics and 1 skincare outlet,
but do you know how it all began? Like
most success stories, it started on
a humble note. We catch up with its
founder, Dr Elias Tam, to find out more.

"Becoming a doctor is a childhood dream for many people," Dr Elias reminisced, "I grew up in a relatively poor family of six. My father was an odd job labourer, and my mother had to sew clothes and sell Tupperware to help out with the finances. I also had an obvious disadvantage in English in my early years, which didn't help with my grades.

"With no guidance after my PSLE,

I ended up in Yusof Ishak Secondary School (YISS) with only a total of 12 express students in my entire cohort! It was only a number of years later that I saw in Straits Times that YISS was ranked 'No. 1' among all secondary schools in 'O' Level results—from the bottom up, of course!

"It turned out to be a blessing in disguise. With only 12 students, there was nowhere to hide from the care and concern of the teachers. It was better than even the top schools or private schools in terms of teacher-student ratio. More time and patience was definitely available for each of the 12 'elites'. My results improved and by the time I took 'O' Levels, I made the grades

to enter NJC!"

Not knowing what subjects to choose, Dr Elias opted for 3 pure sciences since he couldn't afford a computer to join the computer science course. He studied hard, consistently placing in the top list for many of the term tests. When the young Elias heard that many of his schoolmates were aiming for medical school, he began to believe that he, too, could make it. Armed with excellent 'A' Level results, he eventually went on to pursue medicine at NUS, and the rest as they say, is history.

Dr Elias Tam completed his medical degree and started practising professionally in 1993, but it was also a time when few courses were available



in his chosen field. Regardless, he made a commitment to further the technical standards of aesthetic medicine by learning as much as he could about it. This included travelling to numerous countries to seek knowledge from various experts.

Today, Dr Elias is at the helm of EHA Medical Group, which has grown from strength to strength, and is considered one of the most respected pioneers in the field of aesthetic medicine. Yet despite his successes in the medical field, Dr Elias Tam remains humble and down-to-earth about his accomplishments.

On top of that, Dr Elias is one of the Executive Council (Committee) Members and the Associate Federation Secretary for the Pacific Federation of The International College of Surgeons, a membership committee member of The Asia Association of Hair Restoration Surgeons as well as a committee member of the Society of Men's Health of Singapore. As an appointed trainer for various pharmaceutical companies, Dr Elias also provides training for doctors in Singapore and around the region.

"Some may wonder why would I train others to be my competitors. But such mentality should only apply to business and not to medicine. To be a doctor is a calling. Just as my predecessors have taught me the art of medicine, so I should share my art with the next generation."

Beyond his own practice and research, Dr Elias extends his services and expertise to charitable organisations. Among these, is an initiative launched in July 2009 by the Yellow Ribbon Project and GiGatt International to help former gang members seek employability and reintegrate into society.

"Life is very short. It would be nice if our actions could bring about a positive change in someone else's life. Currently, the Yellow Ribbon Project to assist inmates to remove tattoos is my little contribution back to society. While it may not be much, I hope that it will be a positive force," Dr Elias said.

While some may think that beauty is superficial, it can bring about tremendous changes in society if used wisely. Dr Elias tells us that he can attest to many instances where he has witnessed positive changes in individuals whose severe acne and scars he has helped to remove, which include an increase in confidence when their disfiguring pigmentation is removed, and a return to a healthy lifestyle when they notice improvement to their body shape.

"A professor once told me, if you can remember anything that I have taught you, just remember this: take good care of your patients and they will take good care of you." I have patients whom I have taken care of for more than 20 years, and over that time, as my practice grew, I have elaborated on his teaching: 'Take good care of your staff, and they will take good care of your patients.'

"At EHA Clinic, we strive to live by this philosophy so we only recommend treatments that our patients need and nothing more."

ABOUT EHA MEDICAL GROUP:



With 3 clinics and a skincare outlet under its umbrella brand, EHA Medical Group provides a wide variety of general medical care and aesthetic treatments

The EHA Aesthetic Clinic@Shaw Centre is best equipped to handle aesthetic needs and serves as the main centre for treatment and training. EHA@Jurong and EHA@Toa Payoh provide full general healthcare services and basic aesthetic treatments such as laser and Botox. EHA also has its own line of skincare products (made in Japan and France) that cater specifically to Asian skin and the local tropical climate.

EHA Clinic

1 Scotts Road #15-01 Shaw Centre | Tel: 6235 3325 | Email info@eha.com.sg **EHA@Jurong**

Blk 492 Jurong West Street 41 #01-40 Singapore 640492 | Tel: 6566 0257 **EHA@Toa Payoh**

Blk 18 Toa Payoh Lorong 7 #01-250 Singapore 310018 | Tel: 6255 3360 **EHA Skincare (retail)**

1 Scotts Road, Shaw Centre #03-28 Singapore 228208



UNITY

"As a busy chef, my work keeps me on my feet. Osteo Bi-Flex soothes and strengthens my joints and keeps me going strong!"

with Patented
5-Loxin®
Advanced

Celebrity Chef **Lisa Leong**



*Based on Nielsen data for the 52 weeks ending Oct 25, 2014





U.P. \$59.90 - \$69.90





Lift years of ageing from your skin with HIFU AgeTite



Experience HIFU AgeTite from \$980, call 6333 4566 or SMS to 8321 8613 to book now. HIFU is high intensity focused ultrasound waves to penetrate the facial muscles to tighten and lift the skin. This non-invasive face lift treatment tightens the muscles and stimulate collagen regeneration to plump up the subcutaneous tissues. This treatment gives the results of facial lifting and tightening with no down time.

"How can I look younger with HIFU?"

"HIFU is ideal for patients in their mid 30s and upwards with mild to moderate skin laxity who want tighter, firmer skin."



Dr Fin Medical Director

Formulated by doctor, Performed by doctor

Skin Rejuvenation Laser ● Pigmentation Laser ● Carbon Peel Laser ● CO2 Laser for Acne Scarring ● Botox ● Filler ● High Intensity Frequency Ultrasound ● Chemical Peel ● Hydrapeel Facial

^{*} Ho JJ, Kim WS, Comparison of Effect Between Two Different High Intense Focused Ultrasound for Facial Tightening: Evaluator-blinded, spilt face comparative study, Kangbok Samsung Hospital, Sungkyunkwan University School of Medicine, South Korea.





Ang Mo Kio - Clementi - Hougang with your Name preferred Outlet, Date and Time to 8321 8645 for an appointment.







The exposure to cooling causes the fat cells in the treated area to begin a process of controlled cell death and natural cell removal. These treated fat cells will then slowly exit through the body's normal metabolic processes, similar to how fat from food is eliminated via the lymphatic system.

Its ace in the hole? The CoolSculpting™ procedure requires neither needles nor surgical incisions, has no need for anaesthesia or pain medications, and no recovery time!

COOLSCULPTING™ FAO

AM I SUITABLE FOR THE TREATMENT?

During consultation, the doctor will assess your body for suitability and make his recommendations. Ideal candidates for the CoolSculpting™ procedure are relatively fit and seek spot reduction for specific areas of fat, but are not considering a surgical procedure.

The CoolSculpting[™] procedure works best on modest-size fat bulges that are not easily reduced through diet and exercise. It is not intended for weight loss or to treat obesity, and is not a substitute for invasive methods such as liposuction.

WILL THERE BE ANY PAIN/ **DISCOMFORT?**

The CoolSculpting™ procedure is comfortable for most patients though in the first few minutes of the panel being applied, you will feel a sensation of intense cold. This soon dissipates.

You will be seated comfortably or lying down during the one-hour procedure. Many patients spend this time reading, working on their laptop, listening to music or even taking a nap.

ARE THERE ANY SIDE EFFECTS?

Some patients experience redness, minor bruising, tingling, or numbness in the treated area at the end of the procedure, but this is temporary.

WHAT ACTIVITIES AM I ALLOWED TO DO DURING RECOVERY?

Most patients typically resume their routine activities, including returning to work and exercise regimens on the same day as the procedure.

WHAT ARE THE RESULTS?

Clinical studies demonstrate that the CoolSculpting™ procedure provides noticeable and measurable fat

reduction in properly selected patients. Additional procedures may be administered two to four months after the initial procedure to achieve greater fat reduction results

HOW LONG DO THE RESULTS LAST?

The elimination of fat cells as a result of the CoolSculpting[™] procedure is expected to last about as long as fat cells removed by invasive procedures such as liposuction. As long as the patient maintains his or her weight with diet and exercise, long-term results should remain stable

CoolSculpting[™] by ZELTIQ[™] costs \$550 per area at Calvin Chan Aesthetic & Laser Clinic.



Calvin Chan Aesthetic & Laser Clinic is a one-stop medical aesthetic centre offering FDA-approved, invasive treatments ranging from skin acne and pigmentation solutions as well as body contouring and fat loss

- Accent[™] XL Radiofrequency
- Botox® for Wrinkles & Facial Contouring/ Jaw & Calf Slimming/ Hyperhydrosis
- Coolglide Excel for Veins & Hair Removal
- Dermal Fillers (Aquamid, Restylane, Juvederm)
- Ellipse I2PL for Photorejuvenation/ Hair Removal
- Fraxel Re:Store
- Liposonix
- Medlite® C6 Laser Toning
- PCA Smoothing Body Peel
- PCA Professional Oxygenating Peel
 SilkPeel™ Dermalinfusion™ for Acne, Pigmentation or Dehydration
- Silk'N™ Home IPL System for Hair Removal
- The CoolSculpting[™] Procedure by ZELTIQ[™]
- Thermage CPT (3rd Generation)
- Velashape III[™] for Body Contouring & Cellulite Reduction

Calvin Chan Aesthetic & Laser Clinic

501 Orchard Road #05-11 Wheelock Place, Singapore 238880 Telephone: (+65) 6732 4981 Email: drcalvinchan@yahoo.com.sg

www.drcalvinchan.com



Taking SKIN HEALTH to a HIGHER LEVEL

Face, Body & Skin Aesthetics Medical Centre is your one-stop beauty hub that delivers excellent skin care solutions using the latest laser and light technology. Every treatment is tailored to suit your needs, so you can achieve clear and healthy skin – no matter what your age!

The new QuadroStar Pro Yellow Laser has gone through decades of research and several clinical trials to make it the only dermatological laser of its kind. It targets skin problems like dull and uneven skin tone, and provides rejuvenation for damage that occurs due to sun or ageing, which produces wrinkles or skin blemishes.

In a nutshell, you can look to this treatment as the solution for your beauty concerns such as vascular lesions, pigmentation, Melasma, acne, and bulky lesions.

The vascular lesions treatment, for instance, reduces the appearance of red spots and, sometimes, large stains (port wine) by shrinking the small capillaries in your skin with the yellow light from the QuadroStar Pro Yellow Laser.





On the other hand, the green light from the QuadroStar Pro Yellow Laser targets the melanin in freckles, age spots, and liver spots, which are caused by too much sun, ageing, injury or genetics, for the pigmentation treatment.

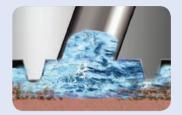
Darkened skin discolouration on the sun-exposed areas of your face? The QuadroStar Pro Yellow Laser can help reduce the production of melanin at the source. A new treatment protocol was developed and optimally combines the use of QuadroStar Pro Yellow Light Laser to successfully treat and clear Melasma for the long term.

The QuadroStar Pro Yellow Laser also corrects harmful P. acnes bacteria that cause acne, as well as bulky lesions, which are abnormalities in the skin tissue that vary in colour and texture.

Lastly, the rejuvenation treatment painlessly generates collagen, which improves your skin elasticity to give it a fairer and youthful look.

TWO LEVELS ABOVE

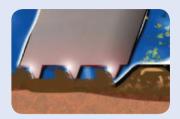
Taking non-ablative facial rejuvenation further is the HydraFacial Allegro™, which combines 4 technologies in one: Vortex-Cleansing™, HydroPeel® Exfoliation, Vortex-Extraction™, and Vortex-Fusion™.



VORTEX-CLEANSING™: The patented HydroPeel® tip hydrates the skin with nutrient-rich solutions while deeply cleansing the pores of impurities.



VORTEX-EXTRACTION™: Blackheads, whiteheads, and sebum are dislodged and removed easily, allowing for quick and painless extractions.



HYDROPEEL® EXFOLIATION: The multiple abrasive edges of the HydroPeel® tip exfoliates the skin several times by peeling away the build-up of dead skin cells and sebum oil.



VORTEX-FUSION™: Hydrating skin solutions and potent antioxidants are pumped into the skin to improve the appearance of hyperpigmentation, oily skin, fine lines, and wrinkles.



So for people who have sun damage, uneven skin tone, hyperpigmentation, fine lines and wrinkles, dry or dehydrated skin, oily/ congested skin, and enlarged pores concerns, the HydraFacial™ can provide immediate skin resurfacing and hydration results without downtime or irritation. Not just that, it also promotes overall skin health − especially effective for oily, ethnic, thin, sensitive and ageing skin!



Dr Chiam Chiak Teng

Face, Body & Skin Aesthetics
Medical Centre Pte Ltd is located
at 290 Orchard Road #09-23 to
27, 30/31 Paragon (Lift Lobby
C) Singapore 238859. For more
information, call 6235 1125 or visit
www.facebodynskin.com or email
enquiry@facebodynskin.com.

Star picks

DEFINING THE PERFECT BROWS

Natural beautiful brows are now easier than ever to achieve, thanks to RevitaBrow®, Harnessing the power of peptides and botanicals to strengthen, condition and nourish, this handy applicator helps to revitalise eyebrows so they look thicker and fuller with just a simple swipe.

Available at:

Joyce Lim Skin and Laser Clinic: 290 Orchard Road #11-16/20 Paragon Medical Suites Singapore 238859 Drs Goh & Tan Family Clinic & Surgery: 283 Bishan Street 22 #01-191 Singapore 570283

Price (before GST): \$174

Only buy products with the Authenticity Sticker to ensure product quality and efficacy



EYE BEAUTY

Wouldn't it be fantastic to have a set of natural luxurious flattery lashes? RevitaLash® Advanced's breakthrough cosmetic formula defends against breakage and brittleness while improving your eyelashes' flexibility, moisture, and shine with its unique blend of proprietary BioPeptin Complex® and natural botanicals.

Available at:

The Lifestyle Clinic: 1 Orchard Boulevard #16-03 Camden Medical Centre Singapore 248649 Pacific Healthcare Specialist Centre: 290 Orchard

Road #19-01 Paragon Singapore 238859

Price (before GST): \$237

Only buy products with the Authenticity Sticker to ensure product quality and efficacy



LATEST TREATMENTS **@ KOWAYO**

Kowayo Aesthetic Clinic presents the new gold standard with the latest in noninvasive medical aesthetics: Venus Viva™ and Venus Legacy™. Venus Viva™ delivers results through selectional dermal heating with NanoFractional Radio Frequency™ (RF) and SmartScan™ technology. It's safe for all skin types and is the ultimate solution for deep wrinkles, acne scars, large pores, pigmentation irregularities etc. Busy lifestyle with little time? Then the Venus Legacy™ treatment is for you. It uses Multi-Polar Radio Frequency. VariPulse Technology™ and Pulsed Electro Magnetic Fields to treat aesthetic concerns simultaneously. Treatments take less than 30 minutes and you can see smoother, radiant looking skin in just 1 session!

www.kowayo.com 1 Raffles Link #01-03B Singapore 039393 Tel: 6884 4280/90



WATER WELLNESS

On the lookout for a reliable alkaline water ionizer that's also aesthetically pleasing? Then you should check out the Kemp Smart i7 Alkaline Water Ionizer. Fitted with 7 platinum-titanium MESH electrodes that generate far more superior water quality than traditional large solid plate technology, this water ionizer also includes the award winning KDF55 o.o1M ultrafine filter—the first of its kind to remove water soluble heavy metals, silt, dirt, chlorine, and even bacteria and viruses!

www.kemptrading.com

POWER BEANS

MARIGOLD PowerBeans Fresh Soya Milk is made from Non-GMO soya beans, which means you will be assured that the soya beans are natural, safe, high quality food for your family. PowerBeans Fresh Soya Milk is the only fresh sova milk that also offers the added goodness of 5 Vitamin Bs (B1, B2, B3, B5 and B6) and a unique BonePlus formula of Vitamins K & D which work synergistically to enhance calcium absorption and improve bone strength. Every glass of MARIGOLD PowerBeans Fresh Sova Milk combines the nutritious goodness of 100% top grade sov beans with an unsurpassed taste of traditional fresh soya milk, providing an essential source of nutrition for everyone.

Available in Original Reduced Sugar, Almond, Honeydew and Original Unsweetened in 1L cartons at all leading supermarkets, hypermarts, minimarts and provision stores. Price: \$1.95







GOOD NIGHT, SLEEP TIGHT Get your well-deserved rest with Sommeil! This unique fast acting film

strip supplement from Japan combines 5mg of Melatonin with 6 natural herbs that dissolve quickly and safely into the body to induce better sleep. Wake up feeling fresh, no matter where you are or what time zone you are in!

INSTANT PAIN RELIEF

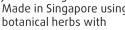
Instant Pain Relief Need fast acting products that can give you long lasting relief from pain caused by sports-related injuries, muscle strains, bruises and more? Then look no further than Huiii's extensive range of remedies available in 4 types: medicated oil, balm, spray and plaster! Made with high-grade ingredients yet easy on the nose, the Huiji pain relief range is your go-to solution for different types of bodily pain and muscular aches.

Available at selected outlets of NTUC Fairprice



AN ESSENCE THAT **SUPPORTS**

The extra weight of carrying small babies and children around may put a strain on the back, wrist or knees. Oianlin Essence of Cordvceps Collagen Joint Essence is formulated to promote healthy bones, joints and ligaments. Made in Singapore using





collagen, this essence helps to restore joint collagen and improves overall health as well as complexion. The joint essence contains no animal by-products or alcohol too, making it the perfect tonic for new mothers and vegetarians.

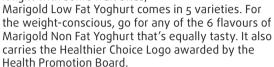
Available in leading medical halls, NTUC Fairprice &

For more information, please call 6744 1868 or email info@qianjin.com.sq. www.qianjin.com.sg.

Star picks

YO-GUT IS GOOD

The #1 Yoghurt Brand in Singapore, Marigold Yoghurt is creamy, healthy and loaded with live Probiotic cultures as well as calcium to promote good digestion! For those who like it light with some fruit bites,



Available at major supermarkets, convenience stores, minimarts and provision stores.





DELICIOUS IN PINK

Introducing a new premium Japanese fruit juice to the MARIGOLD PEEL FRESH SELECT range, the MARIGOLD PEEL FRESH SELECT Momo juice! Made from pure Japanese momo puree from the Yamanashi Prefecture, every mouthful is rich in Vitamins A, C and E. Japanese kanii for peach is known as momo, and these juicy Japanese peaches are only in season from June to August, which makes them a luxurious, thirst-quenching treat!

For \$3.25 (1L pack), available at all hypermarkets, supermarkets, selected convenience stores, petrol marts, minimarts and provision stores.



THE **PERFECT** BALANCE

Get your daily dose of highs and lows via MARIGOLD HL Milk with Plant Sterols, which is the first and only pasteurised milk enriched with plant sterols, and is intended for people who want to lower their cholesterol levels. It is high in calcium and protein while low in fat and lactose, making it the healthier choice for a balanced lifestyle!



GUT TO CHOOSE LESS SUGAR

VITAGEN LESS SUGAR is the only cultured milk in Singapore with both prebiotics and probiotics (Lactobacillus acidophilus & Lactobacillus casei). Made by fermenting skim milk with billions of live probiotic cultures and containing prebiotic fibre, it helps support the growth of good bacteria and maintains a healthy intestinal environment. What's more, each bottle offers more than ¼ of the recommended daily dietary fibre intake.

HAPPY HYDRATION

Keep your family hydrated with at least 8 glasses of water every day with just a press of a button. With the 3M Hot, Cold, and Room Temperature Filtered Water Dispenser, clean water at the right temperature, which is stored in 3 separate tanks, is easily accessible.

Compact and able to fill large bottles up to 25cm tall, the 3M is also enhanced with the miniature AP2 cartridge that removes unseen sediments as small as 0.5 micron and eliminates all potential harmful substances like rust, lead, bacteria and protozoan cysts. It removes chlorine and sterilises the water as well, giving you a drink that is both better tasting and BPA-free.

Available at Jestac Pte Ltd – The 3M Authorised Distributor for 3M Filtration Systems Tel: 6288 8290 | Mon-Fri (9am to 5pm) & Sat (9am to 3pm) Website: www.iestac.com.sq.





GET UNDER YOUR TONGUE

Unlike many oral supplementation of glutathione, Oxithion® absorbs readily into the body thanks to its fast dissolving sublingual format. It is able to reach the systemic circulation without being metabolised by the liver, so it can beef up your body's antioxidant defence against everyday stresses and oxidative damage. Another winning factor is that it comes in an awardwinning patented Alu-Alu blister that keeps out light, water and moisture, so the bioavailability of glutathione is preserved at the point of administration.

FROM ROOTS UP

Revitalise and reinforce your hair root with Hair-Push & Hair-Plus to promote healthy hair growth. Complete with natural biological active elements and other important ingredients such as sulphuramino acids, vitamins and minerals, the range of 4 products – Hair-Push Capsule, Hair-Plus Scalp Treatment, Hair-Plus Hair Root Activator, and Hair-Plus Hair & Scalp Shampoo – work synergistically to treat your scalp and hair problems, so your hair returns to its original shine and strength.

Available in Guardian, Unity, Watsons, leading pharmacies and healthcare stores.



ALL-NATURAL WELLNESS

Harness all the nutritional goodness that the sky pointing fruit has—all within a convenient bottle. The Naturo® Natural-Health Swietenia Mahogany King Seed and Naturo® Natural-Health Swietenia Mahogany Extract do not contain any chemical additives, preservatives, or animal by-products. If you are not used to the natural



bitterness of the Swietenia Mahogany King Seed, you can always turn to the alternative vegetable capsules from Naturo® Natural-Health Swietenia Mahogany Extract to enjoy the same nutritional goodness without the bitter flavour.

Quality Product Marketed by:

Naturo Health International 10 Jalan Besar #12-08 Sim Lim Tower Singapore 208787, Enquiry Hotline: 6299 1411 or 6100 6898 www.naturohealth.sq

Star picks





CLEARING THE AIR

Frequent sneezing, runny or stuffy nose, watery eyes, hives or red itchy rashes may be an allergy episode instead of flu or cold. Adezio is clinically proven to provide relief of these and other symptoms associated with seasonal and perennial allergic rhinitis. Its non-drowsy formula and once a day dosing make it a winning remedy for adults and children alike!



AUDACE REGAN EXTRA RANGE

The Audace REGAN problem-specific, hair reactive shampoo and tonic provide targeted solutions to resilient hair fall problems. Loaded with antioxidants to fight free radicals that damage hair roots, and Balm Mint to boost scalp circulation, it stimulates hair follicles to increase healthy hair growth. The menthol also leaves a refreshing, minty feel post-rinse.

BE GOOD TO YOUR SKIN

Be kind to your skin by hydrating it from within! Specially formulated from 100% natural ingredients like Collactive Type 1 marine collagen to lock in your skin's moisture, the Holistic Way Intense Skin Hydrator helps to boost skin health and elasticity so it remains blemish-free and dewy soft.

Exclusively brought to you by: IR Life Sciences Pte Ltd 2 Bukit Batok Street 24. #08-20 Skytech Building, Singapore 659480 Sales Enquiry Hotline: 6425 4100 www.holisticway.com.sq



DOWN TO A TEA

Shape~Tea® is a 100% herbal blend that combines 3 organic ingredients (Garcinia cambogia, senna, and chrysanthemum flowers) to actively work together, and help cleanse and detox your body naturally. It's not just pleasant on the palate; it's also free from additives, preservatives, artificial colourings, and caffeine. So go ahead and lighten your day with a cup of USA formulated Shape~Tea®, your bowels will thank you for it.

Exclusively brought to you by: JR Life Sciences Pte Ltd 2 Bukit Batok Street 24, #08-20 Skytech Building, Singapore 659480 Sales Enquiry Hotline: 6425 4100 www.holisticway.com.sg



STERILISING WITH UV

lust like how the sun emits UV rays to kill microorganisms, moulds and fungi, the Haenim (which means "The Sun" in Korean) UV Steriliser makes use of UV rays to kill up to 99.9% of bacteria (according to lab tests with reports). It's the perfect steriliser with a dual OSRAM UV lamp for better coverage and PTC Ceramic heater that dries your wet bottles completely. The Haenim UV Steriliser can sterilise up to 16 milk bottles, teats, pacifier, breast pump accessories, teether, soft toys



and even household products like spoons, bowls, toothbrushes, comb etc. Many mothers have chosen the Haenim UV Steriliser, have you?

Sole distributor: thelittleonesinmylife (www.TLO.com.sq)



Alline Proderm provides a unique, beauty-enhancing complete nutrition for your skin. Its 4 key ingredients: water-soluble and bioavailable keratin helps in proper skin protein formation, ceramosides® maintains skin moisture and skin barrier function, hyaluronic acid for improving texture and reducing wrinkles, and vitamin C to combat oxidative stress while promoting collagen formation. In fact, it has been clinically proven that in just 2 months of supplementation, you will see significant improvements in skin appearance, hydration levels as well as suppleness.

THE CONFINEMENT **ESSENTIAL FOR MOMS**

All new mothers need plenty of nutrition and TLC to get back onto their feet. The herbal bath, especially, is a must-have confinement essential. Packed in a convenient pack that's sealed with the highest hygiene standards. Oian lin's Confinement Herbal Bath is rich in premium herbs specially chosen for their healing properties: 1. Relieves bodily discomforts like water retention and postpartum edema (swelling) 2. Promotes blood circulation 3. Expels "wind" from your body. Qian Jin is a made-in-Singapore brand that has been around since 1980, so you can trust it to help you regain your former vigour. Definitely a mom's essential to speed up your recovery!

Available at Kiddy Palace and Mom Essentials





www.qianjin.com.sg Made In Singapore ಶ 新加坡制造



PERFECT ITALIANO COOKING CHEESE

Perfect Italiano turns everyday meals into delicious. Italian-inspired family creations. The range includes Mozzarella, Parmesan, Pizza Plus, and Perfect Bakes. Perfect Italiano Mozzarella cheese melts and stretches to perfection, and is great for sandwiches. Perfect Italiano Parmesan cheese is ideal for pastas, salads, risottos and soups; Perfect Italiano Pizza Plus cheese is a blend of three cheeses for pizzas or potatoes; and Perfect Italiano Perfect Bakes is perfect for your baked dishes such as pasta bakes, vegetable bakes or lasagne. Some simple recipe ideas to try are Macaroni and Cheese, Bolognese Pasta Bake, Sausage Mushroom Baked Rice, and Cheesy Potato Bake. Get these recipes at www.perfectitaliano.com.sg.





WELCOME TO THE WELIED ABOUT THE COOKIES, BUT THE FASHION IS REAL. CHANNEL YOUR DARK AND SEXY SIDE WITH THESE STUNNING DRESSES FROM DONYA VOGUE.

STAND A CHANCE TO WIN SHOPPING VOUCHERS FROM DONYA VOGUE!

Start the New Year on a dark sexy note with a fashionable choice or two from DonyaVoque.com!

Simply tell us which of these black dresses is your favourite and why in 50 words or less.

Then submit the entry with your name, NRIC, address, contact number, and date of birth to **contests@pinghealthcare.com** with

<LiveWell Woman Vol. 5 - Donya Vogue Contest> as the subject line.

The 2 most creative entries will walk away with a \$500 voucher each and 20 other winners will get a \$100 voucher each! Contest ends 31 May 2016.

TERMS & CONDITIONS:

- This contest is open to people residing in Singapore only.
- 2. Judges' decisions are final.
- 3. Prizes must be taken as provided. It's non-exchangeable, non-transferable, and is not redeemable for cash or other prizes.
- 4. Prizes not collected by the valid date will be given to another participant at the organisers' sole discretion.
- 5. Winners will be notified by email.
- Ping Healthcare Pte Ltd and the sponsor shall not be liable for any loss or damage suffered by you or any party in accepting, possessing, using, or consuming any of the prizes or entering the contest.
- 7. By participating in this contest, you agree and consent to the contest's terms and conditions and to Ping Healthcare and/or its related corporations (individually and collectively "LiveWell Magazines") and their service providers collecting, using and/or disclosing the personal data which you have submitted and sharing such personal data among themselves for the purpose of contacting you via mail, email, SMS, telephone and any other means of communication, to send you marketing information on products, services, promotions and/or events offered or marketed by LiveWell Magazines and/or third parties.

Happy Ending

o you know that the emoticons that you frequently use in your text messaging have had a long and vibrant history? In fact, one of the oldest emoticons appeared in a now defunct US satirical magazine called Puck on March 30, 1881, to represent joy, melancholy, indifference, and astonishment.

Today, we have all sorts of emoticons to express our feelings in the virtual world but which emoticon best represents you? We posed this question to the LiveWell Woman team and this is the answer we got...



What about you? What's your favourite emoticon? Tell us all about it at **hello@pinghealthcare.com**!

BEAUTY BEFORE AGE

AGELESS POSITIVE STRESS[™] TECHNOLOGY FROM THE DEAD SEA

AHAVA

BEAUTY BEFORE AGE UPLIFT DAY CREAM broad spectrum SPF20

DAY

88% of women experienced a significant reduction in wrinkle depth after 28 days."

NEW

NOT ALL STRESS IS EQUAL

Research shows that positive stress can be good for your skin. AHAVA proves it with advanced Ageless Positive Stress technology. This exclusive complex of age-correcting Dead Sea elements acts as a positive-stressor to elevate, tighten and maintain the skin's youthful structure and elasticity. Deep wrinkles are diminished and a radiantly younger, lifted look returns.

www.ahava.com.sg f

NIGHT

88% of women experienced a significant increase in skin elasticity after 28 days.

* Measured in a clinical night cream study performed on 40 women by an independent institution. ** Measured in a clinical day cream study performed on 40 women by an independent institution.

AHAVA

BEAUTY BEFORE AGE UPLIFT NIGHT CREAM face, neck and décolleté

AVAILABLE AT AHAVA CENTREPOINT 03-12 AND SELECT GUARDIAN PHARMACIES

AHAVA

ACTIVE DEADSEA MINERALS



THE NEW MARIGOLD LOW FAT MIXED BERRIES YOGHURT.



BERRY IRRESISTIBLE.

It's always a sensuous experience when you dip into a cup of deliciously rich and creamy MARIGOLD Mixed Berries Yoghurt. Now available in low fat, every spoonful contains calcium, real fruit pieces and live probiotic cultures* to aid digestion, making it healthier, tastier and simply irresistible.

MARIGOLD Yoghurt. Goodness From Inside Out.

