

make it a habit

# HEALTH SMART

WIN!  
\$6500 GOLDEN DOG  
SPA HOLIDAY

WOULD YOU HAVE  
A FACELIFT?

p.66

TEMPTING  
MEDITERRANEAN  
PLATTERS

p.92

SIMPLE WAYS  
TO BE EYE WISE

p.114

7 GOLDEN  
RULES  
OF FITNESS

p.110

HOSPITAL  
CONFIDENTIAL  
A NURSE'S STORY

p.84

CELEBRATE A NEW YOU!

p.20

# MAKE 2009 YOUR YEAR

HERBS  
TO FIRE UP  
YOUR  
SEX LIFE!

p.108

TAME YOUR  
BLOOD PRESSURE  
NATURALLY

p.113

February • March 2009  
AUSTRALIA \$6.50\* INC GST  
NEW ZEALAND \$6.50\* INC GST

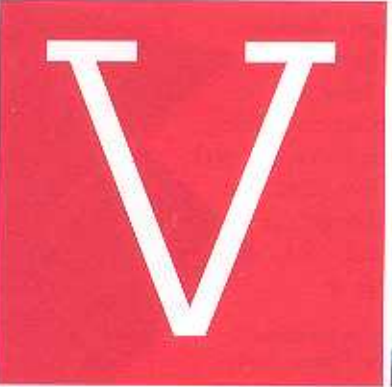
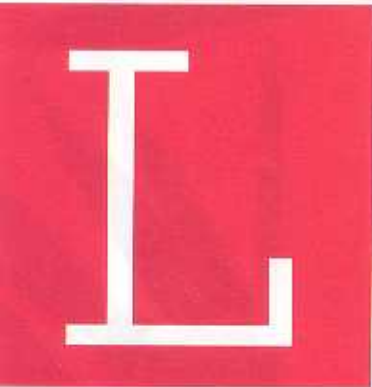
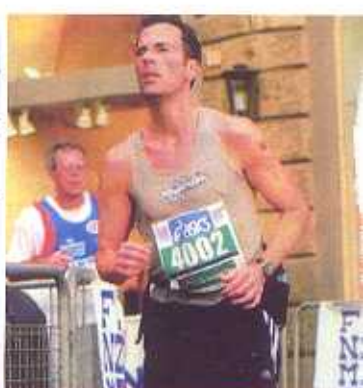
READER'S DIGEST MAGAZINES



www.myhealthsmart.com.au

EAT WELL + LOOK GOOD + GET FIT + EMBRACE LIFE +





## Everyone has something or someone that really warms the cockles of their heart. We asked **Kathy Buchanan** to tease out the details

# I LOVE...

"I love that feeling as you fly over the International Date Line and the sky turns to dusk. You can see the outline of the clouds and the edge of the horizon and suddenly you're marvelling at how impressive we mere mortals are when it comes to realising our dreams – we invented aircraft so that we could travel to new worlds and experience new horizons. That realisation never ceases to blow my mind!"

**Kate Ceberano, singer**

"I love hanging out the washing because it reminds me of all the things I'm grateful for – a family, a home, clean water, peace and sunshine. I always think of all the women in the world who can't enjoy this simple and humble task because of war or poverty, and I give silent thanks through a mouthful of pegs."

**Wendy Harmer, author**

"In my non-showbiz life I run marathons – I'm about to run my 15th. I've been hooked ever since. I ran my first in Honolulu in 2001; I suffer from marathon mania. I love 'em because they have nothing to do with work! I'm often out there logging my training mileage long before the sun comes up."

**Nelson Aspen, entertainment reporter (top row)**

"I love the fact that life is hilariously, painfully and wonderfully unpredictable – an unfinished and at times chaotic, yet always compelling symphony of emotion and discovery where just about anything is possible – one minute you are being chewed by a baby jaguar, the next moment you might be falling head over heels in love."

**Bradley Trevor Greive, author (second row)**

"I love Valentine's Day. I love how we set aside one day of the year to celebrate love, while leaving every other day of the year free to enjoy fights, acrimony, abuse and divorce courts. I also love that Valentine's Day shares its initials with venereal disease."

**Chris Taylor, comedian**

"I love detail in anything. Clothes, fabric, ornaments... I'm obsessed with the finer details in most objects. I think that's what makes me such an avid collector of odd little things like vintage sugar cubes; it's the typography and quirky detail on them that I love."

**Donna Hay, food writer**

"I love working at Sydney Wildlife World because I get to share my passion for Australian wildlife with new people every day. It's great to educate people about snakes – like Olli our olive python – because it encourages all of us to conserve these otherwise feared creatures."

**Matt Taylor, Sydney Wildlife World (third row)**

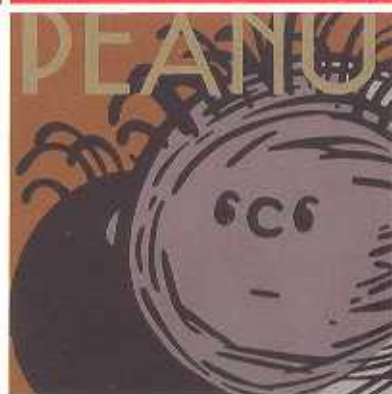
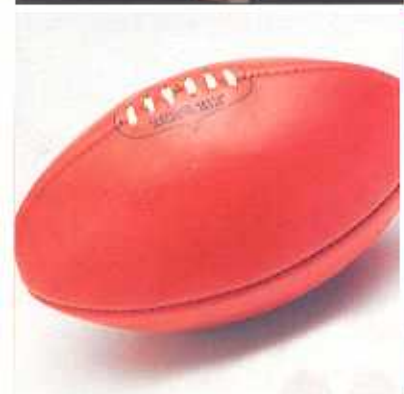
"I love the sound of my dog's tail thumping against the floorboards. I love the smell of my neighbour's jasmine in October. I love the sight of old people giggling like children. I love the feel of my wife's hair on my collarbone when we hug. I love the taste of fish and chips on the beach at sunset."

**David Smiedt, writer**

"I love my family because they keep me honest, inspire me to be a better person, and encourage me to have fun."

**Professor Tim Sharp, The Happiness Institute**





"I love my girlfriends; getting together with my gal pals is my favourite thing. Women are each other's human 'wonderbras' – uplifting, supportive and making each other look bigger and better."

**Kathy Lette, author**

"I love the moment when you realise the book you've been slaving over for the last two years is finally finished. Someone once said, 'I don't like writing, but I love having written'. I've always identified with that sentiment."

**Peter FitzSimons, author/journalist**

"Nothing beats the thrill of opening a new book, turning that first page, not knowing where you'll end up. I've walked the streets of Edwardian London, travelled through colonial Africa and lived on other planets. I've met farmers and brain surgeons, millionaires and beggars – all within the pages of a book. I think many people discount the value of reading fiction when exercising your imagination is one of the most important things you can do."

**Toni Jordan, author (top left)**

"I love my job. For starters I get to drink wine for a living – which isn't so bad – and it takes me to some pretty incredible places around the planet, many of which are right off the beaten track. But as much as I love both the travel and the new experiences, there's nothing I love more than the idea of coming home again – the idea that before long I'll be back together with my family and my friends. That's a great feeling."

**Matt Skinner, sommelier**

**"I love swimming across Maroubra Bay with my family. It's free and it's good for the soul"**

**Dr Karl Kruszelnicki**

"I love AFL because it's such an exciting sport and you never know what's going to happen next. It is fun watching my favourite team, the Brisbane Lions, at the Gabba. Going to watch live games is a special thing I do with my dad, grandpa and my older brother. It's cool knowing my dad used to play and he's always giving me good training tips."

**Drew Buchanan, 11**

"I dug Peanuts from the time I could read, and spent way too many nights as a kid staying up late under the covers with a flashlight, poring through such nifty anthologies as *You're Out of Your Mind, Charlie Brown!*, *Who Do You Think You Are, Charlie Brown?*, and *You Can't Win, Charlie Brown*. I loved these books because they were entertaining and original, and because there was nothing cutesy or condescending about the Peanuts gang. I now realise I am more like Charlie Brown than I've ever admitted to myself."

**Matt Groening, creator of *The Simpsons*, and author of the introduction to *The Complete Peanuts 1955-1956* (Canongate)**

"I absolute love it when you're exhausted after a long, busy day and you walk into your house and your baby flaps her arms around and gives you a tremendous smile. The same happiness comes when, after months of selection, newly enrolled sponsored students at our school get their first uniform. Their parents jump up and down, hugging and kissing their children. For them, the uniform symbolises a way out of the poverty rut, as the child will be given 13 years of free education thanks to our sponsorship programme."

**Gemma Sisia, director, School of St Jude, Tanzania**

"I love my life! I love God for giving me this life, I love singing, I love travelling and I especially love coming home because I know that all the people I love and cherish the most are there: my gorgeous hubby, our divine son, Ben, and our puppy."

**Amelia Farrugia, opera singer**





"I love cricket and football. My favourite place is Adelaide Oval, where I watched my first football and cricket matches all those years ago. Adelaide Oval is like a second home to me; it's where I meet all my cricket friends. I greet people on my way to the dressing room where I help the players. There are always dozens of people to speak with on the way. Nothing in life can replace good friends."

**Nugget Rees, Adelaide cricket legend**

"I love the fact that when I was recently complaining to my son about how 'I've got to go to New York next week', he said, 'Daddy, change one letter - you GET to go to New York.' How did he get so wise so young?"

**Nigel Marsh, author (above)**

"I love dark chocolate - it is such a rich and delicious treat that even a small bite will satisfy my tastebuds! And the best part is research suggests that the cocoa flavanols in dark chocolate help keep your skin soft and smooth. It's easy to love a treat that tastes great and promotes your beauty at the same time!"

**Lisa Drayer, nutritionist and author of *The Beauty Diet* (see recipe right)**

"There is a patch of grass close to the water's edge at North Head in Auckland where I stop and sit with my dog on hot sunny days. A slight breeze stirs and the sun warms your body, the sky is blue and the only noise is the waves breaking gently on the shore... it is total peace and tranquillity."

**Rachael Hale, photographer (top right)**

"My favourite place in the world would have to be Taormina in the south of Italy. The food, the wine, the fashion, and way of life, is unbeatable. I took my wife Milena there on our honeymoon and this photo of her in her wedding dress is my favourite photo of the whole trip." (photo second row above)

**Joe Natale, restaurateur**

## Dark chocolate brownies

- 1/3 cup sugar
- 2 tbsp unsweetened cocoa powder
- Large pinch of salt
- 1/4 cup low-fat plain yoghurt
- 1/2 tsp instant coffee
- 1 tsp warm water
- 1 egg
- 30g dark chocolate (60% cacao), melted and cooled
- 2 tbsp flour
- Non-stick cooking spray

- Preheat the oven to 180C.
- Combine the sugar, cocoa powder, salt and yoghurt in a medium bowl and whisk until smooth.
- Dissolve the instant coffee in the water and whisk into the yoghurt mixture.
- Whisk in the egg, then the chocolate.
- Stir in the flour until just combined.
- Divide between 4 muffin cups, sprayed with non-stick cooking spray.
- Bake until the edges are set and the centre is soft but not wet, 18-20 minutes.
- Let cool completely. Makes 4.

Per serving: 619kJ; 4g protein; 26g carbohydrates; 2g fibre; 20g sugars; 4g fat; 2g saturated fat; 54mg cholesterol; 90mg sodium; 40mg calcium; 0.01g omega-3 fats; 69IU vitamin A; 0.1mg vitamin C; 0.1mg vitamin E; 1mg iron; 0.5mg zinc

Recipe from *The Beauty Diet* by Lisa Drayer (McGraw-Hill, \$34.95)





## heart matters

"I wear a beautiful green stone ring all the time, which I love to bits. It's the colour of the heart chakra and it reminds me to keep my heart open and always try to bring confidence through beauty into people's lives. I still love my fashion, of course, but after 20 years as a stylist and designer, my work now is about helping women to radiate beauty from the inside out."

**Annebelle van Tongeren, stylist**

"I love great sex, it's an integral part of our being. If I didn't have good sex, I wouldn't be as vital as I am. It is good for your cardiovascular and hormonal systems, is great for your skin, reduces your stress levels, improves your flexibility and bonds you to your partner. You don't need the gym if you're having good, regular sex. There are so many benefits for health and wellbeing, it's insane."

**Jacqueline Hellyer, sex and life coach (third row)**

"There is nothing better than to have friends drop in unexpectedly and to be able to produce a meal from the pantry. Imagine an apricot crumble or a summer pudding in the middle of winter; zesty yet simple raspberry jam to accompany steaming scones from the oven; tasty pickles, relishes and chutneys to complement roasts; and plump, tasty pickled onions and walnuts and fruit cheeses."

**Sally Wise, chef and author**

## My favourite raspberry jam recipe

1.5kg raspberries

¼ cup water

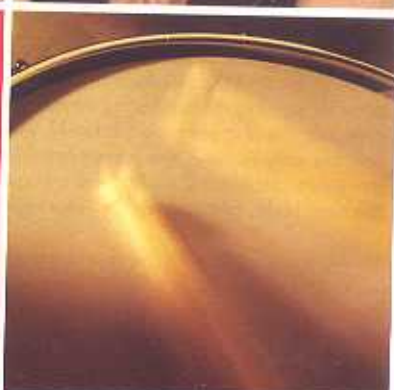
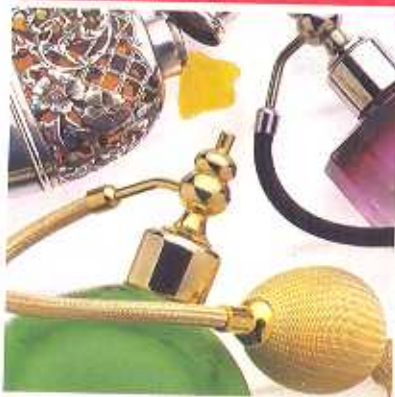
Juice of one lemon

1.5kg sugar

- Place raspberries, water and lemon juice in a saucepan and bring to the boil.
- Cook for 10 minutes over a gentle heat.
- Add sugar and bring back to the boil, stirring occasionally until sugar is dissolved.
- Boil briskly for 10 minutes.
- Stand for 10 minutes, then pour into warm sterilised jars and seal.

**NOTE:** The jam can be eaten at once. If jars of raspberry jam are kept too long, the flavour can dull significantly. To overcome this, store the jars in the freezer.

Recipe From *A Year in the Bottle* by Sally Wise (ABC Books, \$24.95)



PHOTOS: (DRUMS, BABY, BEACH) RD IMAGES; (PORTRAITS) COURTESY OF CONTRIBUTORS; (JAM, SCENT, DOG, BOOK) PHOTOLIBRARY





"I am obsessed with the luxury, beauty and power that fragrance gives to women: My dressing table is filled with everything from Chanel, Carthusia and Hermès, right down to Bath & Body Works. I have at least 100 different bottles of perfume. I'm always going through phases and moods, but I tend to return to Lolita Lempicka and DKNY City in the summer."

**Nicole Eckels, creative director**

"'My little dog - a heartbeat at my feet.' This quote by the novelist Edith Wharton epitomises my feelings about my own dear miniature schnauzer, Jack. He's 13 but still thinks he's a puppy and runs about like a two-year-old. He is always at my side, happy just to be with me. He gives me 'doggy love' 24/7."

**Dr Rosie King, sex therapist**



"I love drumming in a group; it's thrilling to produce a complete sound that is more beautiful collectively than the sum of each part."

**Serena Star, entrepreneur**

"I love Maia." **Jessica-May Moore**, 20 months old (about sister Maia, five weeks old)

"I love the beach - there is nothing better on a perfect warm summer's day than feeling the sand in between your toes and the salty water in your mouth. Just watching the waves rolling in has an incredibly soothing effect. For me the beach takes away all the worries of the world."

**Carly Manning, publicist**



"I love salsa because when I'm performing I lose myself in the music and get the 'happy hormones'. I forget about everything and just have fun."

**Anmol Mishra, actor/dancer with partner Susanne Richter (second row)**

"The afterglow of a fine poem's ending."

**Brett Hilder, photographer**

"My love of all things beautiful started with playing in both of my grandmothers' jewellery boxes. I have a small sapphire ring, passed down from my grandmother Constance, that belonged to my great-grandmother. It is not particularly fancy, but I feel the connection of love passed through generations. That is why I named my label and jewellery line after the two women who ignited my love affair with style and fashion - my grandmothers Constance and Violet."

**Carly Andrews, fashion and jewellery designer (Constance pictured third row)**



"My fondest memories of my childhood are sitting on a stool helping my grandmother cook. Is it any wonder all I ever wanted to do is teach people to cook and enjoy food the way I do?"

**Chef Janelle Bloom (left) +**