

▶ EXPERT PANEL



Meet Jacqueline, our resident sex & love expert

Q C'mon, tell us... have you ever had sex in the great outdoors?

"Have I ever! I love having sex outside. It's a fun way to add some spice to life and holiday memories. When I lived in Japan my boyfriend and I used to do it in temple grounds so that's probably the most unusual. I've also done it on secluded cliff tops around the world, in caves, in the occasional forest under looming trees. And my own backyard has had its entertainment, too!"

Q When do you feel sexiest?

"Sexiness is a state of being, so it's hard for me not to feel sexy! It's an innate confidence in oneself, you feel good from the inside out, and emanate that through the way you carry yourself, the clothes you wear, your expression, a feeling of vitality, power and knowing how good it is to be a woman!"

Q What's your definition of love?

"Ah, love: maternal love, romantic love, love of place, love of self, universal love. How to define such myriad sensations? True love, of any sort, adds depth and meaning to life. It's not based on neediness, lack or fear, which too many people misrepresent as love. It's a fullness which expands life."

▶ OUR ADVISERS

Meet our advisory panel – these experts are on call to help us out

FITNESS

Kate Pumpa

Lecturer in exercise physiology at the University of Canberra.

Ray Klerck

Qualified fitness trainer who runs an online training and nutrition business.

NUTRITION

Sharon Natoli

Accredited practising dietitian and founding director of Food & Nutrition Australia.

WEIGHT LOSS

Dr Eva Kempf

Senior lecturer in psychology at Flinders University. Her research focuses on food cravings and eating behaviour.

RELATIONSHIPS

Natalie Rinehart

Relationships counsellor and author of *The Organics of Relationships*.

ENDOCRINOLOGY/ DIABETES

Dr Helena Teede

Endocrinologist and director of research at the Jean Hailes Foundation for Women's Health.

DERMATOLOGY

Dr Cathy Reid

Honorary Secretary of the Australasian College of Dermatologists.

GYNAECOLOGY

Dr Elizabeth Farrell

Gynaecologist and founding member of the Jean Hailes Foundation for Women's Health.

MENTAL HEALTH

Dr Anne Buist

Professor of Psychiatry at the University of Melbourne.

COMPLEMENTARY MEDICINE

Dr Stephen Myers

Professor and director of the Natural and Complementary Medicine Research Unit at Southern Cross University.

FERTILITY

Dr Julie Lukic

Obstetrician and gynaecologist specialising in IVF infertility care.

GASTROENTEROLOGY

Dr Alissa Walsh

Gastroenterologist and hepatologist with an interest in inflammatory bowel disease.



THE WH TEAM

SEX & LOVE

Jacqueline Hellyer

A sex coach and therapist who runs sex workshops, she's also the author of *Sex Secrets for Busy People*.

FOOD

Teresa Cutter

A chef, owner of The Healthy Chef Cafe, author of the *80/20 Diet*, and personal trainer. Phew.

BALANCE

Nicole Goodwin

Our yoga guru owns the BodyMindLife studio in Sydney and studied with acclaimed yoga instructor Shiva Rea.

HEALTH

Dr Ginni Mansberg

A GP with a practice in Sydney's Sans Souci. She's also an ex-medical journalist, an author, a regular on *Sunrise* and mum to three kids.

FITNESS

Michelle Bridges

The Biggest Loser trainer is also author of the *Crunch Time Cookbook*, a follow-up to her first bestselling book, *Crunch Time*.

NUTRITION

Kristen Beck

A registered nutritionist, health scientist, lecturer, mum of three and the director of Beck Health & Nutrition Group. Loves surfing.

WEIGHT LOSS

Angela Buntic

With a masters in Nutrition and Dietetics, our weight loss expert specialises in obesity, diabetes and PCOS (and loves M&M's).

STRESS LESS

Dr Suzy Green

The co-founder of the Positive Psychology Institute in Sydney also has a private practice and lectures in coaching psychology at the University of Sydney.

RELATIONSHIPS

Dr Traci Coventry

This Melbourne-based psychologist counsels couples and singles having relationship and sexuality issues.

MONEY & CAREER

Justine Davies

This financial planner from Brisbane is the author of *How To Afford A Baby* and *How To Afford A Husband*.

ECO SOLUTIONS

Rebecca Blackburn

An environmental scientist working in corporate sustainability, author of *Green is Good* and avid cyclist.

GET ALL FIBRE-D UP NOW

A healthy diet includes about 30g of dietary fibre a day. Most Australians aren't getting enough. Here's the lowdown on why it's important and how you can get your daily fix.

> KEEPING YOU REGULAR

Fibre helps to maintain regularity. Insoluble fibre, such as that found in wheat bran, is known to promote digestive health by keeping you regular.

> VARIETY IS THE SPICE OF LIFE

Different types of fibre perform different roles in the body, so you need to ensure you're getting enough fibre from a range of foods to maintain good health. Fibre is found in plant foods such as cereals, grains, fruit, vegetables, nuts, seeds, beans and lentils.

> TAKE THE CHALLENGE

Eat a bowl of All-Bran® Honey Almond cereal every morning for seven days. With more than 20 per cent of the recommended daily intake for fibre, it's an easy, tasty way to help you get the fibre you need.



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