

health: wellbeing

PREGNANCY SUPPORT

Pregnancy demands a lot of a woman's body, that's why Nature's Own has developed Pregnancy Platinum, a comprehensive supplement to support you throughout pre-conception, pregnancy and breastfeeding. The one-a-day capsule combines 20 key ingredients, including folic acid, iodine, B vitamins, vitamin C, zinc, selenium, betacarotene, silica, manganese and chromium. Plus, there's fish oil – a rich source of omega-3 fats – all in an odourless and reflux-free form to suit a pregnant woman's sensitive digestion. Available for \$29.95 for two month's supply. See naturesown.com.au.



DID YOU KNOW?

Exercising outside can lift your mood! A recent study by Jules Pretty, Professor of Environment and Society at the University of Essex in the UK, revealed that, regardless of time spent, exercising outdoors enhances mood and self-esteem while reducing anger, anxiety and stress. For busy mums who don't have time to get to the gym, exercising outdoors with bub is a wonderful solution. So pull on your sneakers, grab the pram and get outside to make the most of the fresh air.



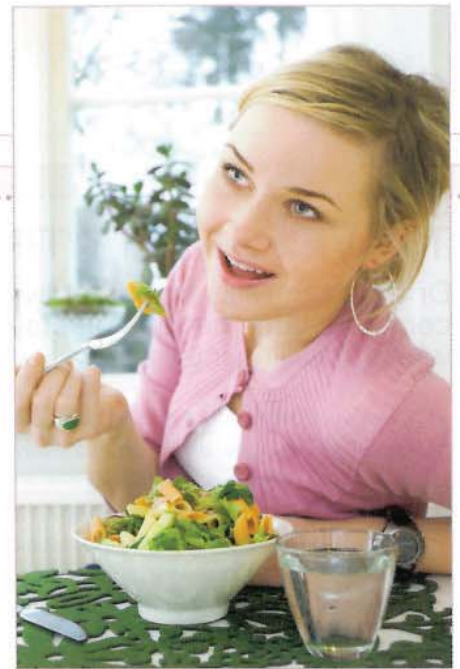
DODGY DIETS

Vanessa Schuldt shares her advice on fad and crash diets

A plethora of weight loss diets are thrust in our faces every week – but how can you tell what's good, bad or ugly? A study carried out in Australia in 2003 found just five of the 20 most popular diet books available at that time were compatible with the current dietary guidelines. Three-quarters of these diets were deemed unsuitable and in some cases dangerous to one's health and wellbeing.

As you check out yet another "latest and greatest weight loss diet" on the market, ask yourself these 10 questions. If you answer yes to one or more of them, the diet is unlikely to be a sustainable approach to weight control. Chances are it will do you more harm than good so I suggest you look elsewhere:

- Does it promise dramatic or fast weight loss (more than one kilo a week)?
- Does it claim that you can lose weight with minimal effort, such as without exercising or lifestyle changes?
- Does it claim to shift or remove fat from specific parts of the body?
- Does it use terms like "miracle", "scientific breakthrough", "secret formula" and "revolutionary" to describe the diet or the product, or make miraculous claims that sound too good to be true?
- Is the diet merely supported by glowing testimonials (for instance it lacks the back-up of published scientific evidence)?
- Does it promote "magic" foods or combinations of foods?
- Does it exclude or severely restrict entire



food groups or nutrients, like carbohydrates?

- Does it list "good" and "bad" foods and claim you can eat the "good" foods without putting on weight?

- Does it depend on special products, supplements or formulas which you must buy?
- Does it contradict what most trusted health professionals and reputable health organisations recommend?

The other question to ask is – is this way of eating sustainable for life? In other words, when you're 65, will this way of eating be part of your life? The best weight reduction and weight maintenance diets are those that make changes to your everyday diet, and are maintained for the long haul.

The reality is fad/crash diets may produce results in the short term, but generally don't keep excess weight off in the long term. If permanent weight control is on your wish list then seek expert advice from an Accredited Practising Dietitian (APD).

Vanessa is an accredited practising dietitian, visit nutritionsspeak.com.au.

I WILL SURVIVE!

Been planning on packing your bag for hospital? Well, the work's been done for you! Pick up the Parents Essentials Hospital Pack, \$109.95, for all you need to keep you sane. There's nappy lotion, a feeding bracelet, cotton wool balls, maternity and nursing pads, nipple lotion, baby wipes and wrap, a bag, plus a copy of My Child, and more! Bath Time and Out & About packs are also available. Makes a great gift too. Visit parentsessentials.com.au.

