

GIVEAWAY

A rubber ducky for bathtime is an essential for any new parent, and so is a mountain of nappies! Select's new baby products includes a new range of nappies for boys and girls, as well as new bath and hair products.

We have 10 Select nappy gift baskets worth \$40 each to give away. Email escape@star-times.co.nz with Select Nappies - and state "boy" or "girl" in the subject line by Friday, September 19.



nutrition

Holding back the years

Anti-ageing secrets - there are ways to stay healthy and happy without drastic measures.

IS 40 the new 30, or are we just expecting women to look a decade younger? The anti-ageing business is booming worldwide, but what if you don't have the extra cash, or willingness, to go under the scalpel or hire a personal stylist?

The key to successful ageing is simple and doesn't cost the earth.

A lifestyle that includes exercise and a well-balanced diet will slow or reduce most health problems related to old age.

Mid-life isn't a crisis

Mid-life can be a wonderful time. We often reach full spiritual development during our 50s.

But once we reach female or male menopause there is a predictable decrease in our basic biological functions.

Every little indulgence, and every illness or injury sets us back.



The choices we make about food become more important.

Being 40 or older requires a conscious effort as our lifestyle choices will dictate our future health and happiness.

Changes in body shape

Your body consists of fat, muscles and organs, bones, water and minerals. The distribution and quantity of these materials decides your shape.

As we age, fat tends to deposit more around the centre of our body in and around our organs.

The rate at which our bodies regenerate muscle or cells slows. Bone mass is

lost, our bones lose minerals and become more brittle, a breakdown in joint structures causes inflammation and stiffness.

It's this progressive loss of cells and tissue that robs us of our height later in life. This degeneration affects our posture, strength and immunity.

Exercise to prevent old age

New Zealanders who exercise during mid-life mainly walk, jog or do cardiovascular activity - but weight-bearing exercise is the key.

Aerobic exercise doesn't provide sufficient resistance to maintain muscle. Walking the dog will not make it

easier to lift shopping bags out of the car.

The best exercise for bones, joints, and anti-ageing is moderate resistance training that helps you maintain strength and flexibility.

Nutrition for longevity

Avoid all fad diets.

Most commercial diets are deficient in calories and nutrients.

A nutrient-starved body will deteriorate faster, and fat loss will induce a loss of fluid and lean tissue. Eating smaller meals more frequently will help the absorption of nutrients.

A well-balanced diet with adequate amounts of calcium is important. This can be done by increasing the amounts of fresh vegetables and whole grains and decreasing nutrient-poor processed foods and sugar and saturated fats. Addressing individual dietary deficiencies can help improve health.

Feeling younger is simple.

Take care of your body, feed it well and exercise it regularly. Avoid excesses and enjoy a range of food in moderation. Supplement with calcium and essential fats if necessary.

- *Jacquie Dale*

www.realnutrition.co.nz

Ask the doctor

Each week, Dunedin doctor Paul Trotman answers your health questions.

Q. I have to have keyhole surgery on my knee, but I don't want to take painkillers. Are there any alternatives available that might be able to help?

A. The main alternative to taking painkillers after an operation is to feel large amounts of pain. Apart from being unpleasant, the pain also means you are much slower to get moving, which after a knee operation is important for your recovery. Not taking painkillers would be a return to the dark ages. You might as well suggest that you have the operation without an anaesthetic. Modern medicine is particularly good at treating obvious significant symptoms such as severe pain. Me, I'd take the painkillers and enjoy the benefit of a pain-free recovery every time.



Q. I get shingles every now and then. What's the best way to deal with them? I'm a middle-aged woman of decent health and fitness.

A. Shingles is caused by the chicken pox virus (called varicella zoster). After you recover from chicken pox the virus lies dormant in your nerve roots and can flare up again later - except that it doesn't cause chicken-pox again, but shingles. There's no cure; it will live on in the nerves forever, safe from your immune system. If we knew what caused the flare-ups, it would be easier to prevent them. But unfortunately, nobody really knows. It's important to treat outbreaks quickly with antiviral medications, painkillers and steroids, because if you start treatment in the first two days your chances of long-lasting complications is almost halved. There is a new experimental vaccine that can halve the number of flare-ups in elderly people but it's not yet approved for general use.

Do you have a question for Doctor Paul?
Email escape@star-times.co.nz with "Doctor" in the subject line.

perfect match



Honesty the best policy



Q. My girlfriend is pressuring me to move in with her, but I feel reluctant because I'm not sure where I'll be at the same time next year. We've been together for five years and in that time, she's gained a lot of weight and I'm no longer attracted to her. However, I still love her and want to be with her. There's a possibility that I may be offered a job overseas in a few months and if that happens, then I'll break up with her. But if it doesn't, then I wouldn't mind moving in with her. How can I tell her this without losing her?

A. The best way forward for both you and your girlfriend is by being honest, both with yourself and your girlfriend. Not being clear

and holding on to a relationship when either of you is at a different stage often ends up in hurt and pain at some stage. Reading your comments and words as written you feel pressured, reluctant, not attracted when speaking about your girlfriend. On the other hand you say you love her and want to be with her and "wouldn't mind" moving in with her. You need to move on from this contradiction. Your feelings suggest you are not ready for the level of commitment that she is seeking from you. Ask yourself honestly what your feelings would be if you visualised yourself in the scenario of taking the job overseas and breaking up with her. Is there relief, joy, sadness or some other emotion and does your body

tighten or relax when you consider the option? Then try the other scenario of moving in with her and envisaging the future together. What are your emotions and what reaction does your body have? Comparing these two scenarios will help clarify your emotions.

Q. How long am I supposed to wait to call someone after I meet them? I'm a guy in my early 20s still trying to figure this whole game out!

A. You get to make the decision depending on how you feel about the person. However, if you met someone for a date, had a good/great time and would like to catch up with them again, then call/text/send flowers etc the next day and

let them know you had a great time and that you would love to catch up again. You can then wait for their response and decide on your next move. Where you take her for the date depends on how long you have known each other for, what activities and interests you both have and where is comfortable for both of you.

Get creative with your suggestions or alternatively look at some of the ideas in the Resources section of www.datingadvice.co.nz.

Women often want to be in a public place for safety reasons and often first dates are in cafes or bars.

Email your questions to escape@star-times.co.nz with "dating" in the subject line.

www.datingadvice.co.nz

Each week, dating coach Denise Corlett answers your match-making questions.